

Health fair features fitness and fun

Event offers dental treatment to uninsured

By TAMMY MALGESINI
COMMUNITY EDITOR

The doctor is in — the annual Teddy Bear Clinic is featured as part of Family Health & Fitness Day.

The free event includes dozens of vendors offering health and fitness related activities, including medical screenings, cooking workshops and healthcare resources.

Angie Treadwell of the Oregon State University Extension-Umatilla and Morrow Counties College of Public Health and Human Sciences, is excited about the variety of people that will be on hand. The free health fair is Saturday from 9 a.m. to 2 p.m. at Hermiston High School, 600 S. First St.

A highlight of the event, Treadwell said, is on-site dental treatment for people that are uninsured. Children and adults who don't have dental insurance can receive a variety of treatments, including cleanings, fillings and extractions. While it's open to anyone without insurance, no appointments will be scheduled. Treadwell said services will be provided on a first-come basis.

"It's a pretty great opportunity for people who don't have dental coverage and need some care," she said.

Treadwell also said the Teddy Bear Clinic is always a lot of fun for kids.



File photo

Family Health & Fitness Day offers free medical screenings, health-related activities and information Saturday at Hermiston High School.

In addition to getting a stuffed animal, the activity is designed to help reduce anxieties that children might have in regards to going to the hospital. Kids will go through an admitting process, diagnostic testing and receive a diagnosis and discharge instructions for their bear.

Another popular activity, Treadwell said, are the cooking workshops. In the past, they were geared towards the younger crowd, but everyone seems to enjoy making and sampling simple foods. Participants will have an opportunity to build their own yogurt parfait. Ingredient options will include granola, and local fruits and berries. Also, other food offerings include

Dave's Killer Bread and specialty dips from Food Hero recipes, which are available to take home so people can make their own.

"You don't want to miss the kale dip," Treadwell said. "It's delightful."

With flu season just around the corner, people are invited to get a flu shot. Anyone age 6 months or older can receive one.

On-site medical screenings don't require a fast, Treadwell said. People can participate in quick screenings and receive a certificate for more in-depth testing, she said.

The event also provides opportunities for people to get physical with Zumba and yoga. In addition, there will be clogging, cheer-

leading and tae kwon do demonstrations. Also, there will be car seat checks and bicycle helmet fittings.

Treadwell also said the Kiwanis Club and Walmart Distribution Center are providing a huge variety of door prizes.

The event is coordinated by the Healthy Communities Coalition. For more information, contact Treadwell at angie.treadwell@oregonstate.edu, 541-567-8321 or search www.facebook.com/OSUExtUmatilla.

Event celebrates National Recovery Month

By TAMMY MALGESINI
COMMUNITY EDITOR

A celebration is planned as Umatilla County hosts a National Recovery Month event in Pendleton.

Amy Ashton-Williams, director of Umatilla County Human Services, said this is the first event of its kind sponsored by her department and Eastern Oregon Alcoholism Foundation, a substance abuse treatment facility in Pendleton. EOAF's interim executive director, Janice Witt, spearheaded the idea, Ashton-Williams said, after living in areas where large events were held each September to celebrate recovery.

"Umatilla County Celebrates Recovery" is Saturday from 10 a.m. to 4 p.m. at Heritage Park, located next to Heritage Station Museum, 108 S.W. Frazer Ave., Pendleton. There is no admission charge. Root beer floats and coffee will be served. Also, the Assembly of God Church will offer pizza during the lunch hour.

With a 2019 national theme of "Join the Voices for Recovery: Together We Are Stronger," the Umatilla County event will feature a full program — Travis Adams will sing, Willa Wallace will conduct guided meditation, Tammy Malgesini (community editor for

the *Hermiston Herald* and author of this article) will perform stand-up comedy and there will be numerous speakers.

Ashton-Williams said that it's important to highlight success. Regardless of the disorder or disease, she said recovery should be celebrated.

"We hear a lot about the negative implications of substance use disorders," Ashton-Williams said. "We must also share the positives that come from recovering."

National Recovery Month was founded in 1989 by the Substance Abuse and Mental Health Services Administration. Its purpose is to share that substance abuse treatment and mental health services can assist people in establishing healthy and rewarding lives. In addition, it highlights those who have reclaimed their lives and honors the service providers who assist in making recovery possible.

