

Health Notes

By Audeen Wagner



Summer safety

With families on the move, as they always are during the summer with vacations, sports activities, bonfires, etc., this is a good time to think about keeping your family safe during this fun time. During the summer, Vernonia Family Medicine sees many patients with injuries related to summertime activities. The clinic hopes that their patients have a wonderful summer without the heart-break of injuries. A few precautions:

- Don't swim or dive alone.
- Be sure to have an up-to-date first aid kit along on your outings.
- Always supervise young children, but especially around water.
- If a family member is allergic to bee stings, make sure you are prepared.
- Make sure children use helmets – for biking, skateboarding and inline skating.

If you have any questions about any aspect of summer safety, the clinic can answer them. They have a number of helpful pamphlets on such subjects as poisonous plants, air bag safety, even a hand-out on how to plan a family disaster kit.

Have a wonderful summer, but stay healthy!

A note to high school seniors:

Congratulations! We hope that you all take part in the drug-and alcohol-free party being planned in your honor. Sue Robertson, Chairman of the Parents Committee, says she is very excited about the prizes offered this year. In addition to piles of great food, there are some very valuable door prizes. Sue says, "We have two goals for the party: One is to congratulate the students on their 12-year accomplishment, and the other is to provide a safe environment that is really fun." I think that the parents have as much fun as the seniors. What a great way to celebrate, and avoid all those drug- and alcohol-related accidents. Along with congratulations, the Clinic extends best wishes for a safe and fun celebration!

Mammovan schedule:

The next visit of the Mammovan will be June 18. Call 429-9191 for an appointment for a mammogram.

Public Health offering free HIV testing

By Pam Rahn, HIV Counselor
Columbia County Public Health

Free HIV testing will be available Friday, June 27, National HIV Testing Day, at Columbia County Public Health, 2370 Gable Rd. across from St. Helens High School. Public Health will stay open for extended hours, from 4:00 to 6:00 p.m., for the tests. People are welcome to drop in, or call 503-397-4651 for an appointment.

HIV testing and counseling are routinely provided on a sliding fee basis at Public Health, and no one is turned away. It is anonymous, and results are kept in a locked file. All health providers in the county, includ-

ing Public Health, can do HIV testing and help people who test positive. If a person tests positive for the AIDS virus, they may be referred to doctors outside the county who have expertise in AIDS treatment.

Public Health plays a 3-part role in the fight against AIDS. Beside testing, prevention is very important. Prevention activities include educational presentations, talks at local drug/alcohol programs, distribution of condoms and printed materials at various sites and events, and newspaper articles. When people are informed about how to prevent infection, they are more likely to

sexual partners, etc. If they use injection drugs, they can learn to properly clean their needles and equipment to avoid contamination.

The third service offered without charge by Public Health, is case management for people with AIDS. A counselor can help clients access a variety of services – housing, medications, social support, transportation, etc.

Protect yourself, and know your HIV status by getting tested. Testing is available every Wednesday at Public Health. Call 503-397-4651 for an appointment.

Give the gift of a lifetime — healthy vision

This Father's Day, give a gift that will last a lifetime – healthy vision. The EyeCare America® Seniors EyeCare Program (SEP) may be the best Father's Day present of all.

The SEP is available to those 65 and older who have not seen an ophthalmologist in the last three years. By calling 800-222-EYES (3937), the SEP will match those eligible with an ophthalmologist in their area who will provide medical eye care at no cost to seniors.

Happiness is good health and a bad memory.

—Ingrid Bergman

"By age 65, one in three Americans has some form of vision-threatening disease. Unfortunately, many aren't aware they have a disease, or believe poor vision is a natural part of the aging process," said B. Thomas Hutchinson, MD. "We need to reach seniors with the message that proper eye care is a significant component of their overall health care."

In Oregon, there are 105 volunteer ophthalmologists who

have agreed to accept Medicare or other insurance as payment in full, with no out-of-pocket expense to the patient. Individuals without insurance receive care at no charge. The SEP, which began in 1986, has helped more than 635,000 older Americans.

ECA is a public service foundation of the American Academy of Ophthalmology. The SEP is co-sponsored by the Knights Templar Eye Foundation, Inc.

Gardner's

Your Home Town Store for All of Your Animal and Pet Needs, Farm Supplies...and Bark Dust, Too!



NOW STOCKING...

ALLEGRA

COUNTRY BLEND

HOURS:
Tue-Fri 10-6
Sat 10-4
Closed Sun-Mon

1-1/2 MILES NORTH OF VERNONIA ON HWY 47

RICK & GALE GARDNER
503-429-6481

19340 BIGGS ROAD
VERNONIA, OR 97064

Family Practice Clinic

"Medical Care For the Entire Family"



L to R: Barb Fulmer R.N., Roger Reynolds D.O., Douglas Holmes D.O., Walter Hardin D.O., Cris Rettler P. A., Conley Lynch M.D., Michelle Stewart P. A.

**Taking New Patients
Age 1 to 100**

Clinic Hours
Mon - Fri 8:30 am - 5:30 pm • Sat 10:00 am - 12:00 noon

Maple Street Clinic P.C.

1825 Maple Street • Forest Grove • 503-357-2136
Accepting Most Insurances