

HEALTHY LIVING

# classes products resources

SPRING 2014

April | May | June

**FREE**  
Please take  
one

Member saved by  
anonymous donor  
Page 2

Try growing your own  
vegetables  
Page 26

Get free tweets to support  
quitting tobacco  
Page 39

KAISER PERMANENTE®  thrive

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.  
500 NE Multnomah St., Suite 100, Portland, OR 97232.



# SPRING INTO ACTION!

Try a book on gardening or walking.  
See pages 26 and 28.

***The Urban Farm Handbook***

\$21 introductory price

***Food Grown Right, in Your Backyard***

\$21 introductory price

***Walking Portland***

\$16 introductory price



See pages 20 through 32 for more items!

# Classes

## Save a life

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Every 10 minutes, someone is added to the organ donation waiting list.

## Women's well-being

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A few self-care steps can help you stay healthy.

## Choose and use food wisely

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Cooking at home can help improve your nutrition.

## Ready for a change?

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A Cultivating Health® kit can help you learn new skills.

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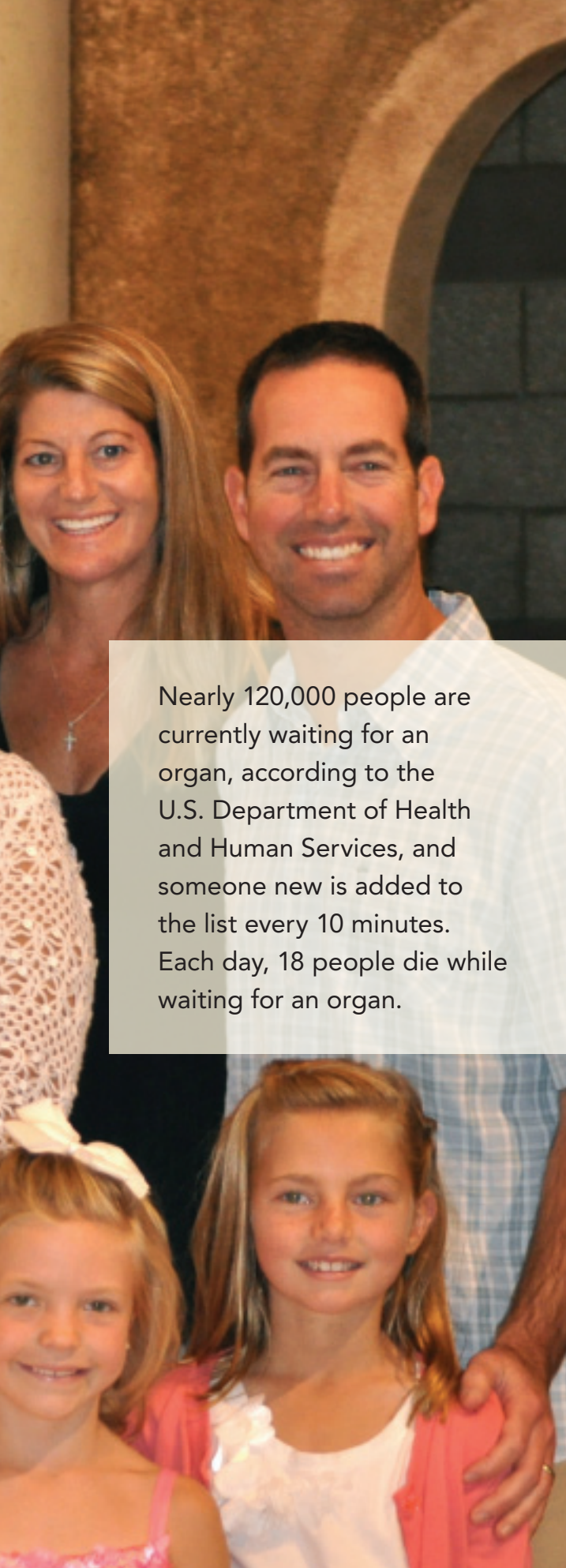
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# SAVE A LIFE





Nearly 120,000 people are currently waiting for an organ, according to the U.S. Department of Health and Human Services, and someone new is added to the list every 10 minutes. Each day, 18 people die while waiting for an organ.

There's a good reason that Bob Maggiore now encourages everyone to sign up to be an organ donor. He directly benefited from the generosity of an anonymous donor.

Maggiore's odyssey toward organ donation began in 2007 when he suffered a heart attack after playing golf and asked the assistant golf pro to call 911. A front desk supervisor saved his life by performing CPR until the ambulance arrived.

While he initially did well after his discharge from the hospital, he developed congestive heart failure due to the massive damage to his heart. After multiple hospital stays and surgeries, Maggiore underwent heart transplant evaluation in 2011 by Juan Alvergue, MD, a cardiologist at Kaiser Permanente's San Marcos Medical Offices in California.

Maggiore was fortunate enough to beat those odds. He received a new heart on Oct. 15, 2012.

"It's made a huge difference in the quality of my life," says Maggiore, now 68. "Before I got my new heart, I felt extremely weak and fatigued most of the time. Now I work out at the gym, and I'm back to playing golf twice a week and leading a normal life." Maggiore's family medicine doctor, Matthew Genovese, MD, has nicknamed him the "Miracle Man."

Maggiore is incredibly grateful to the anonymous donor who saved his life. "If I could speak to him, I would tell him, 'Thank you for the gift of life,' " he says. "I have a wonderful wife, two children, and five grandchildren whom I love dearly. Thanks to him, I've been able to enjoy much more time with them."

To become an organ donor, go to [organdonor.gov](http://organdonor.gov). Be sure to tell your family about your wishes. You can also sign up to be a bone marrow donor, especially if you're between 18 and 44, at [bethematch.org](http://bethematch.org).

For general information about organ and bone marrow donation, go to [kp.org](http://kp.org) and search for "organ donation."

*Reprinted with permission of Kaiser Permanente Partners in Health*

A woman with long dark hair and a young girl are smiling and eating carrots together. The woman is on the right, wearing a red patterned top, and the girl is on the left, wearing a light blue top. They are both holding a carrot stick to their mouths. The background is a warm, indoor setting with a blurred table and chairs.

# MODEL BEHAVIOR

Be an example of self-care for the girls in your life.

Along with eating right and getting regular physical activity, making time to unwind is an important part of a healthy lifestyle. Try blowing off steam with a walk around the block, or work out your thoughts in a journal. And it's always a good time to crank up the tunes and dance.

Get in the groove of staying healthy with these tips:

- **Sleep on it.** Getting at least 7 hours of sleep every night can boost your energy and focus.
- **Tag, you're not it.** Clothing size is not a reliable measure of a healthy body. Talk to your doctor about a healthy weight range for you.
- **Bone up.** Maintain bone strength and density with calcium-rich foods, or supplement with calcium and vitamin D.
- Visit [kp.org/womenshealth](https://www.kp.org/womenshealth) for more words of wellness.

## Childbirth, parenting, and reproductive health

### HEALTHY BEGINNINGS

Find support and gain confidence every step of the way — from pregnancy to the birth experience to parenting. Join others in spirited group sessions as we share ideas and navigate the choices facing new families.

#### Preparation for Birth — Five sessions

What is a birth plan? How do you manage labor pain? Are you going to breastfeed your baby? Learning more about the labor and birth process, new parenting issues, and your options allows you to more confidently make decisions in this experience. Join a supportive group setting to prepare yourself, and share ideas and resources with other pregnant women and their partners.

Your class fee includes the guide *See What You Read: Understanding Birth* (a \$10 value).

Five 2-hour sessions.

Member \$70    Nonmember \$110    Teen members \$10

(A support person is welcome to attend with you.)

#### Preparation for Birth — Two sessions

This is a condensed version of the five-session class. It highlights essential information about labor and delivery, stress and pain management, postpartum care, and infant feeding. Because the presentation is condensed, we recommend that participants be prepared for a strong commitment to self-study.

Your class fee includes the guide *See What You Read: Understanding Birth* (a \$10 value).

Two 5-hour sessions.

Member \$70    Nonmember \$110    Teen members \$10

(A support person is welcome to attend with you.)

#### Preparation for Birth — Online

Learning more about the birth process, new parenting issues, and your options allows you to more confidently make decisions about your experience. Registering for the program gives you *The Gift of Motherhood* book and a password you can use anytime to access the online program that includes audio, videos, information you can download and print, and links to other sites. The password is valid for six months after you register.

Members \$70    Nonmembers \$110    Teen members \$10

#### Want to know more?

- Visit [kp.org/pregnancy](http://kp.org/pregnancy).
- Share information and support at [facebook.com/HealthyFamilyNW](https://facebook.com/HealthyFamilyNW).
- Go to [kp.org/video](http://kp.org/video) to watch a video on newborn care.
- Visit [kp.org/children](http://kp.org/children).
- Listen to or download free audio programs at [kp.org/audio](http://kp.org/audio).
- Kaiser Permanente members receive a packet that includes the *Healthy Beginnings* prenatal newsletter during their first obstetric visit. This newsletter contains information about the importance of prenatal care during early pregnancy.



See pages 20–21 to buy childbirth and parenting products!



## Childbirth, parenting, and reproductive health

### Hospital Birth Tour

A hospital birth tour provides information about your birth experience, from admission to discharge. You will have the opportunity to see your hospital's labor, birthing, and family rooms. Register early (in your fifth month) and attend the tour during your seventh or eighth month of pregnancy. Children 12 and older are welcome to participate.

#### Tour Locations

- Kaiser Permanente Sunnyside Medical Center
- Kaiser Permanente Westside Medical Center
- Legacy Salmon Creek Medical Center

Free for Kaiser Permanente members. Registration is required.

### Salem Hospital Birth Tour

Families can join a tour of the Family Birth Center at any time during the pregnancy. Registration is required.

Free

Register online at [salemhealth.org/chec](http://salemhealth.org/chec) or by calling 503-814-2432.

### Tool Kit for New Parents

Being a parent is fun — but it's not easy! Learn skills such as holding, bathing, and diapering your baby. You can also explore the concept of what being a parent is really about — with other dads- and moms-to-be like yourself.

One 2-hour session.

Members \$20    Nonmembers \$40    Teen members \$10

### **NEW!** Life with Baby — Online

Congratulations, you're a new parent! What's next? Meet online with other new parents and group facilitators to discuss sleep, feeding, crying, your relationship with your partner, and more. These sessions provide real-time desktop sharing with phone conferencing and interactive features so everyone sees and hears the same thing.

Ongoing 1-hour sessions.

Free for Kaiser Permanente members. Registration is required.

### Baby Care and Feeding

Learn about newborn behavior, feeding, sleeping patterns, and more. This class is for new parents — or grandparents who haven't been around a baby for a while.

One 3-hour session.

Fee: \$10 per person.

#### Location

Salem Hospital, Bldg. D — Family Birth Center

Offered by a community partner. To register, call 503-814-2432. For information on this class and other offerings that include infant CPR, "Boot Camp for New Dads," and a new moms' group, go to [salemhealth.org/chec](http://salemhealth.org/chec).



# Childbirth, parenting, and reproductive health

## Advanced Pediatric Diabetes Family Class

Families of children who have been diagnosed with type 1 diabetes can find information and support in this class. Review treatment options, diabetes-management tools, insulin, food, and carbohydrate counting — and the myths and realities of raising a child with diabetes.

Free for Kaiser Permanente members and their families.

This class is offered in the spring, summer, and fall. For a brochure and registration form, or for more information, please call 503-331-6260.

## Providence Moms' Groups

Share experiences and learn from other new moms in an informal, supportive environment. Facilitators are experienced in helping new moms feel comfortable in their new role. You can drop in anytime. Babies up to 6 months are welcome in class.

Weekly 1.5- to 2-hour meetings.

Fee: \$35 for those delivering in Providence Health System; \$50 for those delivering outside of Providence Health System.

