

Health Notes

By Audeen Wagner



New Member of Clinic Staff:

Sandy Fox, Certified Medical Assistant, is the newest face at Providence Medical Group in Vernonia. She has been working at the clinic since late July, and is comfortably settled into the job. She has completed x-ray school, and is now qualified to take x-rays. She will take her board exam for certification as an x-ray technician in February.

Sandy's education and experience are varied; she is trained in computer billing, and has worked in front office situations; she has also completed courses in pre-nursing and nursing. Sandy says that much of her training has been on-the-job, working in clinics in Oregon and Ilwaco, Washington, including experience in the operating room. She has been with Providence for two years, and has been certified as a Medical Assistant for three years.

Sandy is married to Chris Fox, a union carpenter, and has three children: Brittany, 19, a college student at PCC; Phillip, 17, a junior at Jewell High, and Scott, a 13-year old eighth grader.

It sounds as if the Foxes are a very active family, they enjoy dirt biking together, and keep busy with school activities and sports. Sandy says her spare time is spent hanging out with her family. They have recently purchased a new house in Elsie and she is having fun getting settled into their new home.

"I really love my job in Vernonia," Sandy says. "Getting to know the patients I work with is the big plus of working in a small-town clinic."



Sandy Fox

February is National Heart Month: February is a good time to be thinking about caring for your heart. We will be bringing you some information on this subject in the next issue of *The Independent*. Stay tuned!

Mammogram Schedule: (No Mammogram in January.) The next visit in Vernonia will be on Wednesday, February 16, 2005. The Mammogram sets up in the clinic parking lot, call the clinic, 503-429-9191, to schedule an appointment.

January is stalking awareness month

National Stalking Awareness Month observance was first established in 2003 by a bi-partisan resolution that unanimously passed the U.S. Senate.

According to findings from the 1998 National Violence Against Women Survey sponsored by the Justice Solutions, eight percent of women and two percent of men in the United States have been stalked in their lifetime. It is estimated that over one million women and nearly 375,000 men are stalked annually in the United States.

Crimes of stalking can have a devastating and, too often deadly impact on their victims. When unwanted attention and personal contacts — such as phone calls, letters, emails, and other unsolicited personal contacts — escalates, the results can have a profound impact on victims, psychologically, physically and financially. Stalking strikes terror in the hearts and lives of victims, and comprises a real and frightening threat to them, their loved ones and our

communities.

Today, all 50 states and the District of Columbia have anti-stalking statutes. Tremendous efforts nationwide over the past decade have resulted in improved prevention and responses that involve law enforcement, prosecutors and courts, victims services providers, employers, and community members.

According to David Beatty, Executive Director of Justice Solutions, there is a wide range of information and safety resources available to assist stalking victims.

"It is critical that stalking victims report the crimes to law enforcement and carefully document the intimidating and threatening behavior," Beatty said. "Law enforcement and prosecutors across the nation can provide help in arresting and prosecuting stalkers, and victim assistance programs can provide information about stalking victims' rights and measures to enhance their personal

safety, including safety planning."

Stalking is a crime that puts victims, their loved ones, friends and colleagues at risk. Your chances of becoming a victim of stalking are far greater than those of becoming a victim of a political terrorist.

Often, stalkers know no boundaries in their intimidating and sometimes violent behavior. No one should have to live out their lives in the shadow of fear cast by those who target them with terrorist threats of violence.

We should all do what we can to provide support to stalking victims, and to collaborate to promote safety in our homes, neighborhoods, and workplaces.

For additional information about stalking, information and resources available to assist stalking victims, or information about how community members can help, please contact Ollie Gibson-Lavell/Domestic Violence Legal Advocate at Columbia County Womens Resource Center at 503-397-6161 or 1-866-397-6161.

Tuality Healthcare Evening Chats

Tuality Healthcare is presenting two free, no registration required Evening Chats for later this month.

Move It or Lose It! will be the topic of a free seminar on Wednesday, January 26 from 6 to 7:30 p.m.

Exercising on a regular basis is one of the best ways to maintain a healthy body weight, keep your immune system strong, and lower your risk of disease — but it doesn't need to be drudgery! In fact, it should be fun and make you feel good! You don't have to spend hours at the gym either. Julia Lapp, M.S., RD, a registered dietitian, will discuss some entertaining and easy ways to incorporate physical activity into your daily routine.

On Monday, January 31 from 6 to 7:30 p.m. Manage-

ment of Lymphedema after Cancer will be the topic presented by Lori Lingle Elling, OTR/L and Dinah Vardon, OTR/L, occupational therapists.

The lymphatic system is a crucial element in helping the body recover from illness. This system can be altered by the effects of certain cancer treatments. The discussion will include current treatment and management options for lymphedema of the arm and leg, emphasizing how patients can effectively manage this condition.

Both talks will be at Tuality Healthcare's Community Education Center, 334 SE Eighth Ave., Hillsboro. For more information, call 503-681-1700 or go to <www.tuality.org>.

Welcome Additions



Garrett Wallace Jones

Garrett Wallace Jones was born December 30, 2004, to Thomas and Joanie Jones of Mist. He weighed 8 pounds, 6 ounces and was 19-1/2 inches long.

He joins his brothers, Reed, Brett and Wyatt, at the family home.

Grandparents are Louis and Sally Jones of Rainier and Roy and Bev Cederstam of Hood River.

His great-grandmother is Irene Jones of Birkenfeld.



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