

HEALTH

The Portland Observer

Gladys Knight Promotes Good Nutrition



Gladys Knight and her grandchildren, Rishawn (left) and Nastasia Newman, promote good health in new advertising for Aunt Jemina.

As a mother and grandmother, Gladys Knight knows the importance of tradition and family. And she knows the importance of providing nourishing meals to keep her growing family healthy. Knight, an accomplished singer and actress, recently joined with Aunt Jemina brands to serve as its national spokesperson in a new advertising campaign.

Knight says the partnership with Auto Jemina brands is a perfect fit.

"Auto Jemina products have been in my family for generations... that's what my mom used to make. I love them and have been serving them to my children and grandchildren for years," said Knight.

The campaign has been built

around the theme "Now You're Cookin,'" and marks the first television appearance featuring Gladys Knight and her grandchildren, ranging in age from 18 months to nine years.

The Quaker Oats Co., maker of Aunt Jemina products, said it turned to Knight because she embodies the spirit of family and tradition that is so much a part of the Aunt Jemina brands.

Knight also will be releasing a new album this year entitled *Just For You* and embarks on a concert tour in 1995. Also this year, she hits the airwaves with a syndicated radio talk show, appears in a recurring role on the new FOX-TV series *New York Undercover* and will be honored with a star on Hollywood, Calif.'s "Walk of Fame."

Celebrate National Women's Health Month

Midlife and older women are invited to a public meeting and discussion opportunity to celebrate National Women's Health Month, sponsored by the Portland Chapter.

Keynote Speaker is Therese Waterhouse, RD, PhD, Nutritionist at the Kaiser Research Center. The topic of discussion is "The Challenge to Midlife and Older Women: Osteoporosis." The meeting will be located at Portland Impact Senior Center, Tabor Building, 4610 S.E. Belmont. Parking lot and entrance ramp in rear. Tri-Met #15 on Belmont.

The meeting is free and open to the public for women of all ages.

Ombudsman Training Scheduled

Volunteers are needed to improve the quality of life of the elderly living in long term care facilities. Certified Ombudsmen advocate for the residents of nursing homes, adult foster care homes and residential care facilities. While the volunteers work to improve the quality of care for the citizens living in long term care facilities, they also promote dignity, autonomy and the rights of the residents. Volunteers are currently being recruited for a six-session training program beginning Saturday, September 17 at St. Vincent's Hospital in Portland.

Certified Ombudsmen investigate complaints and concerns on behalf of the residents and then work with the facilities to make changes that best serve the residents. The role takes a special kind of volunteer -- volunteers must not only care about the elderly, but must also have excellent communication and problem-solving skills. While the job is challenging, the Certified Ombudsmen find their work very rewarding. It is an opportunity to make a real difference in the lives of the residents while developing new skills in communication, problem-solving and advocacy. These volunteers spend between one and five hours weekly at their assigned facilities, and a one-year minimum commitment is required.

Interested volunteers should call Kathy Walter at the Office of the Long Term Care Ombudsman, toll-free at 1-800-522-2602, to receive additional information and an application.

Head Of Agency For Health Care Policy And Research To Speak In Portland

Clifton R. Gaus, Sc.D. will deliver the sixth annual Saward Lecture in Portland on Tuesday, September 20, 1994. Dr. Gaus is administrator of the Agency for Health Care Policy and Research--the principal agency responsible for producing and disseminating scientific and policy-relevant information about the quality, medical effectiveness and costs of health care.

Sixteen Week Men's Therapy Group

The Washington County Office of Lutheran Family Service is offering a sixteen week therapy group for men on Monday evenings from 6:30 pm to 9:30 pm beginning October 3, 1994.

• **Take care of yourself.** Stress, especially when not handled well can lead to angry outbursts. Good self-care helps to reduce stress and keep anger manageable.

Tips On Handling Anger

Authorities in domestic violence say a key to keeping anger in check is to focus on yourself and become fully accountable and responsible for your behavior. **The Men's Resource Center in Portland provided the following tips on how to handle your anger:**

• **Don't be controlling.** Most violent acts are frustrated attempts to

control another. Remember that ultimately you cannot control other people, places or situations. You can only control yourself.

• **Be assertive.** Stand up for yourself, but in a way that is respectful of others.

• **Express it early.** If you cannot or do not want to let your anger go, then express it quickly rather than letting it fester and grow.

• **Be Polite.** Anger is no excuse for rudeness. Rudeness distracts from the relevant message in your anger. Familiarity is also no excuse for rudeness. Don't deserve the people you are the closest to the same politeness and respect you give a stranger?

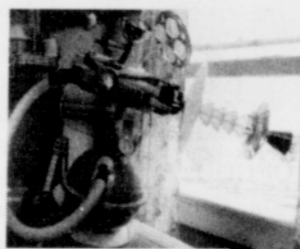
• **Use clear communication.** Focus on your feelings, on specific behaviors and events, and on what

you want. Watch out for blame and accusations.

• **Keep perspective.** Don't fuel the fire in your mind with inaccurate assumptions or overstated beliefs. Watch out for words in your thinking such as "always" or "never."

• **Take a time out.** If you think you are about to lose your temper take a time-out. Say

"time-out" and leave long enough to calm down. While you are gone calm yourself down (exercise or muscle relaxation), clear up your thinking, and make a plan. Then return to the situation to continue what you were doing in this calmer state. It is not a time-out if you do not return.



These days, there's no telling how much your kids could wind up costing you.

But now, at least their health care costs can be controlled.

Sound the trumpets, beat the drums: Someone has finally come up with affordable healthcare coverage for your children. Like a rate of just \$29.50 per kid, per month. Best of all, that someone is Blue Cross and Blue Shield of Oregon, the largest, most respected name in the business. What we've done is base premiums strictly on the average medical expenses and needs of kids, unlike most programs. We've also formed an alliance with the 80 affiliated physicians of Legacy Emanuel Children's Hospital. For details, contact your local independent insurance agent or call 1-800-762-4831 or 225-4910. But don't put it off. The only thing predictable about kids is their unpredictability.

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