

HEALTH

The Portland Observer

Aging Organization Increases Opportunities For African Americans To Enter Nursing Home Administration

The National Caucus and Center on Black Aged (NCBA), an advocacy and service organization dedicated to improving the quality of life for minority and low income senior citizens, has received an outstanding seventh cycle of funding for its training program in nursing home administration. The Minority Training and Development Program in Long Term Care (MTDL) was funded by the Administration on Aging, U.S. Department of Health and Human Services, to increase the very small numbers of African American nursing home administrators nationwide. At least seven applicants will be chosen for paid training positions in nursing homes across the county.

To qualify for the program, applicants must have bachelor's or master's degrees, experience in long term care of working with the elderly, and commitment to the field of long term care administration. Nursing homes that wish to serve as training facilities must be certified as such by their states and be willing to contribute a portion of the trainee's fringe benefits. Internship and training facility applications are now being accepted and may be received by calling or writing to The National Caucus and Center on Black Aged, 1424 K Street, N.W. Suite 500, Washington, D.C., 20005, (202) 637-8400.

Participants in the program will be taken through up-to-twelve-month "Administrator-in-Training" or A.I.T. programs in nursing home

operations. During the training, they will receive a \$1200 per month stipend and health benefits. NCB assists those who successfully complete their training and obtain their state nursing home administrator license with securing permanent positions as nursing home administrators or assistant administrators.

Nursing homes that participate in the program receive the services of a carefully screened, well-qualified African American trainee for up to twelve months. NCBA also monitors and supports the trainee throughout the program. Many of the companies that have participated in the MTDL program eventually hired the trainee for a management position. In this way, they helped increase the scant number of minority nursing home administrators nationwide. (It is estimated that of the approximately 40,000 licensed nursing home administrators in the U.S., only 4% are African American or belong to other minority groups.)

It is very difficult for minorities to satisfy the state licensure requirements for nursing home administrators. Many do not have the contacts necessary to obtain A.I.T. slots. Further, many nursing homes offer no or very meager stipends to the trainees and therefore, many minorities are financially unable to accept training positions. The MTDL program addresses these difficulties by securing

Administrator-in-Training slots for its participants and providing stipends and health benefits during the training period.

The field of long term care for the elderly increasingly a major focus of health care planning and resources as the number of Americans residing in nursing homes rises. The minority elderly populations and the minority elderly nursing home population is increasing at an even greater rate than that of the elderly white population. For example, the U.S. Census Bureau projects that between 1991 and 2030, the 85 years and older African American population will more than triple from 232,000 to 758,000. This is the age group most likely to reside in nursing homes. Consequently, there will be a need for African Americans nursing home managers, who are culturally sensitive to the needs of African American nursing home residents.

NCBA began the MTDL program in 1986. It has successfully trained and placed several African Americans in the top management positions in nursing homes across the country. Former MTDL trainees are administrators or assistant administrators of nursing homes in the District of Columbia, Maryland, New Jersey, New York, North Carolina, Ohio, Texas and Virginia. Starting salaries in this challenging profession are in the \$30,000 to \$50,000 range depending on the location and the company.

Kaiser Permanente To Launch A New Health Promotion Campaign

Kaiser Permanente physicians will soon be making house calls via television. The broadcast visits to Northwest household start Sunday, Feb. 6, at 5:30pm when KOIN-TV will air the first in a series of weekly health-related programs sponsored by Kaiser Permanente.

Each Health Matters program includes a nationally produced feature on a health topic. These range from skin cancer to asthma, allergies, diabetes and women's health concerns among other. Interviews with two local Kaiser Permanente health professionals follow., they answer questions about prevention, diagnosis, treatment and coping with the condition being highlighted. In each program, viewers are told where to obtain more information from a variety of community resources.

Kaiser Permanente's Regional

Medical Director Al Weiland, MD, says Health Matters is another way the health maintenance organization is helping improve the overall health of the communities it serves. "We want to help viewers learn the early warning signs of common, serious conditions, such as heart disease. We also hope the programs will motivate people to adopt a healthier lifestyle, such as stopping smoking and exercising more," says Dr. Weiland. KOIN-TV sees Health Matters a valuable community service. "We're bringing this information to our viewers because we want to provide them with information they need to stay healthy. And getting the fact out to our viewers is what television is all about," says Greg Veon, General Manager at KOIN-TV.

The 22-part series is a collaboration between Kaiser Permanente,

KOIN-TV and Pennsylvania-based Medstar Communications, which has produced medical information programming for over 10 years. Previous Health Matters series have received awards from such groups as the American Cancer Society, arthritis Foundation and Leukemia Society of America.

The series is hosted by Mark Hendricks, anchor of KOIN-TV's NewsCenter 6 at daybreak and noon. The second and third shows in the series will start at 6pm because of the Winter Olympics, but the premiere and all others will start at 5:30pm. The entire Health Matters series will be repeated beginning July 10, and continuing through Dec. 3.

