

Health Notes

By Audeen Wagner



Farewell to Laura

A recognition party honoring Laura Nichols, recently retired Physician's Assistant at the Vernonia clinic, was held April 3 at the Scout Cabin. Friends, associates and patients enjoyed an informal time of fellowship, conversation and a bountiful buffet.

Entertainment was provided by Clark McGaugh, guitarist and vocalist, and by the Vernonia Hands-On Art Orchestra. A special solo was written and sung by Madeleine Gendron, which expressed the appreciation and gratitude of everyone for the many years of dedicated service Laura gave to her patients.

Speakers for the program included Priscilla Lewis, former Director of Physician Services and Development at Providence; Mark Livingstone, M.D., who was Medical Director of the Vernonia clinic for several years; and Carolyn Keasey, Chairman of the Vernonia Health Center Board of Directors.

Laura Nichols Health Information Resource Center

The "Laura Nichols Health Information Resource Center" will be instituted at the clinic, which will offer free information about health care issues. In addition to brochures and leaflets on a variety of subjects, patients who need further information may contact clinic manager Cathy Rozinek. She will be able to help patients in getting medical information.



Laura Nichols with Mark Livingstone, M.D., who is holding the picture of Nichols that will be hung in the new Laura Nichols Health Resource Center at Providence Medical Group's office.

patients who need further information may contact clinic manager Cathy Rozinek. She will be able to help patients in getting medical information.

New Name:

Providence has recently made some departmental changes in their organization, and as a result, the Vernonia clinic now has a new name – Providence Medical Group. "We're the same clinic, with the same staff and services, just a different name," said Cathy.

Mammovan visit:

Mammogram Schedule. May 19 is the next visit of the Mammovan. As always, you may call the clinic to schedule a mammogram-503-429-9191.

Out on a Limb

Morning Mist Gifts & More

All your Mothers Day Gift Needs Met Here!

Wed. - Sat. 11 A.M. to 6 P.M.
Sun 12 P.M. to 4 P.M.

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Sow Good Seeds

Evening Chat set on sex and aging

A free seminar titled Sex and Aging: "It Ain't Over 'Til It's Over" will be presented Thursday, May 27, from 6 to 7:30 p.m. at the Tuality Health Education Center at 334 SE 8th Ave., Hillsboro. No registration is required.

Nina Davis, M.D., will help dispel the myth that getting older means losing out on intimacy.

The secret of health for both body and mind is to live in the present moment wisely and earnestly.

Buddha

HIV testing available at Col. Co. Public Health to find out for sure

The CDC (Centers for Disease Control) estimates that there are 40,000 new HIV infections in the United States each year, and a total of 850,000 to 950,000 persons who are HIV positive (infected with the virus that causes AIDS). Even more alarming is the CDC estimate that over 200,000 people – 25 percent of those who are HIV positive – do NOT know they are infected with HIV.

While many HIV positive people are able to live longer due to new medical treatment, HIV is still a very serious illness with no known cure. Since 1981, more than 500,000 persons with AIDS have died in the U.S. HIV infection rates are on the rise in women and men, both heterosexual and homosexual, and in people who share needles. A new CDC initiative aims to prevent new infections through HIV testing, prevention education, and increased access to medical care and case management services for persons with HIV.

Knowing their HIV status (positive or negative) gives many people a sense of relief. People who are positive can then get medical care and other services which can prolong and improve their lives. In addition, when people know they are HIV positive, they can take steps to prevent spread of

the infection. People who test negative learn how to decrease their risk and prevent infection.

In Columbia County, your public health district provides HIV education, testing and counseling on a sliding fee scale, and is free to those who cannot pay. You do not have to give your name, and all records are confidential. If a person has a positive HIV test, assistance is available through the Ryan White Program, and a counselor can help access a variety of services, including health care, housing, medication, social support, partner notification, and transportation.

Free education programs include community presentations, distribution of condoms and printed materials. When people are informed about how to prevent infection, they are more likely to practice abstinence, practice safer sex, and/or limit their number of sexual partners.

You can educate and protect yourself, and learn your HIV status by getting tested. It takes about 30 minutes. Public Health is located at 2370 Gable Road, St. Helens, across from the high school. Please call 397-4651 or 1-800-244-4870 to make an appointment. If you do not want to give your name, you will be given a number for your test and results. For more information, call Diana Boom at ext. 212.

Welcome Additions

Aydan Matthew Poetter

Aydan Matthew Poetter was born April 15, 2004, to Matt and Katie Poetter of Vernonia. He weighed 7 pounds, 15 ounces and was 20 inches long.

He will join his sister, Allegra, at the family home.

Grandparents are Randy and Sharon Parrow and Steve and Lorna Poetter, all of Vernonia.

Great-grandparents are Enid Parrow of Vernonia, Billie Osgood of Hillsboro, and Gordon and Winnie Miller of Montana.

Kellen Charles Hanson

Kellen Charles Hanson was born April 13, 2004, in Pendleton, to Josh and Karen Hanson. He weighed 5 pounds, 5 ounces and was 18-1/2 inches long.

Grandparents are Terry and Sandi Erickson of Prineville and Dennis and Joann Buerge of Indianapolis.

Great-grandparents are Adeline Erickson Everman of Vale, Ellen and Marvin Meyer of Vernonia.

