

## Using Arts to Promote Cultural Diversity

Company fosters dialogue about ethnicity, gender, disabilities, sexual orientation, age, class and power in the workplace

Portland General Electric is one of only seven companies nationally that will receive the 2001 Business in the Arts Award.

"We nominated PGE for this award because of their commitment to the arts, and in particular, for their partnership with the Interstate Firehouse Cultural Center to develop Creative Differences – a very unique program that uses the arts to heighten workplace awareness of cultural diversity issues," said Virginia Willard, executive director of Northwest Business for Culture & the Arts.

PGE is Oregon's largest utility. The IFCC is a community cultural center and theater, located on North Interstate, just south of Killingsworth.

"PGE is one of those enlightened businesses that understand that supporting the arts is a good business investment. They have a commitment to enhancing the quality of life in local communities while developing creative ways to do business," Willard said.

Creative Differences, available to all Oregon businesses and organizations, is a workshop that fosters lively dialogue about ethnicity, gender, disabilities, sexual orientation, age, class and power in the workplace.

It uses actors, poets, dancers, musicians, playwrights and



Carl Talton, PGE vice president of government affairs and economic development and Barbara Kohl, PGE human resources training, find their beat in African drumming during a diversity-training workshop.



PGE executives Mary Turina (left) and Arleen Barnett create brightly colored Mexican paper flowers in Creative Differences diversity-training workshop conducted in Spanish.

visual artists from all cultures to lead discussions that ultimately build better relationships – and a more accepting environment – in the workplace.

"The hands-on approach of Creative Differences inspires one to think about human differences from a new viewpoint. That kind of inspiration is very

productive in the workplace, and it supports PGE's belief in the broad value derived from the arts," said Peggy Fowler, PGE's CEO and president.

## Home Service Offered to Problem Gamblers

A first-in-the-nation, comprehensive service that can help problem gamblers in the privacy of their homes was launched in Oregon in October, according to officials at the state Department of Human Services.

"All you need is a desire for change and a telephone," says Jeffrey Marotta, Ph.D., problem gambling services manager in the department. "We want to get the message out that if gambling is

affecting the quality of your life, help is available, at no cost, no matter where you live in Oregon."

The Oregon Minimal Intervention Program for Problem Gamblers takes what is called a "home-based intervention" approach. Anyone wanting to enroll or find out more about the program can call 877-870-0177.

Marotta believes the program will be an increasingly important resource for problem gamblers in

## Women of Color Make Gains

Women students at Washington State University are more diverse than ever, according to a study released by the university's Commission on the Status of Women.

The number of undergraduate women of color jumped more than 13 percent, from 886 students in 1995 to 1,008 in 2000, the commission report stated.

More are seeking higher degrees at WSU, too, with a 24 percent increase in diverse female graduate students during the same period.

The commission examined institutional climate; student enrollment, retention and degree completion; and faculty and staff recruitment, employment and retention between 1995-2000.

In other findings, the study found that the number of women in faculty, administrative and professional, instructional faculty and tenured faculty positions all increased. The most dramatic change was a 48 percent jump in the number of administrative and

professional positions held by women.

The report also showed that undergraduate women outperform their male counterparts academically, earning higher grade point averages, graduating at higher rates and receiving more scholarships.

More women are also participating in intercollegiate athletics at WSU. The state gender equity statute requires intercollegiate athletic programs to be within 5 percent of the proportion of undergraduate women. By the 1998-99 academic year, WSU was within 2.5 percent.

WSU President Glenn Terrell appointed the commission in 1971 to gather information and to make recommendations about the status of women at WSU. The commission also acts as an information agency within the university, developing sensitivity to and awareness of attitudes and practices that constitute discrimination and recognizing those striving to achieve gender equity.

## Doctors Help With Sleep Disorders

Now That Daylight Savings Time has ended – we can catch up on our sleep! An extra hour of sleep will help us all.

"We are a sleep-deprived society," said Dr. Lou Libby, a pulmonologist and medical director of the Sleep Disorders Center at Providence Portland Medical Center and Providence Milwaukie Hospital. "In the last 100 years, we've been getting less and less sleep."

And getting less sleep can be a health issue.

A study from the University of British Columbia found that when Canadians moved their clocks back an hour in the fall, car accidents dropped 7 percent.

People were getting more sleep and were more careful drivers. The study also found that in the spring – traffic accidents jumped 8 percent on the Monday after clocks were moved ahead.

For people with sleep problems – Providence Portland Medical Center's newly expanded Sleep Disorders Center is a place where they can be monitored and treated for chronic problems such as sleep apnea and narcolepsy. The expansion means a shorter waiting time for patients, new computerized equipment and the ability to conduct sleep studies six nights a week.

The Sleep Disorders Center currently treats 95 people a month.

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## Seeking African American Families with ADHD Children for a Research Study

### ADHD, Ethnicity, and Family Environment

#### Who is the Principal Investigator?

Judy Kendall, RN, Ph.D.

School of Nursing, Oregon Health Sciences University

3181 SW Sam Jackson Park Road

Portland, OR 97201

503-494-3890

#### What is the study about?

This study is about gaining an understanding of what it is like for a family to live with attention deficit hyperactivity disorder (ADHD). Virtually no research exists on how African American and Hispanic families experience and manage ADHD, what health needs they may have, and what opportunities they have for receiving these services. The study will involve two meetings, about 2 hours each, at your home or place convenient for you.

#### Which families are eligible?

- Families with at least one child (age 6-19) with a diagnosis of ADHD.
- Families with at least two people (the ADHD child and one parent). Hopefully both parents and siblings will participate as well.
- Families that are willing to participate in one interview and complete a series of questionnaires.
- Families that speak English or are willing to work through an interpreter.
- Parents that are able to read and write at the 5<sup>th</sup> grade level or are willing to have the questions read to them.

Spanish interpreters can be available.

All information will be held strictly confidential.

There will be no cost to you for participating in the research.

In appreciation of your time and contribution,

Each family will receive \$50 after each meeting for a possible total of \$100.

If interested please call 503-494-4122.