

Stress Management, Chronic Pain, and Recovery

Pain, injury, and chronic illnesses, are problems that we all face as constant reminders that modern, fast-paced life styles make demands upon us that takes a toll upon our minds and bodies.

As "victims" of these modern stresses and strains of our time, most people are willing to accept their role, and sometimes spend thousands of dollars on physical and/or psychological care that often unnecessary or ineffective.

A new, innovative program called "Stress Management, Chronic Pain, and Recovery" addresses the stress/pain/recovery connection with an educational and scientific approach to healing called Psycho-physiologic Educotherapy (retraining of the mind, body and immune system).

This program addresses a number of complex injury and chronic illness conditions that often eluded standard medical explanations for over a hundred years. It is based on recent medical research that has proven chronic stress can make a person physically hurt more, and can make recovery from injury difficult or impossible.

Enlightened medical experts agree that chronic pain is not "all in your head". However, the brain has the ability to signal various organs to produce chemicals that will accelerate pain response and impair healing processes.

Low back problems, repetitive strain injuries, chronic muscle pain, carpal tunnel syndrome, chronic fatigue, migraine headaches, and many intestinal ailments, are addressed in this fascinating program. "Stress Management, Chronic Pain, and Recovery" logically explains how emotional and physical stresses contribute to physical disorders.

Dr. Lendon Smith, a national, best-selling author on stress, nutrition, and overall health, recently reviewed the program and stated, "I found this program to be a clear, linear, and logical approach to chronic pain and recovery problems."

This recovery program integrates Educo-therapy (educating the nervous system to operate at higher levels) with the research and treatment work done by John Sarno, M.D., author of Mind Over Back Pain, and Paul

Davidson, M.D., author of Chronic Muscle Pain Syndrome.

Sarno's work at the Institute of Rehabilitation Medicine at New York University Medical Center, and Davidson's work with chronic muscle pain, have helped thousands of people overcome pain and chronic illness conditions. Dr. Robert Kohnle of Health Essentials, a total wellness clinic in Tigard, Oregon, provides the physical and nutritional treatment plan that helps to intergrade this mind/body concept.

Wallace Gamble, creator of "Stress Management, Chronic Pain, and Recovery," gives a great deal of credit to his eight years of work with Dr. Page Bailey of the Page Bailey Institute for Health Related Studies and Programs. Gamble, a Health Resources Management Specialist, states, "It's been a great opportunity to work with Dr. Bailey on stress management, accelerated recovery, and corporate wellness programs."

"After all these years, it was so rewarding to develop a program that would positively affect the lives of people living in pain," says Gamble.

"No one could be happier than I am when people come back to the clinic and report that they are feeling better than they have in twenty years," he says with a smile.

Previously costing thousands of dollars, this program has been intensified and streamlined so that the individual cost is under a hundred dollars. One patient that attended the program stated, "I've been to every medical professional in the book. This is the best investment in my health that I've ever made."

Both individuals and corporations are now using the program for a variety of reasons, however, both want the same result - bottom line dollar savings. Tony Nordone, Supervisor, Integra Claim Service (Fred Meyer) stated, "I was very impressed with your in-depth knowledge of chronic pain issues, recovery, and health resources management. You have designed a "nuts and bolts" curriculum in a concise and cost-effective fashion."

Industrial injury experience and much of the program design was developed during a two year corporate

contract with Kaiser Aluminum and Chemical Corporation in Spokane, Washington, which was managed by Gamble. The results of that program were marked by a 40% reduction in injuries and a 50% reduction of over-all workers' compensation costs.

At present, a number of local companies refer difficult injury and recovery cases to the program. However, some have decided to use the program in a pro-active fashion as part of their Corporate Wellness, Continuing Education, or Employee Assistance Programs.

Medical and Chiropractic Physicians have both referred chronic patients to this specialized recovery program with successful results. Dr. Robert Kohnle, a health care provider for over 16 years, states, "I can provide the best treatment, and obtain the best recovery results, when the mind/body/system is ready to fully participate in the healing process. This program allows the best chance for that process to take place."

Recently, Portland Commu-

nity College, has approved this program for Continuing Education of health care professionals. Several health care professions are also in the Process of evaluating and certifying the program at this time. Another program, Surviving Holiday Stress, a once-a-year holiday event, will be sponsored by PCC at the Ross Island Campus on December 9, 1993. A special appearance by Dr. Lendon Smith will be featured.

Where does the program go from here? "Well, several Oregon Health Plan supporters have suggested that I call Hillary (Clinton), says Gamble. "It's a wonderful idea, but I doubt she would have time for me," he laughs.