### Locations

- Providence Portland Medical Center.
- Sherwood YMCA (YMCA membership not required).
- Providence St. Vincent Medical Center.
- Providence Newberg Medical Center.
- Providence Willamette Falls Medical Center.

Offered by a community partner. For information, call 503-574-6595 or go to [providence.org/classes](http://providence.org/classes).

## Vasectomy Informed Consent

This is the required first step for Kaiser Permanente members planning to have a vasectomy. Learn about vasectomies by viewing a DVD before you schedule your procedure. The DVD, a brochure, and a questionnaire will be sent to your home.

After you watch the DVD, complete and return the questionnaire in the enclosed postage-paid envelope. The Urology Department will call you to schedule your vasectomy. You can return the DVD at the time of your appointment.

For information, please call 503-571-3488, option 1.

## Are you on bed rest?

If a complicated pregnancy prevents you from attending a traditional class, you still have access to essential "Preparation for Birth" information. You can register for "Preparation for Birth — Online" or purchase the *See What You Read: Understanding Birth* guide (page 20).



Chronic conditions include:

- Arthritis
- Cancer
- Diabetes
- Kidney disease
- Pain

*"I was really concerned about my health after getting a diagnosis of diabetes this year. Going to the class was just what I needed to reduce my stress and get on the right path to managing my blood sugar."*

— "Diabetes Basics" participant



### Household medical waste

Most states have laws requiring that all sharps (syringes and lancets) must be placed in a medical waste container for disposal. Kaiser Permanente pharmacies carry sharps containers you can purchase for home use.

## Chronic conditions

### FEELING BETTER

Living with an ongoing health condition doesn't mean you have to be ruled by it. Taking an active role in your health can help you feel better — and become better equipped to deal with life's ups and downs.

#### Diabetes

Materials and individual instruction are provided only for paid participants. But you are encouraged to bring an adult support person to any of the sessions, free of charge. Everyone is welcome to bring food and beverage for their own use.

#### Diabetes Basics

Whether you've been newly diagnosed with diabetes or have been managing this condition for a while, "Diabetes Basics" is a valuable learning experience. The group sessions are fun and interactive. You explore healthy eating, monitoring blood glucose, physical activity, and more. Discussions encourage you to discover your successes, learn from others, and build confidence in your problem-solving skills. The program also uses the Cultivating Health® *Managing Diabetes Kit*. **Please bring your blood glucose meter to the first session.**

Three 2.5-hour sessions.

Members \$50 Nonmembers \$200 Free to Medicare members

*If you have already purchased a Managing Diabetes Kit, we will deduct that cost from the registration fee.*

#### Insulin Information

Are you new to insulin? Have you been taking insulin for some time and want an update? Come learn about the types of insulin, injection sites and techniques, how to time injections with meals and activity, and guidelines about syringe disposal. Using insulin can help prevent serious and permanent complications from long-term high blood glucose. **Please bring your blood glucose meter, log book, insulin, and syringes with you to class.**

One 3-hour session (limited to four participants).

Members \$20 Nonmembers \$40 Free to Medicare members

### Have you been diagnosed with prediabetes?

Learn about it in a free webinar. See page 12 for details.

## Chronic conditions

### Arthritis Class

People who have attended this class say they feel equipped to better manage their arthritis after receiving information about managing flare-up pain, using adaptive tools to support activities, and using joint/activity adaptation to support an active lifestyle.

One 1.5-hour session for Kaiser Permanente members.

No fee.

For locations and to register, please call 503-571-4910 or 360-619-4260.

### Cancer Rehab Class

If you have lymphedema, cancer, or any history of them, this class can help you better manage any symptoms. Learn about the anatomy and function of your lymphatic system and how to recognize and treat lymphedema. Other topics include exercise, skin care, fatigue, scar tissue treatments, and nutrition.

One 1.5-hour session for Kaiser Permanente members.

No fee.

#### Locations

- Interstate Medical Office Central.
- Orchards Medical Office.

To register, please call 503-571-4910 or 360-619-4260.

### Cancer Support

This group is open to people who have cancer, and the family and friends who are helping them to live better lives with cancer. Get information and support about the mind-body connection; how to manage stress and anxiety, and how diet, activity, and humor help to promote better health and well-being.

Weekly sessions.

No fee.

#### Location

Interstate Medical Office Central.

For more information, please call 503-331-6550.

### Kidney Class

Have you been told you have some reduced kidney function? Chronic kidney disease (CKD) affects more than 20 million adults — and millions of people with high blood pressure, diabetes, and other chronic conditions are at risk for developing it. Learn to make lifestyle changes that reduce your risk for the disease and its complications.

One 1.5-hour session for Kaiser Permanente members.

Members \$20

You are welcome to invite one adult family member or friend to attend with you.

See pages 22–23 to buy products to help manage your chronic conditions including:

- Cultivating Health self-help kits.
- Cookbooks that address heart health and diabetes.
- Books, CDs, and DVDs that address blood glucose, pain, and TMJ disorder.

### Want to know more?

- Visit [kp.org/health](http://kp.org/health) for information on diabetes, asthma, heart health, pain, and more.
- Check out the free online HealthMedia® management programs for Kaiser Permanente members:
  - [kp.org/carefordiabetes](http://kp.org/carefordiabetes)
  - [kp.org/careforpain](http://kp.org/careforpain)
  - [kp.org/careforyourhealth](http://kp.org/careforyourhealth)
- Watch videos on diabetes, hypertension, asthma, and COPD at [kp.org/video](http://kp.org/video).
- Go to [kp.org/audio](http://kp.org/audio) for free audio programs on headaches, fibromyalgia, and more.
- See page 13 for “YMCA Diabetes Prevention Program” information.
- Visit [kp.org/cancer](http://kp.org/cancer).

## Chronic conditions

### Managing Osteoarthritis

Get the tools and strategies you need to help manage pain from degenerative osteoarthritis. The class is led by health care clinicians, including a physician and physical and occupational therapists.

One 3-hour session for Kaiser Permanente members.

#### Location

Interstate Medical Office East.

For fee information and to register, please call 503-249-3442.

### Managing your Fibromyalgia

Get the tools and strategies you need to help manage your muscle pain and fatigue. The class is led by health care clinicians, including a physician, medical social worker, and physical and occupational therapists.

One 6-hour session for Kaiser Permanente members.

For fee information and to register, please call 503-571-4910 or 360-619-4260.

### Multidisciplinary Pain Management Clinic

Explore and practice a variety of therapies designed to reduce your pain and improve your ability to function. At the end of the class, a member of the Kaiser Permanente Pain Management Clinic team will help you develop a more effective pain-management plan that will be shared with your health care clinician.

Eight sessions for Kaiser Permanente members.

A referral from your health care clinician is required for this class. To confirm your referral and to arrange registration, please call the Pain Management Clinic at 503-331-6131.

### Living Well with Chronic Conditions

The Chronic Disease Self-Management Program (CDSMP) is a six-week workshop that provides tools for living a healthy life with chronic health conditions, including diabetes, arthritis, asthma, and heart disease. Weekly sessions provide support for continuing normal daily activities and dealing with the emotions that chronic conditions may bring. CDSMPs supported by the Oregon Health Authority, Oregon Department of Human Services, and Washington State Department of Health include Tomando Control de su Salud, a Spanish-language, culturally appropriate version, and the Positive Self-Management Program for people with HIV/AIDS. All workshops are offered in English and Spanish. Prices vary.

Six 2.5-hour sessions.

Offered by a community partner. For information, please call:

- Clark County — 360-694-8144
- Marion and Polk counties — Living Healthy Program, 503-587-5130
- Washington County — Tuality Hospital Health Education, 503-681-1700, option 2
- Multnomah County, English — Khela Singer, 503-988-6717
- Multnomah County, Spanish — Maria Perez, 503-489-1760, ext. 21



## Fitness, nutrition, and weight

### EAT HEALTHY, FEEL BETTER

Do you want to lose weight? Are you trying to manage heart disease, high blood pressure, or diabetes? Choose a weight-management option that fits your learning style — and discover how to create lasting behavior changes.

#### Mastering Weight Management

Lots of people attempt to lose weight every year but most miss important pieces of information that would improve their success rate. “Mastering Weight Management” gives you safe and effective tools to lose weight and keep it off. Proven strategies help you discover the root causes of your weight problem and find practical solutions. Like many things, it’s about good fundamentals and practice. If you make a mistake, you’ll learn from it and find ways to achieve a healthier balance. The group is a safe place where people of all sizes are supported. Sharing with others is both inspirational and motivational, and participants report improvements in their confidence in achieving long-term success. Your registration fee includes the interactive Cultivating Health® *Weight Management Kit* and a follow-up phone call to help you achieve permanent weight management.

Eight 2-hour sessions.

Members \$120 Nonmembers \$150

*If you have already purchased a Weight Management Kit, we will deduct that cost from the registration fee.*

#### Mastering Weight Management — Webinar

For computer savvy people, the online version of “Mastering Weight Management” may be a good option. It includes similar, but not identical, information to the face-to-face classes. Interactive features are used to help support connections with others. Besides a computer with high-speed access, you will need either a phone or headset to receive the audio portion during the sessions.

Your registration fee includes the interactive Cultivating Health® *Weight Management Kit*.

Ten 1- to 1.5-hour sessions.

Members \$85 Nonmembers \$100

Want to know more?

- Visit [kp.org/fitness](http://kp.org/fitness).
- Visit [kp.org/nutrition](http://kp.org/nutrition).
- Visit [kp.org/weight](http://kp.org/weight).
- Go to [kp.org/video](http://kp.org/video) to see the “Exercise for Life” and “Healthy Shopping, Cooking, and Snacking” videos.
- Check out the free online HealthMedia® Nourish® and HealthMedia® Balance® programs at [kp.org/nourish](http://kp.org/nourish) and [kp.org/balance](http://kp.org/balance) for Kaiser Permanente members.
- Try a pedometer, hiking or biking book, or DVD to boost your activity level (pages 24 through 28).



See pages 24–28 to buy fitness, nutrition, and weight products including:

- Cultivating Health self-help kits
- Pedometers
- Cookbooks
- Books
- DVDs

*“Changes were suggested in baby steps each week. Now I read labels; I eat vegetables, fruits, and whole grains, and I’m not hungry (which was always an issue for me).”*

— *“Mastering Weight Management” participant*

## Fitness, nutrition, and weight

### Understanding Prediabetes — Webinar

What is prediabetes? Learn about it — and about how lifestyle changes can make a difference to your health. Join a Kaiser Permanente facilitator and other class attendees in a supportive setting online. The session provides real-time desktop sharing with phone conferencing and interactive features.

One 1-hour session.

Free for Kaiser Permanente members.

### Changing From the Inside Out

Did you know your thoughts and feelings can affect your eating and activity patterns? In this group program, you will share your stories and unravel the complex path that has led to emotional eating. You can also discover how to set and meet realistic goals to create a balanced and fulfilling lifestyle.

Ten sessions.

Members \$210

Offered by a community partner. For registration information, please call the Providence resource line, 503-574-6595, or go to [providence.org/classes](http://providence.org/classes).

### Silver&Fit®

If you are a Senior Advantage\* member, you have an additional benefit: a complimentary membership at selected fitness facilities or a no-cost Home Fitness program. You’ll also have access to online tools, newsletters, and invitations to social activities.

Tools at [SilverandFit.com](http://SilverandFit.com) include meal and exercise planners, health trackers, Healthy Aging Programs, and e-coaching courses.

Kaiser Permanente Membership Services can confirm your eligibility and help locate a participating facility near you. Please call 1-877-221-8221 (toll free) seven days a week, 8 a.m. to 8 p.m.

\*Silver&Fit benefit not available to Senior Advantage Basic members.

