



HEALTH & FITNESS

Sickle Cell Board Opens Membership

Portland's Sickle Cell Board is recruiting members to help carry out the board's vision and goals. In addition, there are \$25 gift certificates to Old Navy or Meier and Frank to the first three clients with sickle cell to register with the board this month, board officials said. For more information, call the board at 503-249-1366.

Sickle cell is a non-contagious inherited blood disorder causing mild to severe pain that usually

shortens the lifespan of the individual stricken with the disease.

There are benefits available to those suffering with this disease when it causes frequent hospitalizations and related conditions.

Sickle cell education is a must for care providers, family members and clients who are old enough to understand how to take care of themselves and learn their limits.

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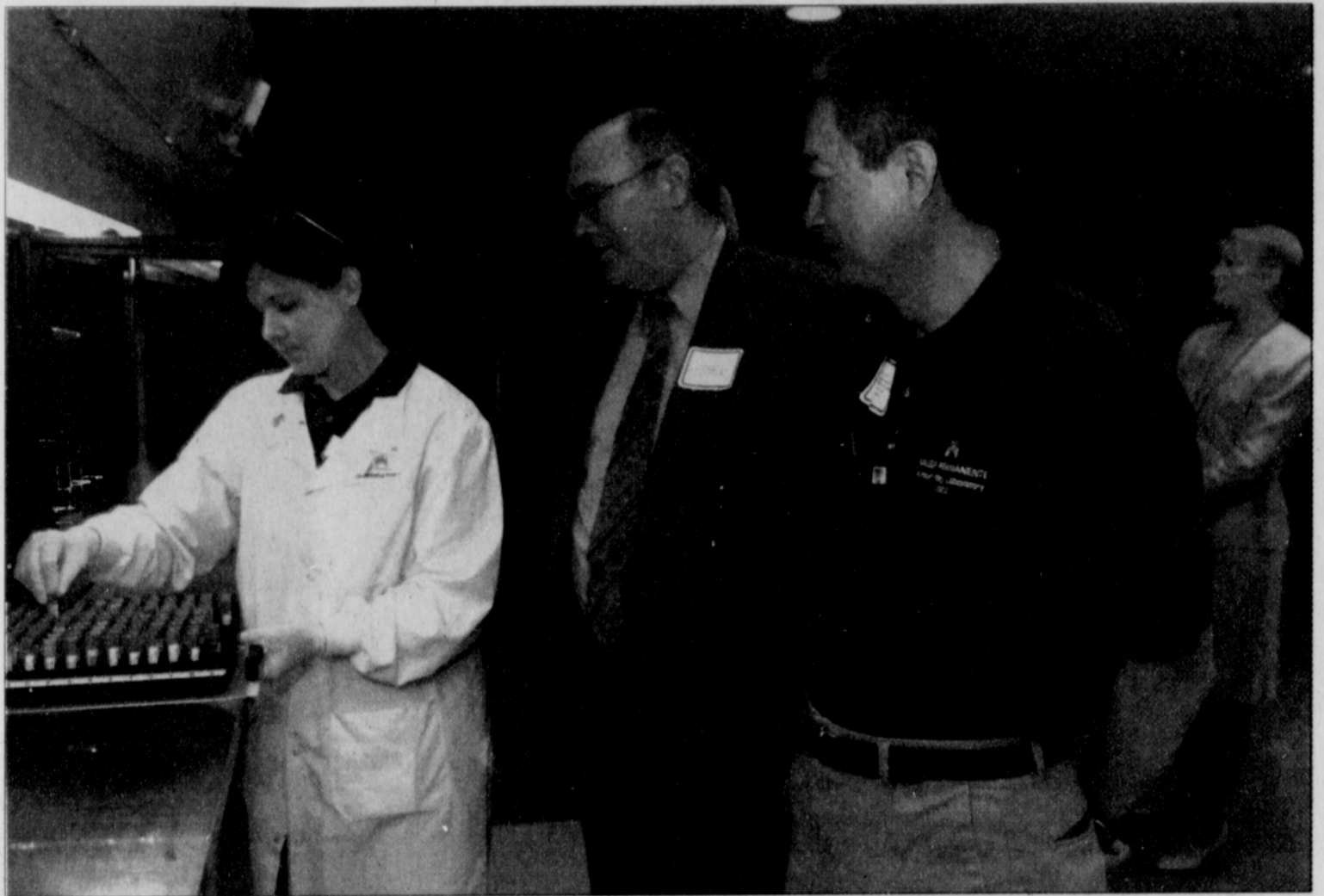


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Kaiser Permanente's Nancy Berry (from left) shows how a new computerized storage unit works to Dr. Al Weiland and Bing Wong at the grand opening of Kaiser's new regional laboratory in northeast Portland.

