

# Family Living

The Portland Observer

## Access Health To Provide Healthcare Options To Homeless Families

Access Health Inc. announced Thursday a unique agreement that will provide its Personal Health Advisor (PHA) to families living in San Francisco's Clara House.

Clara House residents, formerly homeless families who are looking for a new start, will receive PHA, a service that was previously offered only through specific healthcare plans.

Access Health is pleased to offer free telephone access to healthcare information for families in this program. These are families who typically have few other

healthcare options.

Personal Health Advisor is a 24 hour, personal health management program providing consumers with a broad range of healthcare information including symptom assessment, health education and general information. The residents will be able to call registered nurses 24 hours a day, seven days a week, including holidays, to ask questions or receive help in deciding the most appropriate medical course of action based on the caller's symptoms.

As part of the agreement, Access Health will also provide its

AudioHealth Library which is another 24 hour telephone service that provides callers with information on over 430 pre-recorded health topics. Topics range from fevers and bee stings to heart disease and cancer.

"We are happy to provide Personal Health Advisor to those who do not have many healthcare options and are not able to rely on consistent healthcare," said Kenneth B. Plumlee, president and chief executive officer of Access Health Inc. "Our services are designed to empower individuals by providing them with the information they need, when they need it,

to proactively manage their own health. We look forward to helping all Clara House families with any type of healthcare problem or concern."

Clara House is an educational/employment-based transitional housing program for homeless families.

This program, sponsored by Compass Community Services, is two years in length, provides child care, counseling, parenting and substance abuse recovery assistance and life skill training.

"Personal Health Advisor is a wonderful addition to the services

we have already established at Clara House," said Kathy Furr, program director. "Healthcare privileges such as these are not common to the residents. Access Health has provided the families with the comfort of knowing that they can call for healthcare advice whenever they need it."

Personal Health Advisor has more than 4 million members enrolled and has established a new 800 number enabling consumers to directly take advantage of the services. Consumers interested in signing up for PHA or receiving more informa-

tion on the program may call 800/999-1623.

Access Health Inc. is a leading provider of personal health management services designed to help managed care organizations, self-insured employers, organized physician groups and hospital-based delivery systems improve the quality of care, reduce costs and improve member satisfaction.

Its services include health information and medical management programs that are designed to improve the quality of care and patient access to healthcare information.

## Planned Parenthood Announces Changes

**Organization Works to Ensure Reproductive Health Services for Low-Income Families within Managed Care Environment and Hostile Political Climate**

In the wake of a changing health care environment and a Congress hostile to the reproductive health care needs of women, Planned Parenthood Federation of America (PPFA) today announced changes in its national office to strengthen its efforts to ensure the availability of reproductive health services for women and men.

During a meeting earlier this week with the PPFA Board of Directors, Interim Co-Presidents Jane Johnson and Jim LeFevre outlined a reorganization plan to move PPFA into the future. The plan includes establishing a Management Services Organization to help affiliates accelerate their transition to a changing health care environment, expanding the organization's advocacy efforts, and strengthening its Clinic Defense Project.

"The radical right in Congress have declared war on women, especially low-income women, and Planned Parenthood intends to strengthen our efforts to ensure re-

productive rights and access to reproductive health care for American women and their families," Ms. Johnson said.

"The reorganization reflects our renewed commitment to ensuring that women have access to all reproductive health care, including abortion services," Mr. LeFevre said. To accommodate the restructuring, the plan includes staff reductions.

According to Ms. Johnson, expansion efforts for advocacy and government relations had begun under the direction of Ann F. Lewis, PPFA vice president for public policy. A long-time political consultant, Ms. Lewis has announced that she will leave Planned Parenthood to become deputy campaign manager for communications for President Clinton's reelection campaign. "The entire Planned Parenthood family is grateful to Ann for her outstanding work on behalf of women and reproductive rights," Ms. Johnson said. "We wish her all the best in her new position."

"All across the country, organizations, state and local governments, hospitals, and schools, are having to adjust their belts in tight budget times. Planned Parenthood's bottom line is

to ensure that the women, men, and families we serve will continue to enjoy their reproductive rights and access to critical health care services," Mr. LeFevre said. "We are confident that with our new restructuring, we will be in an even stronger position to fulfill Planned Parenthood's mission."