Kaiser Permanente is a prepaid, group practice health maintenance organization serving the health care needs of 375,000 people in Northwest Oregon and Southwest Washington.

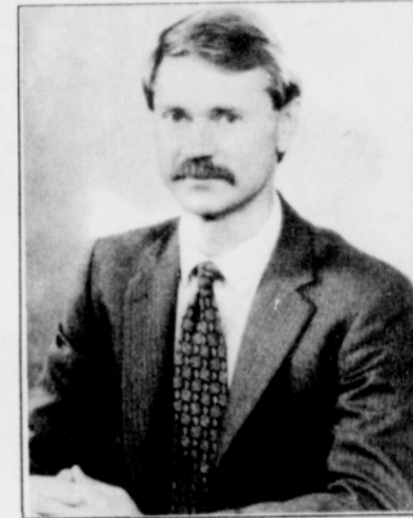
AICPA Personal Financial Planning Division Honors Dirk L. Edwards

The American Institute of Certified Public Accountants (AICPA) Personal Financial Planning Division has presented Dirk L. Edwards, CPA, PFS, of Portland, Oregon, with its Distinguished Service Award. Edwards received the award earlier this month at the AICPA's Personal Financial Planning Conference in Tampa, Florida.

The PFP Division, with more than 7,000 members, was formed in 1986 and provides CPAs with the information and support necessary to maintain professional competence and expertise in the area of personal financial planning.

The Distinguished Service Award, presented annually, is the highest honor given by the PFP Division to a CPA who has served the public interest by enhancing the quality of personal financial planning services, and has served the PFP Division in an exceptional manner.

"Dirk's contribution to the profession have made a tremendous im-



Dirk L. Edwards

is a Personal Financial Specialist (PFS), the specialty designation issued by the AICPA for CPAs who have proven their excellence in personal financial planning.

In addition, Edwards is chairman of the PFP Division's Statements of Responsibility in Personal Financial Planning Subcommittee, which provides guidance for AICPA members who perform personal financial planning services. He is also a past member of the PFP Executive Committee and former chairman of the Oregon State Society of CPAs PFP Committee.

A graduate of Portland State University, Edwards holds a masters degree and a juris doctor from Willamette University of Oregon. He is a member of the Oregon State Bar and American Bar Association.

The AICPA is the national, professional organization of CPAs with more than 314,000 members in public practice, industry, government and education.

Kaiser Permanente Offers Health Education Classes In North Portland

Several classes open to the public are being offered in North Portland this winter and spring through Kaiser Permanente. For registration information, call Kaiser Permanente's Health Education department at (503) 286-6816. Kaiser Permanente's "Managing Stress and Anxiety" program can help manage stress which accompanies the pressures of life. The eight sessions will be from 6:30 to 8:30 p.m. on Tuesday, Feb. 22 through April 12, at Bess Kaiser Medical Center, 5055 N Greeley Ave., Portland. Cost is \$80 for Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before the class starts.

"Emergency Care of the Young Child" is a first aid and

CPR program for parents of newborns. The two sessions will be from 6:30 to 9:30 p.m. on Tuesdays, March 1 and March 8, at Kaiser Permanente's Education & Conference Center (Town Hall), 3704 N Interstate Ave., Portland. Cost \$30 for Kaiser Permanente members/couples, \$60 for the general public. Please register at least 10 days before the class starts.

Living with an overactive child can put stress on the entire family. Learn more about coping with this condition in "Parenting a child with Attention Deficit Hyperactivity Disorder (Ages 12 and Under)." Classes will be from 6:30 to 8:30 p.m. on Tuesdays, March 1 through May 3, at Kaiser Permanente's North Interstate Services Building, 7201 N Interstate

Ave., Portland. Cost is \$75 for Kaiser Permanente members/couple, \$140 for the general public. Please register at least 10 days before the class starts.

Anybody can experience mild depression and lowered self-esteem. Kaiser Permanente's "Overcoming Mild Depression and Low Self-Esteem" program, consisting of eight two-hour sessions, teaches skills to reduce mild depression and improve self-image. Meetings will be from 6:30 to 8:30 p.m. on Thursdays, March 3 through April 21, at Kaiser Permanente's Central Interstate Medical Office, 3600 N Interstate Ave., Portland. Cost is \$80 for Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before the class.

Oregon Asian Celebration To Fill The Lane County Convention Center

The Lane County Convention Center transforms itself into a colorful Asian marketplace for the 9th annual Oregon Asian Celebration planned for Sunday February 20. The event is presented by the Eugene/Springfield Asian Council. The doors open at 10 a.m. with events scheduled until closing at 6 p.m.

