

SPOT LIGHT ON HEALTH

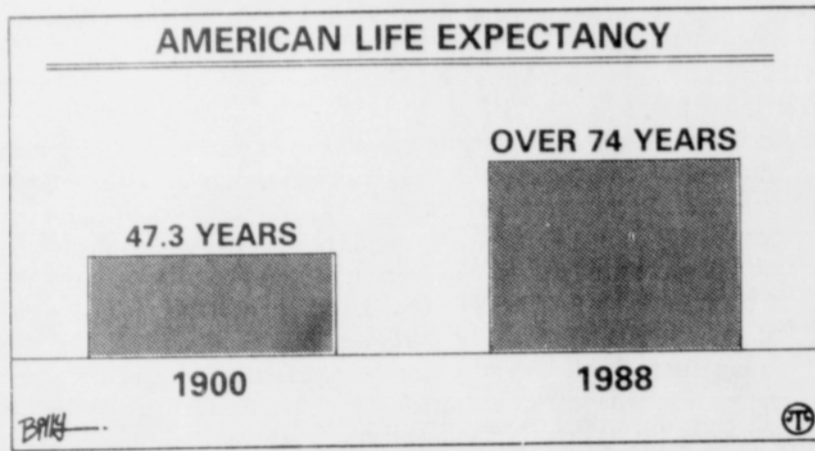
N/NE Community Mental Health Center

Serving the Mental health needs of the inner N/NE Community

Services available: Crisis Intervention counseling
Children services
Psychiatric Care
Social Support Services
Rehabilitation Therapy
Residential Services

Located at 4950 N.E. MLK Jr. Blvd.
249-0066

Life Expectancy After Retirement: How Many Years?



The life expectancy of the average American is rising. Today, Americans can expect to live ten, twenty and thirty or more years after they retire.

With our life expectancy after retirement increasing, and more Americans taking early retirement, the question being asked most often is: *Am I financially secure?*

One reason this question is so often asked is that one in four elderly Americans can expect someday to be confined to a long-term care facility. While most Americans own their own life insurance, few are protected against this cost. Encouragingly, with the cost of long-term care services becoming an important national issue, many employers look for affordable ways to help their workers get such protection.

In response to the challenge posed by long-term health care financing, First Penn Pacific Life Insurance Company of Oak Brook Terrace, Illinois, has become one of

the first insurance companies in the nation to introduce a life insurance policy providing financing for nursing home care through *prepayment* of the policy's death benefits. Conditions covered under the policy include Alzheimer's Disease.

The new policy is called *Assured Care*. It's available to persons between the ages of 20 and 70, with the minimum policy death benefit set at \$25,000. The maximum death benefit is \$300,000.

Premium payments for the assured care benefit can now be made through payroll deduction. The cost for the nursing home benefit is low. In fact, the premium for the Assured Care is typically only three percent more than for an otherwise identical universal life policy which does not provide the convalescent care benefit.

AGING

Aging, even old age, is not an illness. It is a normal process. It is obvious that old people get sick more frequently than the young, but the aging process itself is not a disease. A number of things (physical systems) do change as we age.

There are changes in the senses—hearing, vision, taste, smell and touch. It is difficult for people when these senses may become less sensitive. However, there are often ways to improve. Changes can be made in the home environment to ease a person's adjustment to a decreased ability to see, hear, or taste.

For example, many elderly people have changes in their eyes that they themselves may not recognize. The lens of the eye loses its ability to focus sharply on the close objects. Bifocal lenses help, but some still find it difficult to see small details such as directions on medication bottles. As the lens changes, a person may not be able to tell the difference between certain colors like blue and green. Bright light may easily blind an older person and dim light may not be enough light to achieve visual sharpness.

Many of these same kinds of changes occur with hearing, making it hard for older adults to sort out sounds, respond accurately, or participate in conversation.

Perhaps their sense of smell decreases, so they stop bathing as regularly, or their taste sense disappears, "nothing tastes good", so they stop eating right.

The real point of the above examples is that decreased function due to these very normal changes can most often be helped. But very often people don't get help and, as a result, other things begin to happen. Because they don't recognize a voice or remember a face people start to think they are getting confused or that their memory is declining. Because they can't read small print, they mistake

their medications or miss an appointment written on a calendar. Everyone starts to think they can't take care of themselves, and often considers limiting their independence. People are sometimes put in nursing homes because the family is so concerned about their seeming decline and because of some problem that could have been corrected with a new eye glass prescription, hearing aid or minor changes in their home or diet. Often cost is the reason people don't buy new glasses or a hearing aid, but of-

North Portland Nurse Practitioner Community Health Clinic



5311 North Vancouver Ave.
Portland, 97217
(503) 284-5239
Hours 9-5 M-F
9-1 Sat
Call for appointments

Appointments & Walk-Ins Welcome

"Health Care is a right and not merely a privilege". High quality health care for the "high risk" our specialty. The uninsured, indigent, low income and medically poor are welcome. We care! Sliding Fee Schedule, Welfare

(non-PCO) and Private Insurance

TEENS AND AIDS WORKSHOP TO BE HELD AT RED CROSS

Teenagers will have an opportunity to learn about and discuss the AIDS epidemic in a free two-hour workshop on Wednesday, August 25, from 3:00 - 5:00 P.M. at the Red Cross, 3131 N. Vancouver Ave.