Planned Parenthood (R) Federation of America, the world's oldest and largest voluntary reproductive health care organization, is dedicated to the principle that every individual has a fundamental right to choose when or whether to have a child.

Planned Parenthood's 160 not-for-profit affiliates operates nearly 1,000 clinics in 49 states and the District of Columbia.

Planned Parenthood centers provide medical and educational services for four million Americans each year, regardless of race, age, gender, sexual orientation, disability, or economic circumstances.

Through its international program, Family Planning International Assistance (R), Planned Parenthood helps meet the family planning needs of women and men in the developing world.

## Don't Let Your Summer Fun Go To The Dogs

With the summer in full swing and Labor Day just around the corner, Americans will be heading to the beach, the mountains and other vacation hot spots in record numbers.

But when they include the family pet as part of their entourage, the experience can be a disaster unless adequate preparation becomes an integral part of the planning process.

According to Burton Sipp, a nationally ranked professional horse trainer and proprietor of Animal Kingdom Zoo in Bordentown, New Jersey, vacationing with your pet can be a fun and rewarding experience.

"I have six dogs of my own, and we frequently take all of them on vacation with us," Sipp said. "Travelling with pets can be a real nightmare, though, if you don't take the proper precautions, and plan for your dog's needs in the same way you do your own."

Sipp said that no matter if you're going camping, flying to Europe, or driving cross-country, you need to remember the following tips to keep you and your pet safe:

- Have all your pet's shots up-to-date and take your proof of vaccinations along with you.
- Take all of your pet's medica-

tions along, too, and make sure you have enough to last the duration of the trip.

• Try to get your pet used to car travel by taking a few short trips. Signs of motion sickness are heavy salivation, restlessness and/or vomiting.

• Pack your pet's favorite toys, blankets or bedding. Take plastic containers of your water from home, and enough of your pet's usual food to avoid digestive upset.

• Your pet should not be allowed to travel loose in a car. In an accident, they could be violently thrown through an open window. Also, keep the pet's head inside the car to avoid injury to his eyes by flying dust and debris.

• Choose someone ahead of time who will care for your pet should you be injured or killed in an accident.

• If you are planning to travel by air, you must consider the costs, preparations and stress on your pet. For a short trip, kenneling may be your best option.

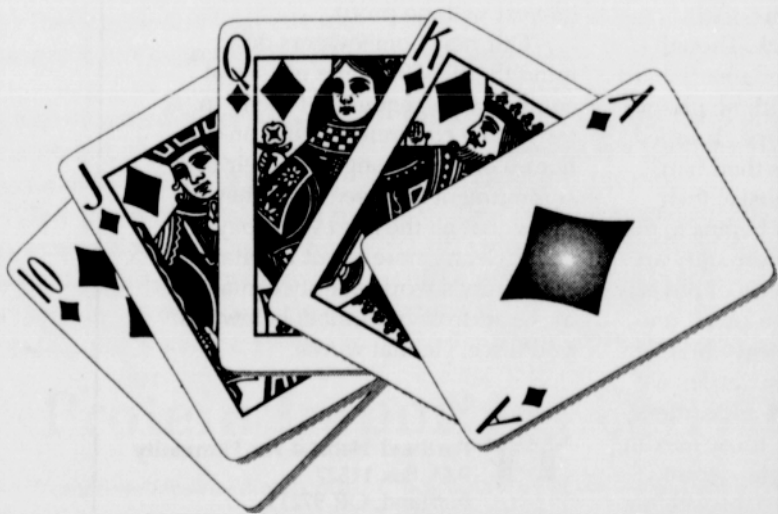
• When camping, be sure to keep your pet leashed at all times, and clean up any food scraps as they may attract wild animals.

By following these basic steps, Sipp contends that vacationing with your pet can be a pleasurable experience. "We have so much fun with our dogs that we include them in all our family photos and even on videotape, too."

Animal Kingdom Zoo features more than 200 species including zebras, hyenas, water buffalo, and more. Located on 26 acres in Bordentown, NJ, Animal Kingdom provides a unique environment for parents and their children to learn about the animals.

Through Labor Day, the zoo, in conjunction with Comcast Metrophone, is sponsoring a contest called "The Name Game," where families can win prizes such as \$100 savings bonds and cellular phones for naming their favorite animals. For more information, call 609-265-1281.

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