

Health Notes

By Audeen Wagner



Providence Health Systems offers financial assistance

Providence Health Systems (PHS) in Oregon is committed to providing health service to all people, regardless of ability to pay. PHS recognizes that medical bills are often unexpected and difficult to pay, and if paying your Providence bill creates a financial hardship, you may apply for financial assistance. If qualified, part or all of your

Providence bill will be subsidized, or you may be approved for an interest-free extended payment plan. Before applying you must have done everything possible to qualify for private, state or federal programs for which you might be eligible.

The staff at Providence Family Medicine-Vernonia is committed to serve the health needs of the community. There are now extended hours — to 7:00 p.m. on Mondays and Thursdays; the doors of the clinic remain open during the lunch hour; and a new provider will be seeing patients starting in mid-October, which will result in a third extended-hour day each week. Two new staff members have joined the Vernonia team, and a new clinic manager will be added in mid-October, as well.

All of these changes point toward a new focus and determination to welcome and encourage patients in the Vernonia area to acquire and access their health needs locally.

The clinic plans an "Open House" in the near future to introduce all the new faces in the clinic and to provide information about their services, with special emphasis on the Financial Assistance Program. Personnel will perform free blood pressure checks at the Open House, and some treats will be provided. Watch for more information about the Open House this fall.

Patients should feel free to contact the clinic with questions, concerns, or to schedule an appointment with one of the providers. "I think the public will be pleased with our changes," said Clinic Manager Michael Moore. "We would like to emphasize that we are not an 'urgent care' facility, but rather a Family Medicine Clinic, with scheduled appointment hours. I state this due to the number of folks that become somewhat frustrated when they drop into the clinic requesting a 'now' or 'same day' appointment, and we are unable to accommodate their need because our provider's schedule is full for that day. I should also clarify that I'm not speaking of emergencies here—we will always see and evaluate emergencies—I'm only speaking to health problems that can wait a day or two to be handled. The best practice is to always call and speak to one of our staff."

Mammogram schedule:

The next Mammogram trip to Vernonia is October 23. Call the clinic at 503-429-9191 to make an appointment.

Northwest Landscapes featured at Pacific gallery

"Northwest Landscapes, Town and Country" a display of acrylic and mixed media on paper, by T.D. (Terry) Brown, will be featured in Pacific University's second Kathrin Cawein Gallery exhibit of the 2002-2003 series. The show runs from October 1 through 29.

"The works in this show represent places from my past, saturated with color," said Brown, who owns T. D. Brown Fine Arts Gallery and Studio in Hillsboro.

"These are prints painted on glass, transferred to paper, painted and, in some cases, colored with pencil and oil sticks."

Gallery hours are Monday

through Friday, 8:00 a.m. to 10:00 a.m. to 5:00 p.m., or by 5:00 p.m., Saturdays from appointment. Admission is free.

Haircut Special at Spiralz

See Angie for \$2.00 Discount on haircuts during October, 2002.



Watch for
Holiday Special
on Color & Perm

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Spay and neuter clinic set for feral cats

St. Helens Animal Control, Columbia Humane Society and the Feral Cat Coalition of Oregon will hold a feral cat spay/neuter clinic in Columbia County on Sunday, October 27. Reservations are necessary and the location of the clinic (in

St. Helens) will be disclosed when reservations are confirmed. Humane live traps will be available for loan as the clinic draws nearer.

Feral cats are cats that have been abandoned or lost, as well as the offspring of these

cats. The clinic is open to people who care for and feed feral cats in their yard, their barn, or who manage feral cat colonies. Only feral cats with caregivers to feed and care for them are treated.

A cat averages two litters each year and can reproduce as young as five months. One unaltered female and all of her offspring can produce more than 250,000 kittens in seven years. During its seven year existence, FCCO has spayed or neutered more than 10,000 cats in Oregon. The sponsoring groups urge everyone who owns cats or feeds stray cats to have them spayed or neutered to prevent overpopulation.

