

HEALTH

The Portland Observer

Free Program Provides Watchful Eye For Homebound Adults

For senior citizens and other homebound adults in Multnomah County, there's an extra measure of security available from people who still make house call. And they do it for free.

Every day but Sundays, thousands of letter carriers fan out across every street in America, part of the rhythm of daily neighborhood life. Every once in a while, they notice mail backing up in residential mailboxes. When it's a homebound resident, that may be a sign of trouble.

Through an innovative community program, homebound adults in Multnomah County can alert their postal carrier that, when mail isn't picked up, something's wrong.

Called "CarrierLink, the program is geared toward the 30,000 seniors and other homebound adults living alone in Multnomah County. It operates on a simple premise: Unless

they're away from home, people pick up their mail. And while it's not a pleasant thought, something as simple as a fall can put an older adult's life in danger.

That's where CarrierLink comes in. Participating members give the names of friends or family members to the CarrierLink office at Legacy Health System's Good Samaritan Hospital and Medical Center, where a member database is maintained.

If mail backs up, even for one day, the letter carriers know to contact Good Samaritan, where the CarrierLink staff immediately contacts family members or friends to check in. That extra measure of security has meant prompt attention for many Multnomah County residents who needed medical help over the past four years.

May 1993 marked the CarrierLink program's fourth anni-

versary. For the several hundred participants in the program, their postal carrier has become more than just a mail carrier—he or she becomes a link to the outside world. And with the ability to call one phone number, letter carriers throughout the county have formalized a caring tradition that always existed.

It's free, it's easy to sign up, and it's one more sign that a lot of people are still ready and willing to look out for others. As public funding for community programs gets squeezed harder and harder, CarrierLink provides one example of how public and private organizations can find ways to serve their communities at no extra expense.

CarrierLink is a cooperative effort of Legacy Health System, Multnomah County Aging Services Division, the U.S. Postal Service and the National Association of Letter Carriers.

Tips For Having Healthy Children

(Eight Helpful Hints For Expectant Mothers)

We once thought that a child in the womb was in a world of its own, completely oblivious to the outside world. But more and more, today's research shows that an unborn child becomes accustomed to its mother's voice, reacts to the music playing around it, and even feels the effects of its mother's anxiety. What you do, and sometimes even what you say, during this crucial period of your baby's life can make a difference.

The Hubbard Dianetics Foundation has established a hot-line to answer questions about prenatal life and care. And here are some tips they'll be giving expectant mothers who call in:

- Get early medical care. Seeing a doctor early in your pregnancy, or even while you are only planning to get pregnant, can predict problems before they come up and help you to ensure proper nutrition and care for your child from the beginning.
- Don't smoke. Among other things,

smoking can lower you child's intake of the oxygen that is vital for his survival and formation.

• Don't drink. Medical studies show that alcohol can possibly affect the formation of the child's central nervous system (brain and spinal chord) and contribute to birth defects.

• Avoid drugs. Many drugs will stay in your child's body long after they are gone from yours, and adversely affect your child's growth. Even if it comes from your doctor, find out first if they are stimulants or depressants and what affect they could have on the fetus before you take them.

• Be careful with your movements. A child is more easily injured than you may think. Be aware of your movements, picking up heavy objects and even bending over can affect your child. Have someone help you to avoid stress on the

child.

• Be quiet if injured. If you know that your child is under physical stress or possibly injured, stay quiet. According to Dianetics, when under physical stress, a fetus not only hears the sounds outside the womb, but makes a detailed recording of them. The words you say may have an unconscious influence on the child later in life.

• Stay calm. The unborn child, particularly in later stages of pregnancy, is aware of the sound and rhythms of its mother's voice. If the mother is under stress or upset, fetus's have been known to respond to it. Provide your child with a safe, calm environment as much as possible.

More information and a free booklet on Silent Dianetics Births can be obtained by calling the Dianetics Hotline at 1-800-FOR-TRUTH or 1-800-367-8788.

Kaiser Permanente Signs Contracts With Two Employee Groups, Receives Strike Notice From A Third

About 100 dental hygienists and 200 technical employees with Kaiser Permanente ratified their first union contract in votes held June 2 and 3. The nearly two-year contracts call for a 3% wage increase this year and a 2% increase next year, along with improvements to short-term disability pay.

At the same time, Kaiser Permanente received a 10-day notice of intent to strike from the Service Employees International Union (SEIU), Local 49. The union has been negotiating since late last year with Kaiser Permanente on behalf of some 200 surgery scheduling clerks, outpatient telephone operators and medical records staff. Those contract talks have been stalled for several weeks; sporadic informational picketing has been occurring during that time. The 10-day notice permits a strike starting Monday, June 14, at noon.

