

NOW OPEN

Introducing Kids' HealthQuarters at Valley...
because nothing is as important
as your child's health.



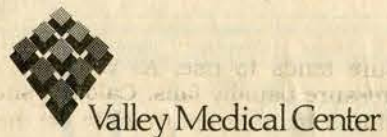
Questions? We've got the answers. Now moms and dads can find the right health-care information and services for their kids at Valley.

Valley Medical Center's Kids' HealthQuarters is a fabulous, FREE, resource center of information and referral services. Ask us to help you locate material on health and safety issues, counseling referrals for behavior or medical problems, even babysitter training programs for your preteen.

You can borrow our brochures, books and tapes. Or you can ask our social worker for assistance in checking the various hospital and community resources available for the right treatment, outreach program or other service to help your child through a particular problem. Regardless of your financial situation or insurance coverage, you can find the help you need.

Valley's Kids' HealthQuarters is

one way we can assure health coverage for our most precious resources—our kids. Come visit Kids' HealthQuarters in the Valley Medical Center Toys 'R Us Kids' Playroom on the second floor lobby or call 656-KIDS for more information.

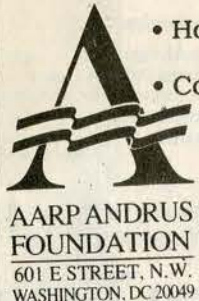


AARP

Bringing Lifetimes of Experience and Leadership to Serve All Generations

For more information about:

- Becoming a member and joining a chapter
- Health Care America, AARP's new health care reform proposal serving all generations
- A classroom refresher course that could qualify you for a discount on car insurance
- Medicare and supplemental insurance
- How to write a resume
- Consumer's guide to Probate



Contact:
AARP, Northwest Area 10 Office
9750 Third Ave. N.E.
Seattle, WA. 98115
(206) 526-9718



AS WE SEE IT

We all have a stake in concerns of caregivers

BY HORACE B. DEETS

AFFORDABLE HEALTH CARE TOP GOAL OF SENIOR ORGANIZATION

The major priority of the American Association of Retired Persons (AARP) Washington State Legislative Committee, is to provide access to affordable, comprehensive, quality health and long-term care for all Washington State Residents. The legislative committee representing seniors, voted unanimously that health care reform is the centerpiece for the coming year. There are 660,000 AARP members in Washington that will use a new survey form to determine work priority.

The AARP endorsed Citizens Initiative 141 at the August meeting. Obtaining sufficient signatures would give the 1992 legislature, an opportunity to mandate, that state government design and implement a cost controlled health benefits system, publicly and privately financed for all state residents. Initiative 141 is expected to motivate the legislature to take action, if sufficient signatures are obtained by the end of 1992, on a health measure early in 1993. Washington AARP State Legislative Committee: Helei Solberg, Vice Chairman, Tacoma; Fred Cox, Secretary, Seattle; Robert Deal, Yakima; Robert Drake, Prosser; Jack Hillier Olympia; Charles McNurlin, Olympia; Norman (Red) Meyer, Hoodport; William Mitchell, Seattle; Mary Perkins, E. Wenatchee; and Elizabeth Ralls, Spokane. For information contact Mark Stenson (206) 746-3547.

There seems to be a basic drive for independence in all of us, from the first "I'll do it myself" of a toddler to the "I don't want to be a burden to anyone" of an older person. This is one reason caregiving and the feelings it arouses are unsettling.

The recipient of care often wants no more than the minimum; excessive care breeds dependence and removes a sense of dignity and purpose. The caregivers, wrestling with the constraints of time and money, are themselves constantly reminded that they, too, may need care someday.

Caregiving can involve bathing and dressing a loved one; cooking, cleaning and laundry; handling finances; giving shots and medications; or running errands to stores and businesses. Most of the care is informal, unpaid and helps keep people at home.

AARP is working to assist caregivers on a number of fronts. We continue to support the Family and Medical Leave Act, legislation before Congress that would guarantee workers a period of unpaid leave to care for a child, spouse or parent or in the event of personal illness. Also, our draft health-care reform proposal, "Health Care America," would provide caregivers with adult day care, in-home assistance and respite care.

While opponents of these efforts cite the costs of providing such benefits, they are rather shortsighted in their refusal to face up to the cost of doing nothing. Elderly people without relatives to assist them are more likely to be institutionalized, which is more costly. It is also contrary to what most people want for themselves and their loved ones.

