

HEALTH

HEALTHWATCH

Osteoporosis Screening -- An ultrasound bone density screening with personalized education; fee \$30. To schedule an appointment, call 503-261-6611.

Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

Free Body Basics -- This physician recommended class is appropriate for all ages and health conditions. Plan to attend this one-session class and learn the simple guidelines for safe exercises, including stretching. Call 503-256-4000 to register.

Cholesterol Profiles -- Get the resources to help you keep an eye on your cholesterol and other indicators of heart health. Educational material provided. For more information, call 503-261-6611.

Bereavement Support Groups -- Free, safe confidential group meetings for those who have experienced the death of a loved one offered on various nights and locations. For information and registration, call 503-215-4622.

Maternity Water Workout -- Helping new moms regain muscle tone, strength, and flexibility, all in the support and freedom of the water. Call 503-256-4000 for more information.

Senior Aerobics -- A low-impact workout geared specifically toward seniors. Call 503-449-0783 for current schedule.

Mind Body Health Class -- Learn and practice techniques to help you improve your mood, health and wellbeing, including effective ways to manage difficult emotions and chronic stress or illness. Registration is \$70 for Kaiser Permanente members and \$95 for nonmembers. Call 503-286-6816.

Red Cross Certification -- The Oregon Trail Chapter Red Cross now offers credits to help professionals maintain licensing or certification. For a cumulative list, visit pdxinfo.net.

Empowerment through Relaxation -- Free informal meditation classes that address breathing techniques, some gentle ancient African yoga poses and mental balancing techniques. People have left these classes joyful and with a peaceful view of their lives. Call Dr. Marcelitte Failla at 503-228-6140.

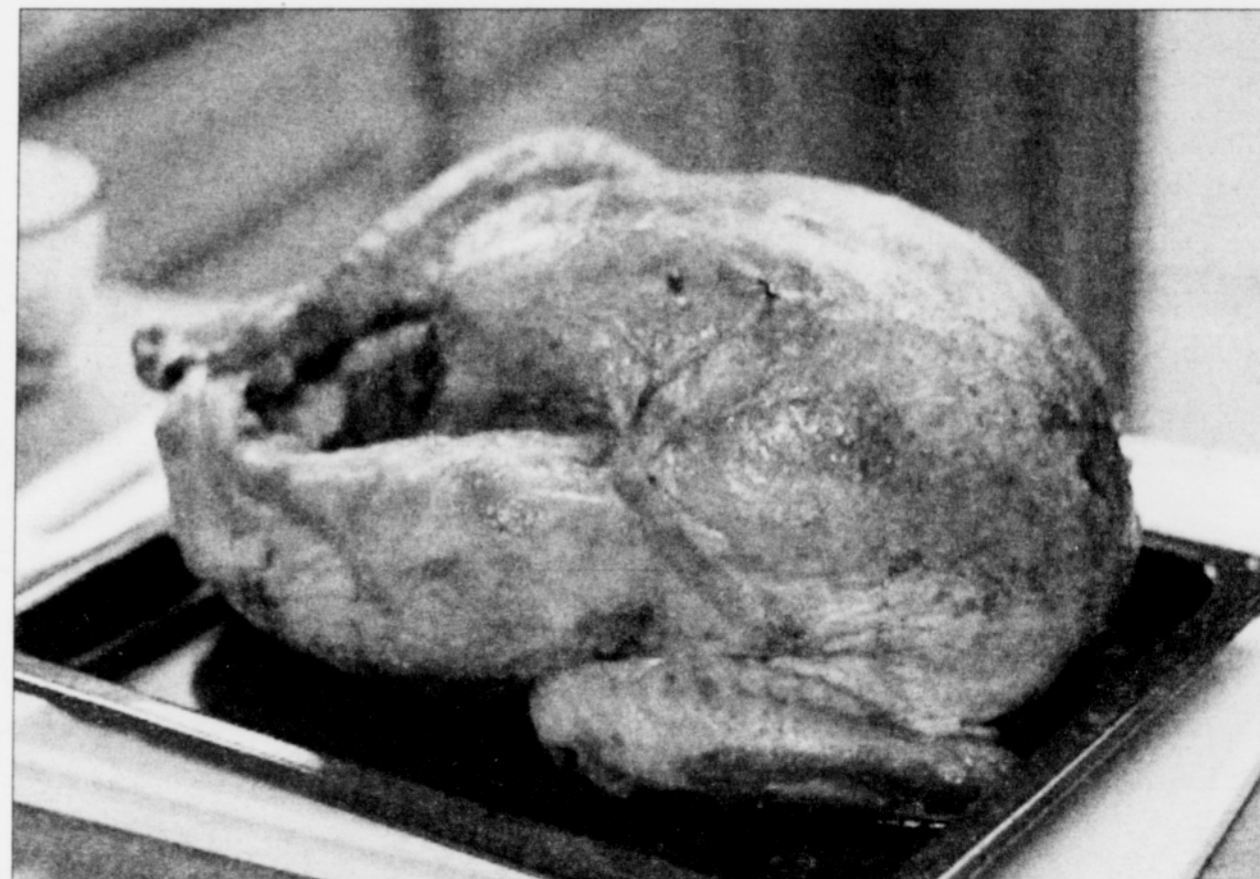
Tenderfoot Care -- Treat your feet with a soak, nail trim, buffing and massage from a licensed nurse at one of six clinics or at your home. Call 503-251-6303 for more information.