Gamble's program shows definite merit in reducing overall health care and expensive medical costs, one of the primary goals of the Clinton plan. In a town hall meeting, U.S. Representative Ron Wyden was heard to say, "The new health care plan, to be successful, must focus on (1) prevention, (2) education, and (3) better utilization of alternative methods."

12,000 Families Leave Welfare

By KEVIN W. CONCANNON

Everyone enjoys hearing success stories like this one. A Roseburg man, whose family had been on welfare, recently told me he has gone back to work as a result of a state program called JOBS, which provides training in how to get and hold a job.

"Before," he said, "I went in six times and they wouldn't even give me an application." But after working for the organization through the JOBS program, the employer offered him a regular job after only two weeks of seeing what he could do.

This man's family is among more than 12,000 Oregon households that have moved from welfare to work in the past three years as a result of JOBS.

His experience confirms this simple fact: Most jobs are never advertised. Therefore, if you want to learn about and be considered for most openings, it's best to be in the workforce so you'll hear about them and so prospective supervisors will have seen your work.

Except for a few lucky lottery winners, most people can lift themselves out of poverty by only one

means-work.

The JOBS program succeeds because it gets people into the workforce.

Although the average starting wage is just \$6 an hour, that compares favorably with the average starting wage for all job placements through state Employment offices.

In addition, the hourly wage is supplemented by continuing medication coverage for 12 months, subsidized child care and food stamps for families who continue to be low income. Families may also qualify for the newly expanded Earned Income Tax Credit, which puts up to \$2,364 into the pockets of low-income families who qualify (it rises to \$3,370 by 1996).

The principle behind these benefits is that no family should have less if they're working than they did when they were on welfare.

JOBS does more than get people into the workforce, however. It's really a two-generation program that puts to work the adult head of household, who in turn sets a positive example for children in the home.

A child who hears her parent getting ready for work in the morning is more likely to stay in school than one who sees the parent sitting home watching television.

That is also why Oregon is stressing getting teen parents back in school, and why more than 5,500 have done so in the past three years.

No other state even comes close to Oregon's success in getting teen parents back in school. We know that by getting an education, these young parents are more likely to obtain employment. When that happens, the odds rise that they will be able to support and set that all-important example for their kids. And they are less likely to have a second child before they have established themselves with schooling and a job.

The statistics--12,000 families off welfare, 5,500 teen parents back in school--are gratifying.

Even more pleasing, however, is that each number represents real people like the young family of the newly employed man in Roseburg.

Senators Deliver For North/Northeast Portland

Continued from front
played key roles. The House coalesced in an amendment to keep the BDFAP alive.

The House passed the BDFAP-saving legislation late Monday night, November 22, the day members were scheduled to adjourn. Strong bipartisan support in both the Senate and the House, combined with the Energy Department's commitment to the BDFAP, eventually convinced the Treasury bureaucracy to lessen its opposition.

Minority-owned banks breathed a little easier last Tuesday afternoon, as across the country they began to realize they would not lose access to funds

that serve as the basis of so many of their loans in the communities they serve.

Mr. Booker said, "the great thing about saving the BDFAP for inner cities is that it involved so much cooperation between so many people who are often on different sides of issues. Senator Packwood's Pam Pifer and Ms. Hawley and Ms. Styles cooperated closely. It is just great to see that our elected officials, and the people running the BDFAP in DOE, recognize the benefits of pulling together on an issue so critical to our nation's inner cities."

Mr. Booker continued, "Many others in Congress helped saved the BDFAP funds for minority communities. I can't name them all, but I

would like to personally thank some who I know helped accomplish this legislation: Senate Republican Leader Bob Dole and his Legislative Director, Greg Schnacke; Denise Ramones on Senator Domenici's staff; Senator D'Amato from New York and his staff member Becky Chapman; Maryland Congressman Albert Wynn and James Ballentine, his Legislative Director; Michigan Congressman John Conyers and his staff member Katherine Moore. Minority communities should be very grateful to these public servants and the many others who contributed to preserving the BDFAP."

Mr. Booker also expressed thanks to the Treasury for modifying its position.

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Metro Crisis Line is recruiting volunteers to staff its 24-hour telephone crisis intervention and information referral hot line. The agency needs volunteers for daytime, evening, and weekend shifts.

Winter training classes begin Monday, January 24, 1994. Metro provides 52 hours of training for its volunteers. Volunteers accepted into the program are asked to make a one-year commitment to work one four-hour shift each week. No experience is necessary; however, applicants must be 18 years or older.

Call the Metro Crisis Line volunteer coordinator, Sara Cole, at 226-3099 for more information. Metro Crisis Intervention Services, established for the Greater Portland area in 1978.

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