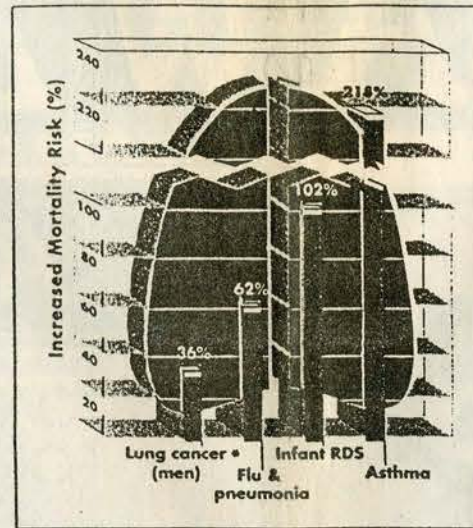
In addition to our advocacy efforts, AARP offers programs and publications to support caregivers.

To find out more, write to AARP for "A Path for Caregivers." Send a postcard requesting stock no. D12957 to: AARP Fulfillment, EE0294, P.O. Box 22796, Long Beach, Calif. 90801-5796. Please allow six to eight weeks for delivery.

Whether receiving care, providing it or anticipating that possibility, we all need information. Ultimately we or our families may require long-term care services that enable us to live with independence, dignity and purpose.

Horace B. Deets is the AARP Executive Director.

Blacks Hit Hardest by Lung Disease



African Americans are at increased risk from lung disease. Reasons include limited access to health insurance, a lack of regular medical care and reliance on emergency rooms for care, and inadequate health education. As a result black Americans are far more likely to die from most forms of lung disease than are Whites. The American Lung Association is working to help all Americans fight lung disease through programs of education, research and advocacy.

*Lung cancer for men age-adjusted to the 1970 population.

Sources: National Center for Health Statistics, National Cancer Institute.

Study in Need of Minority Participants

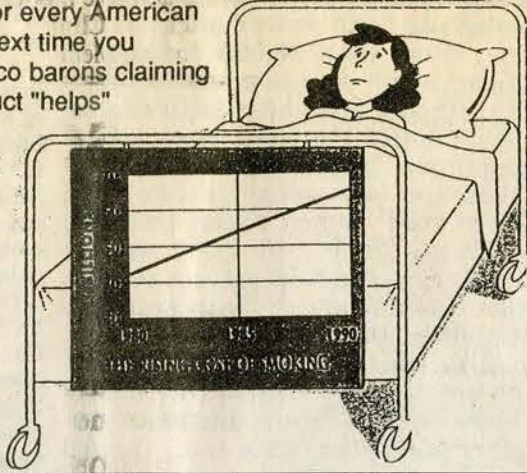
Minorities are being sought for a study on the effects of vitamins on lung cancer. The Carotene and Retinol Efficacy Trial study, sponsored by the National Cancer Institute, is the first long-term effort to examine such a relationship. Vitamin A and beta-carotene will be used in the study.

The study being researched at the Fred Hutchinson cancer Research Center and the University of Washington is part of a new method to try and prevent lung cancer.

UP IN SMOKE

Smokers aren't the only people paying \$2.50 a pack for cigarettes. The American Lung Association estimates that every pack of cigarettes sold in the U.S. costs the country roughly \$2.50 in direct and indirect health care expenses and lost productivity. The bill adds up to \$65 billion a year, or over \$350 for every American adult. So the next time you hear the tobacco barons claiming that their product "helps" the economy, just remember: Their profit is our loss.

*Estimate based on 1990 domestic sales of 518 billion cigarettes to the U.S. which comes out to 25 billion packs.



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- Increase strength
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- Ed Burke, Three-time Olympian

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The Facts About Kidney Disease



Ken Easley, former Seahawk

Did you know African Americans are four times more likely to develop kidney failure than white Americans, yet are less likely to receive a kidney transplant? Without a transplant patients with kidney failure must be treated by dialysis, a process which cleans a person's blood, three to four times a week for the rest of their lives.

Twenty percent of Blacks with kidney failure can accept a kidney only from a Black donor because of the need for compatible tissue type the more likely that transplant will be a success.

We African Americans are probably at greater risk of kidney failure than any other ethnic group in this country," Ken Easley, former Seahawk, stated. "For whatever the reasons -- hypertension, diet, or for lack of early detection of symptoms -- there is a great need for organ donors among our people. I know first hand; I received a kidney in June of 1990."

Becoming an organ donor is simple. All you need to do is sign and carry an organ donor card. Relatives should know of your wishes since your next of kin will be asked to agree to the donation in the event of your death. Donor families often feel comfort knowing a life was improved or saved by their decision to donate a loved one's organs. When thanking about becoming an organ donor consider the following:

* There is no cost to the donor family for organ and tissue removal
* In a life-threatening situation you will receive the best possible medical care. Donation procedures begin only after all efforts to save your life have been exhausted and you next of kin have been notified.

* Organ donation is approved and supported by all major religious denomination in the U.S. You may wish to discuss any concerns with a minister or priest.

* So take Easley's advice, "Become an organ donor today. I am." For more information on organ donation, or about kidney failure, call the Northwest Kidney Foundation at 292-5351

NORTHWEST KIDNEY FOUNDATION
P.O. BOX 3035 • SEATTLE, WA 98114