

'Wellness' workshop cruises Caribbean

Health care prompts program

By PATRICK SULLIVAN
Of the Emerald

Health is not just the absence of disease and discomfort, it's a lifestyle with proper exercise, nutritional awareness and stress management, according to the founders of Organizational Health Care Systems, Inc. (OHCS) in Eugene.

Mitchell Melson and Donald Fitch believe "forces are transforming our disease-oriented medical care system into a health-oriented care system." They call the new concept "wellness."

The two "health promoters" have organized a "Wellness Workshop." The workshop will be aboard the 800-passenger M/S Angelina while it cruises through the Caribbean Islands during

spring break, March 17 to 25.

"The Wellness Workshop will help explore the following keys to vibrant well-being; cardiovascular fitness, nutritional awareness, stress management and responsibility for health," says an advertisement for the cruise in Oregon Education Magazine, Jan. 1978.

The trip is designed for Oregon teachers and administrators but Melson says "students could learn about self-care procedures and determine their health statement by participating in the program." The workshop can accommodate 125 participants. "The response to the ad has been very good so far," according to Melson.

"I'd like to see a Wellness network develop between the participants so that after the work-

shop Oregon school children can learn the concepts of Wellness." Blue Cross of Oregon will provide follow-up materials to help the network.

The faculty for the workshop includes Melson, Fitch, William Bowerman, "a pioneer in the fitness revolution currently underway in the U.S." and Lawrence Fish, executive director of Northwest Regional Education Laboratory.

The trip will cost \$874, which includes a \$100 discount on the cruise and a \$175 charge for the workshop.

Melson, a doctorate candidate in Counseling Psychology at the University, will receive credit for running the workshop through Health Education 409, "Practicum on Health Practices."

Although the workshop is OHCS's first large scale business venture, their "maiden voyage," the company has been working on a variety of health projects since it was incorporated in September 1977.

OHCS also runs a weekly smokers' clinic at the YMCA in Eugene. For \$50 apiece, participants, in groups of less than 12, use the "Wellness" concept to quit smoking. Melson and Fitch are repulsed by the negative, "get sick and give up approach" of some smokers clinics.

With the help of Blue Cross of Oregon, OHCS has made a health book entitled "Take Care of Yourself," available for \$1.25 instead of the regular \$5 price.

The book provides self-diagnosis and home treatment information for 68 common medical problems and it is at the check out

Crime victims will receive state aid

If you were the victim of a robbery or assault after January 1, 1978, you could be eligible for up to \$23,000 in benefits under the state's newly formed Victim Assistance program. The program provides for emergency services, restitution and payment for eligible persons.

Under the law (HB 2278, chapter 3376), you are eligible if:

- You are a victim, or the dependent of a deceased victim, of a compensable crime that resulted in a loss of more than \$250.

- You notified the police of the crime within 72 hours.

- You cooperated fully with law enforcement officials in apprehending and prosecuting the suspect.

- You were not related to, or sharing a household with, your assailant.

- Your injury was not "substantially attributable" to your wrongful act or substantial provocation of your assailant.

- You apply for compensation within six months of your injury.

If you are related to a victim for whom you paid medical expenses caused by his crime-related injury

you are eligible for reimbursement.

Losses you can recover, according to the act include: reasonable hospital and medical expenses up to a maximum amount of \$10,000; loss of earnings up to a maximum of \$10,000; rehabilitation, up to a maximum of \$3,000; in the case of death, burial expenses, to a maximum of \$1,000; reasonable hospital and medical expenses, to a maximum of \$10,000; loss of support to the dependents of a deceased victim up to a maximum amount of \$10,000, less any amounts paid for loss of earnings.

The act also provides for emergency payments in cases of undue hardship. The administrators of the program in Lane County says day care services and transportation to and from court for the old and infirm will also be provided.

Persons with questions about the Victim Assistance program should contact Geoffrey Alpert, the program's director, at the District Attorney's office. Alpert is an experienced criminologist and former professor at the University of Texas at Dallas.



counter of the Student Health Center.

Although OHCS doesn't profit from it, Melson has been studying "the effect of replacing the impulse bin (filled with candy) with a fruit stand at the check-out counters at McKays market in Eugene." The grocer's "philosophic commitment to health con-

flicts with the profit motive of moving candy," says Melson.

OHCS is also working with a group of health agencies to develop a "Wellness Center" for Eugene. The center would coordinate efforts for better health in the community and is still in the planning stages.

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