

Health Notes

By Audeen Wagner



The Ongoing Saga of Flu Shots. We apologize for the misinformation about flu shots at Sentry in the last issue of *The INDEPENDENT*. The company supplying the shots was unable to supply the serum and canceled at the last minute. Apparently this is happening all over the state, and across the country, as well. I guess we have another flu shot shortage on our hands.

Randy Parrow reports that Getaflushot.com has rescheduled the Vernonia Sentry flu shot clinic for Sunday, December 4, from noon to 6:00 p.m. Again, it is somewhat tentative, and subject to availability of serum. It's a good idea to call the day before to confirm – Vernonia Sentry's number is 503-429-3811.

Providence Vernonia reports that they are continuing to follow the CDC guidelines, reserving the shots for high-risk patients. Also, they have been informed that there will be not be more serum available this year. Call Cathy at the clinic if you have questions regarding this, or think that you should be in the high-risk group.

There is a webpage for Getaflushot.com, which gives information on "where to get a flu shot." Click on that for a schedule of clinics. However, they say, all schedules are subject to change or cancellation, due to limited supplies, and they recommend that you call ahead to confirm the status.

Mammovan. The next visit of Mobile Mammography in Vernonia will be December 14. The van will be at Providence Vernonia all day, and you may call the Vernonia clinic (503-429-9191) to schedule a mammogram.

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Oregon Zoo hosts annual Turkey Trot

The Oregon Zoo invites runners and walkers of all ages to the annual Turkey Trot on Thursday, November 24. The Thanksgiving Day event, organized by the Oregon Road Runners Club (ORRC), includes a 4-mile run and fitness walk beginning at 8:00 a.m. and a 1-kilometer Tot Trot beginning at 9:30 a.m. A portion of the proceeds from the Turkey Trot will go to the Oregon Zoo to fund animal care and conservation programs.

There will be a clock at the start and finish line for self-timing. Each event will start across from the zoo at the World Forestry Center and finish inside the zoo by the concert amphitheater. More information and registration forms are available at http://www.orr.net/races/turkey_trot/turkey_tba.htm.

Parking is limited, so participants are encouraged to ride MAX. The Washington Park light rail station is just steps

from the registration area and the start and finish lines. TriMet timetables are available at www.trimet.org.

No pets or rollerblades are allowed in any of the events. Strollers and child carrier backpacks are allowed only in the 4-mile fitness walk and must start at the back of the group.

Participants are encouraged to bring non-perishable food and personal care items for needy families and individuals. The Arc of Multnomah/Clackamas will have collection barrels at the zoo entrance during the event. The Arc provides essential services to adults and children with developmental disabilities. Volunteers wishing to help on this benefit run may call ORRC at 503-667-0480 and leave their name and phone number. ORRC, a non-profit organization, was founded in Seaside in 1970 as an outgrowth of the Trail's End Marathon, the first marathon in the Pacific Northwest. ORRC is a member of the national Road Runners Club of America (RRCA), and is one of the largest RRCA running clubs in the United States with roughly 1,000 members. The club conducts races and developmental programs for children, adults, runners and walkers, and plans and organizes more than 15 running and walking events in the Portland vicinity. Visit the Oregon Road Runners Club web site at www.orr.net for more information.



"For over 35 years, the Oregon Road Runners Club has encouraged thousands of people to take steps to improve their health by walking and running," said Dave Cook, ORRC president. "The Turkey Trot has become an annual tradition for Oregon families and their relatives visiting from out of town. It's a great thing to do prior to sitting down to a big Thanksgiving Day meal," he added.

The events are noncompetitive and do not include awards.

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Evening Chats cover Diabetes, colon cancer

The following, free, no registration required, evening chats will be held at the Tuality Community Education Center, 334 SE Eighth Ave., Hillsboro.

On November 17, Pre-diabetes will be the topic of a discussion from 6:00 to 7:30 p.m. by Doris Pezzotti, RD, and Suzi Lorence, RN.

An estimated 12 million Americans between ages 45 and 74 have pre-diabetes. This translates to about 152,000 Oregonians. This presentation will provide information on how to tell if you are at risk for diabetes and how to prevent it. Learn lifestyle strategies to prevent diabetes. Blood glucose screening is available for \$5.

November 28, from 6:00 to 7:30 p.m. the topic will be colon cancer.

Now seen as the most curable cancer in America, colon cancer affects 106,000 lives yearly. Patrick Lee, M.D., colorectal surgery specialist, will discuss the diagnosis, treatment, and prevention of colon cancer.

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