It is Ashton-Williams' desire that community members will come out and gain a deeper understanding of substance abuse. Building a community that has hope, she said, improves service delivery for those experiencing a substance use disorder.

For more information, contact Ashton-Williams at amy.ashton-williams@umatillacounty.net.

BRIEFS

IMAC serves monthly breakfast

A hearty breakfast is available during a fundraiser for the Irrigon Multicultural Arts Center.

The meal is Saturday from 7:30-10:30 a.m. at Stokes Landing Senior Center, 150 Columbia Lane, Irrigon. The cost is \$4.50 per person.

The group is dedicated to preserving Irrigon's 1921 school building and developing a regional art venue. For more information, call Peggy Price at 541-561-1737.

TruCare welcomes founder of ProLifeDoc.org

Dr. William Lile of ProLifeDoc.org will speak at the annual fundraising event for TruCare Pregnancy Resource Center.

A board certified obstetrician-gynecologist, Lile currently is licensed to practice in Florida and Alabama. After taking over a practice that was the largest provider of abortion services in Pensacola, Florida, he eliminated all abortion services and referrals. He has appeared on TV and radio shows and presents seminars at churches, schools, civic organizations and legislative groups.

The event's theme is "Seeing is Believing." People are invited to learn more about TruCare and enjoy dinner Sunday from 5-7 p.m. at the Hermiston Community Center, 415 S. Highway 395. There is no cost to attend, but for planning purposes people are asked to RSVP as soon as possible.

TruCare is a nonprofit organization that provides encouragement, support and education for men and women making pregnancy decisions. It's services are confidential and provided at no charge. People attending the banquet will have an opportunity to make a financial gift to assist TruCare with its mission.

For more information, contact 541-567-2393, info@trucareprc.com or visit www.trucareprc.com. For more about Lile, go to www.prolifedoc.org.

Western Oregon University hosts local event

Alumni and friends of Western Oregon University are invited to a special gathering in Hermiston.

In addition to visiting with friends from your alma mater, the event will feature networking opportunities and a message from president Rex Fuller. Food and drinks will be available. The gathering is Wednesday, Oct. 2 from 5:30-7:30 p.m. at Maxwell Siding Event Center, 145 N. First Place, Hermiston. There is no admission charge.

For more information or to RSVP, visit www.wou.edu/alumni. For questions, contact Emily Lafon at lafone@wou.edu or 503-838-8710.

John Nilsen to perform at Methodist church

An evening of music is featured during an upcoming concert at the Hermiston United Methodist Church.

John Nilsen, who was born in Seattle, moved with his family a few years later to Portland. He began studying classical piano at age 6, and later picked up the guitar. The award-winning musician founded Magic Wing recording label in 1987.

Nilsen will perform Friday at 7 p.m. at the church, 191 E. Gladys Ave., Hermiston. There is no admission charge, but a love offering will be taken.

A graduate of Southern Oregon College (now Southern Oregon University), the school recognized Nilsen in 1995 with the Distinguished Alumnus Award for his outstanding achievements and leadership in the field of performing arts. He continues to perform about 250 times a year — both internationally as a pianist and as the John Nilsen Trio. In addition, he gives back to the community by teaching songwriting residencies and speaking to students across the country.

For more information, contact Patty Nance at herfume@outlook.com or 541-561-3314. For more about Nilsen, visit www.magicwing.com.

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**PET OF THE
WEEK**

Gladys is not spayed yet, but we can pre adopt. She is approx. 2 years old. Working on potty training. Super sweet and playful. Great with dogs, lives with cats but is afraid of them. Does not do well in crate except to eat. Loves men and always wants to be with her person. Needs a fenced yard.



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Hello, neighbor.

We're Silver Falls Dermatology and we're pleased to announce our new, full-time office in Pendleton. Dermatology-trained nurse practitioner Lorie Weldon, FNP has been specifically trained to diagnose and treat conditions of the skin, hair and nails in adults and children. Her schedule is now open for new patients and our office can usually accommodate same-week appointments. *We can't wait to meet you.*

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