Silver&Fit is provided by American Specialty Health Networks Inc. and Healthyroads Inc., subsidiaries of American Specialty Health Inc. (ASH). Silver&Fit is a federally registered trademark of ASH.

### **NEW!** Back on Track

Have you fallen off the healthy lifestyle wagon and want to get back on? Do you know what you need to do, but just can’t seem to put it into action? Come get reconnected with what has worked for you in the past — and learn new tips and techniques to get a jump start. This offering is open to any Kaiser Permanente member who has regained weight after successful weight loss and is interested in refocusing on a healthy lifestyle. It is preferred that you previously participated in “Mastering Weight Management” or a similar class before taking “Back on Track.”

One 2-hour session for Kaiser Permanente members.

Fee: Office-visit copayment.

#### Location

Sunnybrook Medical Office.

To register, please call 503-571-4754.

## Fitness, nutrition, and weight

### Bariatric Surgery Support Group

This group is open to Kaiser Permanente members who have been referred by their health care clinician to the Severe Obesity Management Program. It is also open to members who have had, or are preparing for, gastric-bypass surgery, either at Kaiser Permanente or elsewhere. You can share information about nutrition, activity, stress management, and other issues with a staff member from the program.

Monthly sessions for Kaiser Permanente members.

No fee.

### YMCA Diabetes Prevention Program

If you're at high risk of developing type 2 diabetes, you can reduce your risk almost by half by following a healthy lifestyle. The Family YMCA of Marion and Polk Counties offers a program to help you do just that, based on research from the National Institutes of Health. A trained lifestyle coach guides small-group discussions that include healthier eating, starting physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, you can meet monthly for added support to help maintain your progress.

Sixteen 1-hour sessions, followed by monthly support meetings.

Members and nonmembers \$100

Offered by a community partner. For information, please call Janice Naimy, 503-588-4302.



### Want to know more?

- Visit [kp.org/mindbody](http://kp.org/mindbody).
- Find free guided imagery programs you can listen to or download at [kp.org/audio](http://kp.org/audio).
- Visit [kp.org/depression](http://kp.org/depression).
- Check out the free online HealthMedia® management programs for Kaiser Permanente members:
  - [kp.org/relax](http://kp.org/relax)
  - [kp.org/overcomingdepression](http://kp.org/overcomingdepression)
  - [kp.org/overcominginsomnia](http://kp.org/overcominginsomnia)



See pages 29–31 to buy mind and body health products including:

- Cultivating Health self-help kits
- Light therapy
- Meditation and relaxation CDs
- Books on brain health and aging

## Mind and body health

### MIND YOUR HEALTH

Most of us face times when challenges — such as stress, health problems, or relationship issues — affect our ability to manage our lives. You can use classes and other tools to help you develop skills and techniques to cope with problems more effectively.

#### Mental health

For resources about depression, anger, stress, and anxiety, please call the Mental Health Department at 503-249-3434.

#### Chronic Insomnia Assessment Class

If you are suffering from chronic insomnia, discuss a referral to the chronic insomnia program with your health care clinician. You will be contacted and screened for other possible disorders and, if appropriate, referred for treatment. The course teaches about sleep and insomnia, provides personalized recommendations for improving sleep, and is highly effective.

Four 90-minute sessions for Kaiser Permanente members.

Fee: Office-visit copayment.

Call 503-571-5124 for more information.

This class, part of the Chronic Insomnia Assessment Program, requires a referral from your health care clinician.

#### Integrative Medicine

Discover how integrative medicine (also referred to as “natural medicine”) treats the whole you. Learn about holistic health care and how to create more balance in your life. After attending this session, you will be invited to an individual follow-up appointment for specific treatment recommendations.

One 2-hour session for Kaiser Permanente members.

Fee: Office-visit copayment.

#### Location

Interstate Medical Office West.

A referral from your health care clinician is required for this class. To confirm your referral and arrange registration, please call 503-335-2671 or 1-888-813-2100, ext. 162671 (toll free).



## Other

### HEALTH DOESN'T JUST HAPPEN

Making informed choices and creating balance in your life can help you improve or maintain your health. No matter where you are in life's journey, you can maximize your total health — mind, body, and spirit.

#### Your Life, Your Choices

An advance directive lets you give instructions about future medical care. In it, you can explain your wishes and designate someone you trust to make decisions for you if you are unable to speak for yourself. There are several ways you can learn about making informed decisions that reflect your own values:

- "Your Life, Your Choices" is a free, small group seminar (up to 10 people) for Kaiser Permanente members. You are welcome to invite one adult family member or friend to attend with you.
- A health coach can provide you with the support and information to help you make decisions about your future health care. This service is available Monday through Friday, 8 a.m. to 5 p.m.
- Discuss your preferences directly with your health care clinician.

To register for "Your Life, Your Choices," call one of the numbers at the bottom of the previous page and select option 1. To talk with a health coach, call and select option 2

No fee.

If you are not sure you have an advance directive on file, please call the Medical Records Department at 503-571-5815.

#### Cosmetic Services — General Skin Care

Why buy skin care products at a doctor's office instead of the drug store? What is the best treatment for brown spots? What about acne? Attend a skin care class led by our medical aestheticians, and become better prepared to make product choices that are right for you.

One 1-hour session.

Fee: \$15. Can be applied to the purchase of skin care products.

Dates: April 25, May 23, or June 20.

##### Location

Central Interstate Medical Office.

To register, please call 503-331-6182. Seating is limited.

#### Fall Prevention Class

Learn about factors in falling, exercise, proper footwear, and home safety — and address the fear of falling. This class is helpful if you have balance difficulty, are worried about falling, or might be at risk for falls.

One 1-hour session for Kaiser Permanente members.

No fee.

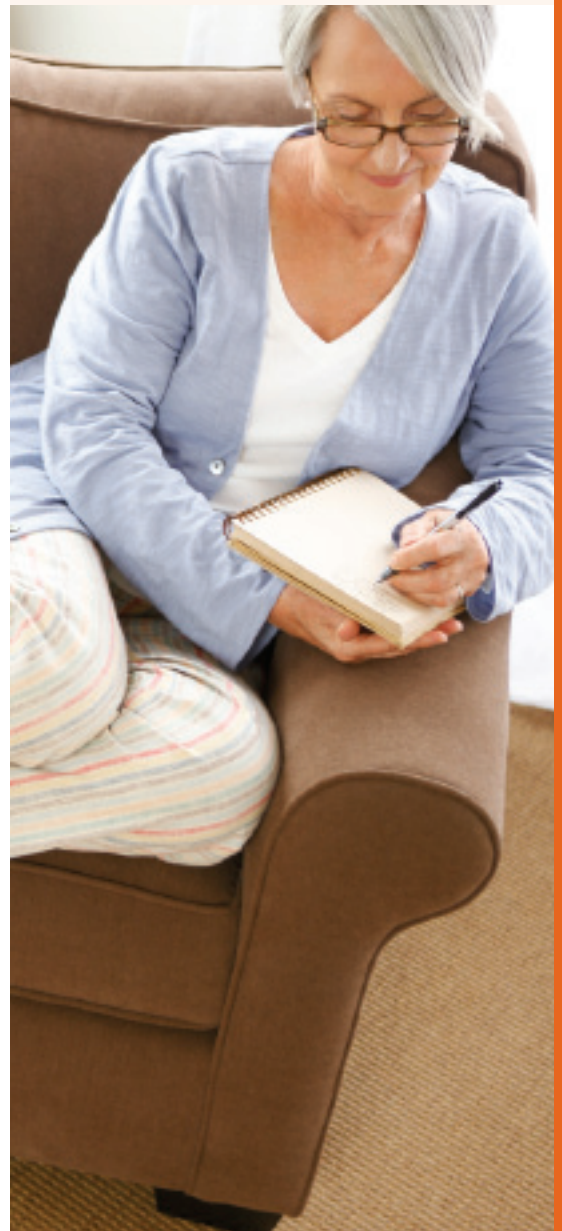
##### Locations

- Mt. Talbert Medical Office.
- Orchards Medical Office.

To register, please call 503-571-4910 or 360-619-4260.

#### Want to know more?

- Visit [kp.org/advancedirectives](http://kp.org/advancedirectives).
- Check out [kp.org/healthyaging](http://kp.org/healthyaging).
- Use the free online HealthMedia® Care® for Your Back program at [kp.org/careforyourback](http://kp.org/careforyourback) for Kaiser Permanente members.
- Follow [twitter.com/HealthyLivingNW](https://twitter.com/HealthyLivingNW) for information about area activities and events.





## Grief Education and Support

The Kaiser Permanente Hospice program helps people who have recently lost a loved one learn to understand and express the difficult feelings that are a part of grief. Its offerings can increase your base of support, decrease feelings of isolation, and provide skills that can help you cope.

“Living After Loss” is a six-session class offered three times a year at different Kaiser Permanente locations. Ongoing support groups meet twice a month at Town Hall, Kaiser Permanente Westside Medical Center, and Salmon Creek and Sunnybrook medical offices.

The class and support groups are facilitated by bereavement counselors and hospice staff.

No fee.

To see if you are a candidate for either offering, please call 503-499-5307 or 1-800-448-0838.

## Healthy Spine Class

Do you have acute or chronic back pain? Get help in this session, which provides information about proper body mechanics to prevent injury, how to manage the pain of flare-ups, important exercises for the spine, and when to seek care.

One 1.5-hour session for Kaiser Permanente members.

No fee.

To register, please call 503-571-4910 or 360-619-4260. You also can register by scheduling an appointment on [kp.org/myhealthmanager](http://kp.org/myhealthmanager). Under “Select a reason for the appointment,” choose “Healthy Spine Class.”

## Medicare Basics: Understanding Your Options

Medicare is a critically important source of health insurance for 44 million Americans. It’s especially important for those with permanent disabilities and those with diseases and conditions associated with aging. Learn to navigate the sometimes complex, confusing world of Medicare — whether you’re newly eligible for Medicare, just becoming eligible, or eligible because of disability. This class can also be helpful for people who are assisting their parents, relatives, or friends who may be Medicare eligible.

These seminars may be sales or educational events. At sales events, a sales person will be present with information and applications for Senior Advantage. At educational events, no plan-specific benefits or details will be shared; these events are only for educational purposes.

One 2-hour session.

No fee.

Medicare members can call 1-877-221-8221 or 711 (toll free TTY for the hearing/speech impaired), 8 a.m. to 8 p.m., seven days a week.

You must reside in the Kaiser Permanente service area in which you enroll. Eligible Medicare beneficiaries may enroll in a Medicare Health Plan with Medicare Prescription Drug Coverage only during specific times of the year. For more information, please contact Kaiser Permanente. Kaiser Permanente is a health plan with a Medicare contract.

Kaiser Permanente members can receive a discount on medical alert monitoring through:

LifeStation . . . . . 1-866-745-7575  
(toll free)

[lifestationadvantage.com](http://lifestationadvantage.com)

(enter product code “KP01”)

## Taking Control of Your Bladder

If you have problems with urine leakage or getting to the bathroom quickly enough, this group appointment can help you explore treatment options that best meet your needs.

One 1-hour session for female Kaiser Permanente members.

No fee.

### Locations

- Mt. Talbert Medical Office. To register, please call 503-571-2946 or 1-855-285-4246 (toll free).
- Orchards Medical Office. To register, please call 360-944-4880.
- Skyline Medical Office. To register, please call 503-588-6575.
- Tualatin Medical Office. To register, please call 503-885-7320.

## Women's Sexuality Class

Get information and find creative solutions to common problems in this small, supportive group setting.

One 2.5-hour session for female Kaiser Permanente members.

Fee: Office-visit copayment.

### Location

Interstate Medical Office East.

To register, please call 503-571-2946 or 1-855-285-4246 (toll free).

## Women's Midlife Transitions

Wondering about perimenopause or menopause? You can receive information about midlife health, including hormonal treatments and alternatives, in this group appointment.

