

Health fair features clinic for Teddy bears and more

By **TAMMY MALGESINI**
Community Editor

The popular Teddy Bear Clinic is seeing patients again.

After a two-year hiatus, kids can again have their teddy bears diagnosed as the Teddy Bear Clinic takes patients during the S.E.A. of Health, which offers free medical screenings and health activities.

Sponsored by Good Shepherd Medical Center, S.E.A. stands for Screening, Education, Awareness. The free event is Saturday from 9 a.m. to 1 p.m. at the Hermiston Conference Center, 415 S. Highway 395.

The Teddy bear clinic provides a simulation of what it's like to go to the hospital. Kids will take their stuffed animal through the steps of being admitted — from having a identification wrist band attached, medical testing, diagnosis and discharge. The exercise assists in reducing anxiety that sometimes accompanies a child's visit to the doctor.

The event offers free health screenings for all ages — from kids, teens and adults, to the young-at-heart seniors. Everyone will have an opportunity to participate.

All vendors will provide a health screening and/or health and wellness education and information. S.E.A. of Health features a wide variety of health screenings, one-on-one interaction, coaching with healthcare



Austin Chapman holds her bear after it received treatment for a broken foot at the Teddy Bear Clinic during a past health fair event sponsored by Good Shepherd Medical Center. S.E.A. of Health, which provides free medical screenings and health-related activities and information, is Saturday at the Hermiston Conference Center.

providers and even cooking classes.

"The goal is to provide a variety of screening opportunities for people of all ages, as well as important health information in a fun, relaxed setting," said Ina Abercrombie, Good Shepherd's health & safety coordinator.

Everything from blood pressure checks and dental screenings to colorectal cancer screening kits to virtual dementia tours are included during the event. Participants can get vision exams by Casey Eye Institute and hearing exams by Hermiston Hearing Center.

Diabetes information and foot checks will be provided by the hospital's diabetes educators and a Good Shepherd occupational therapist will share fall prevention information. There also will be cardiac risk assessments, skin cancer checks, BMI & body composition analysis and lung function testings.

Representatives from Domestic Violence Services will provide domestic violence awareness through their In Her Shoes simulation exercise.

People can gain additional information from healthcare professionals during Ask

a Medical Question, Ask a Pharmacist and depression and suicide screening.

Also, representatives from the Senior Health Insurance Benefits Assistance program and the Oregon Health Plan will be on hand, as well as information about veteran's benefits.

In addition, you won't want to miss special activities and classes providing opportunities to engage in exercises and learn more about healthy cooking.

For more information, contact Abercrombie at 541-667-3472 or iabercrombie@gshealth.org.



FILE PHOTO

Participants in a past Domestic Violence Services Walk of Remembrance observe a moment of silence at McKenzie Park in Hermiston. This year's event is Thursday, Oct. 22.

Walk of Remembrance set in Hermiston

HERMISTON HERALD

Participants in the Walk of Remembrance will have an opportunity to honor victims and survivors of domestic violence.

Sponsored by Domestic Violence Services, the event includes a short walk from the organization's Hermiston office to McKenzie Park. People are invited to meet with the group Thursday, Oct. 22, at 6 p.m. at 240 S. E. Second St., Hermiston. After a moment of silence and a brief time of reflection, the group will return to the office for refreshments and conversation with others.

In addition, Domestic Violence Services is hosting upcoming volunteer training in

Hermiston for people interested in helping the organization in Umatilla or Morrow counties.

The volunteer training covers all aspects of domestic violence, sexual assault and stalking. When completed, volunteers will be able to answer calls on the organization's 24-hour Crisis Line.

Anyone interested in taking an active role against domestic violence in the community and have an opportunity to advocate for victims of domestic/sexual violence is invited to learn more about opportunities with Domestic Violence Services.

For more information or to reserve a space in the volunteer training, call 541-276-3322.

IN BRIEF

ESD brushes up with Good Shepherd grant

The InterMountain Education Service District recently received a \$10,000 donation from Good Shepherd Community Health Foundation to be used toward improved oral health for students in Eastern Oregon.

The money will be used to purchase materials and provide resources for a dental education lab. The lab is based on a model in Roseburg developed by the Mercy Foundation. In October, representatives from Roseburg will travel to Hermiston to train 25 people from Morrow, Umatilla and Union counties.

The local trainers will teach volunteers and others to provide education to students and their families about the importance of oral health such as brushing, flossing, fluoride varnishes and sealants. They will provide information about good nutrition, effects of tobacco and other drugs on teeth and the importance of wearing mouth guards when participating in sports. Also, they will discuss careers in oral health, including dentists, dental assistants and dental hygienists.

The local ESD is currently administering an Oregon Community Foun-

ation planning grant for the implementation of a school-based dental health program for kindergarten through eighth grades. Part of that grant is oral health education.

For more information about utilization of the grant, contact Michele Madril, IMESD communications specialist, at michele.madril@imesd.k12.or.us or 541-966-3115.

