

Alzheimer's Center Earns Accreditation



St. Aidan's Place provides care for Alzheimer and dementia patients.

The Joint Commission on Accreditation of Healthcare Organizations has awarded official recognition to St. Aidan's Place, a 48-unit licensed residential care community for individuals with Alzheimer's disease and dementia.

The outer northeast Portland care facility is managed by Senior Resource Group LLC of San Diego.

The group's dementia care program incorporates common areas that offer residents a variety of productive activities in a stress-free environment.

"A dedicated dementia care community has special requirements and the combination of living spaces and services at St. Aidan's Place is designed to offer residents calm, restful surroundings that reduce tension and encourage constructive activities," said Michael Grust, president of the group.

Holidays Can Lead to Weight Gain

The holiday season is an excuse for many people to indulge in rich, hearty food that add pleasure to their festive occasions. But as Americans reach for second helpings of their mother's famous recipe, they may be unaware of the heavy consequences.

Winter weight gain is the term used to describe the extra pounds people put on from holiday feasting. According to Dr. William Connor, professor of medicine, OHSU School of Medicine.

"The overall clinical impression is that people, after the holidays, weigh more than before because of feasting and lack of physical activity," Connor said.

An Oregon Health & Science University study conducted by Connor, his research partner and wife, Dr. Sonja Connor, research associate professor of medicine, and son Dr. Rodney Connor, in the Sierra Mader Mountains of northern Mexico, focused on the diets of native Tarahumara Indians.

The study identified the risks and consequences of turning from

a healthy diet during the holiday season. The Connors fed the Indians a diet that was high in fat, cholesterol, sugar and calories, and low in complex carbohydrates and fiber, which is common of a traditional American holiday diet. The food was in stark contrast to the Indians normal diet of corn, beans, vegetables and small game.

During the course of five weeks, the Indians gained weight and saw their cholesterol levels rise.

Connor states that there are ways Americans can avoid undesirable weight gain. He gives the following recommendations:

Use low-fat holiday recipes, eat smaller portion sizes, use a small plate to help regulate food portions, and exercise regularly, and even more so when eating high-fat foods.

Connor believes the best way to avoid winter weight gain is through prevention. He says that sometimes people cannot lose the weight they gain and every holiday season their weight increases. So the most effective solution to winter weight gain, is a little self-discipline.

Quitline Helps Smokers Overcome Their Tobacco Addiction

(AP) - Too many pregnant woman in Oregon smoke, even higher than the national average. A national health foundation says it wants to make it easier for those smokers to quit, so it's set up a national toll-free telephone number for people to get counseling.

The American Legacy Foundation has joined with the American Cancer Society, which will manage the Spanish-

and English-language "quitline."

The Centers of Disease Control say that in Oregon 15 percent of pregnant women smoke, including 25 percent of women between the ages of 15 and 19. That's higher than the national average of 12 percent and 18 percent, respectively.

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