One 2.5-hour session for female Kaiser Permanente members.

Fee: Office-visit copayment.

### Location

Interstate Medical Office East.

To register, please call 503-571-2946 or 1-855-285-4246 (toll free).

## Want to know more?

- Visit [kp.org/womenshealth](http://kp.org/womenshealth).
- Go to [kp.org/video](http://kp.org/video) to watch a video on family violence prevention.



### For information about any of our tobacco cessation offerings

Please call and select option 2

From Portland. . . . . **503-286-6816**

From all other areas  
(toll free) . . . . . **1-866-301-3866**

*“Listening to the experiences and ideas of other participants helped me.”*

— Webinar attendee

#### Want to know more?

- Call Talk with a Health Coach to discuss your options for quitting tobacco use, at 503-286-6816 or 1-866-301-3866 (toll free), option 2.
- Visit [kp.org/quitsmoking](http://kp.org/quitsmoking).
- Check out the free online HealthMedia® Breathe® program at [kp.org/breathe](http://kp.org/breathe) for Kaiser Permanente members.
- Follow [twitter.com/QuitandStayQuit](https://twitter.com/QuitandStayQuit) for tips and support as you become a former tobacco-user.
- Use a Cultivating Health *Freedom from Tobacco Kit* to create your own quit plan.

## Tobacco cessation

### KICK THE HABIT

Thinking about quitting tobacco use? Success in quitting depends on addressing your physical and emotional addiction. A class, phone counseling, or an online program can help. Coverage for medication therapy may be available, depending on your benefit plan.

#### Freedom from Tobacco — Six Sessions

Declare your freedom! Develop a personal strategy for ending your dependence on tobacco products. Explore the behavior changes that will help you overcome cravings, resist temptations, and better handle stress — without relying on tobacco. The fee includes a Cultivating Health® *Freedom from Tobacco Kit*.

Six 1.5-hour sessions.

Free for Kaiser Permanente members.

Nonmembers \$95

Please note: This class includes a planned quit date for all participants during the second session.

#### Freedom from Tobacco — One Session

You have the power to quit using tobacco. But you may need a bit of help understanding how the process of change works. Learn about motivational tools, triggers that tempt, and barriers that hold you back in this seminar. Participants will receive the *Freedom from Tobacco Kit* to help you design your own quitting plan.

One 2-hour session.

Free for Kaiser Permanente members.

Nonmembers \$30

#### Freedom from Tobacco — Webinar

This program offers the same Cultivating Health® *Freedom from Tobacco Kit* information about how the process of change works as the more traditional one-session tobacco class, but you'll join Kaiser Permanente facilitators and other class attendees in a supportive group setting online. This session provides real-time desktop sharing with phone conferencing and interactive features so everyone sees and hears the same thing. Engaging interactive features make participation easy and fun.

One 90-minute session.

Free for Kaiser Permanente members.

Nonmembers \$30

#### Telephone Coaching

Create a plan for quitting tobacco use and get ongoing support with a tobacco-cessation coach.

Free for Kaiser Permanente members.

Nonmembers \$180

# CHECK IT OUT!

Did you know many of our health and wellness products are for sale in Kaiser Permanente offices around the region?



## Healthy Living display locations

### Medical office pharmacies

Beaverton  
Cascade Park  
Gateway  
Interstate East  
Longview-Kelso  
Mt. Scott  
Mt. Talbert  
North Lancaster  
Orchards  
Rockwood  
Salmon Creek  
Skyline  
Sunnybrook  
Sunset  
Tualatin  
Vancouver

### Dental offices

Aloha  
Beaverton  
Cascade Park  
Clackamas  
Eastmoreland  
Glisan  
Grand Avenue  
Gresham  
Longview-Kelso  
North Lancaster  
Oregon City  
Rockwood  
Skyline  
Sunset  
Tigard

You also can purchase products from Health Education Services. Please see page 35 for ordering information. Sample products are available to examine at our office. Call for details: 503-286-6816 or 1-866-301-3866 (toll free), option 1.

## Product Return Policy

- Breast pumps,\* pedometers, BodyMedia, and Verilux products can be returned within 30 days of purchase, in the original packaging, with receipt.  
\*Breast pumps are not returnable if manufacturer packaging has been opened.
- All sales are final on books, CDs, and DVDs.

# Childbirth and parenting



**CLOSEOUT PRICE** (while supply lasts)

**Breast Pump** . . . . . **\$215**  
(regularly \$279)

Breastfeeding is the healthier choice for babies and moms. And a breast pump can support your efforts.

The Medela Pump in Style Advanced model, in your choice of backpack or shoulder bag version, offers customized pumping with adjustable speed and vacuum control. It uses 2-phase Expression technology that mimics a baby’s nursing rhythm, delivering more milk in less time. This pump operates on electric or battery power and comes with four bottles, a cooler bag with ice pack, and a breastfeeding information guide.

Medela products consistently receive high consumer rankings for quality and customer service — plus they are environmentally friendly and do not contain bisphenol-a.

**Please note:** Breast pumps are considered a medical device, and are not returnable if the manufacturer packaging is opened.

As a result of the new Affordable Care Act (health care reform), you may be eligible for a free breast pump. Please check with your Ob/Gyn clinic for eligibility and model information.

**See What You Read** . . . . . **\$10 each**  
or **\$25 for all three** (\$5 savings)



See What You Read is more than a guide; it’s a media-rich educational experience that includes a printed booklet and a website with dozens of video clips and printable charts, checklists, and information sheets.

**Better Breastfeeding** — the latest breastfeeding recommendations and resources with clear writing and instructive photos and videos.

**Understanding Birth/El Alumbramiento** — important information about pregnancy, labor, and birth to boost your knowledge and confidence. Available in English and Spanish.

**Mother and New Baby Care** — your baby and new mom instruction manual covers all the caretaking essentials.

# Childbirth and parenting

## RECOMMENDED READING FOR KIDS AND THEIR PARENTS

Books for children and teens about growing up, body changes, sexual health, body image, and more.

***It's Not the Stork!*** . . . . . \$11.99  
Ages 4-7

***It's Perfectly Normal*** . . . . . \$12.99  
Ages 10 and up

***It's So Amazing!*** . . . . . \$12.99  
Ages 7 and up

***The Care and Keeping of You*** . . . . . \$9.95  
For girls ages 8 and up

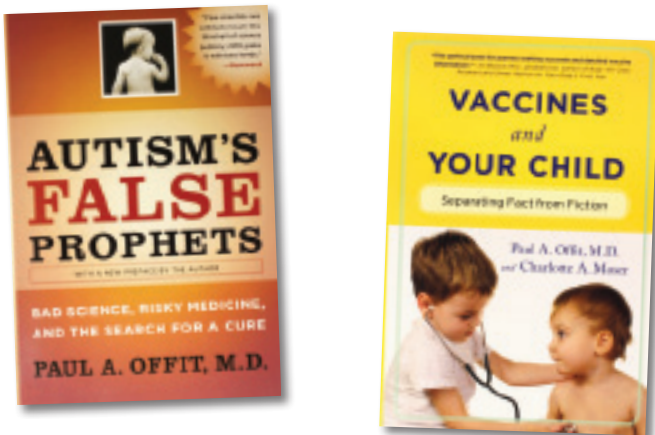
***What's Happening to My Body?*** . . . . . \$12.95  
For boys or girls ages 10 and up



Books for parents about current topics.

***Autism's False Prophets*** . . . \$16.95

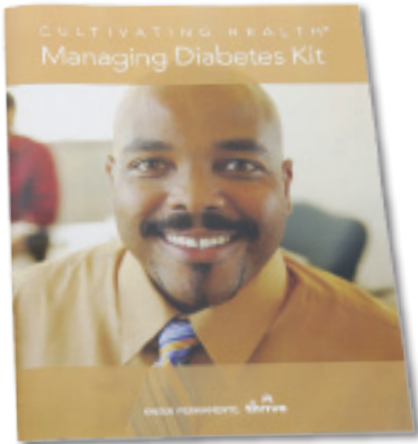
***Vaccines and Your Child*** . . . \$16.95



Check out the pedometers for kids! page 25

Free shipping on all eight books on this page!

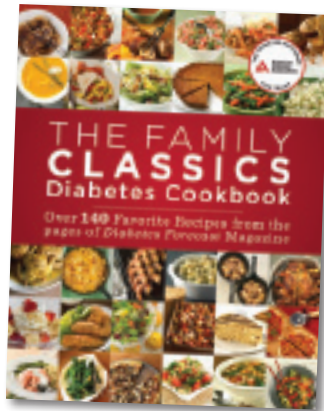
## Chronic conditions



**NEW PRICE**

### **Managing Diabetes Kit . . . . . \$12**

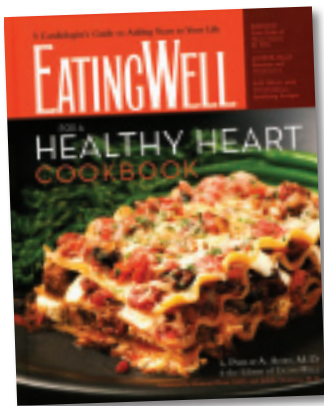
While diabetes may affect almost every part of your life, it does not have to control it. There are many things you can do to get your blood glucose under control and manage this chronic disease. Learn about the roles of food, physical activity, medication, foot care, stress management, and more. The kit's self-paced *Workbook* and *Resource Guide* of tips and tools will help you determine where you are and where you want to be — and how to get there.



### **The Family Classics Diabetes Cookbook**

Book . . . . . **\$20**

Get recipes, tips, and techniques collected from the award-winning *Diabetes Forecast* magazine. The book contains more than 140 quick and easy recipes that all meet the American Diabetes Association's nutrition guidelines. Each recipe also has complete nutrition information and diabetic exchanges.



### **EatingWell for a Healthy Heart Cookbook**

Book . . . . . **\$22**

A few changes to your diet and lifestyle can cut your risk of heart attack by more than half. This book's entertaining quotes, useful charts, and 150 recipes gives you an action plan that is easy to follow.

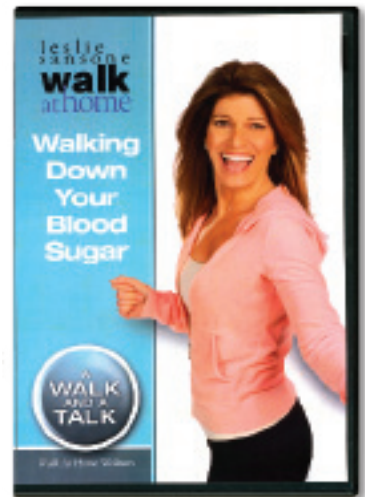


# Chronic conditions

**CLOSEOUT PRICE** (while supply lasts)

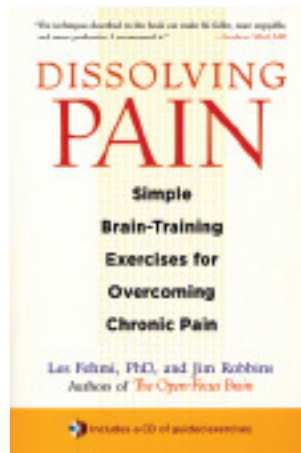
## **Walking Down Your Blood Sugar** DVD . . . . . \$9.95

Do you have 30 minutes to boost your health? That's all it takes to walk two miles at home with this Leslie Sansone DVD. Also included on the disc is an interview with a researcher on the importance of fitness walking while managing diabetes.



## **Dissolving Pain** Book and CD . . . . . \$17

This book and CD offer a drug-free approach to relieving pain with simple attention exercises. The authors draw on scientific research to explain how to quiet pain signals in the brain, sharing success stories and detailing Open Focus exercises to reduce and eliminate pain and discomfort.



