

1986 homeless calendar published

The Burnside Community Council is pleased to announce the publication of the 1986 Homeless Calendar.

Entitled "Life on Burnside," the 1986 Homeless Calendar serves a dual purpose: 1) to make people aware of the issue of homelessness on a year-round basis; 2) to raise funds for the social service program of the Burnside Community Council.

The 1986 Homeless Calendar is made possible through the volunteer efforts of Bob Collins III, calendar photographer; Jeff Fisher, graphic designer; and Tony Bacon of Bacon & Hunt Public Relations.

Calendars may be ordered by sending a check or money order in the amount of \$8.75 to the Burnside Community council, 313 East Burnside St., Portland, OR 97214. Calendars are also available for purchase at Baloney Joe's, 313 East Burnside St. Or call 231-7158 for the name of local bookstores selling the calendar.



Kaiser-Permanente introduces adolescent chemical program

Noting a huge increase in the number of teens (or their parents) seeking help for adolescent chemical dependency problems in the past two years, Kaiser Permanente has developed a new treatment program. The Adolescent Chemical Health Program will be introduced at an open house on Dec. 12 from 4 to 7 p.m. at the new residential center, 2330 N.E. Siskiyou (formerly the Madaleine Convent). City Commissioner Margaret Strachan will dedicate the facility at a 5 p.m. ceremony.

The Adolescent Chemical Health Program is designed especially for adolescents 12 to 18 years of age. The treatment plan, unique in the Portland area, includes an outpatient treatment, intensive day treatment and residential treatment program in which the family is involved as an integral part of the treatment process.

"Outpatient treatment is being provided at a new location at 4925 N. Albina," says Judi Brenes, program director. "We have leased the building at 2330 N.E. Siskiyou as our residential center and have been granted a residential care license by the City of Portland. We expect to begin serving patients there on Jan. 2."

The three-year lease on the residential facility includes an option to purchase.

"We have developed this new program because of increasing need

not only among teenage members of Kaiser Permanente, but in the community as a whole," says Dr. Robert A. Senft, director of Alcohol and Drug Recovery Services. "In assessing ways to best respond to the community's needs, a team of multi-specialty health care professionals recommended a plan that would provide more organized and comprehensive treatment."

"The program is open to the public and we are accepting referrals from parents, schools, health care providers and community agencies," says Dr. Senft.

Two different ways of providing treatment will be the subject of a three-year study by the Kaiser Permanente Center for Health Research. The study will measure differences in results for individual adolescents and their families between a month-long residential program and a month-long intensive day treatment program. The elements of treatment will be similar in the two programs. They will include an individual assessment to determine severity of the chemical problem, the extent of physical or other mental health problems, and where the adolescent will be most suitably treated.

All three programs will include individual and group counseling. A family treatment approach will utilize the adolescent's family system to

alleviate the chemical dependency problem. The educational component will include information on alcohol and drugs, and some training in basic life skills (communication, problem solving, interpersonal relationships). Recreational therapy will be offered as part of the program. Alcoholics Anonymous, Narcotics Anonymous, and Families Anonymous will be incorporated in the treatment program as a way of supporting a lifestyle free of chemical dependency.

Staff will help with discharge planning and access to other community programs available to adolescents and their families. Follow-up will be provided, and the program will encourage participation in school after-care programs where available.

The Adolescent Chemical Health Program has been developed with consultation from professionals across the country in the fields of adolescent care, education and adolescent chemical dependency treatment.

Judi Brenes has had several years' experience in the field of teenage substance abuse education and prevention and was formerly with the Kaiser Permanente Dept. of community Medicine. Clinical Director Rick Boehm has been with Kaiser Permanente's Alcohol and Drug Recovery Services for the past several years, working with chemically

dependent adolescents and their families. He previously developed a teenage alcoholism program in Washington State. For further information, contact Brenes or Boehm at

Kaiser Permanent Adolescent Chemical Health Program, 4925 N. Albina, Portland or 2330 N.E. Siskiyou, Portland; 249-1477.

Thanksgiving encore meals recipes

(Continued from page 6)

TURKEY POT PIE

2 cups leftover turkey chunks
1 cup giblet gravy or broth
1/2 tsp cayenne pepper
2 cups mixed leftover vegetables (carrots, string beans, onions, etc.)
2 unbaked 9-inch pastry shells

Mix chunks of turkey, leftover vegetables and giblet gravy or broth, heat through. Place in one shell. Roll out extra shell and cut into strips. Place in lattice working over turkey/vegetable mixture. Or roll out extra shell, trim and place shell over mixture. Pierce with fork before placing in preheated 350° oven for 25 minutes or until crust is golden brown. Serve with lettuce wedges and oil-cider vinegar dressing.

BARBECUED TURKEY SLICES

Heat thick turkey slices in your favorite barbeque sauce in oven or on stove top. Serve with cabbage slaw, French fries and leftover vegetables.

TURKEY STIR-FRY

1-2 cups shredded turkey
soy sauce
Sherry
1/2 tsp cayenne pepper
Frozen Chinese vegetables or a variety of your favorite fresh vegetables
Oil
Sesame seeds

In wok or heavy skillet, heat oil and stir-fry vegetables on high flame for 7 to 10 minutes, add shredded turkey, stir-fry until heated with vegetables; add soy sauce and a dash of sherry. Add sesame seeds, cook 2 minutes more. Serve over brown rice

MARINATED ROAST-BEEF SALAD

Toss roast beef strips in oil-cider vinegar, mustard dressing. Tace with capers and sliced green onions with a dash of cayenne pepper to add zest. Serve with potato salad, sliced tomatoes and cucumbers and a light soup.

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