

# HEALTH

## Healthy Kids' Street Fair

### Family event Saturday at Randall Children's Hospital

Randall Children's Hospital at Legacy Emanuel will host a Healthy Kids' Street Fair featuring fun, healthy and safe activities for families and kids on Saturday, Sept. 21, from 10 a.m. to 2 p.m. outside the new children's hospital at 2801 N. Gantenbein Ave.

Kids will enjoy their participation in fun, interactive activities like hula hooping, thumb casts, crafts and more and learn about summer safety and healthy eating.

The fair celebrates healthy living and promotes safe family fun with a variety of interactive booths and activities hosted by hospital departments and community organizations.

This year's event coincides with National Child Passenger Safety Week so there will be a special emphasis on child passenger safety.

Car crashes are one of the leading causes of death for children 1 to 14 years old. Using the correct car safety seat is critical in keep-

ing kids safe. Three out of four kids are not as secure in the car as they should be because their car safety seats are not being used correctly.

You can make sure you are using a car safety seat properly by attending a Car Safety Seat Check-Up site at the event. Bike helmets for \$6 and snowboard helmets for \$20 will also be available. The whole family may purchase helmets at this terrific price thanks to a generous donation from Legacy Foundations, Legacy Medical Staff and the group Trauma Nurses Talk Tough.

Kids will also get to tour the KIDS Team ambulance and see a fire truck up close. Parents can discuss immunizations records with nurses who will explain which immunizations are needed according to the age of their child.



*The Jefferson High School class of "1963" is celebrating their 50th reunion on September 21, 2013 at the Double Tree located at the Lloyd Center,*

For information contact  
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or Paul L. Green Sr. (503 287-5721)

### HEALTHWATCH

**Smoke-Free Support Group** -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

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

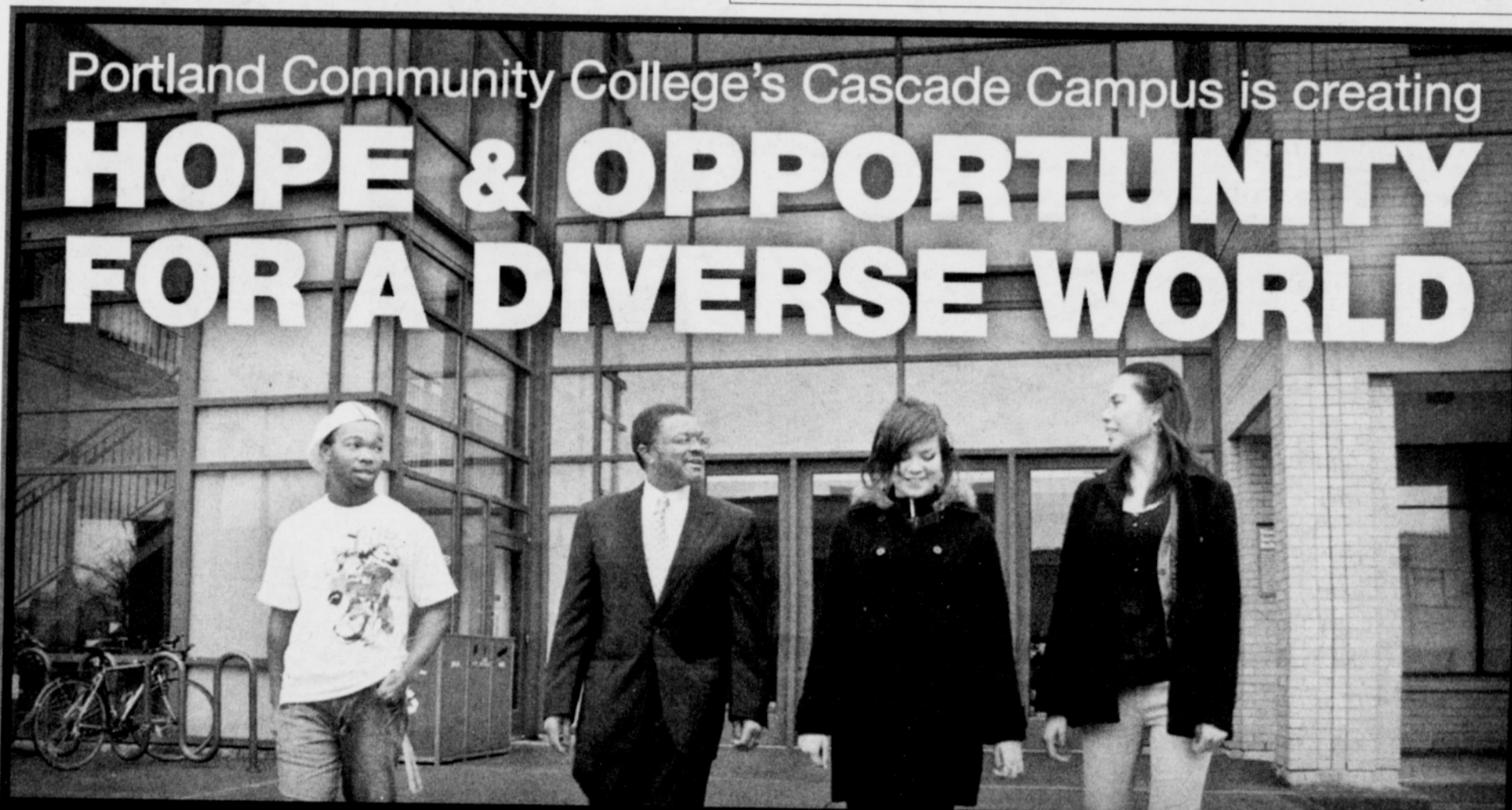
**Family Caregiver Support Group** -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.

**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.

**Take Off Pounds Sensibly** -- TOPS meetings are held every Tuesday at 9 a.m. at the St. Michael's and All Angels Church, 1704 N.E. 43rd Ave. Anyone interested is invited to learn about this weight loss support program which offers information, encouragement, weekly programs, fun contests, discussion and socialization.

**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.



**The Portland Teachers Program is training and educating the next generation of teachers of color for Portland's public school classrooms.**

**The Middle College Partnership with nearby Jefferson High School is connecting underrepresented youth with higher education and, ultimately, the workplace. By the time they graduate, each JHS student will have earned between 12 and 45 college credits – and, thanks to Middle College scholarships from four-year colleges and universities, they can earn a bachelor's degree for free.**

**With 33 percent minority enrollment, Cascade is the most diverse higher education campus in Oregon.**

**Cascade Campus serves more than 24,000 students each year under the leadership of Campus President Dr. Algie C. Gatewood.**



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