

Applications due April 5 for Oregon Health Plan list

The next drawing from the Oregon Health Plan (OHP) reservation list will take place Monday, April 5. The names of 8,000 Oregonians will be drawn and will receive application packets to join the plan. This is part of the ongoing process to bring 35,000 adults into the Oregon Health Plan.

To be included in the next drawing, names must be received before April 5. Monthly drawings and application mailings will be held until OHP Standard's projected capacity is reached. To be added to the reservation list, low-income Oregonians should call 1-800-699-9075 or 711 TTY, or visit the Web site at www.ohplist.oregon.gov.

Reservation request forms are also available at local Department of Human Services' offices, local county health departments, and most hospitals and health care clinics.

"Once people's names are drawn they can apply for coverage and, if they are eligible, they will be enrolled in the Oregon Health Plan," says Judy Mohr Peterson, director of the Division of Medical Assistance Programs, which administers the plan.

An estimated 140,000 Oregonians would qualify for OHP based on income. Because of this, the state has created the reservation list and will hold

monthly drawings from the list.

OHP Standard covers physician services, prescription drugs, mental health and chemical dependency treatment, emergency medical services and limited dental, hospital and vision services. Adults in the program pay monthly premiums ranging from nothing to \$20, depending on income and household size.

Children do not have to wait on a reservation list, thanks to the Oregon Healthy Kids plan. Children and teens up to age 19 may qualify today. Call 1-877-314-5678 or visit the Healthy Kids Web site at www.oregonhealthykids.gov.

Free program on Cholesterol

A free 90-minute presentation on how to Manage Your Cholesterol Levels will be held on April 8, at 6:00 p.m., at the Tuality Health Education Center, 334 SE 8th Ave., Hillsboro.

Cholesterol is a topic of frequent media information. But what do all the numbers mean? What is good fat and bad fat? What about medications? How

should I eat? Will I enjoy a low-cholesterol diet? How does exercise change cholesterol levels? Learn the answer to these and other questions, plus there will be heart-healthy food samples (with recipes) to try.

If you plan to attend, call 503-681-1700 so they will be ready for the correct number of attendees.

9-1-1 warns of old urban legend

According to Sally Jones, Administrator at Columbia 9-1-1 Communication District, an urban legend is once again making the rounds of email.

The incorrect information in the email is that women should

call #77 if an unmarked police car pulls them over.

Some states do use that code for some reasons, but Oregon does not. Jones says, "The bottom line is, 9-1-1 is the

See Urban on page 10

Hard-boiled egg safety for Easter and other Spring celebrations

If you're planning an Easter egg hunt or cooking eggs for your Passover Seder, the U.S. Department of Agriculture (USDA) has important advice to help keep your family safe from foodborne illness throughout the Spring celebrations.

Eggs play a key role in Spring religious holidays. Hard-cooked eggs for Easter and Passover celebrations should be prepared with care.

If you plan to eat the Easter eggs you decorate, be sure to use only food grade dye. (Some people make two sets of eggs – one for decorating and hiding, another for eating. Others use plastic eggs for hiding.)

For an Easter egg hunt, avoid cracking the egg shells. If the shells crack then bacteria could enter and contaminate

the egg inside. Also, hide eggs in places that are protected from dirt, pets and other bacteria sources and keep hard-cooked eggs chilled in the refrigerator until just before the hunt. The total time for hiding and hunting eggs should be no more than two hours. Then be sure to refrigerate the "found" eggs right away until you eat them. Eggs found hours later or the next day should be thrown out – not eaten!

Eggs also play an important role on the Seder plate during Passover celebrations. If that egg sits out at room temperature for more than two hours, it should not be eaten. Since the hard-cooked eggs that are usually served to each person as part of the special dinner are meant to be eaten, keep those

hard-cooked eggs refrigerated until ready to serve.

When shell eggs are hard-cooked, the protective coating is washed away, leaving open pores in the shell where harmful bacteria could enter. Be sure to refrigerate eggs within two hours of cooking and use them within a week. Check your refrigerator temperature with an appliance thermometer and adjust the refrigerator temperature to 40°F (Fahrenheit) or below.

For egg safety – to stay healthy and avoid foodborne illness — USDA advises:

- Always buy eggs from a refrigerated case. Choose eggs with clean, uncracked shells.
- Buy eggs before the "Sell-By" or "EXP" (expiration) date on the carton.
- Take eggs straight home from the grocery store and refrigerate them right away.

Check to be sure your refrigerator is set at 40°F or below. Don't take eggs out of the carton to put them in the refrigerator – the carton protects them. Keep the eggs in the coldest part of the refrigerator – not on the door.

• Raw shell eggs in the carton can stay in your refrigerator for three to five weeks from the purchase date. Although the "Sell-By" date might pass during that time, the eggs are still safe to use. (The date is not required by federal law, but some states may require it.)

• Always wash your hands with warm water and soap before and after handling raw eggs. To avoid cross-contamination, you should also wash forks, knives, spoons and all counters and other surfaces that touch the eggs, with hot water and soap.

• Don't keep raw or cooked eggs out of the refrigerator more than two hours.

• Egg dishes such as deviled eggs or egg salad should be used within 3 to 4 days.

If you have a question about meat, poultry or egg products, call the USDA Meat and Poultry Hotline toll free at 1-888-MPHotline or 1-888-674-6854, TTY: 1-800-256-7072.

You can call the year-round hotline Monday through Friday from 10 a.m. to 4:00 pm. EST (English or Spanish). Listen to timely recorded food safety messages at the same number 24 hours a day. Check out the FSIS Web site at <http://www.fsis.usda.gov>. E-mail questions can be answered by mphotline.fsis@usda.gov

Source: *USDA Food Safety & Inspection Service* <http://www.fsis.usda.gov/factsheets/>.

**Columbia
County
Mental Health
800-294-5211**

**Suicide
Hotline
1-800-
784-2433
or
1-800-273-
TALK(8255)**

**Domestic
Abuse
Hotline
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or
866-397-6161**



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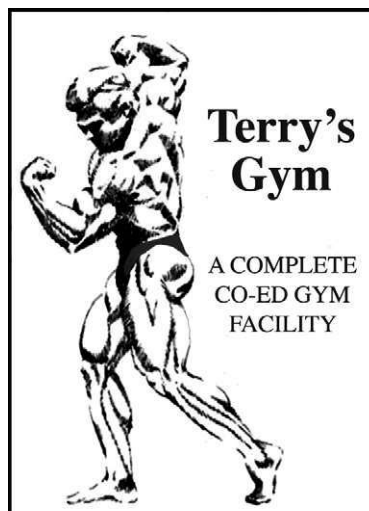
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