

1001 SW Fifth Avenue  
Suite 320  
Portland, Oregon 97204  
Phone: (503) 244-3898  
Fax: (503) 244-9147  
[info@oregonliteracy.org](mailto:info@oregonliteracy.org)  
[www.oregonliteracy.org](http://www.oregonliteracy.org)

**Oregon Literacy, Inc.**

# LitBits

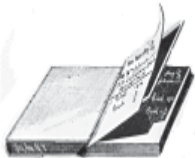
Tutor HelpLine:  
(800) 322-8715 August 2005: Volume 7, Issue 8



## Tutor Resource of the Month

If your students are interested in learning first aid, call OLI for a free workbook that teaches reading comprehension and first aid in the same lessons. The workbook features many pictures, large print and worksheets.

## Quote Corner:



Reading is to the  
mind what exercise  
is to the body.  
—Sir Richard Steele

## Release books into the wild through Book Crossing

Imagine strolling into your favorite café and finding a book, left there by a stranger, seemingly just for you. This is a free book you can read and then pass on to someone else. You've entered the world of Book Crossing, an organization that enables people to register books and then release them into their communities to be found and enjoyed by others.

Literacy groups have promoted this program across the world to encourage community literacy. More than 347,900 people have already participated in Book Crossing from countries around the world.

The process is fun and fairly simple. A person takes a book they want to donate to their community, registers it online at

the Book Crossing website, ([www.bookcrossing.org](http://www.bookcrossing.org)), writes a code and noticeable inscription in the front cover to explain Book Crossing to the book's new owner, then leaves the book in a public area.

The new owner can type the code into Book Crossing's website to alert the original owner that the book had been found. Some books pass from owner to owner several times, so a history of the book's travels is also available at the website.

## Get press coverage for your organization

Oregon Literacy's annual media kit will be out this summer. This year the media kit will include valuable information and samples of ways to contact and connect with the media, local businesses and local politicians in order to raise awareness and publicize events or special needs. Contact us via email at [outreach@oregonliteracy.org](mailto:outreach@oregonliteracy.org) to request your FREE kit.

## Diabetes booklet available

An information booklet on diabetes written for a low-literate audience can be ordered from the Charles B. Wang Community Health Center in New York City. The booklets are available for free, plus the cost of shipping and handling. To order a copy, call Brenda Wan of the Center's Health Education Department at 212-966-0461.

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## Take a trip to the library and help your students read for pleasure

It's one thing to teach a student how to read, it's another to teach someone to read for pleasure. Public libraries offer plenty of children's books that, depending on their relevance to the student's background, provide opportunities to read for learning and for enjoyment.

However, adult students might be embarrassed to read books that appear childish. This is why book selection is so important. Try to find something with simple language that still speaks to your student. Many libraries have sections especially for new adult readers that include books with a more mature content. When choosing books for your adult readers, look for books

that have a lot of white space, high quality photos and a limited amount of text.

If you are teaching ESL students, remember that if they are strong readers in their native language, they will have an easier time improving their English reading skills.

Let your students read to themselves in 5- to 10-minute sessions and leave time for plenty of discussion. Remember, the more the book applies to the student's life, the more she or he will enjoy reading it.

*These tips are courtesy of the Clark College Adult Literacy Program's newsletter, Tutor Talk, Spring 2005.*

## LitLinks: find easy-to-read health information on the web

### **Institute for Health Care Advancement**

[www.iha4health.org](http://www.iha4health.org)

Their bookstore has easy-to-read books on health care, including teen, senior citizen and children's health.

### **NCSALL Health Literacy Studies**

[www.hsph.harvard.edu/healthliteracy](http://www.hsph.harvard.edu/healthliteracy)

The National Center of Adult Learning and Literacy website offers free, downloadable Phonovoxes, such as *Do you know what to do in case of an overdose?* It also has a health literacy curriculum.

### **California Health Literacy Initiative**

[www.cahealthliteracy.org](http://www.cahealthliteracy.org)

The best aspect of this excellent website is its easy-to-read health information for adult and ESL learners, covering 29 health care issues including birth control, depression and menopause. It also has health information in Spanish, Chinese, Cambodian/Khmer, Hmong, Korean, Laotian, Thai and Vietnamese. Anyone working with adult learners should visit this website.

### **U.S. Food and Drug Administration**

[www.fda.gov/opacom/lowlit/englow.html](http://www.fda.gov/opacom/lowlit/englow.html)

Free educational pamphlets can be printed, downloaded as PDF files, or viewed as HTML. The easy-to-read pamphlets are also accessible in Spanish. Topics include losing weight safely, how to protect

yourself from AIDs, and making sure kids get all their immunization shots.

### **U.S. Deptment of Health & Human Services**

[www.hrsa.gov/quality/healthlit.htm](http://www.hrsa.gov/quality/healthlit.htm)

Provides information and resources on health literacy. Some resources and guides can be downloaded for free, others can be purchased.

### **NIFL's Literacy & Health**

[www.nifl.gov/nifl/facts/health.html](http://www.nifl.gov/nifl/facts/health.html)

The National Institute for Literacy's website provides data and statistics from health care literacy studies from the 1990s.

### **U.S. National Institutes of Health**

[www.nlm.nih.gov/pubs/cbm/hliteracy.html](http://www.nlm.nih.gov/pubs/cbm/hliteracy.html)

Provides information about health literacy and links to academic studies.

### **U.S. National Network of Libraries of Medicine**

[www.nlm.gov/scr/conhlth/hlthlit.htm](http://www.nlm.gov/scr/conhlth/hlthlit.htm)

This site provides an online manual for consumer health. Information is divided into these categories: definitions, skills needed for health literacy, background, role of the consumer health librarian, support, health literacy organizations and programs, bibliographies and webliographies, and health literacy listservs.