

Kaiser to Build on West Side

New hospital coming to Tansabourne

Kaiser Permanente officials have broken ground on a new 280,000 square foot, 126 bed hospital in the Tansabourne district of Hillsboro.

The first patients are scheduled to be treated in 2013 at the \$360 million Kaiser Westside Medical Center, the first new hospital to be built in Washington County in nearly 40 years.

The new hospital will offer a wide range of services including: An emergency department open 24/7 serving the entire community, intensive care, general medical and surgery care, labor and delivery, inpatient diagnostic and pharmacy services.

Kaiser has watched membership grow by 40 percent in Washington County in the past decade, so they know the need exists for a new hospital. The state agrees, having granted a Certificate of Need—the “green light” necessary to move forward—in 2007.



An artist rendering shows the new Kaiser hospital coming to the Tansabourne district of Hillsboro.

“We’re excited to expand our ability to offer high quality, affordable care to improve the health of the communities we serve in the one of the fastest growing areas in Oregon,” said Andy McCulloch, Kaiser re-

gional president.

The multi-million dollar project will also bring economic benefits with 2,000 construction jobs over the life of the project and another 1,100 positions once the hospital is completed.

The Kaiser Westside Medical Center will have room to grow. Future plans allow for expansion to 240 beds. The hospital design creates a healing environment for patients and their families: all rooms are private, and some

have views of Mt. Hood.

Kaiser Permanente’s board gave final approval to the plan last month, and the Hillsboro City Council approved the project in January.

Kaiser Permanente and its

partners, led by Andersen Construction, are eager to get started. “The Westside Medical Center shows the depth of our commitment to the future of Washington County,” said McCulloch.

FOR YOUR HEALTH When you lose healthcare

BY LARRY LUCAS

As our nation continues to grapple with the ongoing economic crisis, millions of Americans from all walks of life are facing many difficult challenges. Although we’ve seen some positive economic signs in recent weeks, the threat of job losses remains real—as does the risk of people losing their health insurance.



cation to manage chronic conditions such as diabetes and heart disease, the latter being the number one cause of death among African Americans, according to the Centers for Disease Control and Prevention.

Thankfully, there are government programs available to help those who may have lost their healthcare coverage. Programs such as Medicaid and the State Children’s Health Insurance Program (CHIP) act as a safety net for the country’s most vulnerable patients.

These programs are providing vital help to patients in need, yet many who qualify are not yet taking advantage of these valuable resources.

Information is readily available through your local social services department; visit hhs.gov to learn more about eligibility and application require-

ments. Help is also available through prescription assistance programs. America’s pharmaceutical research and biotechnology companies sponsor the Partnership for Prescription Assistance.

Since its launch in April 2005, PPA has helped connect more than 5.7 million patients across the country to programs that provide free or nearly free medicines.

For more information, patients can call 1-888-4PPA-NOW or visit pparx.org.

While these programs are outstanding healthcare resources, more must be done to ensure that uninsured and struggling Americans have access to the treatments and care they need.

Larry Lucas is a vice president for Pharmaceutical Research and Manufacturers of America.

Cookie Dough Product Recall

(AP) – The baking unit of Nestle USA has voluntarily recalled Toll House refrigerated cookie dough products after a number of illnesses were reported by those who ate the dough raw.

The company said the Food and Drug Administration and the Centers for Disease Control

are investigating reported E. coli illnesses that might be related to the ingestion of raw cookie dough.

The company says consumers should not eat raw cookie dough and that such a warning is featured on its packaging.

The recall includes refrigerated cookie bar dough, cookie

dough tub, cookie dough tubes, limited edition cookie dough items, seasonal cookie dough and Ultimates cookie bar dough.

Great Time to Eat Healthy

There are many things we can do to make mealtime more heart-healthy.

The easiest way to start is by choosing just one change. Eating more fruits and vegetables can be a great first step, and summer is the perfect time to enjoy fresh, seasonal produce.

Local farmers markets feature fresh leafy greens, luscious ber-

ries and other tasty treats.

Try adding vegetables to salads, soups, stews and stir-fries; season with lemon juice, vinegar, low-fat salad dressings and dips. And make sure to include dark green and orange vegetables every day.

These simple tips from Providence nutrition experts can help you on your way to heart health.

Safety Tips for Lightning

Summer is the peak season for one of America’s deadliest weather phenomena—lightning.

“All thunderstorms produce lightning—and no place outside is safe when lightning is in the area. When thunder roars? Go indoors!” said Dennis Hunsinger of the Federal Emergency Management Agency. “If you can hear thunder, you are in danger. We all need to incorporate lightning safety into our family disaster planning.”

Lightning safety tips for inside the home include avoiding contact with corded phones,

electrical equipment or cords. If you plan to unplug any electronic equipment, do so well before the storm arrives.

Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry.

Stay away from windows and doors, and stay off porches. Do not lie on concrete floors and do not lean against concrete walls.

Lightning can strike as far as ten miles away from any rainfall, creating hotspots that smolder for days, to erupt when conditions are right.

Dental Program Treats Uninsured

Faculty and students from the Mt. Hood Community College Dental Hygiene program recently treated 120 patients through its annual Compassion Rockwood event. This free clinic provided cleaning, extractions and fillings to un-

insured, low-income members of the community.

Students in the MHCC Dental Hygiene program, dentists from the community and Medical Teams International treated the patients at the Gresham Campus. The Dental Hygiene

program has participated in this event for three years.

“I can’t wait to do it again,” said Raye Ann Yapp, MHCC Dental Hygiene instructor. “Many of the students are looking to participate in another outreach this summer.”



Dr. Billy R. Flowers

THE SPINAL COLUMN™

An ongoing series of questions and answers about America’s natural healing profession.

Part 25. Chiropractic and Fitness: The way to wellness in the eighties

Q: I continue to hear that diet and exercising are helpful in maintaining a strong body. But where do I begin? There is so much literature and when I ask my doctor he seems unconcerned. How can I get started?

A: A good way to begin is with the basics. Since 1895 Chiropractic has been the leader in teaching the basics of health to our society. Good health must include proper nutrition. A general rule of thumb is that foods high in fiber are best for you. Limit your meats

and refined foods as well as alcohol. Get plenty of exercise. For most people it only takes an hour or so a week to stay fit. Walking at a brisk pace with good arm swing is excellent. Rest is paramount. Everyone feels better after a good night’s sleep. In Chiropractic, we will often recommend relaxation exercises as well. Have a joyful spirit. Scientists know now that our atti-

tudes actually affect our entire chemistry. Finally, always keep a healthy nervous system. Chiropractic is especially suited for understanding the effect of stress on the nervous system and how to eliminate it. Total fitness can be only a call away and worth so much more than just another pain prescription. Isn’t it time you stepped up to safe effective Chiropractic?

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212
Phone: (503) 287-5504

shop online

NEW SEASONS MARKET

NOW DELIVERING

Your favorite neighborhood grocery store now delivers groceries right to your home or office.

www.newseasonsmarket.com
you click. we deliver. (or pull up for pick up)