

METROPOLITAN

Kaiser Permanente Completes Facility Expansion and Celebrates 25th Anniversary of Cancer Program

Kaiser Permanente, the region's largest health care provider, has recently completed a \$440,000 construction project which included expansion of its Oncology (cancer) Treatment Center and other portions of its Health Center East Medical Offices.

Expansion of the facility was necessary because of increases in Kaiser Permanente's membership and increased necessity for cancer treatment services.

Dr. Tilford points out that Kaiser Permanente offers one of the most comprehensive cancer treatment programs in the region.

"It all began 25 years ago with the establishment of our Tumor Registry, he said.

"The Registry gives us a centralized record of all our cancer patients so we can make sure appropriate, organized followup occurs."

Since the beginning of the program a number of new technologies have expanded the capability for early detection as well as treatment options.

Tilford credits Kaiser Permanente's Andrew Glass, M.D. as a key player in developing Kaiser Permanente's program.

"Dr. Glass pioneered a new approach based on the philosophy that the best way to develop a quality cancer care program is (to actively participate) in national study groups. This enables the physician to stay abreast of the most current information on the subject."

"As a result, our patients benefit by receiving care from physicians who are knowledgeable of the most up-to-date cancer management systems.

"Cancer care is received at several of



Oregon Rep. Margaret Carter (D-North Portland) studies graph outlining increased demand and services for cancer treatment provided by Kaiser Permanente

over the past 25 years. Explaining graph is David Tilford, M.D., chairman of Kaiser Permanente's Oncology (cancer) Department.

our facilities in addition to the Oncology Treatment Center and involves close coordination among medical oncologists, radiologic oncologists, oncology pharmacists, specially trained nurses, the Hospice program, social workers and our cancer counseling program."

"Kaiser Permanente's prepaid group practice structure allows us to offer this comprehensive team approach in the treatment of each one of our Health Plan members," he said.

In addition to the acknowledgement of the Cancer Program, the opening of a Nurse Treatment Center and Member-

ship Services Center were also celebrated at Health Center East.

Kaiser Permanente is a prepaid group practice health care program serving more than 286,000 members in the Portland and Salem areas of Oregon, and the Vancouver and Longview-Kelso areas of Washington.

Business Boosters Conducting Conference

The North-Northeast Business Boosters is conducting its 2nd Annual Economic Development Conference entitled "North-Northeast Portland — The Secret is Out" for North-Northeast businesses and community leaders on Saturday, February 8, 1986, at Portland Community College Cascade Campus, Cascade Hall, 705 N. Killingsworth beginning at 9:00 a.m.

The purpose of the conference is to establish realistic action plans to market and improve the business and community environment for North-Northeast Portland.

Mayor "Bud" Clark will give the Welcoming Address. Rep. Margaret Carter of the 18th Legislative District, and Alanna Probst of "Buy Oregon" are among other dignitaries scheduled to speak to conferees.

Focus Panel Groups will address such areas as Tourism, Marketing North-Northeast Portland, Networking North-Northeast Business Products and Services and other topics of interest to the business and community populace.

There is no fee. Further information can be obtained by calling Gloria Fuller in the Booster office, 240-5323.

Community Host Valentine's Dance for U.S. Navy

The Welcome the Navy and Coast Guard Committee, Miller Beer, The Navy League, Port of Portland, Portland General Electric will host a Valentine's Dance for the officers and crew of the USS Duluth and USS Cushing. The event will be held Wednesday, February 12, 1986 from 7:00 to 11:30 p.m. with music by the Swingline Cubs. Reservations are required to attend by calling Northwest Marine Iron Works at 285-7557.

The two Navy ships have been in Portland since October for overhauls by Northwest Marine Iron Works. Both ships are expected to be completed by June 1986. Approximately 700 officers and crew have been living in the Portland area during their overhauls.

OLYMPIAN FITNESS CENTER

Mind Over Matter Newsletter
published by

The A.D.S. Phoenix Club
For
OLYMPIAN FITNESS CENTER

Remember last month's newsletter? Well, this one takes up where that one left off.

How does a human being go about developing a **STRONG HUMAN SPIRIT, a QUICK SHARP MIND, a HEALTHY BEAUTIFUL BODY AND ALL THE MATERIAL PROPERTY** one needs to feel secure and successful.

Let's understand that in order to develop and maintain anything on earth you must feed it, clean it, use or exercise it and restore it, by allowing it to rest or relax. There are other things involved but these are the basics. You know what? Just about everybody understands these principles when it comes to taking care of their small children, pets, farm animal and property. But when it comes to taking care of their mind, body and spirit their understanding falls short.

Let me tell you now, that in order to maintain and develop a **STRONG SPIRIT, a QUICK SHARP MIND, and a HEALTHY BODY** you must do exactly the same thing as with your small children, pets, farm animals and your property, you must **FEED, CLEAN, EXERCISE and RESTORE YOUR HUMAN SPIRIT, YOUR HUMAN MIND and YOUR HUMAN BODY, daily.**

In future publications I will tell you how.

Keep this publication for future reference.

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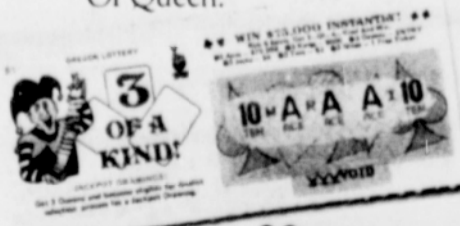
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| \$4 | 161,280 | 1:125 |
| "ENTRY" | 20,160 | 1:1,000 |
| \$500 | 1,344 | 1:15,000 |
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