

HEALTH

HEALTH WATCH

Mental Health Workshops

There is often a stigma attached with mental illness that often prevents people from seeking help when necessary. Mental Health First Aid (MHFA) equips members of the public to help family, friends, co-workers, and others get support for their mental health needs.

MHFA's Oregon branch will be hosting two workshops on August 27th and August 28th for youth ages 15 to 24, introducing them to the unique risk factors and warning signs associated with mental challenges in adolescents.

Participants will not learn method

of diagnoses, nor techniques of therapy and counseling; however they will learn a core five-step plan to support an adolescent in the midst of an emotional crisis.

For more information contact Nili Yosha at either niliyosha@gmail.com or 503-200-7388

State Announces Community First Option

The Oregon Department of Human Services announced last Thursday that the federal Centers for Medicare and Medicaid Services (CMS) has approved the state's request to expand home and community based services for seniors and people with physical and developmental disabilities.

Oregon is only the second state in the nation to receive this approval.

Coupled with updates to Oregon's existing Medicaid long-term care waivers and Oregon's Community First Choice Option also known as 'K Plan', will provide the state with the authority to expand both person-centered and community-based services for eligible individuals.

For the 2013-2015 biennium approximately \$100 million in additional federal revenue will help support these venerable populations.

"Oregon is already a national leader in home and community-based care supports for individuals receiving long-term services and supports through Medicaid," said DHS director Erinn Kelly-Siel.

She adds, "The approval of our K Plan means more funding for these important programs, so we can help



more seniors age-in-place and provide more opportunities for services in integrated settings for people with physical disabilities."

"The K Plan also means that people with intellectual or developmental disabilities can be better supported with individualized services to enhance their quality of life and allow for more fully integrated living and working," she said.

Governor Kitzhaber who supported Oregon's application to pursue the K Plan believes it will be beneficial to all Oregonians, "I view the K Plan as a win-win situation," he said. "Oregon taxpayers benefit

by maximizing federal funding available to support these vulnerable populations. Oregon consumers benefit from new investments that will allow them to remain independent in their own homes and communities. The federal government will benefit in the long-term as Oregon is able to serve more and more individuals in-home and community-based settings instead of through more costly services."

Additional information about the new amendment can be accessed by visiting oregon.gov/dhs/k-plan/pages/resources.aspx.

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.

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

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.

Chronic Pain Support Group -- Meets the first Wednesday at 4 p.m. to 5:30 p.m. and the third Wednesday of each month, from 7 p.m. to 8:30 p.m. For more information, call 503-256-4000.

Cardiac-Rehab Exercises -- A medically supervised exercise program for people dealing with heart conditions. For information, call 503-251-6260.

Stroke Alert Screening -- Check your carotid arteries with a painless ultrasound to assess your risk. Fee \$40. To schedule a screening, call 503-251-6137.

Managing Chronic Hepatitis C -- Third Wednesday of each month at 5 p.m. The informative session is led by a registered nurse to help you manage side effects of medications and dosage preparations and administration; doctor referral required. To register, call 503-251-6313.

Healthy Living Celebration

Join us for low-cost bike helmets (\$6 for bike, \$20 for multi-sport helmets, infant to adult), free vaccinations, free health screenings and fun for all ages.

Saturday, Aug. 10, 2013, 10 a.m.-1 p.m.

Legacy Emanuel Medical Center Atrium
501 N. Graham St.
Portland, OR 97227

Details: www.legacyhealth.org/emanuel

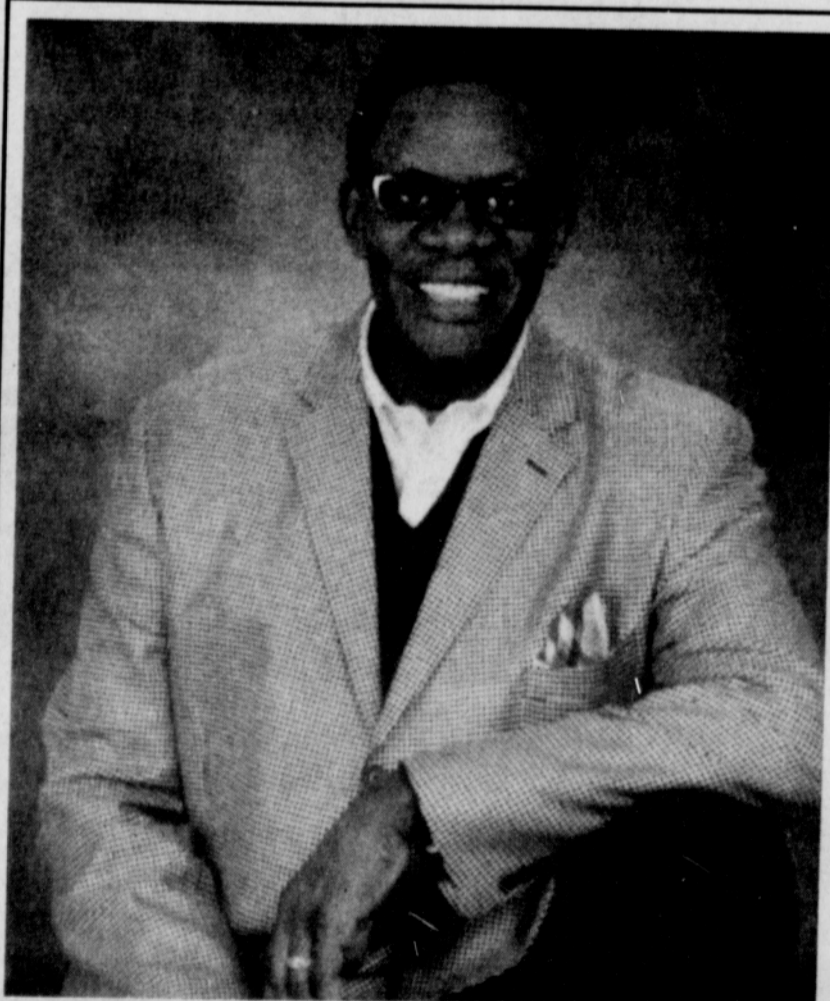


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Dr. Billy R. Flowers

THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

Part 28. Industrial Injuries:

What to do if you are hurt on the job

Q: I was lifting a heavy object on the job site and my back just collapsed on me. I have since gone to several company doctors only to get yet another pain pill. One doctor has mentioned surgery. What do you think I should do?

A: You should immediately request to see a Chiropractor. Approximately 90% of back injuries have the capacity of being helped through Chiropractic. Our office has

an excellent track record with helping problems like yours. We make every attempt possible to get you back on the job safely as soon as possible - often within a few days. This is obviously beneficial not only to you but your company as well. It is not uncommon for a workmen's compensation back surgery to run \$100,000.

I'm sure your employer would just as soon not have expenses like that. Speak to your employer today about having a Chiropractic consultation. If you have had a lifting injury or suffer from pain, why don't you call us today. A life of suffering is indeed a wasted life. Don't let it be yours.

Flowers' Chiropractic Office

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