

Health Notes

By Audeen Wagner



MAY IS OLDER AMERICANS MONTH

Did you know?

- John Glenn returned to space at age 77.
- Frank Lloyd Wright was still working at age 91.

- Ronald Reagan was elected to his second term at age 73.
- Irma Rombauer wrote Joy of Cooking at age 60.
- Julia Child appeared regularly on cooking shows in her 80's.

The media is full of information these days about aging, especially regarding tips on how to grow old healthfully. The above names are just a few of the good role models out there.

Baby boomers alert: If you were born between 1946 and 1964, you are a "baby boomer" and guess what? Some of you are ready for retirement! Suddenly the issue of aging takes on new meaning.

History of Older Americans Month: In 1963, President John F. Kennedy designated May as "Senior Citizens Month." (In the 1980s, President Jimmy Carter changed the name to "Older Americans Month.") In 1963, 17 million Americans had reached their 65th birthdays; in 2004, that number was 36.3 million. This age group now accounts for 12 percent of the total population. Historically, Older Americans Month has been a time to acknowledge the contributions of past and current seniors. Older Americans Month is

celebrated across the country in a variety of ways.

Oregon Senator Gordon Smith heads a Special Senate Committee on Aging, and is currently urging passage of a bill to add provisions for research and projects in long-term care and senior services.

Cathy Rozinek, R.N., Clinic Manager at Providence Family Medicine-Vernonia, says that there are many resources available for older people to learn more about a healthy lifestyle. One place to "google" is the Older American Month webpage, which has up-to-date information on a number of topics of interest to older citizens, including health issues. Also, Cathy says, "We urge people to take advantage of a series sponsored by Providence called 'Heart Healthy for Life.'" The next lecture in this series will be at Seaside on Tuesday, May 23, from 6:30 to 7:30 p.m., a free talk by Suzanne Hall, M.D. called "Women and Heart Disease." (Men are welcome, too – there will be general information of interest to both sexes, and adults of all ages.) For more information call 503-574-6595. Sounds like a great excuse to go to the beach!

From a health standpoint, staying healthy into the later years starts at a much earlier age; the most common health concerns cited are smoking, improper diet and lack of exercise. Much more can be said about individual issues concerning health and aging; there is a world of information out there, so feel free to contact your caregiver for specifics.

Age is not a number, it's an attitude.

NEXT MAMMOGRAM DATE: Wednesday, June 14. Call 503-429-9191 for an appointment.

Free discount prescription cards

United Way of Columbia County announced that more than 5,000 free FamilyWise prescription drug discount cards are now available at partner agencies and other participating organizations throughout Columbia County, to assist people with the cost of their prescription drugs.

These cards may be obtained from, Sacagawea Health Center, Senior Advocates, Community Action Team, Turning Point Community Services, H.O.P.E., Inc., Vernonia Cares, or by calling United Way of Columbia County at 503-556-3614. Most pharmacies accept these prescription drug discount cards. They have no usage limits, age requirements or registration forms.

The cards are being distributed free of charge, courtesy of United Way of Columbia County, and other participating United Way agencies around the country, as part of a \$10 million donation of discount prescription cards from Membership Services Corporation, an affinity marketing and strategic sourcing company located in Bethlehem, Pennsylvania, and its industry partners.

"Too many American families have insufficient or no prescription drug coverage at all," said Kathye Beck Director of United Way of Columbia Coun-

ty. "The FamilyWise discount prescription drug cards will help families who otherwise could not afford much needed prescription drugs."

"Membership Services Corporation is very excited to partner with participating local United Way agencies to get the FamilyWise card into the hands of families who most need the help," said Dan Barnes, president of Membership Services Corporation. "These cards can reduce prescription drug costs by an average of 20 percent and working with reputable and established charities like local United Way agencies is the best way to reach the people who really need to save money on prescription drugs."

Additional information is available at United Way of Columbia County (503-556-3614) and online at www.familywise.com.

Local Jazzercise set to celebrate

Local Jazzercise instructor Penny Costley is celebrating two years as a certified instructor of the largest dance-fitness program in the world.

Costley will hold a special celebration class Monday, May 22, at 9:30 a.m. and 7:15 p.m. in the First Baptist Church, 359 A Street, Vernonia.

Diana Wente, of Comfort Zone fitness clothing, will be on hand with dance pants, Capris, and crop pants, along with an assortment of fitness tops for purchase.

There will also be a yoga demonstration by Deb Steffen of Cedar Mist Studios. All participants will receive an entry for door prizes. Snacks and beverages will be served.

Self-defense for women class free

The Columbia County Sheriff's Office is offering a self-defense class for women on Saturday, May 20, at the Sheriff's Office Training/Conference Room, 901 Port Avenue in St. Helens. Class will be from 9:00 a.m. to 4:00 p.m. There is no charge for Columbia County residents.

The course will be taught by Certified Defensive Tactics Instructors who received their

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3M Vernonia Cares Family Fun Run/Walk



Saturday, May 20th

Registration \$5.00 \$15.00 per family*

Receive a door prize ticket for each 2 cans of food donated

Registration starts at 9:00 am Race starts at 10:00 am

Meet at Vernonia Lake Parking Lot

Questions: Call Julie 503-327-9285

* kids under 12 must be accompanied by an adult. Please no bikes.