A meeting between Kaiser Permanente and SEIU's Local 49 was scheduled before the strike date by a federal mediator. That meeting was

set for Tuesday, June 8.

The Oregon Federation of Nurses and Health Professionals (OFNHP) represents Kaiser Permanente's dental hygienists and technical employees, as well as some 800 of the program's 1,300 unionized registered nurses.

"The two new contracts reflect Kaiser Permanente's commitment to competitive wage levels. They will help us become more affordable for our customers," says Barbe West, a Kaiser Permanente Vice President and Regional Medical Services Administrator. She adds that the organization is hopeful a settlement will be reached with SEIU.

"We're focusing on how best to continue meeting our customers' needs now and in the event of a strike," West says.

Kaiser Permanente is a group practice health maintenance organization providing medical care to about 375,000 people in Northwest Oregon and Southwest Washington, and dental care to more than 135,000 people.

Reversing Heart Disease: A Call To Action

BY DONALD E. WESSON, M.D.

The time to improve the health among African-Americans is now.

Contrary to the diseases most often given press coverage in the African-American Community, the chief cause of death is heart disease, the number one killer of Americans in general. Studies have shown, however, that in concentrated urban environments, African-Americans are more likely to suffer the devastating effects of this common disorder.

A study in the Harlem Community revealed that death rates of people living in Central Harlem -- 96 percent of whom are African-American and 41 percent in poverty -- are nearly three times as likely to die before age 65 as are whites.

Heart disease includes a number of conditions but heart attack (when a part of the heart muscle dies due to lack of blood flow) and heart failure (when the heart muscle fails to pump the amount of blood to serve the body's needs) make up most of these problems.

All Americans are at risk to get heart disease but some people are at higher risk than others. Heart disease runs in families so your risk is increased if you have relatives with heart disease.

People with diabetes and/or high

blood pressure (hypertension) are at increased risk. African-Americans have higher rates of both diseases.

Other risk factors include smoking, being overweight, lack of regular exercise, chronic stress, high blood cholesterol levels, and unhealthy diets. Everyone should learn how to reduce their risk of getting heart disease and then take the necessary steps to increase their chances to live a long, healthy life.

Until recently, the primary approach of the medical profession toward heart disease was to treat the problem once it appeared. Fortunately, prevention is gaining in importance as doctors learn more about the causes of heart disease.

More importantly, medical science has taught us that people can be empowered to lower their risks for heart disease. Those with diabetes and hypertension should be under a doctor's care and follow his or her advice to control these diseases.

All people, regardless of their individual risk, can increase their chances of living without heart disease by leading healthier lifestyles. Those who smoke should stop and overweight persons should reduce their weight.

Important, too, is regular exercise -- even if it is walking -- which not

only reduces your risk for heart disease but also makes

for better control of diabetes and hypertension.

A "heart-friendly" diet low in saturated fats, cholesterol and salt is recommended. But it may not be easy. A recent study at Baylor College of Medicine's Nutrition Research Center revealed that African-Americans -- particularly women -- may have a more difficult time in losing weight.

Traditional foods and lifestyle problems can interfere with following a weight loss program. The study was one of four pilot studies for a proposed five-year Black American Lifestyle Intervention (Bali) Study to look at long-term outcome of obesity control among minority women. Stay tuned.

Exercise and dietary changes traditionally have been recommended for people with heart disease and to those who have been identified to be at high risk. Since leading a healthier lifestyle is beneficial for everyone regardless of risk for heart disease, these lifestyle changes are useful for the community as a whole. This is particularly important for the African American Community considering the devastating toll heart disease has taken.

Community efforts to support a healthy lifestyle can increase your chances to live without heart disease.

Informational Picketing At OHSU By Registered Nurses

Registered Nurses at Oregon Health Sciences University and Doernbecher Hospitals conducted an informational picketing on June 3rd. The picketers were on the upper Sam Jackson Park Road near University Hospital South and in front of Casey Eye Institute.

The nurses, who are represented by Oregon Nurses Association, have been in contract negotiations since

January. The State of Oregon has remained unyielding in its stance to freeze wages and cut benefits, and has abruptly cut off negotiations.

With the State's rigid proposal, an individual nurse faces a loss of 9% to 12% in wages and benefits. This impasse comes on the heels of back-

breaking staffing cuts, which have sorely taxed nurses' abilities to pro-

vide the quality care patients expect and deserve at OHSU and Doernbecher. This has led to increased use of overtime and temporary nurses, sometimes doubling the cost of care.

Decreased compensation will adversely affect OHSU/Doernbecher's ability to attract and retain exemplary nurses.

Nurses are Oregon taxpayers, too. They understand the State's financial situation.

