

PeaceHealth Women's Heart Health Event Is Girls' Day Out for Fun

Saturday, February 28, 9 a.m. – Tickets \$10

Peace Harbor Medical Center will host the eighth annual women's health event titled "Every Woman Tell a Woman" on Saturday, February 28, from 9 a.m. to 1 p.m.

The program will feature a variety of speakers providing overall health information to help women understand and manage the many health conditions facing them today. Although there are genetic risks for many diseases that cannot be controlled, there are some risks that can be overcome by following key preventive steps.

Come hear how to make healthy choices for yourself and for the people you love. Speakers will include Dr. Fran Munkenbeck,

cardiologist from Oregon Heart and Vascular Institute, Dr. Aaron Holmes, primary care provider at PeaceHealth Medical Group and Nancy Graham, dietician at Oregon Heart and Vascular Institute.

Free massage, numerous exhibits, tastings, demonstrations and learning activities will be available throughout the morning, providing attendees with opportunities to explore options, ask questions and gain knowledge about many of the serious health issues facing women today. Enjoy a heart healthy lunch prepared especially for the event by Red Rose Catering.

"Our focus is to provide the best experience possible for attendees. Addressing issues that are important to women, while

giving them the opportunity to laugh and live it up a bit are the goals of everyone involved," says Kat Rannow, Senior Communications Specialist for PeaceHealth Peace Harbor Medical Center.

Tickets are \$10 and space is limited. Please register by February 21st by calling 541-902-6300, ext. 2261.



Oregon Home Care Commission Schedules Worker Training

February 12 at 2 p.m. & February 13 at 8:30 a.m.

At the Florence Events Center on Thursday, February 12 at 2 p.m., diversity awareness training will aid home care workers in understanding issues facing lesbian, gay, bisexual, and transgender adults. Learn terminology and definitions, gain an understanding of the lives of LGBT adults, and learn ways to be welcoming and inclusive.

On Friday, February 13 at 8:30 a.m. home care workers will receive training in bathing

and grooming techniques. Skills in personal care activities of bathing, shaving, skin care and grooming with a focus on using person-centered values and techniques. A video demonstrating hands-on care will be shown.

These trainings are provided for Homecare Workers (HCW), Personal Support Workers (PSW) and the consumer/employers they work for.

Homecare Workers and Personal Support

Workers may be paid for attending classes if they meet these criteria:

- Have an active provider number
- Have authorized and paid state provider hours within 3 calendar months prior to the month of the training or during the month the training is held.
- Class is approved for the specific work group by the Home Care Commission.
- Have not been paid for that class in the previous



12 months.

To register call 503-378-8425 or 1-877-867-0077, #2.

C.R.O.W. Announces Cast for *Once Upon A Mattress*

Friday – Sunday, April 10-12

Carol Burnett's star vehicle was a little-known show called *Once Upon A Mattress*, a comedic, musical adaptation of Hans Christian Andersen's beloved fairytale, "The Princess and the Pea." (Music by Mary Rodgers; Lyrics by Marshall Barer; Book by Jay Thompson, Dean Fuller, and Marshall Barer) If you think you know the story of the Princess and the Pea, you may be in for a walloping surprise! C.R.O.W. is excited to present this hilarious musical comedy April 10-12 at the Florence Events Center, with four public performances (Friday at 7 p.m., Saturday at 2 p.m. and 7 p.m. and Sunday at 2 p.m.).

Auditions for the show have just concluded, and the principal characters are going to be portrayed by some of C.R.O.W.'s finest young stars as well as a few new faces. Paula Garcia will dazzle in the Carol Burnett role, "Princess Winnifred," and Cameron Utz will toe the line as her devoted "Prince Dauntless."

Tristin Reber will play the wicked

Queen, "Aggravain," while Kristopher Keppel pantomimes his feelings as "The Silent King." In the romantic leads, newcomer Tim Jones will be playing hunky heartthrob, "Sir Harry," across from another C.R.O.W. newcomer, the lovely Hannah Bartlett, as "Lady Larkin." Nyah Vollmar, Cecile Fleming, and Patrick Rowley will provide tricks, splits, comedy, and more as "The Minstrel," "The Jester," and "The Wizard," respectively.

Once Upon A Mattress will be presented with the same Broadway caliber costumes, sets, lighting design, sound, stage makeup and other technical components that C.R.O.W. is known for. Production team members include Melanie Heard (Director), Jason Wood (Musical Director), Polly Fleming (Costumes), Genevieve Meltzer (Assistant Director), Mary Beers (Assistant Musical Director), Karen Mechek and Judy Murphy (Scenic Artistry), Chris Heard (Set Design), David Tidball (Set Design), Margaret McDiarmid (Lighting),

Chris Owens (Sound), and Debbie Waiss (Stage Manager) to name a few. The show will be produced by Mike and Ellen Jacobson.


If you have a child or young adult/teen that is interested in the performing arts, Director Melanie Heard encourages you to attend *Once Upon A Mattress* this April.

"It's going to be a razzle, dazzle spectacle of a show, complete with 20 downy mattresses and a toe-tapping number called the "Spanish Panic!" she says. "Trust me, you don't want to miss this show!" Tickets will be available soon at the box office: (541) 997-1994 or at www.eventcenter.org.




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