This workshop will include up-to-date facts about HIV Disease/AIDS and a discussion of ideas for preventing the spread of the virus.

Call the American Red Cross at 284-0011, ext. 176 to register.

WHEN I'M IN CHARGE CLASS OFFERED AT RED CROSS

When I'm in Charge is an excellent course for children, ages 8-11, who have to stay at home alone from time to time. The 1-1/2 hour class will be held at the Red Cross, 3131 N. Vancouver Ave. on Saturday, August 12, from 10:00-11:30 a.m.

Children will learn how to handle phone calls and visitors, create a safe home environment and perform basic first aid skills.

Cost: \$6.00. To register, call 284-0011, ext. 176.

Multnomah County Health Clinics Make Sure Your Children's Shots Are Up-To-Date Immunization Available At These Locations:

Grace Peck Health Center
2415 S.E. 43rd Ave.
(503) 238-7150

North Portland Health Center
8914 N. Woolsey Ave.
(503) 248-5304

Northeast Health Center
5329 N.E. Union Ave.
(503) 248-5183

WALK-INS
Monday & Tuesday or Thursday & Friday
9:00 a.m. to 11:30 a.m. or
1:30 p.m. to 4:00 p.m.



Pointers For Parents

Soft Music May Calm Crying Infants

Since the first baby was gently quieted to sleep by a lullaby, parents have known the powers of soft, soothing melodies. Today, experts tout the benefits of music, saying it may help calm a crying, colicky infant.

"Music encourages sleep," says Syracuse, N.Y., Registered Polysomnographic Technologist James Moore, who works with people with sleep disorders. "It gives the mind a focus."

Although a cradle song sung by Mommy or Daddy may be preferred, Moore says any soft music may produce the desired calming effect.



Nitey Lite features a friendly mouse and a storybook for bedtime story telling. It also has a radio to lull the child to sleep.

One new product, the GE Nitey Lite™, a radio-night-light combination, provides parents with a 30-minute sleep switch that allows children to be gently lulled to sleep by AM or FM tunes. The soft-glow front panel light illuminates a cartoon mouse character.

Quiet, relaxing music is best. With the music, young children and their parents can both enjoy the pleasure of a good night's sleep and parents can be assured they are giving their child a positive experience.

"A deprivation of stimulation can actually retard development and be psychologically harmful," says Syracuse University Psychology Professor Jerome Dusek. "Music adds a stimulation that young children may find relaxing."

HEALTH Q&A

By Betty P. Brackenridge, MS, RD, CDE
President
American Association of Diabetes Educators

Q. How do nutrition, exercise, and medication help control diabetes?

A. The food you eat provides fuel. Your body requires fuel to perform exercise. Diabetes medication helps your body use fuel normally. These three factors interact in various ways. Exactly how they interact is reflected in the blood sugar level. So all three factors must be part of any treatment plan to help control diabetes.

Meal planning helps you control the amount of sugar (glucose) in your blood, control your weight, reduce your risk for heart disease, and improve your overall health. Regular physical activity assists with control of both weight and blood sugar, helps reduce heart disease risk, and assists you in better coping with daily stress. Insulin allows sugar to enter cells where your body can use it for fuel. This causes the blood sugar level to fall. Coordinating these three aspects of diabetes management requires knowledge and skill.

A diabetes educator can help you learn more about your diabetes management plan, including how to test your own blood sugar level between doctor visits. This information can then be used to make adjustments in your diet, exercise, or medication to further improve control of your diabetes.



One termite queen produces about half a billion offspring during her lifetime.

ten people don't realize that correcting sensory loss could save hundreds of dollars spent on unnecessary medications and illness, or home and nursing home care.

If you would like further information about sensory changes and aging a free article is available. Send a self addressed, stamped, envelope to:

Concordia College
Sensory - HCA
2811 N.E. Holman
Portland, Oregon 97211

Suzanne A. Scopes, N.D. Naturopathic Physician



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423 S.E. 15th
Portland, OR 97214



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With Trauma Services Emanuel is one of two hospitals in Portland designated to treat the most seriously injured patients. Our Trauma Center is equipped and staffed around the clock, ready whenever you need us.

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