

First Oregon 2011 flu hospitalization reported

Oregon Public Health officials have received the first report of an Oregonian hospitalized with the flu. The Lincoln County Health Department reported that a 61-year-old woman who was hospitalized with influenza has recovered. Although flu activity remains low so far this season, this is the first report of hospitalization for flu.

“Every flu season is different, and influenza can affect people differently,” said Paul Cieslak, M.D., of Oregon Public Health. “Even healthy children and adults can get very sick from the flu and spread it to others. The best way to prevent the flu is by getting vaccinated each year.”

There are plentiful supplies of flu vaccine throughout Ore-

gon. Public Health officials recommend that everyone 6 months of age or older get vaccinated. Vaccination is especially important if you’re in one of these groups:

- Pregnant women.
- Children 6 months through 4 years of age, and especially those 6 months to 23 months of age.
- People 50 years of age or older.
- Anyone with underlying medical conditions such as chronic pulmonary conditions including asthma; cardiovascular conditions, (except isolated hypertension); renal, hepatic, neurological, hematologic or metabolic disorders including diabetes mellitus; and immunosuppression, including those caused by medications or HIV.

• People in long-term-care facilities.

• People who live with or care for those at high risk for complications from the flu.

In addition to getting immunized, it’s also important to ward off the flu and other viruses and bacteria by these methods:

- Protect yourself and others by washing your hands often.
- Cover your mouth with something other than your hand when you cough.
- If you’re sick, go see the doctor but otherwise try not to go out and expose others to your illness.

To get more information about influenza and to find out where you can get vaccinated against the flu, visit flu.oregon.gov.

ODFW says be “Bear Aware” this fall

With the arrival of fall, wildlife biologists from the Oregon Department of Fish and Wildlife are reminding Oregonians that, at this time of year, bears are on the move and conflicts between these animals and humans can occur. Biologists say that by following a few simple steps people can minimize the possibility of conflicts with bears.

“Fall is a critical season for Oregon’s black bears,” said Tonya Moore, a wildlife biologist with ODFW’s North Willamette Watershed District. “Winter is around the corner and bears must get down to the business of accumulating fat reserves to see them through.”

Moore explained that during

late summer and fall, bears typically consume large amounts of tree fruits, berries, and nuts in order to increase their body fat by as much as 35 percent in preparation for winter. To meet these extra demands for food, bears also look to other sources of food to gain the extra fat they need to tide them over through the winter.

ODFW often receives more bear damage complaints in the fall as a result of bears moving into residential areas to find easy meals, including garbage, fallen fruit, compost piles, pet foods and livestock feed. Moore said black bears may forage up to 20 hours a day and roam constantly throughout their home range to find a meal.

Once habituated to finding food near homes, bears can quickly become a threat to human safety and must often be killed. ODFW recommends that people follow these guidelines to protect both humans and bears:

- Keep pet food indoors.
- Remove fruit that has fallen from trees.
- Add lime to compost piles to reduce odors – do not compost meat, bones, fruit, dairy products or grease.
- Secure garbage cans in a garage, shed or behind a chain link or electric fence.

• Purchase bear-proof garbage cans if necessary.

• Clean garbage containers regularly with diluted bleach to reduce odors.

• Use electric fencing to keep bears from orchards, gardens, compost, beehives and berries.

• Store livestock food in a secure place.

• Never, ever feed a bear.

Moore noted that dispensing foods for other wildlife like birds, squirrels and deer can also attract black bears and is therefore discouraged. She recommends that people in areas where bears show up from time to time, play it safe by refraining from feeding wildlife. In addition, working with neighbors to remove attractants can benefit the whole neighborhood, including the wildlife.

“Working with your community to make sure everyone is doing their part to avoid attracting bears is the best step you can take to minimize the risk of a serious bear conflict,” Moore said.

For more information about living with black bears, see the ODFW website at www.dfw.state.or.us/wildlife/living_with/black_bears.asp.

October is named Domestic Violence Awareness Month

Domestic violence is everywhere. One in four women will be assaulted by a partner at some point in her lifetime, regardless of her socioeconomic status, race, religion, age or education level.

Domestic violence has a significant impact on the community, affecting children, schools, employers, hospitals, law enforcement and the judicial system.

Statewide:

• Safety from domestic violence would save more than \$35 million a year in health care costs in Oregon.

• Safety from domestic violence would save more than \$9.3 million annual lost revenue and prevent a leading cause of homelessness for women and children.

• 1/3 of child welfare cases have a domestic violence component.

• Domestic violence is a factor in 1/3 of all violent crimes in Oregon.

• Access to domestic and sexual violence services reduces re-assault by 70%.

In Columbia County:

• Last year the Columbia County Women’s Resource

Center (CCWRC) fielded almost 1,750 crisis line calls and had to turn away 220 individuals seeking shelter.

• Approximately 225 people were served in the emergency shelter last year, including boys up to age 17.


• Over 3,000 services were provided to men, women and children.

Domestic and sexual violence services save lives, families and communities.

During October, CCWRC is joining with communities across the nation to recognize Domestic Violence Awareness Month, celebrating progress made in reducing domestic violence, and to recommit to making everyone’s home a safe place for them.

Throughout the month of October (and all year long) shop at Norma’s Place, 164 Little Street, St. Helens, where your thrift store purchases support the Resource Center and a successful job training program that is building new lives.

CCWRC is the only agency in Columbia County that serves survivors of domestic and sexual violence.



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

Columbia County	Domestic Abuse
Mental Health	Hotline
800-294-5211	503-397-6161
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Suicide Hotline	866-397-6161
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1-800-784-2433	Military Helpline
or	888-HLP-4-VET
1-800-273-TALK(8255)	(888-457-4838)