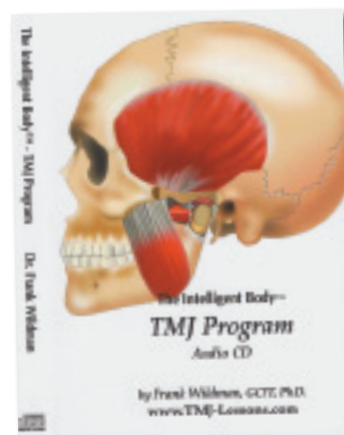
## **Dealing with Back Pain** CD set . . . . . \$15

This two-CD set is your home back care program. Follow short, easy-to-do segments that combine information and Feldenkrais Method movements to help manage and relieve back pain. This back program, created by Dr. Frank Wildman, is used in clinics around the world.



## **TMJ Program** CD . . . . . \$14

Break the cycle of pain and retrain your muscles to support a functionally healthy jaw. This CD contains six gentle lessons using Feldenkrais Method movements. They help reverse long-standing movement habits responsible for TMJ symptoms.



Fitness, nutrition, and weight



LINK



CORE



**CLOSEOUT PRICE** (while supply lasts)

**BodyMedia FIT Armbands**

The BodyMedia FIT system gives you highly accurate information on activity, calories, and sleep patterns. Clinical study results at **bodymedia.com** show it can improve weight loss up to three times. Online subscription is required to track data.

**LINK . . . . . \$110**

The LINK device is Bluetooth-enabled for direct communication with your smartphone (iPhone, Android, and other mobile devices). Free apps help you create personalized workouts and food logs.

**CORE . . . . . \$90**

The lightweight CORE armband details your metabolic profile and activity level. Free apps are included to help you log food on the go.

**NEW PRICE**

**Everyday Fitness Kit . . . . . \$12**

There's more to fitness than exercise. Learn about everyday physical activity. Did you know that you're exercising when you walk, dance, garden, or toss around a ball with your kids? The kit's self-paced *Workbook* and *Resource Guide* of tips and tools will help you determine where you are and where you want to be — and how to get there.

**NEW PRICE**

**Weight Management Kit/  
Kit para el control del peso . . . \$12**

Are you tired of frustrating diet plans that don't work? Learn about ways to make healthier food and activity choices — and how to identify and overcome barriers that get in your way. The kit's self-paced *Workbook* and *Resource Guide* of tips and tools will help you determine where you are and where you want to be — and how to get there.

Available in English and Spanish.

## Fitness, nutrition, and weight

### Pedometer . . . . . \$16

Pedometers are small, battery-operated counting devices. When clipped to your belt or waistband, they gauge your activity level by measuring the number of steps you take.

The Accusplit AX2720STEP accelerometer pedometer:

- Counts steps only.
- Has a 97 percent accuracy rating.
- Comes with a five-year factory warranty.
- Features a new hibernate mode that increases battery life.
- Has a five-second display delay that prevents recording false steps.
- Gives you access to a free online wellness center to record your steps and track your progress.



### Discover Tai Chi for Beginners

#### DVD . . . . . \$15

Explore tai chi movement, which can help you improve your balance, strength, flexibility, and stress management. This DVD explains select postures, Taoist philosophy, and chi kung, the practice of aligning breath, movement, and awareness for exercise, healing, and meditation.



### Discover Tai Chi for Balance and Mobility

#### DVD . . . . . \$15

This DVD delivers easy-to-follow, effective exercises for beginners, older adults, and people with physical challenges. You'll find a mix of breathing, tai chi, stretching, and chair exercises that can help you prevent falls while improving your overall balance, strength, flexibility, and mobility.

Our customers say:

*"Finally, a workout DVD I can do. Thank you so much for selling Scott Cole's tai chi DVDs. It doesn't seem like a workout until the end and I am sweating, but relaxed and invigorated. Awesome!"*

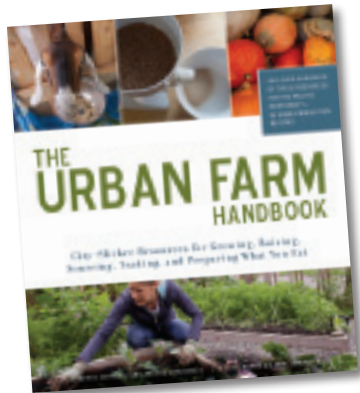


### GeoPalz® Pedometer . . . . . \$24

This pedometer does more than track your steps. You also can log onto the GeoPalz website to record your activity and earn points for activity-based prizes. The pedometer can be worn on the hip or shoe to accurately track steps using Tri-Axis accelerometer technology, whether you're walking, running, or playing. It is water-resistant and has a 21-day memory. GeoPalz is available in four fun designs.



Fitness, nutrition, and weight

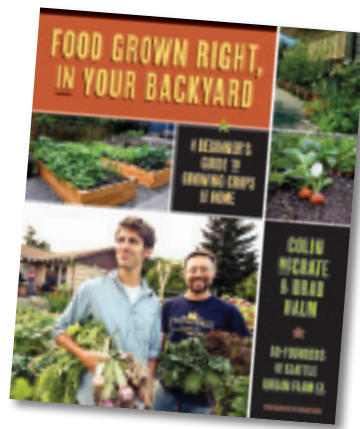


**NEW!**

**The Urban Farm Handbook**

Book . . . . . **\$21 introductory price**

This book's subtitle is *City Slicker Resources for Growing, Raising, Sourcing, Trading, and Preparing What You Eat*. Organized by seasons, it's full of instructions, recipes, and practical advice for achieving a more sustainable kitchen, whether it's simply shifting your purchases from one type of market to another, ripping out your front lawn for a veggie patch, or keeping dairy goats in your garage.



**NEW!**

**Food Grown Right, in Your Backyard**

Book . . . . . **\$21 introductory price**

This guide is written by the cofounders of Seattle Urban Farm Co. It offers easy, inspiring instruction for first-time gardeners who want to grow their own food while saving money and time and eating more healthfully.



**Total Stretch for Beginners**

DVD . . . . . **\$9.95**

Work your way to flexibility and relaxation with stretching routines for people of all ages, lifestyles, and fitness levels. This DVD features fitness expert Tamilee Webb. She directs a 30-minute routine of deep breathing exercises and slow, easy stretches for relaxation, plus standing, seated, and floor flexibility routines that target major muscle groups.

## Fitness, nutrition, and weight

### NORTHWEST HIKING

There is no better time than now to get active and explore local trails. Try one of these books of area hikes.

**NEW EDITION** **60 Hikes within 60 Miles of Portland**

Book . . . . . \$18

Updated maps, new hikes, more rankings and categories, and fresh photography make the newest edition of this Portland day-hike guide the most useful yet. This clear and entertaining book can help you choose a place to hike, and let you know what to expect when you get to the trailhead.

**100 Hikes in Northwest Oregon & Southwest Washington**

Book . . . . . \$18

This detailed guide covers trails within a two-hour drive of the Portland/Vancouver area. It includes at-a-glance information on hike difficulty, family options, backpacking ideas, and more. You'll also find a color wildflower insert and area listings for campgrounds, cabins, lookouts, and inns.

**Trips & Trails — Oregon**

Book . . . . . \$22

Explore scenic trails, star attractions, campgrounds, hot springs, and more in this guide, which is packed with more than 800 color photographs and maps. The book divides the state into 10 geographic regions. Each section has an overview map, followed by articles that include history, wildlife, and geology.

**Best Hikes with Kids — Oregon**

Book . . . . . \$15

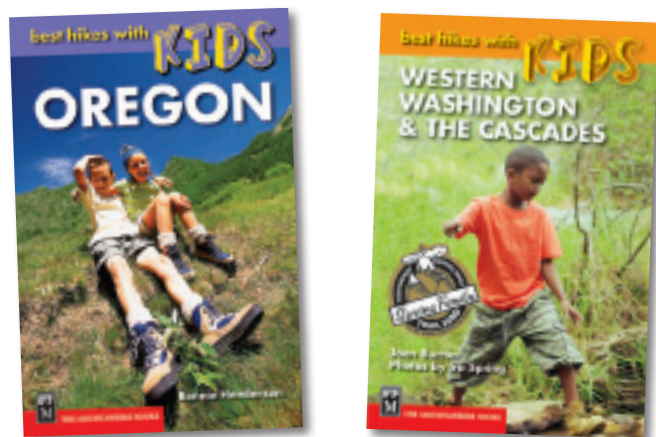
**Best Hikes with Kids — Western Washington & the Cascades**

Book . . . . . \$18

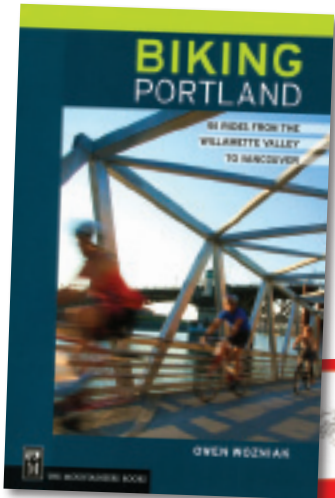
Both books feature short, easy adventures with maximum kid appeal. Families will also find lots of tips on hiking essentials and preparation. Hikes range from about a half mile to 6 miles and are rated for difficulty for children. Each outing also highlights points of interest, whether you want to hike to a turtle pond, play in the spray of a waterfall, or explore an old mining camp.



*Big fun for little feet!*



Fitness, nutrition, and weight



**CLOSEOUT PRICE** (while supply last)

**Walk There!**

Book ..... **\$5**

*Walk There! 50 Treks in and around Portland and Vancouver* is a guide to great places to walk. Produced by Metro, the book was developed with support from Kaiser Permanente.

**NEW!**

**Walking Portland**

Book ..... **\$16 introductory price**

The city's layout makes it a walker's nirvana. This guide, from a local author, takes you through hidden gardens, historic landmarks, oddball shops, and more. It contains maps, info on parking and public transit, and plenty of fun and fascinating stories.

**Biking Portland**

Book ..... **\$18**

Looking for a workout, a weekend family outing, or a good commuting plan? *Biking Portland: 55 Rides from the Willamette Valley to Vancouver* can help. It includes route maps, mileage logs, difficulty ratings, stories about the area's biking heritage, and more.

**Where to Bike Portland**

Book ..... **\$22**

This sturdy wire-bound book is a great guide to riding the many bike paths, greenways, trails, and parks in the Portland area. Whether you're a seasoned commuter, weekend rider, or brand new to biking, you'll find lots of support in the maps, routes, ride descriptions, resources, and tools in this book.

## Mind and body health

**NEW PRICE**

### **Managing Stress Kit . . . . . \$15**

Everyone experiences stress, great and small. It can come from good experiences as well as bad. Whatever the size or source, uncontrolled stress can cause or contribute to many different types of physical and psychological disorders. Learn how to manage your stress and live well. The kit's self-paced *Workbook* and *Resource Guide* of tips and tools will help you determine where you are and where you want to be — and how to get there. Includes *Relaxation for Living and Sleeping Well* CD.



**NEW PRICE**

### **Improving Your Sleep Kit . . . . . \$15**

A high number of Americans suffer from insomnia — the inability to either fall or stay asleep, or both. What's disturbing your sleep? Figure out the factors, then take steps to improve both the quality and quantity of your sleep. The kit's self-paced *Workbook* and *Resource Guide* of tips and tools will help you determine where you are and where you want to be — and how to get there. Includes *Relaxation for Living and Sleeping Well* CD.



## **BIO-LIGHT**

### **Offered by a community partner**

BIO-LIGHT light boxes are scientifically calibrated to treat SAD (Seasonal Affective Disorder). They also counteract the daylight deprivation of dark winters, shift work, and indoor working conditions. The products are designed, manufactured, and marketed by Washington-based Enviro-Med.

