

How do you cope with a job loss?

by the American Counseling Association

Every day we read of more companies laying off workers. While job loss may have been a fear for many last year, today's troubled economic climate has made it a reality for millions.

While losing a job may bring financial problems for most people, it's important to understand that it can also bring significant mental and emotional stress.

For many people, losing a job brings reactions similar to the pattern experienced in the death of a loved one or the end of a relationship. A first reaction is usually one of shock and denial, of being unable to believe this has really happened.

That's often followed by anger. And while the source of that anger may be those who took away your job, most times the anger is taken out on those close to you. You may find yourself tense, more easily upset and quicker to react to family and friends.

You may also go through a stage of "bargaining," a preoccupation with trying to get that old job back, no matter how unrealistic or even undesirable that might be. At the same time you may experience sadness and depression as you question your worth and abilities.

It's important to recognize that these are all normal reactions. Understanding that can help you get through those stages quicker, accept the loss

and start creating a new work life.

You can help yourself by trying to avoid adding extra stress to your life. Tell family and friends what's happened and what you're feeling, so they can help. Eat healthy, exercise, get plenty of rest and keep socially involved, rather than withdrawing from those close to you. Avoid sudden, rash major life decisions and changes.

Instead, carefully evaluate and set future goals. Do you need more education, to look to a new career field or to sharpen up your job skills? Evaluate what will make you feel rewarded and fulfilled in a new job. Are you using your network of family, friends and other contacts to help in your job search? Rather than dwelling on the lost job, focus on a positive future.

Losing a job, especially one you've held for a long time, can bring real trauma and stress to anyone. If you find you're being overwhelmed by the experience, seek professional help. A counseling professional can provide stress management, career guidance and other services to help you handle this loss and move on to a more positive future.

Healthy weight for kids program

Healthy Weight for Children will be the topic of a free 90-minute presentation on Thursday, April 9, at 6:00 p.m. at the Tuality Health Education Center, 334 SE 8th Ave., Hillsboro.

CHD receives grant to fight obesity

The Columbia Health District is one of 43 health agencies in 21 states to receive a grant to promote leadership programs to prevent chronic diseases and other risk factors through local collaboration. The award was announced by the National Association of County and City Health Officials (NACCHO), the National Association of Chronic Disease Directors, the National Recreation and Park Association, and the YMCA of the USA.

Columbia Health District will become part of Action Communities for Health, Innovation, and Environmental Change (ACHIEVE), which is supported by the Centers for Disease Control and Prevention (CDC)'s Healthy Communities Program. The program will be countywide.

Columbia Health District was selected after a competitive review process. The program coaches are CHD Public Health employees Ashley Swanson and Sherrie Ford, and Leeann Grasset of Columbia Community Mental Health.

"It is exciting to see CCHAC's work recognized at a

national level and this grant provides a valuable opportunity to improve the impact on our community's health," said Ford.

"The team-based approach allows communities to provide a cohesive response to the lifestyle challenges facing our nation," said Swanson. "By connecting the leaders who can make change, communities are helping to make healthy behaviors an easier choice, not just the healthier choice."

Ford, Swanson and Grasset will immediately begin to expand CCHAC to include elected officials, state and local directors of public health organizations, business leaders, leaders of local schools, parks and recreation departments, and other community organizations. These teams will convene at an Action Institute in July 2009. At the conference, attendees learn about evidence-based approaches to ef-

fecting change in their communities from nationally known experts.

The purpose of ACHIEVE is to bring together local leaders and stakeholders to build healthier communities by promoting policy, systems, and environmental change strategies that focus on physical activity, nutrition, tobacco cessation, obesity, diabetes and cardiovascular disease. The 2009 ACHIEVE communities will build on the successes of the 2008 ACHIEVE pilot communities.

The 43 communities selected to join the initiative will become part of an aggressive social movement that is mobilizing local communities to respond to the public health challenge of obesity, physical inactivity and poor nutrition. For a complete list of the communities, go to: www.achievecommunities.org or: www.cdc.gov/healthycommunitiesprogram.

Learn about mold and indoor air quality at upcoming workshop

OSU Extension Service will be offering "Mold and other indoor air quality issues," a workshop with information for professionals who work with homes and buildings, such as building managers, maintenance, inspectors, contractors, health and building department officials, architects, HVAC, and homeowners who do their own repairs.

Mold can be dangerous to health and destructive to possessions and the structural integrity of buildings. Carbon monoxide, radon, asbestos, VOCs and dust mites can further contribute to reduced indoor air quality. With all the media attention, it is challenging to separate fact from fiction and to locate reliable information.

The workshop will be held April 22, from 8:30 a.m. to 12:30 p.m.; there is a \$35.00 fee. It will include the health effects of exposure to mold and other indoor air contaminants, what mold is, why and where it grows. Participants will learn to inspect for adverse conditions and how to remedy them. A certificate of attendance for 3-hours of continuing education will be provided.

Presenters include Harriet Amman, Ph.D., and George Tsongas, Ph.D. Professor Emeritus in Mechanical Engineering from Portland State. Dr. Amman is a board certified toxicologist and served as Washington Department of Health's Senior Toxicologist in the Office of Environmental Health Assessment and Department of Ecology's Air Quality Program for many years. Dr. Tsongas is a building scientist who specializes in mold and moisture problems in buildings, as well as construction defects and water intrusion. He has inspected over 10,000 dwelling units as a researcher, consultant, and expert witness.

The workshop will be at the Portland Community College Event Center, Building 9, Rock Creek Campus, 17705 NW Springville Rd., Portland. Further information on the programs, the speakers and registration can be found at <http://extension.oregonstate.edu/washington/> or by contacting the OSU Extension Service Washington County, 18640 NW Walker Road #1400, Beaverton, OR 97006-8927. Call 503-821-1150 for more information.

Previously known as Bits & PCs

Same place... a whole new look!

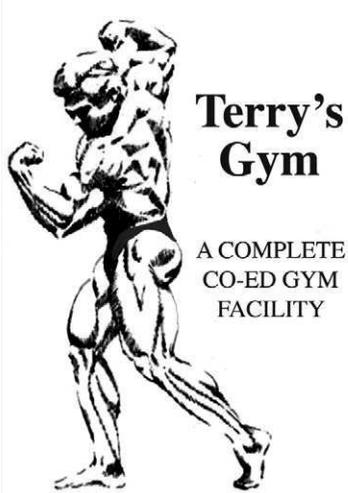
We make Color Copies

agais
COMPUTER & INTERNET SERVICES

Under new management!

- Computer Servicing
- Upgrades & Repairs
- Office Supplies
- Media Transfers
- Ink and Toner Refills
- New & Used Computers in stock
- Cell Phone Service & Accessories
- IPOD accessories
- Internet Services
- Notary Services

503.429.TECH 866 Bridge Street, Vernonia



Terry's Gym

A COMPLETE CO-ED GYM FACILITY

(503) 429-0501
16720 Noakes Rd Vernonia, OR