

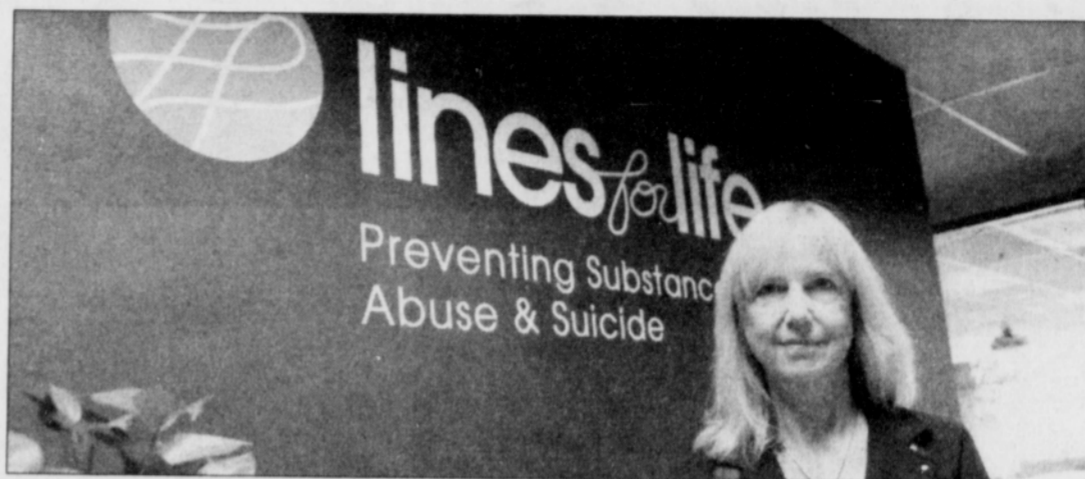
2012 Year in Review

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Charles Washington Remembered

Dec. 12 – Portland Observer Publisher and Editor-in-Chief Charles H. Washington is remembered for carrying on the legacy of his mother Joyce Washington as publisher of Oregon's oldest minority publication, and for being a mentor to his children and other young people in the community after his death at the age of 60.

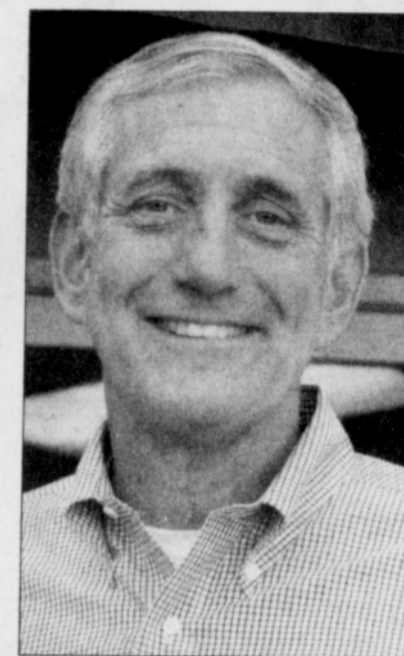


Mental Health Crisis

Oct. 10 – With suicides on the rise in Portland, public and mental health officials are stepping up to break its stigma and get more people the help they need.

Violations Doom LV's Twelve 22

Oct. 17 – One of Portland's last remaining black bars is closing. LV's Twelve 22 owner LaVon Van implemented several changes in attempts to make the bar a more inclusive neighborhood business, but drug activity around the bar's premises took its toll with too many liquor license violations.



Hales Elected Portland Mayor

Nov. 7 – Former City Commissioner Charlie Hales becomes Portland's mayor-elect by winning a runoff election with State Rep. Jefferson Smith of southeast Portland.

HEALTH

OHSU Health Benefits Expand

Following an extensive internal review of health benefits along with discussions with transgender advocates, Oregon Health & Science University is increasing access to medically necessary care for transgender employees.

OHSU, Portland's largest employer, joins several other notable Oregon organizations in making its employee health insurance coverage more inclusive, including the city of Portland, Multnomah County, Intel Corp. and New Seasons Market.

The change extends coverage for care related to gender transition. It also helps ensure barriers are removed when transgender individuals seek insurance coverage for health treatments related to, or unrelated to, their transgender status.

"One of OHSU's core missions is to be a diverse organization that nurtures a community of inclusion," said Dr. Norwood Knight-Richardson, OHSU senior vice president and chief administrative officer. "Expanding services to include transgender benefits affirms our commitment to further enhancing a diverse and inclusive environment at OHSU."

Home Vegetables Done Right

Have you ever wanted to eat vegetables that you grew yourself? Mt. Hood Community College is offering "Home Vegetable Gardening Done Right," a new community education class that will touch on the basics of creating and maintaining your own home garden, both organically and non-organically.

The class will be held Feb. 18-20, 6:30 – 8:30 p.m., on the Gresham campus, 26000 S.E. Stark St.

Steve Schmidt, the class instructor, has held an interest in horticulture for nearly 40 years. In 1982 he started his own business as a landscape gardener. His love of gardening stems from the time he spent with his parents as a child. His parents felt that a garden was an essential addition to their table, and taught by example the importance of hard work and the value of growing what you eat.

For questions about registering for the class, call 503-491-7572.



Improving Patient Outcomes

Being diagnosed with cancer can be a terrifying experience. But a new study from Portland State University shows patients do better depending on how the doctor delivers the news, and if they actively participate in their treatment decisions.

Those findings are from a two-

year study by Jeffrey Robinson, a PSU professor of communications.

Greater patient satisfaction – and the increase in hope – are positive factors in a patient's chances of survival, Robinson said.

"A lot of surgeons don't take the trouble to frame the news in a

positive light, but they can be trained," said Robinson. He stressed that presenting cancer news in a positive light does not mean giving false hope. A patient in the early stages of the disease might be told "you are at Stage 2, and that's good news because cancer has four

stages and we're catching this at a good time," he said.

Currently, only a few medical schools in the country offer specific courses in doctor-patient communication, according to Robinson. Most doctors don't receive that training, he said.

Robinson advocates more communication training for doctors, and also for patients.