

HEALTH

Thanksgiving Meals Planned

Meals on Wheels to deliver to homebound

Meals on Wheels People will deliver more than 1,000 hot turkey dinners to homebound seniors on Thanksgiving Day. The organization will also host community Thanksgiving Dinners at several locations in the Portland metro area. "A traditional holiday meal with turkey and all the trimmings will be delivered by volunteers to our most frail and isolated seniors on Thanksgiving Day," said Meals on Wheels People Executive Director Joan Smith. "We are so grateful for the community volunteers who spend part of their holiday making the day brighter for these seniors."

The community is invited to join with others for a Thanksgiving Dinner at one of these Meals on Wheels People locations between 11 a.m. and 1 p.m. on Nov. 28: Beaverton Center, 5550 S.W. Hall Blvd., Belmont Center, 4610 S.E. Belmont, Elm Court Center, 1032 S.W. Main St., Forest Grove Center, 2037 Dou-

glas St., and Tigard Center, 8815 S.W. O'Mara.

The menu includes roast turkey and gravy, cranberry relish, bread stuffing, mashed potatoes, yams, peas and pearl onions, cranberry gelatin salad, potato rolls, and pumpkin pie with whipped topping.

For more information about the community dinners, call the Meals on Wheels People at 503-736-6325.

MLK Site Needs Volunteer Drivers

Meals on Wheels People Martin Luther King Jr. Center seeks volunteers to assist with delivering meals to homebound seniors.

"These volunteers are so invaluable because they not only help us feed our frail elderly, but they make sure these seniors see a friendly face at least once a week. Sometimes the Meals on Wheels driver is the only person these homebound seniors see all day," said David Lomax, MLK Jr. Center



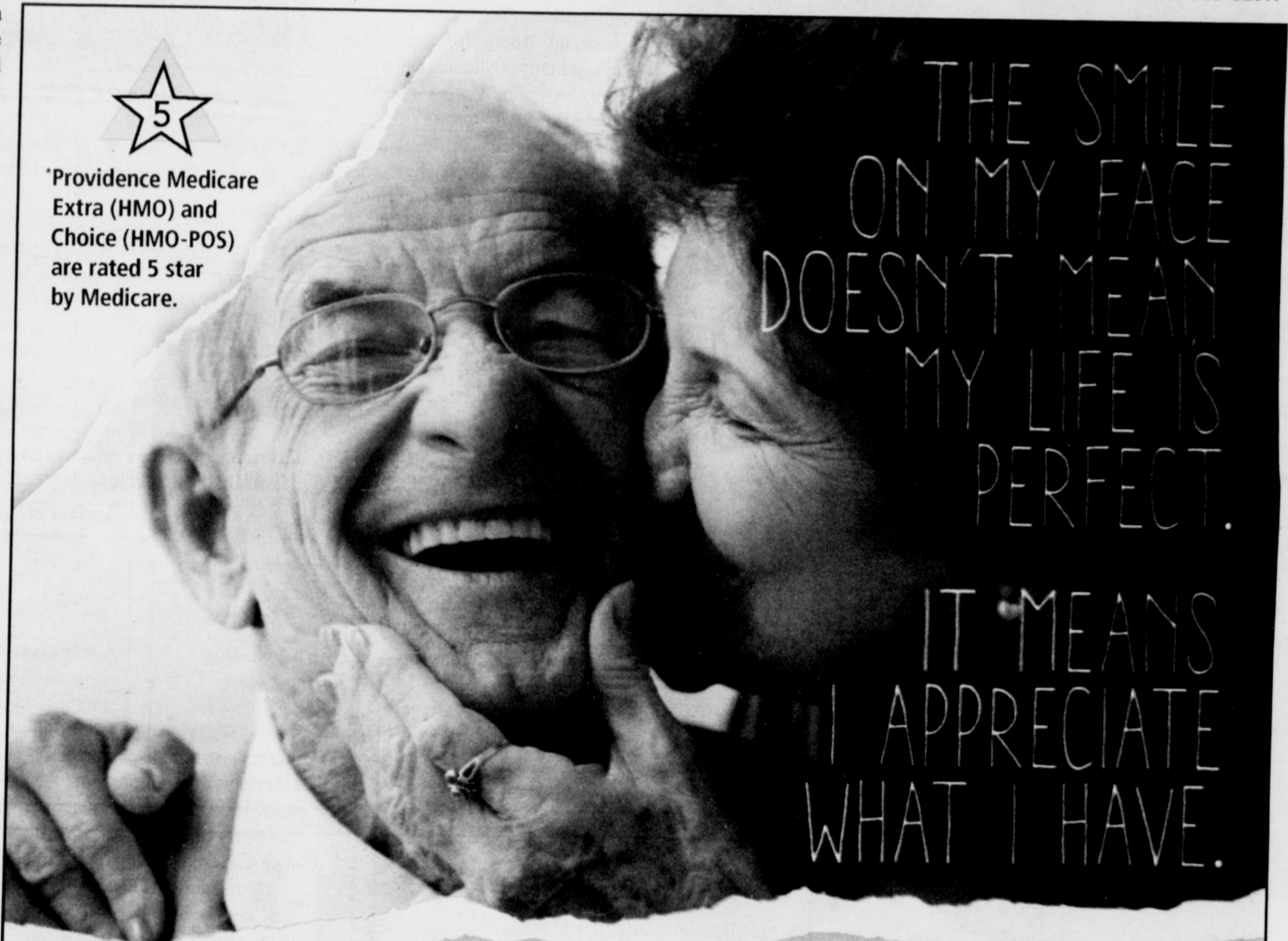
David Lomax

manager.

Meals on Wheels are delivered Monday through Friday between 10:30 a.m. and 12 p.m. Drivers must be at least 18 years old and have a valid driver's license. The Center is also looking for people who are interested in helping to pack Meals on Wheels, kitchen help and holiday event planning. MLK Center is located at 5325 N.E. Martin Luther King Jr. Blvd. For more information, call David Lomax at 503-953-8207.



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* Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next.

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HEALTHWATCH

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

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.