Laboratory Moves to Northeast Portland

Kaiser medical facility requires a workforce of 200 employees

One of the area's largest private medical laboratories has a new home in northeast Portland.

Kaiser Permanente's Airport Way Regional Laboratory — with its workload of more than three million tests a year — has relocated from a 27-year-old building in Clackamas to 57,200 square feet of leased space at 13705 N.E. Airport Way.

The \$12 million lab will serve Kaiser Permanente members in Oregon and Southwest Washington, as well as

Oregon Health & Science University, the state of Oregon and even the Oregon Zoo.

Eighty percent of all testing at the new lab will be done by machine, providing accurate, reliable and timely results. For example, 23 different automated tests can be done on a small blood sample, lessening the demands on patients having to undergo multiple blood draws.

The nearly 200 people who work at the facility helped design the lab's workflow for

efficiency. Instead of doing tests in separate departments, the employees reorganized their work environment to group similar testing processes together.

"The new lab is one of the first fruits of Kaiser Permanente's new labor-management partnership," said Dixie McFadden, Kaiser's administrative director of laboratories. "Everyone came together to figure out how to improve the way we do testing so that we could do more tests at less cost and

with better accuracy."

Workstations have been designed with adjustable benches to avoid back strain. Gases, such as nitrogen, helium, and carbon dioxide no longer need to be carted around in metal tanks, but instead are piped in.

Dr. John Thompson, Kaiser's director of laboratories, says the new facility will also serve as a training ground for medical laboratory students from Oregon Health & Sciences University and local community colleges.

New Chief Guides Health System

Providence Health System has announced a leadership change to build upon the successes of the nationally recognized health system.

John Fletcher has been named chief administrative officer for Providence's Oregon region and Dr. Glenn Rodriguez has been named chief medical officer for the health system's Portland area hospitals and services.

Fletcher has worked at Providence for 19 years. He was

instrumental in the building of the Providence Heart Institute and most recently served as the regional director of Health Services Integration.

He is a board member of the Foundation for Medical Excellence and is a member of the Governor's Task



John Fletcher

Force on Pain and Symptom Relief.

Rodriguez has worked at Providence for five years, most recently serving as medical director for Health Services Integration. He is a practicing physician with Providence Family Medicine Southeast.

Tips for Weight Loss and Fitness Success


Now that Spring has arrived, you're starting to think ahead to summer and vacations. You're ready to shed those bulky winter clothes and slip into shorts and swimsuits — but you're worried that the remains of all

those holiday parties are still hanging on your hips.

Spring is the perfect time to get moving again — why not take advantage of the next few months to get your body fit and lean for summer.

Andrew Flach, recognized authority on fitness and exercise and author of the popular new book "Combat Fat!", offers ten tips for men and women who desire safe, effective weight loss.

1. Start Moving — That's right. Get up and get yourself moving. Try to do at least 15 minutes a day of aerobic activity. It is essential for good health and will burn excess calories.
2. Get Off the Scale — Americans are notoriously obsessed with body weight. Weigh yourself once and measure against the Body Mass Index. Then put your bathroom scale in the closet for a few months.
3. Target Fat and Fat Will Lose — Excess body fat is killer. Learn how to measure and manage your body fat percentage by using body fat calipers. Body fat measurement is a more accurate indicator of health and wellness than weight alone.
4. Do It for the Health Benefits — Shift your fitness focus on your health, not just your appearance.
5. Avoid "Get Thin Quick" Schemes — If it sounds too good to be true, it is. The promise of results without effort is just a marketing gimmick designed to reduce our wallet, not your waistline.
6. Cut Out the Soda and Save — Soda adds useless calories to your diet. Just drinking water rather than soda can put an extra \$2 - \$3 in your wallet each day. Over one year, that adds up to over \$1000 saved.
7. Be Active...Be Smart — Proper diet and exercise go hand in hand. One without the other is a recipe for failure.
8. Reduce the Calories — Americans take in too many calories. Period. Weight reduction is a caloric formula. Calories in through eating versus calories out through exercise. It's that simple. Stick with smaller portions.
9. Take It Outside — Enjoy yourself now that Spring is here. Get outdoors. Make delicious, healthy meals outdoors, too.
10. Remember That Health Starts at Home — Educate yourself and your family about proper diet and the importance of exercise. While the kids are home, you can help them develop healthy habits for choosing food and activities. Get active. Get healthy. Do it together.



REACH AAHC

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Lookin' Tight Livin' Right

Lookin' Tight Livin' Right is a program that educates local beauticians and barbers in the fight against cardiovascular disease.

They will empower their clients to learn about major risk factors such as smoking, high blood pressure and diabetes, in order to lead healthier lives.

Sponsored by the **Centers for Disease Control and Prevention** and made possible in part by Legacy Emanuel, PSU-RR1, CareOregon and the Department of Human Services.