

## Flu shot clinics to be held

With the approach of flu season, clinics are being held by the Morrow County Health Department, but vaccinations are only available for those who meet certain criteria.

Flu vaccinations are strongly encouraged and reserved only for individuals who meet any of the following: Children ages 6-23 months, Adults ages 65 and older, Anyone ages 2 to 64 with underlying chronic medical conditions, Women who will be pregnant during influenza season, Residents of nursing homes and other long-term care facilities, Children ages 6 months to 18 years on chronic aspirin therapy, Health care workers who deliver direct patient care and Out-of-home caregivers and household contacts of children under 6 months.

Supply is limited at this time, but shots will be available at later clinics. Call the Morrow County Health Department for more information at 676-5421 or 481-4200.

The clinic schedule is as follows:

Monday, Oct. 10, 11 a.m. to 1 p.m., Stokes Landing Community Center, Irrigon;

Wednesday, Oct. 12, 10 a.m. to 1 p.m., St. Patrick's Senior Center, Heppner;

Monday, Oct. 31, 11 a.m. to 2 p.m., Stokes Landing Community Center, Irrigon;

Wednesday, Nov. 2, 10 a.m. to 1 p.m., St. Patrick's Senior Center, Heppner;

Thursday, Nov. 3, 8:30 a.m. to 12:30 p.m. and 1-7 p.m., Morrow County Health Department, Heppner;

Monday, Nov. 7, 8:30 a.m. to 12 p.m. and 1-7 p.m., Morrow County Health Department, Boardman;

Wednesday, Nov. 9, 4-7 p.m., Ione Fire Hall, Ione.

Remember to bring your insurance card, Medicare card and/or Medicaid card. Cost for the shot is \$15. Tetanus and Pneumococcal vaccinations also available.

If you are young and healthy, you are being asked to wait until late October to get a flu shot. Officials from the Oregon Department of Human Services (ODHS) announced implementation of a prioritized approach to early season flu vaccination, reserving inactivated vaccine for those at high-risk, at least until Oct. 24. However, beginning immediately, doses of live, attenuated flu vaccine may be given to any healthy person between the ages of 5 and 49 years.

## Signs and symptoms of depression

Kids are back in school and the seasons are changing. Change often brings on stress and stress can lead to depression. This article will help you understand the symptoms of depression and learn techniques to manage them. There are some warning signs to look for when identifying depression. Sleep disturbance, changes in appetite and withdrawing from people and activities that used to be pleasurable can all be signs of depression. Everyone has a few bad days, but when they persist it is important to seek help.

Do you notice that it takes longer for you to fall asleep at night? Are you waking several times a night? Is your quality of sleep inadequate? Depression is strongly tied to inadequate sleep. It is helpful to stick to a scheduled bedtime to get your internal clock on a regular schedule. Skip that last cup of coffee or caffeinated beverage in the evening. Get out of the habit of trying to solve problems right before going to sleep. These are ways to get better quality sleep. If sleep issues still occur, please contact our office or your physician to see if there are medical problems contributing to your insomnia.

Have you had a recent loss of energy or find it hard to become motivated for simple tasks? Healthy eating habits and regular exercise can help minimize the symptoms of depression. Depression feeds on inactivity, so regular physical workouts can be helpful. You don't need to have access to a gym or any special equipment. Go for a short walk with the kids in

the evening or take 20 minutes out of your day to do an activity you enjoy. Balance is the key for healthy eating habits. Your body needs the proper amount of food for energy. Eating too little food is not good for your body or your mental health. Eating too much, or comfort eating, can lead to weight gain, which can lead to more feelings of depression. Regular balanced meals and healthy snacks help to keep both your energy level and your mood up.

Do you wake up feeling hopeless about your life? Do you feel like there is nothing to live for? Do you feel like hurting yourself? If you have any of these symptoms or recognize these in someone else, please contact our office or a physician. Many times depression can be dealt with by making some simple changes in our lives. Other times depression may need to be treated with individual therapy and/or medication. If you or someone you know are experiencing overwhelming feelings of hopelessness or sadness, please seek help. Morrow/Wheeler Behavioral Health is serving your community and is here to help. To schedule an appointment or speak to a counselor please call our Fossil office at 763-2746, Heppner at 676-9161, or Boardman at 481-2911. We also have 24 hour on call crisis services that can be accessed by simply dialing 911.

## Senate approves funding for Oregon military facilities

U.S. Senators Ron Wyden (D-OR) and Gordon Smith (R-OR) recently announced that the Senate has approved more than \$7 million in funding for Oregon military facility construction projects. The funding was included in the FY 2006 Veterans Administration and Military Construction appropriations bill; the legislation now moves to a conference committee to work out differences between it and the House version of the bill.