Visitors who arrive before the 11 a.m. official opening will be treated to a martial arts exhibition, Asian cooking demonstrations, and food vendors who are ready to sell tempting Asian treats. Then at 11 a.m., outside the Performance Hall doors, the gy-

rating Chinese Lion will make his grand entrance and dance his way into the convention center to scare away evil spirits and to signal the opening of the festival. The lion finished off his dance at the Exhibit Hall main stage where Eugene Mayor Ruth Bascom and Springfield Mayor Bill Morrisette will officially kick-off the day's events. And what a day it will be.

The Performance Hall also will feature Asian dolls, most notable, the Fukuoka doll from Japan which is now on display at the University of Oregon Museum of Art.

People of all ages can participate

in the crafts area and make origami book marks, or try their hand at making their very own paper using common materials, or a Japanese kite. An art exhibit will feature works by local Asian-Americans artists as well as Asian inspired art.

For those with culinary curiosity, the event features cooking demonstrations beginning at 10:30 a.m. and continuing every half hour through 5:00 p.m.

The demonstrations will feature dishes such as tofu tempura, pan fried rice noodles, chinese dumplings, green curry with chicken and more.



MUSIC MILLENNIUM

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231-8926

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248-0163

Reduce Stress From Your Daily Driving

We Americans drive more than a trillion miles a year, mainly commuting to and from work. Not surprisingly, these are among the most stressful hours for many of us, sometimes straining our traditional love affair with our automobiles.

Nevertheless, our cars remain an integral part of the family, with better than two-thirds of buyers planning to keep their vehicles for 5 or more years. Our cars, trucks and vans have become second family rooms and/or offices for many of us.

In the home, a family or living room typically would be redecorated every five years. Our family room on wheels, by the time it reaches its average age of more than 8 years, probably needs more sprucing up too, says the Car Care Council. The owner of a good older vehicle need not put up with a shabby, faded interior. It can be completely refurbished, wall to wall, floor to ceiling.

A car's interior can be redecorated with current state-of-the-art fabrics and styling to take on a whole new look and feel. Genuine leather uphol-

stery, for example, is gaining popularity as a re-upholstering material for motor vehicles, adding the look and feel of quality. An old vinyl interior can be upgraded with luxurious fabric, available in a wide variety of colors and patterns.

Cloth fabric, with its comfort and durability, still is preferred by most vehicle owners and car company interior designers. It's cooler in the summer, warmer in the winter.

Consider restyling your older car, pickup or van. It won't improve rush hour traffic, but it can enhance the environment inside your vehicle. Car Care Council says it cost nothing to look over samples of material at your auto trim specialist (found in the classified section of your phone directory under "Auto seat covers, tops and upholstery") and you may be pleasantly surprised at the price estimate.

For a free pamphlet on maintaining your vehicle's interior send a business-sized, self-addressed, stamped envelope to Car Care Council, Department N, One Grande Lake Drive, Port Clinton, Ohio 43452.

Marriages break down because of incompatible personalities

If you and your marital partner are having trouble, come in and get your Personality and IQ checked as this may be the reason for your disputes.

Scientometric™ Testing Center
Church of Scientology
Of Portland
323 SW Washington Blvd.,
Portland, OR. 97045

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Tax-Aide Volunteers Give Free Tax Assistance

Conferred by forms and numbers? Ready for some capable assistance? Tax-Aide volunteers are ready to help Oregon Taxpayers complete simple federal and state tax returns--and there's no charge for this service.

The Tax-Aide program is designed to help primarily elderly, low income, disabled and non-English speaking people prepare federal tax Forms 1040, 1040A, or 1040EZ as well as the state of Oregon Forms 40 and 40S. It is sponsored by the Internal Revenue Service, the Oregon Department of Revenue, and the American Association of Retired Persons.

Tax-Aide volunteers have been trained in basic tax form preparation by the IRS and Oregon Department of Revenue. Their training does not include complex tax issues such as trust, business returns, or foreign income. Volunteers can be found in schools, community centers, churches, senior centers and other neighborhood locations. If you would like information about the Tax-Aide site nearest you, call the Internal Revenue Service at 221-3960 in the Portland metro area or elsewhere at 1-800-829-1040.

Jefferson High School Baseball Alumni Benefit Softball Game

When: March 13, Sunday, 2PM
Where: Farragut Park Stadium
\$10.00 Donation Please Proceeds Go To Jefferson's PIL And Summer League Programs

For Info: Murray Todd
285-2568

Treat Yourself
Learn Something
New About
African American
History This
Month

American State Bank

MEMBER F.D.I.C.

American State Bank has been providing banking services for businesses in Portland for a quarter of a century. They have remained sound and profitable while experiencing economic up-turns and down-turns. American State Bank maintains one of, if not the highest capital ratio of any Oregon bank, and they have honorably stood the test of time. American State Bank is the only Black owned bank west of the Mississippi, remaining of those started in the late 1960's, and they've been a living part of black history for 25 years, and will continue to serve business in Oregon for years to come.

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