Salem Public Employee Rally Saturday To Oppose PERS, Health Cuts

Hundreds of public employees in state and local government from throughout Oregon marched Saturday, June 5, and held a rally at the Capitol to show our pride and dedication in the work we do for Oregonians and their opposition to threats to collective bargaining rights and retirement cut proposals in the Legislature.

"We want to tell the Legislature and people of Oregon that we are proud of our contributions to the quality of life in Oregon and our commitment to family-wage jobs, good health insurance, and livable retirement benefits for all Oregonians," said OPEU/SEIU Local 503 President Dawn Morgan.

The march rally came amidst a

Legislative session that has seen attempts to undermine collective bargaining rights and reduce retirement benefits.

Recently, however, a study conducted by the respected Economic Policy Institute of Washington, D.C., points out public employees are not overpaid when their jobs are compared, job-for-job, with comparable jobs in the private sector.

"The attacks on public workers' pay and benefits seriously distort the truth about compensation received by the state and local government workers in Oregon," Morgan said, "especially when compared to workers in comparable private sector jobs."

Under the banner of "Oregon

Works Because We Do," public employees from all across Oregon will participate in Saturday's march and rally. The rally is sponsored by the Oregon Public Employees Union/SEIU Local 503, the Oregon Federation of Teachers/Education & Health Professionals, the Oregon State Firefighters Council, the Oregon School Employees, the Lane County Labor Council, the Association of Engineering Employees, Oregon AFSCME Council 75, and Oregon AFL-CIO.

For more information, please contact Bentley Gilbert, OPEU/SEIU Local 503 Public Relations Director, at 581-1505 (Salem).

Portland Saturday Market Celebrates 20th Season June 26th With Free Entertainment, Food And Demonstrations

Saturday, June 26, Portland Saturday Market will celebrate its twentieth season of selling handmade arts and crafts in Old Town with special entertainment, free cake, and craft demonstrations.

The Mud Bay Jugglers, a high-energy theatrical juggler troupe from Seattle, will perform at 11 a.m., 1 p.m. and 3 p.m. next to the Skidmore Fountain. Balafon Marimba Ensemble will lend its dancable Caribbean beat to the festivities with 12 and 2 p.m. shows.

Seven demonstration tents along Ankeny Street, between Front and First, will showcase artists and their techniques throughout the day. The craftsmen and women will share their secrets to wood carving, lost wax casting, tole painting, and weaving, as well as making masks, ceramics, stained glass, and baskets.

A Hands-On Crafts tent will feature painting and clay crafts for adults and children to try on site. There will also be pottery wheel demonstrations.

Free cake for the first 5,000 visitors will be served in the food court

and a Memorabilia Exhibit will display posters and photos of the Market over the past two decades.

Portland Saturday Market is the country's largest open-air crafts market in continuous operation. It originally opened in the parking lot near Import Plaza and moved to its current location under the Burnside Bridge two years later. Fourteen of the original 35 vendors still sell at the Market which now involves up to 800 artists each year. An estimated 750,000 people visit Portland Saturday Market annually.

The 20th Season Celebration coincides with the nationally proclaimed Year of the American Craft.

Admission is free. The 20th Season Celebration hours are the regular Saturday hours of 10 a.m. to 5 p.m. The Market is also open Sundays 11 a.m. to 4:30 p.m. Take MAX to Skidmore Fountain Station, a free ride from downtown. Parking validated from Old Town Garage on Front and Davis with a \$15 purchase from Portland Saturday Market vendors.

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Valid June 9-June 15, 1993.

<p>18 Ct., Selected MR. FREEZE POPS 9¢ Each <small>With 1 Filled Saver Shield Card</small></p>	<p>26 Oz. Large & Medium WESTERN FAMILY DOG BISCUITS 59¢ Each <small>With 1 Filled Saver Shield Card</small></p>	<p>95 Ct., Western Family PAPER TOWELS 2 FOR 59¢ <small>With 1 Filled Saver Shield Card</small></p>
<p>8 Oz., Western Family CREAM CHEESE 9¢ Each <small>With 1 Filled Saver Shield Card</small></p>	<p>1 Lb., Western Family SELECTED SUGAR 2 FOR 19¢ <small>With 1 Filled Saver Shield Card</small></p>	<p>32 Oz., Selected BEST FOODS MAYONNAISE 49¢ Each <small>With 1 Filled Saver Shield Card</small></p>
<p>16 Oz., Arm & Hammer BAKING SODA 2 FOR 29¢ <small>With 1 Filled Saver Shield Card</small></p>	<p>6.125 Oz., Star Kit CHUNK LIGHT TUNA 2 FOR 49¢ <small>With 1 Filled Saver Shield Card</small></p>	<p>4.5-5.25 Oz. BETTY CROCKER POTATOES 49¢ Each <small>With 1 Filled Saver Shield Card</small></p>

*Does not apply to tobacco or alcohol purchases

Prices Effective:

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