Kaiser Permanente members receive a discounted price on several 10,000 lux lights. All models have a five-year guarantee on the light box and two-year guarantee on the bulbs.

Ultra . . . . . **\$270** (regularly \$299)

Solar Deluxe . . . . . **\$330** (regularly \$430)

Executive . . . . . **\$369** (regularly \$399)

To receive the discount, contact Enviro-Med:

- If ordering online, state you are a Kaiser Permanente member in the "message" section of the order form.
- If calling to order, provide your full name and state you are a Kaiser Permanente member.



### **Kaiser Permanente does not sell the BIO-LIGHT.**

You can get more information or make a purchase at [bio-light.com](http://bio-light.com) or by contacting the company at 1600 SE 141st Ave., Vancouver, WA 98683, 360-256-6989 or 1-800-222-3296.



**Verilux HappyLight 6000 . . \$89.95**

Improve your energy, concentration, and overall mood without the use of drugs or artificial stimulants.

The Verilux HappyLight 6000 Sunshine Supplement Light System emulates natural sunshine, which prompts your system to produce the hormones directly responsible for improving mood and creating a sense of well-being. The HappyLight delivers up to 6,000 lux of healthy non-UV light that helps your body adjust your circadian rhythms. This helps normalize the production of hormones that regulate waking, sleeping, concentration, emotion, and appetite.

You can use the light every day — while reading, working at your computer, sewing, or doing other visual tasks. Its energy-efficient bulb uses only 36 watts to produce 300 watts of natural-spectrum light.

**This product is not intended for the treatment of Seasonal Affective Disorder (SAD).**

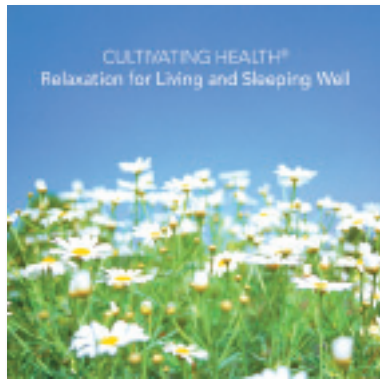
**NEW LOWER PRICE**

**Relaxation**

CD . . . . . **\$9**

Feeling worn down? It is important to rest, relax, and renew yourself. *Relaxation for Living and Sleeping Well* leads you through affirmations and relaxation exercises that can help you feel better and sleep more soundly. Relaxation takes practice. The more you do it, the easier it will become to reach a relaxed state.

This CD is included in the Cultivating Health® *Improving Your Sleep Kit* and *Managing Stress Kit* on page 29.



**Verilux Rise & Shine . . . . . \$99.95**

The Natural Alarm Clock & Sleep System offers light and sound therapy to align your body's circadian rhythms, which regulate normal sleeping and waking patterns. The new Serenity Series model has both natural spectrum and calming colors light, with different brightness levels. You also can add FM radio or one of five custom soundscapes to your wake and sleep program. This is a drug-free alternative for addressing sleeplessness, fatigue, and lethargy.



**New model**

- Smaller size.
- "Calming colors" light options.

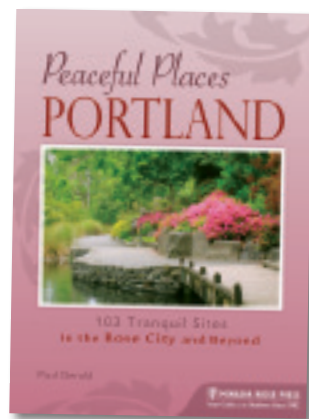


## Mind and body health

### **Peaceful Places: Portland**

Book ..... \$14

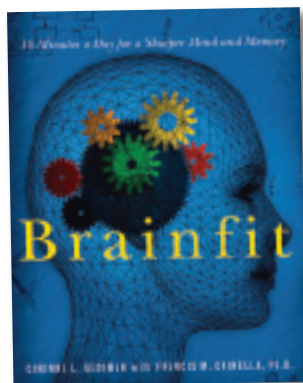
Need a little quiet time in the greater Portland metro area? This guide suggests places that can help you feel calm and cool — and also gives tips on when to visit popular attractions without the crowds. Take a deep breath and check out historic sites, parks, reading rooms, shops, and more.



### **Brainfit**

Book ..... \$16

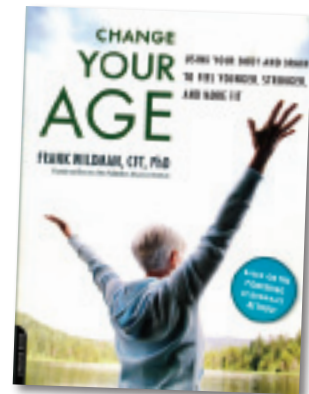
Are you ready to reclaim your brain? It's possible to improve your brain's fitness, and *Brainfit: 10 Minutes a Day for a Sharper Mind and Memory* can help. The book outlines a nine-week training program with entertaining games and brainteasers, memory tips, a weekly planner, and an anti-aging risk assessment.



### **Change Your Age**

Book ..... \$18

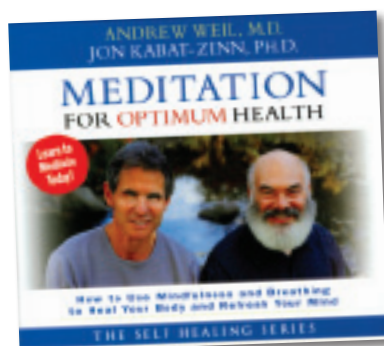
Look, feel, and move younger. The Change Your Age Program teaches you how to return to the exploratory, creative movements of your youth, engaging your brain and body to maximize your agility, strength, and vitality as you age. Learn exercises and tips to improve your flexibility, posture, and coordination — plus ways to customize the program to suit your needs and lifestyle.



### **Meditation for Optimum Health**

CD set ..... \$24.95

Uncover the myths and realities about meditation. This user-friendly introduction to basic meditation and mindfulness explains the various types of meditation and recommendations for certain methods. This CD promotes meditation as an adventure, rather than just “one more thing to do.”



Other



*Great for travel,  
or to use at home  
to prevent illness.*

**CleanWave Portable  
Toothbrush Sanitizer . . . . . \$19**

Use UV-C light to safely sanitize your toothbrush in just six minutes. Germs and bacteria thrive in the moist environment of a toothbrush and live long after you are finished brushing and rinsing your toothbrush. The UV-C light penetrates the membranes of viruses, bacteria, mold, and dust mites — attacking their DNA — and eliminating 99 percent of them. The cycle begins the moment you place your toothbrush in the sturdy sanitizer case, and turns off automatically. The CleanWave sanitizer operates on two AA batteries (not included).

Tobacco cessation



**NEW PRICE**

***Freedom from Tobacco Kit. . . . \$12***

Is it time to give up that old tobacco habit? Learn about the dependencies that keep you using, the triggers that tempt you, and the barriers that hold you back from making lasting changes. The kit's self-paced *Workbook* and *Resource Guide* of tips and tools will help you determine where you are and where you want to be — and how to get there.

## HOW CAN I PURCHASE PRODUCTS?

You can purchase products through Health Education Services, in pharmacies or dental offices, or by phone or mail (page 35). All product orders over \$100 receive free shipping!

Item #	Description	Price	S&H
<b>Cultivating Health® kits</b>		<b>New price on all kits!</b>	
NKB-002	<i>Everyday Fitness</i>	\$12.00	\$3.00
TKB-001	<i>Freedom from Tobacco</i>	\$12.00	\$3.00
BKB-002	<i>Improving Your Sleep</i>	\$15.00	\$3.00
DKB-001	<i>Managing Diabetes</i>	\$12.00	\$3.00
BKB-001	<i>Managing Stress</i>	\$15.00	\$3.00
NKB-001	<i>Weight Management — English</i>	\$12.00	\$3.00
NKB-001S	<i>Weight Management — Spanish</i>	\$12.00	\$3.00

<b>Health-related products</b>			
AX2720ST	Accusplit accelerometer pedometer	\$ 16.00	\$2.50
GP-CT001	GeoPalz® Juju Bug pedometer	\$ 24.00	\$2.50
GP-CT002	GeoPalz® Butterfly pedometer	\$ 24.00	\$2.50
GP-ER006	GeoPalz® Global Footprint pedometer	\$ 24.00	\$2.50
GP-SP003	GeoPalz® Soccer Ball pedometer	\$ 24.00	\$2.50
PD-001	Verilux® HappyLight	\$ 89.95	\$5.00
BP-001	Medela breast pump — shoulder strap style	<b>Closeout sale!</b> \$215.00	Free
BP-002	Medela breast pump — backpack style	<b>Closeout sale!</b> \$215.00	Free
PD-004	Verilux® Rise & Shine Natural Wake-Up Light	\$ 99.95	Free
PD-005	Verilux® UV-C Toothbrush Sanitizer	\$ 19.00	\$3.00
PD-006	BodyMedia FIT LINK	<b>Closeout sale!</b> \$110.00	Free
PD-007	BodyMedia FIT CORE	<b>Closeout sale!</b> \$ 90.00	Free

<b>CDs</b>			
BCD-8227	CD set: <i>Meditation for Optimum Health</i>	\$24.95	\$2.50
BCD-001	<i>Relaxation for Living and Sleeping Well</i>	<b>Lower price!</b> \$ 9.00	\$2.50
PCD-002	<i>TMJ Health</i>	\$14.00	\$2.50
PCD-003	CD set: <i>Dealing with Back Pain</i>	\$15.00	\$2.50

<b>DVDs</b>			
PDV-005	<i>Total Stretch for Beginners</i>	\$ 9.95	\$2.50
PDV-009	<i>Walking Down Your Blood Sugar</i>	<b>Closeout sale!</b> \$ 9.95	\$2.50
PDV-010	<i>Tai Chi for Beginners</i>	\$15.00	\$2.50
PDV-011	<i>Tai Chi for Balance and Mobility</i>	\$15.00	\$2.50

Item #	Description	Price	S&H
<b>Books/Booklets</b>			
PBK-008	<i>60 Hikes within 60 Miles of Portland</i> <b>New edition!</b>	\$ 18.00	\$2.50
PBK-009	<i>100 Hikes in Northwest Oregon &amp; Southwest Washington</i>	\$ 18.00	\$2.50
PBK-010	<i>Trips &amp; Trails — Oregon</i>	\$ 22.00	\$2.50
PBK-011	<i>Best Hikes with Kids — Oregon</i>	\$ 15.00	\$2.50
PBK-012	<i>Best Hikes with Kids — Western Washington</i>	\$ 18.00	\$2.50
PBK-001	<i>Walk There!</i> <b>Closeout sale!</b>	\$ 5.00	\$2.50
PBK-602	<i>See What You Read: Better Breastfeeding</i>	\$ 10.00	\$2.50
PBK-600	<i>See What You Read: Childbirth — English</i>	\$ 10.00	\$2.50
PBK-600S	<i>See What You Read: Childbirth — Spanish</i>	\$ 10.00	\$2.50
PBK-601	<i>See What You Read: Mother and New Baby Care</i>	\$ 10.00	\$2.50
PBK-100	Set of 3: <i>See What You Read</i>	\$ 25.00	\$3.00
PBK-015	<i>Brainfit</i>	\$ 16.00	\$3.00
PBK-016	<i>It's Not the Stork!</i>	\$ 11.99	Free
PBK-003	<i>It's So Amazing!</i>	\$ 12.99	Free
PBK-004	<i>It's Perfectly Normal</i>	\$ 12.99	Free
PBK-013	<i>The Care and Keeping of You — for Girls</i>	\$ 9.95	Free
PBK-006	<i>What's Happening to My Body? — Boys</i>	\$ 12.95	Free
PBK-005	<i>What's Happening to My Body? — Girls</i>	\$ 12.95	Free
PBK-018	<i>Autism's False Prophets</i>	\$ 16.95	Free
PBK-019	<i>Vaccines and Your Child</i>	\$ 16.95	Free
PBK-020	<i>Peaceful Places: Portland</i>	\$ 14.00	\$2.50
PBK-021	<i>The Family Classics Diabetes Cookbook</i>	\$ 20.00	\$3.50
PBK-022	<i>Change Your Age</i>	\$ 18.00	\$2.50
PBK-023	<i>Dissolving Pain (includes CD)</i>	\$ 17.00	\$2.50
PBK-024	<i>EatingWell for a Healthy Heart Cookbook</i>	\$ 22.00	\$3.50
PBK-025	<i>Biking Portland</i>	\$ 18.00	\$2.50
PBK-026	<i>Where to Bike, Portland</i>	\$ 22.00	\$2.50
PBK-027	<i>Walking Portland</i> <b>Introductory price!</b>	\$ 16.00	\$2.50
PBK-028	<i>The Urban Farm Handbook</i> <b>Introductory price!</b>	\$ 21.00	\$2.50
PBK-029	<i>Food Grown Right, in Your Backyard</i> <b>Introductory price!</b>	\$ 21.00	\$2.50

### Product Return Policy

- BodyMedia, Verilux products, breast pumps,\* and pedometers can be returned within 30 days of purchase, in the original packaging, with receipt. \*Breast pumps are not returnable if manufacturer packaging has been opened.
- All sales are final on books, CDs, and DVDs.