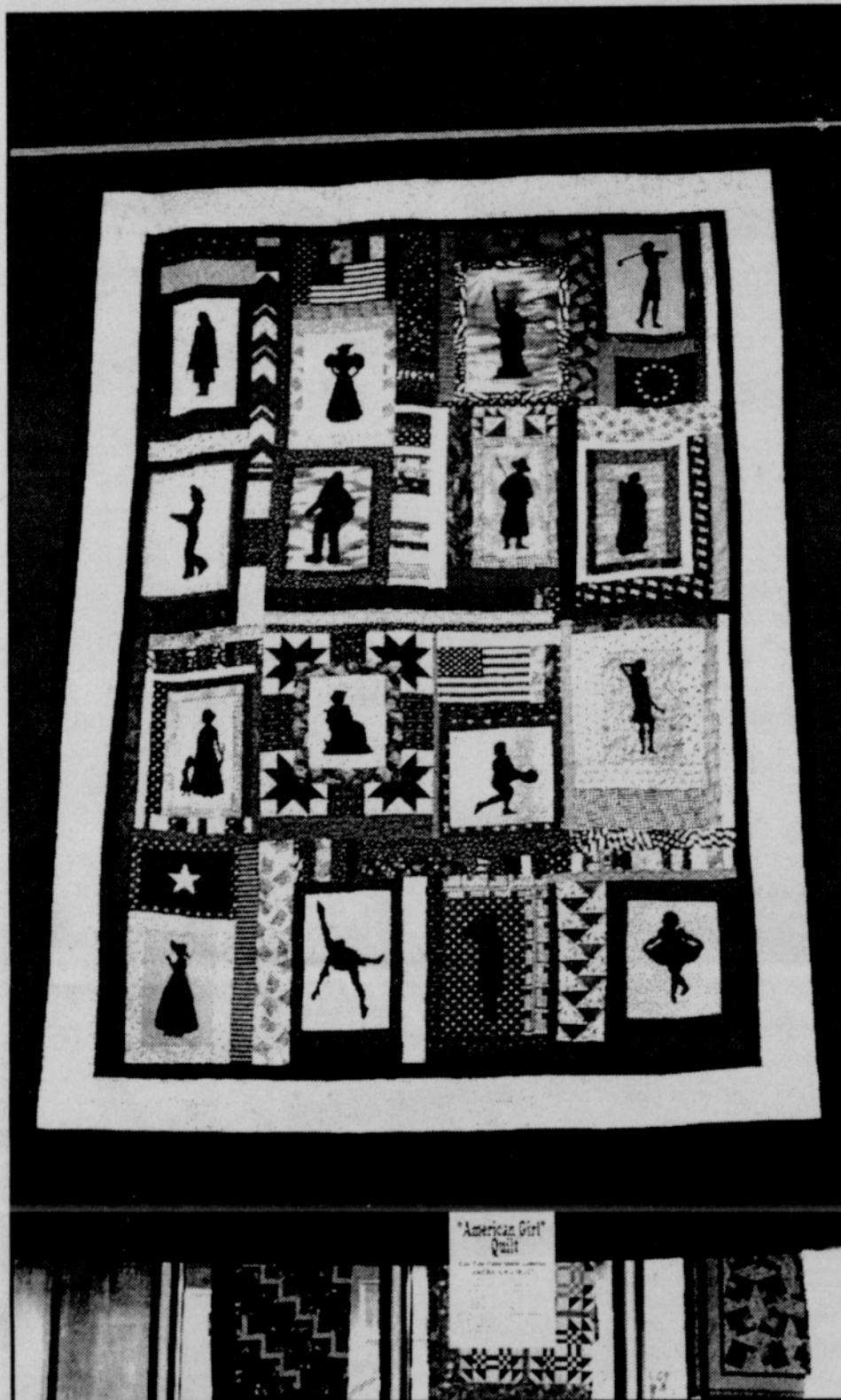
The Feral Cat Coalition is partially funded by private donations. A minimal charge of \$20 per cat is required at the clinics. Donations to "sponsor a spay" are tax deductible; checks to the Feral Cat Coalition of Oregon may be sent to Jan Meador, P.O. Box 511, Scappoose, OR 97056.

For more information, or to volunteer, call Lorilyn Donovan at 503-543-7155.

To make a reservation for the spay/neuter clinic, call Officer Laura Snyder at 503-397-3333.

This "American Girl" quilt was one of several remarkably intricate quilts that were on display only (not for sale) at St. Mary's annual quilt fair in September.

Anyone who has not visited the quilt fair should plan on doing so next year.



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