

Bringing Diversity to Health Care

Program reaches out to young people of color

How do you draw more young people of color like Carlos Hernandez-Morfin into health care? With a little HOPE. Legacy's Health Occupation and Profession Education, called HOPE, is now in its 20th year. It was created to increase the ethnic and racial di-

Program, provides experiences through paid summer internships to influence students of color to choose health care majors in college.

"The health care profession would benefit from greater cultural diversity to better reflect the growing diversity in our communities," says Cathy Reynolds, Legacy Health's director of employment and workforce planning. "Students work up to 400 hours a year, mainly during the summer,

smallest, most vulnerable children." Eddinger plans to become a nurse and earn a doctorate in nursing.

"The pace was exciting," says Maya Gonzalez of her time in the ER at Legacy Good Samaritan Medical Center. "It pushed me out of my timidness to get nosy and ask staff questions about what I

saw or heard." Gonzalez plans to study human physiology in a pre-med track at the University of Oregon.

"The advice I'd give to future interns is to push yourself beyond your comfort zone to the unfamiliar," says Zach Mendenhall Roldan, who spent the summer at Randall Children's Hospital

working with injury prevention and wellness. "The exposure and experiences were incredible. I'm now leaning toward a pre-med major to become a pediatrician."

"I was selected because of my interest in the medical field," says Stephani Carlos-Catano, who learned about the variety of health care professions through an internship in Legacy's Human Resources Department.

More information on HOPE, visit <https://bit.ly/2ILawza>.



Carlos Hernandez-Morfin, a recent Portland State University graduate and aspiring medical student, participated in a Legacy Health program to increase ethnic and racial diversity in the health care professions.

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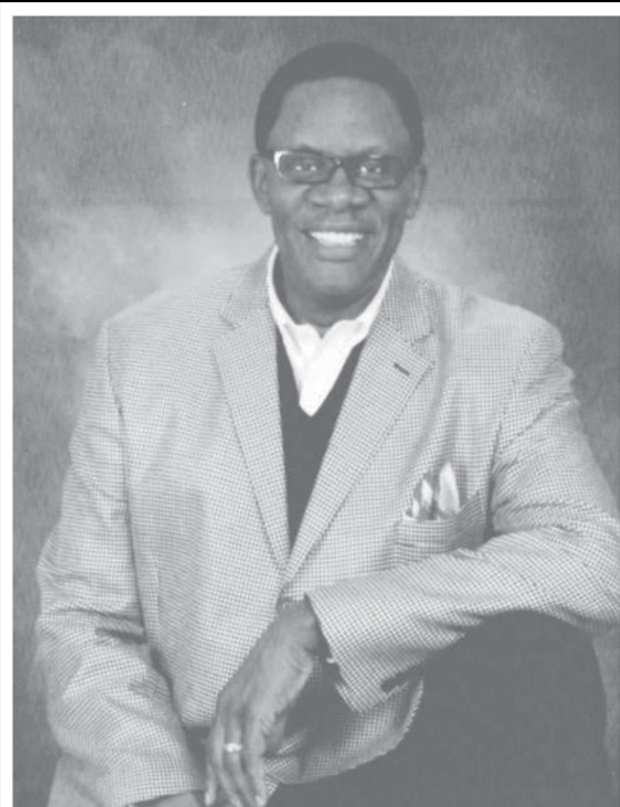
"I had an amazing experience," says Carlos Hernandez-Morfin, a recent Portland State University graduate who joined the program five years ago. "I've decided to become a family practice physician."

HOPE, formerly called the Youth Employment in Summer

in clinical and non-clinical departments with mentors. Some return during winter or spring break from college.

Here are voices of this year's HOPE interns:

"My internship in pediatric development was amazing," says Tressina Eddinger. "I worked besides therapists who served the



Dr. Billy R. Flowers

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Part 10. Fatigue: A cure for people sick and tired of being of being sick and tired.

Q: I seem to be tired a lot lately. Does that mean I need iron?

A: The most common reason patients come into our office is because of some type of pain. But many of these people are also suffering from fatigue. Fatigue that makes the eyes burn slows down the healing process and makes you wonder why you don't feel as well as you used to. Obviously, there can be many causes of fatigue. Diet is certainly one of them. It's a subject we'd be happy to discuss

with you in detail. Another cause, however is often stress. Many of you have probably heard of the "Fight Or Flight" syndrome. When the body is stressed, it responds with a combat-ready posture. In analyzing many such patients' x-rays, we find the head angled forward and the back arched in this highly-stressed position. After Chiropractic adjustment, this condition is often vastly improved.

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