Sample products are available to examine at our office. Call us for details.

# Class registration/Order form

It's easy to register for a class or order products. Many classes — and all of our products — are available to the general public as well as our members.

## By phone

Call us at 503-286-6816 or 1-866-301-3866 (toll free), Monday through Friday, 8 a.m. to 5 p.m., and select option 1. Please have your health record number and Visa, MasterCard, American Express, Discover Card, or debit card available.

## By mail

Send a check with your order form, or include your credit or debit card number (with the expiration date and your signature, please). If registering for a class, your order form and payment must be received 10 days before the first class date. Mail to:

Kaiser Permanente Health Education Services  
7201 N. Interstate Ave.  
Portland, OR 97217

## By fax

Fax the registration/order form, with your credit or debit card number, to 503-286-6881.

## Helpful information — Classes

- Support people are encouraged to attend many of our offerings at no cost. However, some classes require that all attendees be paid participants dealing with their own issues relevant to the subject matter. Please call for additional information.
- Payment is due at the time of registration.
- Refunds for classes will be issued. Please try to give at least one week's notice. Call the phone number below to cancel registration, transfer to another class, or receive a refund. When materials have already been provided, their cost will be deducted from the refund.
- Health Education Services may, on rare occasions, cancel a class owing to low enrollment, bad weather, or other circumstances beyond our control. In this event, refunds or credits will be issued as appropriate.
- Different fee options are available for those who meet federal criteria for financial need. Please call for details.

## Class registration/Product order form

Name (last)		(first)	
Daytime phone	Evening phone	Health record # (required)	
Street address	City	State	ZIP

### Product ordering

Item #	Quantity	Description	Price	S&H	Total product cost

### Class registration

Class title #1	Class #	Class fee
Class title #2	Class #	Class fee
Name of attending spouse/support person (last)	(first)	To register for a childbirth education class, please indicate due date.

### Payment

<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover <input type="checkbox"/> AmEx <input type="checkbox"/> Debit card <input type="checkbox"/> Check	Card #	<b>Product total</b>
	Billing ZIP	Expiration date
	Cardholder's signature	<b>Class total</b>
	X	<b>Grand total</b>

Health Education Services



# Our locations

## Portland-area medical centers and offices

- 1 Kaiser Permanente Sunnyside Medical Center
- 2 Kaiser Permanente Westside Medical Center
- 3 OHSU Doernbecher Children's Hospital (For children 17 and younger)
- 4 Beaverton Medical Office
- 5 Brookside Center
- 6 Center for Health Research
- 7 Clackamas Eye Care
- 8 Eastman Parkway Office
- 9 Gateway Medical Office
- 10 Hillsboro Medical Office
- 11 Interstate Medical Office Central
- 12 Interstate Medical Office East
- 13 Interstate Medical Office South
- 14 Interstate Medical Office West
- 15 Interstate Radiation Oncology Center
- 16 Lake Road Nephrology Center
- 17 Mother Joseph Plaza
- 18 Mt. Scott Medical Office
- 19 Mt. Talbert Annex
- 20 Mt. Talbert Medical Office
- 21 Murrayhill Medical Office
- 22 One Town Center
- 23 Rockwood Medical Office
- 24 Sleep Lab
- 25 Sunnybrook Medical Office
- 26 Sunnyside Medical Office
- 27 Sunset Medical Office
- 28 Tualatin Medical Office
- 29 Walker Road Nephrology Center
- 30 Westside Medical Office

## Vancouver-area medical center and offices

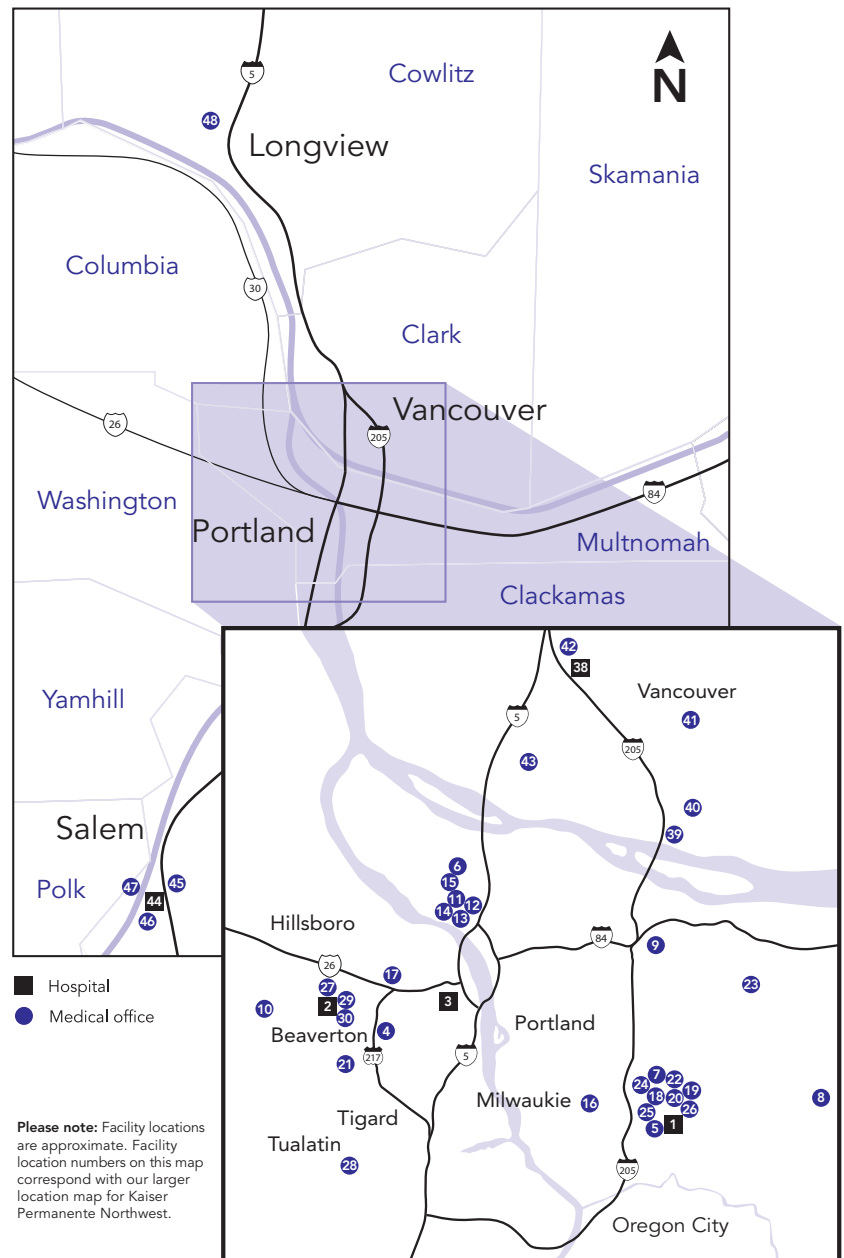
- 38 Legacy Salmon Creek Medical Center (24-hour emergency, low-risk childbirth, and selected services only)
- 39 Cascade Park Medical Office
- 40 Mill Plain One Medical Office
- 41 Orchards Medical Office
- 42 Salmon Creek Medical Office
- 43 Vancouver Medical Office

## Salem-area medical center and offices

- 44 Salem Hospital
- 45 North Lancaster Medical Office
- 46 Skyline Medical Office
- 47 West Salem Medical Office

## Longview-area medical office

- 48 Longview-Kelso Medical Office



## Online tools

Leading your life with a balanced sense of wellness — in body, mind, and spirit — contributes to a healthier lifestyle.

At Kaiser Permanente, there are many resources to help you get healthy and stay healthy.

### kp.org

When you're registered on **kp.org**, you get access to some of your personal health information.

Free and confidential online services available to members at **kp.org/myhealthmanager** include:

- Sending secure, nonurgent email messages to your health care clinician's office, an advice nurse, or pharmacist.
- Viewing information about your ongoing medical conditions, allergies, past office visits, and more.
- Seeing results of certain lab tests.
- Refilling prescriptions.
- Making or canceling appointments.

Need to request a copy of your medical record? It's easy at **kp.org/releaseofinformation**. The page offers help with record requests, forms, and more.

You sign on with your user name and password to access these services. If you do not have a **kp.org** account, you can go to the site and register.

Kaiser Permanente's website also provides a wealth of information, including class listings, featured health topics, recipes, online health calculators, podcasts, and health and drug encyclopedias.

### Webinars

Diabetes prevention, exercise, depression, sexual intimacy, acupuncture, quitting tobacco . . . you can find webinars on these topics and more. They are free for members and nonmembers. Check these sites for schedules, to register, or to view recordings of past presentations:

- **kpwebinar.org**  
Kaiser Permanente Colorado Region
- **kp.org/healthtalks**  
Kaiser Permanente Regional Health Education, Northern California



## Online tools

### Healthy lifestyle programs\*

These online programs are far more than just information. They are real programs that help you assess where you are and what you need, and then provide tailored tips, tools, and messages that meet your specific goals.

**Succeed** is a good first step. This program is an inventory of your health. It asks questions about you, your habits, and your choices. Your answers result in a personal Total Health Assessment created just for you by health professionals.

Then, you can use the other programs and pursue action plans to improve your well-being. All are available at [kp.org/healthylifestyles](http://kp.org/healthylifestyles). Or go to a particular one:

- [kp.org/succeed](http://kp.org/succeed) — take a health assessment
- [kp.org/careforyourhealth](http://kp.org/careforyourhealth) — manage a chronic illness
- [kp.org/careforpain](http://kp.org/careforpain) — get help dealing with pain
- [kp.org/overcomingdepression](http://kp.org/overcomingdepression) — address depression
- [kp.org/carefordiabetes](http://kp.org/carefordiabetes) — manage diabetes
- [kp.org/overcominginsomnia](http://kp.org/overcominginsomnia) — improve your sleep
- [kp.org/careforyourback](http://kp.org/careforyourback) — prevent and manage low back pain
- [kp.org/nourish](http://kp.org/nourish) — make smart and delicious food choices
- [kp.org/relax](http://kp.org/relax) — relieve and prevent stress
- [kp.org/breathe](http://kp.org/breathe) — quit using tobacco
- [kp.org/balance](http://kp.org/balance) — achieve a healthy weight

Algunos programas son disponibles en español al [kp.org/vidasana](http://kp.org/vidasana).