Piano workshop provides historical perspective

A free workshop, which includes a lecture and piano demonstration, is being offered in Pendleton.

Presented by David Hyun-su Kim, professor of piano and theory at Whitman College, A Historical Performance: Old Pianos and New Musicianship is Saturday, Oct. 31 from 10 a.m. to noon at the First Presbyterian Church, 201 S.W. Dorion Ave., Pendleton.

During the presentation, Kim will utilize a piano from Beethoven's time along with a modern Steinway-type piano to show how instruments influence composition, notation and performance.

For more information, contact Sue Nelson at musdoc3@mac.com or 541-276-0326.

Free workshop provides genealogy tips

People interested in genealogy can learn how to attach sources to records in FamilySearch during a free workshop this weekend.

The event is Saturday from 10-11 a.m. at the Family History Research Center at the Church of Jesus Christ of Latter-day Saints, 850 S.W. 11th St., Hermiston.

For more information, call Jeanette Byers at 541-667-7668.

Gatherings to connect people with support workers

A pair of meet-and-greet events are planned today to help people get connected with personal support workers and provide information for people looking for a job with flexible hours.

Personal support workers assist in making sure needs are met for an individual with intellectual or developmental disabilities. In addition, they help with skill building to increase independence. The gatherings also will provide information about changes in state regulations.

The Arc Umatilla County encourages the public to attend, including job-hunt-

ers looking for flexible hours, families with a child with an intellectual or developmental disability, individuals with a disability who are looking for a support worker and people who are enrolled as personal support workers.

The gatherings are Wednesday from 10-11:30 a.m. or 5-6:30 p.m. at The Arc Umatilla County, 215 W. Orchard Ave., Hermiston.

For more information, contact The Arc at 541-567-7615 or arc@eotnet.net.

Missionary to share about Africa

Gail Andreas, a missionary to Africa, will share about her experiences during a program at the Hermiston Church of the Nazarene.

Sponsored by the church's 50+ Ministry, everyone is invited Friday at 6 p.m. at 1520 W. Orchard Ave., Hermiston. Those in attendance are encouraged to bring a dessert to share with others.

For more information, call 541-567-3677.

Shriners collect 43,000 pounds of food

Local Shriners collected 43,636 pounds of food valued at \$40,256 during the Neighbor to Neighbor event in Hermiston Oct. 17. UPS donated the use of a tractor trailer to carry the food the Shriners Hospital for Children in Portland as part of the 61st annual Shriner Food Caravan. In

total, the caravan delivered 50 tons of food valued at \$175,000. Walchli Potato, Shearer's Foods, Sunheaven Farms, Bolt-house Farms, South Basin Packing, Bellinger Farms, River Point Farms, Watts Brothers Frozen Foods, Bud-Rich Potato and UPS donated for the event.

STUDENT OF THE WEEK

Bridgett Dunham
UMATILLA HIGH SCHOOL

Bridgett Dunham is an outstanding student athlete at Umatilla High School. Bridgett is a senior who currently has a 3.5 GPA. Bridgett is an outstanding young lady, who leads by example in the classroom and on the athletic field. Bridgett's leadership and school spirit is felt at Umatilla High School on a daily basis. Bridgett has competed in 2 years of volleyball, 4 years of softball and 4 years of cheer. In her free time Bridgett enjoys her Pug, playing on her travel softball team and hanging out with her Mom. Bridgett's favorite classes at Umatilla High School are Biology, Chemistry and Earth Science. Bridgett's plan after high school is to get her prerequisites done at BMCC and then transfer to Washington State University and become a Veterinarian.

Proudly Sponsored by

Columbia Harvest Foods
We Honestly Care!

1411 6th Street, Umatilla, OR • 541-922-3001

SAVE THE DATE

HONORING ALL VETERANS & WITH A SPECIAL TRIBUTE TO UMATILLA COUNTY VETERANS WHO SERVED IN WORLD WAR II

11 A.M. NOVEMBER 11TH PENDLETON CONVENTION CENTER

COMPLIMENTARY LUNCH IS BEING PROVIDED FOLLOWING THE PROGRAM FOR TICKETS PLEASE RSVP AT 541-278-6204

DON'T MISS OUT!

Celebrate Your Loved Ones in Our Veterans Day SALUTE

Honoring those who have served and those that are currently serving our country!

Bring us a picture of your servicemen or servicewomen or veteran by **November 5th** along with the form below and we will include them in our "Veterans Day Salute" on November 11th in the East Oregonian and Hermiston Herald at no charge.

For more information, call Paula at 1-800-522-0255 or Hermiston Herald at 541-564-4530.

Service Person's Name _____

Military Branch _____ Military Rank _____ Currently Serving Veteran (Check One)

Your Name _____

Your Address _____

Your Phone Number _____

Deliver to:

East Oregonian
211 SE Byers Ave.
• Pendleton, OR

Hermiston Herald
333 E. Main,
• Hermiston, OR

or e-mail to classifieds@eastoregonian.com