Cancer Resource Center -- Providence St. Vincent Medical Center and the American Red Cross have joined forces to create the first in-hospital resource center providing books, printed material, computer access and more for individuals and families dealing with cancer. The center is open Monday through Thursday, 9 a.m. to 4 p.m.

Lead Poisoning Prevention -- Learn how to protect your family from lead poisoning. Ideal for folks in live in older homes with children or pregnant women. Qualified participants receive a free kit of safety and testing supplies. Call 503-284-6827.

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Families with Mental Illness -- A free, 12-week course for people whose family members live with mental illness is offered at Emanuel Hospital, Mt. Hood Medical Center and Providence Medical Center. The course has been described as "life-changing" by former participants. Registration is required by calling 503-203-3326.



According to the USDA, a whole turkey is safe when cooked to a minimum internal temperature of 165 F as measured with a food thermometer.

Safe Cooking for the Holidays

Tips for your home kitchen

As home kitchens go into overdrive during the holidays, don't let food safety practices fall by the wayside. To avoid food borne illness and spoiling a holiday celebration, Washington State Department of Health offers a few food safety strategies.

Wash hands and food-contact (cutting boards) surfaces often as bacteria can spread throughout the kitchen and onto cutting boards, knives, sponges and counter tops.

To avoid cross-contamination, use separate cutting boards for meats and vegetables. Don't let bacteria spread from one food product to another, especially raw meat, poultry and seafood.

Keep these foods and their juices away from ready-to-eat foods, and don't store them above vegetables in the refrigerator in case they drip fluid.

Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause food borne illness.

Whole chicken or turkey, stuffing and casseroles need to be cooked at 165 degrees Fahrenheit. Ground meat dishes require 160

degrees Fahrenheit while steaks, roasts and chops require 145 degrees Fahrenheit.

After the meal is over, refrigerate leftovers promptly to keep harmful bacteria from growing and multiplying. The refrigerator should be set at 40 degrees Fahrenheit and the freezer at 0 degrees Fahrenheit.

A fresh turkey – or any fresh poultry – should be cooked within two days of purchase. If you're thawing a frozen turkey, below is how to do it safely.

In the refrigerator: Allow 24 hours of thawing for each four to five pounds of turkey – about three days for a 12-pound turkey or five days for a 20-pound turkey.

In a bowl or sink filled with cold water: Keep the turkey in its original wrapping and allow 30 minutes per pound. Change water frequently.

In the microwave: Check the manual for thawing directions. After thawing, cook immediately.

For optimal safety and uniform doneness, cook stuffing separately. To ensure the turkey also reaches a minimum 165 degrees, insert a meat thermometer in the deepest parts of the flesh. Let the turkey stand for 20 minutes before removing the stuffing.

Refrigerated turkey leftovers should be used within three or four days.

Take the
TEST
Take
CONTROL



Every Tuesday

5:30 - 7:15 pm

Just walk in
Northeast Health Center
5329 NE MLK Jr. Blvd.
2nd Floor

Bring or mention this ad to get a
FREE & ANONYMOUS or
CONFIDENTIAL test for HIV!



THE LAW OFFICES OF
Patrick John Sweeney, P.C.

Patrick John Sweeney
Attorney at Law

1549 SE Ladd
Portland, Oregon

Portland: (503) 244-2080
Hillsboro: (503) 244-2081
Facsimile: (503) 244-2084
Email: Sweeney@PDXLawyer.com