"Oregon's military personnel play an important role in securing the Northwest and all of the U.S.," said Wyden. "The Federal government should ensure that military facilities get the improvements they need to support our armed forces, and the funds in this bill are a major step toward that goal."

"Our armed services are providing disaster relief and security at home and abroad," said Smith. "They're the pride of Oregon's communities and our military should have the up-to-date facilities they need to successfully carry out today's missions."

Under the VA/Mil-Con appropriations funding legislation approved, \$6,132,000 would be provided for the construction of a new Navy Reserve Center in Eugene. In addition, \$941,000 would be provided for the planning and design of an expansion of the Oregon Military Department's Joint Forces headquarters in Salem.

The legislation also includes \$1.5 billion to pay for closures of military installations nationwide, including the planned closure of the Umatilla Chemical Depot.

## Funding restored for Pesticide Analytical Response Center

Oregon's unique program known as PARC- the Pesticide Analytical Response Center- is back in business this fall thanks to restored funding by the 2005 Oregon Legislature. The Oregon Department of Agriculture, along with seven other member state agencies, will soon begin to look into specific cases involving pesticides that may have produced adverse effects on human health or the environment. PARC had essentially shut down when funding was removed in 2003 due to a statewide budget shortfall.

"We look forward to providing, once again, a program that brings together expertise on pesticide issues," says ODA deputy director Lisa Hanson. "We believe the public is better protected because of PARC and that pesticide users may also be better protected in that the program can address allegations and determine whether or not they are valid."

Other agencies are similarly eager to have funding restored to PARC.

"For many years, PARC has been an excellent example of interagency cooperation, helping the agencies involved in pesticide safety and protecting human health in Oregon work together more effectively," says Dr. Mel Kohn, state epidemiologist with the Oregon Department of Human Services- Health Services. "I'm very pleased the budget was fully funded by the legislature."

When pesticide-related incidents result in suspected health or environmental effects, PARC is mandated by statute to perform the following activities:

- Mobilize expertise for investigations
- Report results of investigations
- Identify trends and patterns of problems
- Make policy or other recommendations for action
- Prepare activity reports for each legislative session

PARC does not have regulatory authority; its primary function is to coordinate investigations and to collect and analyze information about reported incidents of pesticide exposure. PARC's member agencies conduct most of the investigations and take necessary enforcement actions. Coordination includes collecting reports produced by each member agency and consulting with a medical toxicologist from Oregon State University (OSU). Other governmental bodies may also participate in incident reporting or investigations. PARC maintains regular contact with the OSU Extension Service, United States Environmental Protection Agency (EPA), and other public and private organizations to facilitate the investigation of specific incidents, identify potential problems, and assist in developing solutions. Under the restored funding, ODA will administer and house the program, including the establishment of a telephone hotline that will be available 24-hours a day, seven days a week. Members of the public may call (503) 986-6470 and leave details of a pesticide incident. Someone will return the call no later than the next working day. Currently, the hotline is expected to be operational by Oct. 1.

"The restored funding also allows PARC to hire staff from OSU and DHS- Health Services to conduct evaluations of information on individual cases," says Chris Kirby, administrator of ODA's Pesticides Division.

Pesticide-related incidents are usually reported by an affected person, either directly to PARC or through a member agency. Health care providers are required to report suspected cases of pesticide-related illness to the local health department or Health Services. Timely reports of possible human health or extensive animal or environmental effects from pesticide exposure are assigned a case investigation number. PARC also responds to numerous requests for information about potential health effects of pesticides and related issues.

"Currently, there are only a couple of states that have a program like PARC that brings together multiple state agencies- each involved, in some way, in the regulation of pesticides, each with their own set of expertise," says Kirby. "These agencies are brought together to focus on various specific cases and questions about health or environmental concerns where pesticides are involved."

ODA- which regulates the distribution and use of pesticide products in Oregon- assures compliance with the Oregon Pesticide Control Act and the Federal Insecticide, Fungicide and Rodenticide Act (FIFRA). Oregon-OSHA has expertise in the training of employees who use pesticides. Other member agencies have unique responsibilities in the area of pesticides and their effects.

All pesticide exposure incidents that are assigned a PARC case number are entered into a data management system, investigated, and summarized for presentation to the PARC board at bimonthly meetings. These case reports are reviewed by the board to identify trends in problems related to use of a particular chemical, to an application method, or to a specific industry. The board then discusses potential actions that could prevent or reduce exposures. PARC has statutory responsibility to make recommendations to state agencies concerning these actions. PARC may also make suggestions to private groups for their consideration.

"In some cases, a pesticide product label has been changed because of recommendations brought forward by the PARC board," says Kirby.

The restoration of funding is bringing all the players back to the table for the first time in three years. Rather than simply gathering the information but not being able to do anything with it, member agencies and the PARC board can resume investigations, determinations, recommendations, and the annual report that will give Oregonians a better idea of health and environmental impacts of pesticide use.

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