

## County schedules more flu shot clinics, including one in Vernonia

Columbia Health District-Public Health Authority will be providing several walk-in flu shot clinics around the county this fall. Vaccinations will cost \$10 this year. Oregon Health Plan (OHP) will be billed in lieu of the \$10 charge for those insured by OHP.

Flu vaccine is an effective way to protect you and your family from the flu virus. For those who have private insurance or Medicare, contact your provider or pharmacist.

Seasonal and H1N1 vaccines are combined in one shot this year, and the Centers for Disease Control and Prevention advises everyone six-months and older to get the flu shot. For the most current information about flu, visit the Centers for Disease Control and Prevention web site at [www.cdc.gov/flu](http://www.cdc.gov/flu). For information

about where to get flu shots: [www.flu.oregon.gov](http://www.flu.oregon.gov) or 800-978-3040.

Flu shot clinics will be held in Vernonia at the Vernonia Senior Center on Friday, November 19, from 9:30 a.m. to 2:30 p.m.

Other flu shot clinics in Columbia County will be at:

- Clatskanie Family Medical Clinic on Tuesday, October 26, from 11:00 a.m. to 3:00 p.m.

- Rainier Senior Center on Monday, November 8, from 10:00 a.m. to 2:00 p.m.

- St Helens - Columbia Health District-Public Health Authority, 2370 Gable Road, St. Helens on Friday, October 29, from 9:00 a.m. to 12:00 p.m. and 2:00 p.m. to 4:00 p.m.

- St. Helens Senior Center on Friday, November 5, from 10:00 a.m. to 2:00 p.m.

## Hospital gets decision extension

Columbia Health District has submitted a newly amended application for a new 12-bed hospital in Columbia County by submitting new financial information to the Oregon Public Health Certificate of Need Program. As a result, the Health District and the Certificate of Need Program have agreed to extend the date for reaching a final decision on the project. This will provide adequate time for the Certificate of Need Pro-

gram to review the new financial information. The original decision date had been set for November 4, 2010.

The Certificate of Need Program anticipates issuing a decision by January or February 2011.

"We will review this new information as quickly as possible so we can issue a final decision," said Jana Fussell, of the Oregon Public Health Certificate of Need Program.

## Free diabetes presentation offered this Saturday

What's New in Diabetes will be the topic of a free presentation on Saturday, November 6,

from 9:00 a.m. to noon at Tuality Health Education Center, 334 SE 8th Ave., Hillsboro.

Tuality's team of certified diabetes educators will provide the latest information about diabetes, and provide a complimentary light snack, too.

Topics will include future

## Humor can be good for your health

Our sense of humor gives us the ability to find delight, experience joy, and release tension. Laughter is the human's biological reaction to humor. It also activates the chemistry of the will to live and increases our capacity to fight disease, which makes it an effective self-care tool. Studies from around the world have shown that an atmosphere of humor results in better patient care, less anesthesia time, less operating time, and shorter hospital stays. The following are some of the benefits of laughter that research has identified.

**Blood pressure** - People who laugh heartily, and regularly, have a lower standing blood pressure than does the average person. When people have a good laugh, initially the blood pressure increases, but then it decreases to levels below normal.

**Hormones** - Laughter reduces at least four of the neuro-endocrine hormones associated with stress.

**Immune system** - Laughter strengthens the immune system by increasing infection-fighting antibodies.

**Muscle relaxation** - Belly laughs result in muscle relaxation.

**Pain reduction** - Laughter allows a person momentarily to "forget" about pains such as those associated with aches, arthritis, etc.

**Brain function** - Laughter stimulates both sides of the brain to enhance learning. It

eases muscle tension and psychological stress, which keeps the brain alert and allows people to retain more information.

**Respiration** - Frequent belly laughter empties your lungs of more air than they are taking in, a cleansing effect similar to deep breathing. This sends more oxygen-enriched blood and nutrients throughout the body.

**Heart function** - Laughter, along with an active sense of humor, may help protect you against a heart attack. People with heart disease were 40% less likely to laugh compared to people the same age without heart disease.

**A good workout** - Laughter can provide good cardiac, abdominal, facial, and back muscle conditioning, especially for those who cannot do physical exercise.

**Mental and emotional health** - Humor and laughter are powerful emotional medicines that can lower stress, dissolve anger, and unite people. Mood is elevated by striving to find humor in difficult situations. Laughing at ourselves will help reveal that problems or annoyances are not the earth-shaking events they sometimes seem to be. Humor also helps us avoid loneliness by connecting with others who are attracted to genuine cheerfulness.

How you can expand your sense of humor:

- Look for the everyday humor. Start looking for the absurd activities that go on around you each day.

- Observe infants and young children to learn how to find delight and amusement in the most ordinary things.

- Increase your exposure to comedies, comic sitcoms, joke books, comedy clubs, etc.

- Surround yourself with others who laugh, because laughter is contagious.

- Take a 5-10 minute humor break each day. Read jokes, add to a humor notebook, and listen to funny tapes.

- Spend time with those who help you see the bright side. Whenever possible, avoid negative people.

- Avoid conversations, news, or entertainment that frightens, upsets, or distresses you or makes you feel sad.

Source: Denise Rennekamp, Oregon State University Extension

## Enjoy baking? Enter bake-off

A group of downtown business owners and other local citizens have banded together to organize the first annual Spirit of Christmas in Vernonia. A family-friendly celebration will be held on Saturday, December 4, from 10:00 a.m. to 6:00 p.m.

As part of the festivities, there will be holiday baked goods and a gingerbread house competition.

If you love to bake and/or build gingerbread houses, and would like to be part of this event, contact competition organizer Catherine Helmer at 503-914-9525, or [catherine.helmer@yahoo.com](mailto:catherine.helmer@yahoo.com).

All ages are welcome to participate!


Also, you can't have a competition without judges...so if you love to eat home baked goodies and would like to be a judge, you also need to contact Helmer at 503-914-9525, or [catherine.helmer@yahoo.com](mailto:catherine.helmer@yahoo.com).

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

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

**Domestic Abuse Hotline**  
503-397-6161  
or  
866-397-6161

**Military Helpline**  
888-HLP-4-VET  
(888-457-4838)



**Terry's Gym**  
A COMPLETE CO-ED GYM FACILITY  
503-901-1705  
16720 Noakes Rd Vernonia, OR

**Save Two Dollars Off**  
*Mariolino's*  
**Extra Large Combo Pizza**  
**With this Coupon!**  
Coupon expires 11-15-10  
721 Madison Ave., Vernonia • 503-429-5018