### ChooseHealthy™ \*\*

ChooseHealthy is an online health resource. A basic membership is free for Kaiser Permanente members. It includes a library of health and wellness information, product discounts, and email communication with a ChooseHealthy educator.

For more information, or to register, go to [kp.org/choosehealthy](http://kp.org/choosehealthy).

### Complementary care

Choose the type of care and activities that will help you meet your health goals. All members are eligible for special discounts on memberships at health clubs and certain kinds of complementary care, including acupuncture, chiropractic care, massage therapy, and naturopathic care.

*Make sure you ask about the provider's or club's specific discount before you schedule an appointment or join (discounts vary).*

For a list of participating clubs and Complementary Healthcare Plans (CHP) providers, go to [kp.org/memberdiscounts](http://kp.org/memberdiscounts).

### Active and Healthy

CHP also offers discounts on fitness, wellness, and entertainment activities. To take advantage of these deals, go to [CHPActiveandHealthy.com](http://CHPActiveandHealthy.com).

After you create an account, you can search among thousands of offers. You'll need your Kaiser Permanente health record number to sign up.

\* HealthMedia is a registered trademark of HealthMedia, Inc. Succeed, Breathe, Balance, Relax, Nourish, Care for Your Back, Care for Your Health, Care for Pain, Care for Diabetes, Overcoming Depression, and Overcoming Insomnia are trademarks of HealthMedia, Inc.

\*\* ChooseHealthy and FitnessCoach are trademarks of American Specialty Health, Inc.



## Health on the go

Social media are mobile or Web-based ways to learn, share, entertain, and interact with others.

Here are several outlets that can provide a little information and inspiration to help you make healthier choices. All are powered by the Health Education Services Department of Kaiser Permanente Northwest.

### HealthyLivingNW

What's going on in the area? @HealthyLivingNW on Twitter provides information about activities and events that can help you get out and about, and have fun with your family and friends. Go to [twitter.com/HealthyLivingNW](https://twitter.com/HealthyLivingNW) and become a follower.

### HealthyFamilyNW

Help your family get and stay healthy. HealthyFamilyNW is about inspiring, empowering, and supporting families with babies and young children in the Northwest Region. Join the conversation and share ideas at [facebook.com/HealthyFamilyNW](https://facebook.com/HealthyFamilyNW).

### QuitandStayQuit

Are you thinking about becoming tobacco-free? Or have you already quit? You can get tips and motivation to support your quit with free text messages. Go to [twitter.com/QuitandStayQuit](https://twitter.com/QuitandStayQuit) and become a follower.



## Community and Kaiser Permanente resources

### RESOURCES AT YOUR FINGERTIPS

Want to research a health topic or find out more about treatment options? Is there a support group in your area? These are a few local resources that can help you find the information you need.

#### Alcohol and drugs

*Kaiser Permanente Addiction Medicine*

Longview-Kelso . . . . .	360-636-6235
Portland . . . . .	503-249-3434
Salem . . . . .	503-316-2300
Vancouver . . . . .	360-571-3133

#### Alzheimer's

*Alzheimer's Association*

Oregon and SW Washington . . . . .	1-800-272-3900
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#### [alz.org/oregon](http://alz.org/oregon)

*Alzheimer's Network of Oregon*

Marion/Polk/Linn-Benton counties . . . . .	503-364-8100
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#### [alznet.org](http://alznet.org)

#### Arthritis

*Arthritis Foundation*

Pacific NW Branch . . . . .	503-245-5695 or 1-888-391-9389
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#### [arthritis.org/oregon](http://arthritis.org/oregon)

#### Attention deficit hyperactivity disorder

*CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder) . . . . .*

1-800-233-4050
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#### [chadd.net/246](http://chadd.net/246)

#### Breastfeeding

*LaLeche League International*

#### [lalecheleagueoregon.webs.com/](http://lalecheleagueoregon.webs.com/)

#### Cancer

*Kaiser Permanente*

<i>Cancer Counseling Center . . . . .</i>	503-331-6550
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#### Caregiver services

*Comfort Keepers®*

Kaiser Permanente has an agreement with Comfort Keepers for Kaiser Permanente members.

Portland Metro . . . . .	503-855-4415 or 503-643-2010
Salem . . . . .	503-877-8926
Washington . . . . .	360-356-1626

#### [comfortkeepers.com](http://comfortkeepers.com)

*Legacy Caregiver Services*

#### [powerfultoolsforcaregivers.org](http://powerfultoolsforcaregivers.org)

#### Child safety seats

*Child Passenger Safety -*

<i>Oregon Impact . . . . .</i>	503-643-5620 or 1-877-793-2608
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#### [oregonimpact.org](http://oregonimpact.org)

#### Community resources

*The Human Services Council in SW Washington maintains an information and referral line for many types of community resources. . . . .*

360-694-6577
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#### [humanservicescouncil.com](http://humanservicescouncil.com)

211info Specialists can connect you with information on thousands of agencies and social services in the region. If your phone does not recognize 211, you can dial:

211info . . . . .	211
Oregon . . . . .	1-866-698-6155
Washington . . . . .	1-877-211-9274

#### [211info.org](http://211info.org)

#### CPR

Contact your local *American Red Cross*.

Oregon . . . . .	503-284-1234
Washington . . . . .	360-693-5821

# Community and Kaiser Permanente resources

## Crisis (all types) — 24 hours a day

Clark County Crisis Intervention . . . . . 360-696-9560  
or 1-800-626-8137

Multnomah County Crisis Line . . . . . 503-988-4888

Oregon State Teen Line . . . . . 1-877-553-TEEN (8336)

Salem-Marion/Polk Counties  
Crisis Line . . . . . 1-800-560-5535

## Depression

National Alliance for the Mentally Ill

Oregon . . . . . 1-800-343-6264

Washington . . . . . 1-800-782-9264

Recovery International

Northwest Support Groups . . . . . 503-231-1334

## Developmental disabilities

The Arc

Check your local phone directory for a chapter near you.

Easter Seals Society

Check your local phone directory for a chapter near you.

## Diabetes

American Diabetes Association

Oregon . . . . . 1-888-342-2383

Washington . . . . . 206-282-4616

## Domestic violence

Portland Women's Crisis Line

and Sexual Assault Services . . . . . 1-888-235-5333

MidValley Women's Crisis Service . . . . . 503-399-7722

Washington State Hotline . . . . . 1-800-562-6025

## Epilepsy

Epilepsy Foundation Northwest

Oregon and SW Washington . . . . . 1-888-828-7651

**epilepsynw.org**

## Family planning

Oregon State Family Planning,

English and Spanish . . . . . 971-673-0355

Washington State Family Planning

**doh.wa.gov**

## Family services

Parent Trust for Washington Children

**parenttrust.org**

Parents Anonymous of Oregon

Message line . . . . . 503-956-4874

Providence Child Center . . . . . 503-215-2400

Morrison Child and Family Services . . . . . 503-258-4381

**morrisonkids.org**

YMCA of Columbia-Willamette . . . . . 503-223-9622

**ymcacw.org**

YWCA of Salem . . . . . 503-581-9922

**ywcasalem.org**

YWCA Clark County . . . . . 360-695-0501

or 1-800-695-0167

**ywcaclarkcounty.org**

## Grief

Kaiser Permanente Hospice offers bereavement counseling to family and friends of hospice clients. Group support is available for all members of the community.

Portland . . . . . 503-499-5307

other areas . . . . . 1-800-448-0838

Me, Too & Company offers programs for grieving children and youth.

Portland . . . . . 503-228-2104

## Hearing

Hearing Loss Association of Oregon . . . . . 541-689-7242

**hearinglossor.org**

Hearing Loss Association of Washington

**hearingloss-wa.org**

## Heart

American Heart Association

Oregon . . . . . 503-233-0100

Washington . . . . . 206-632-6881

Women Heart — The National Coalition for Women with Heart Disease

Local coordinators . . . . . 360-887-4694

or 360-597-3061

## Community and Kaiser Permanente resources

### HIV/AIDS

*Cascade AIDS Project*

Portland . . . . . 503-223-5907

*Salem-Marion County*

*Health Department* . . . . . 503-588-5342

### Medical alert monitoring

*LifeStation* . . . . . 1-866-745-7575

**lifestationadvantage.com** (enter product code "KP01")

Kaiser Permanente members receive a discount.

### Mental health

*Kaiser Permanente Mental Health*

Longview-Kelso . . . . . 360-636-6235

Portland . . . . . 503-249-3434

Salem . . . . . 503-316-2300

Vancouver . . . . . 360-571-3133

*National Alliance on Mental Illness*

Information Helpline . . . . . 1-800-950-6264

**nami.org/sites/namioregon**

### Multiple sclerosis

*National Multiple Sclerosis Society*

Local resources . . . . . 1-800-344-4867, option 1

### Nutrition

*Oregon Academy of Nutrition and Dietetics*

**eatrightoregon.org**

### Parkinson's disease

*Parkinson's Resources of Oregon* . . . . . 503-594-0901  
or 1-800-426-6806

**parkinsonsresources.org**

### Safety and first aid

Contact your local *American Red Cross* office for information about first aid, CPR, babysitting, water safety, lifeguarding, and children's "home alone" safety.

### Senior services

*Multnomah County Area Agency on Aging*

Multnomah County . . . . . 503-988-3646

Washington County . . . . . 503-640-3489

*Clackamas County Aging and Disabilities Services*

Oregon City . . . . . 971-673-7600

Canby . . . . . 503-263-6700

Estacada . . . . . 503-630-4605

Milwaukie . . . . . 971-673-6600

The *Senior Adult Learning Center of the Institute on Aging* helps Oregon seniors audit classes tuition free at Portland State University.

For information, call 503-725-4739

*Linn-Benton, Marion, and Polk counties Northwest Senior and Disabilities Services*

Linn-Benton County . . . . . 541-967-8630  
or 1-800-638-0510

Marion County . . . . . 503-304-3400

Polk County . . . . . 503-831-0581

### Tobacco use

*Kaiser Permanente Talk with a Health Coach*

Portland . . . . . 503-286-6816

All other areas . . . . . 1-866-301-3866

The *Tobacco Quit-Line* . . . . . 1-800-784-8669

TTY . . . . . 1-877-777-6534

Spanish speaking . . . . . 1-877-266-3863

### Travel clinic

Call the *Kaiser Permanente International Travel Clinic* for information about immunization requirements when traveling abroad.

Monday–Friday,  
8 a.m.–4 p.m. . . . . 1-800-888-8540

### Volunteering

To volunteer at a Kaiser Permanente hospital or with the Kaiser Hospice program, directly contact the volunteer program coordinators for more information.

Bonnie Morgan,  
Kaiser Permanente  
Sunnyside Medical Center . . . . . 503-571-4155

Annette Shaff-Palmer,  
Hospice . . . . . 503-499-5285

Kelli Houston,  
Kaiser Permanente

Westside Medical Center . . . . . 971-310-3138

## Community and Kaiser Permanente resources

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# UKULELES = HEALTHY

At Kaiser Permanente, we believe your total health is what matters most. We also believe the things you love can lift much more than your spirits. By providing thorough preventive care measures — like screenings and health classes as well as investing in the communities we call home — Kaiser Permanente is committed to helping you thrive. Every way we can.

Join us at [kp.org](https://www.kp.org)



# HUNGRY FOR WAYS TO EAT WELL **AND STAY HEALTHY?**

When you learn how to choose your food wisely, you'll find yourself with increased energy, improved mood, better weight control, and a strong line of defense against many diseases, such as diabetes and heart disease.

The best part? It's not hard.

When you cook at home, you have control over the ingredients and portion sizes at your table. This is key to improving your nutrition.

Cooking at home saves money, too. And eating the leftovers makes your money go even further.

Start by planning one healthy meal at home each week. You don't have to stop eating out or change your regular cooking routine all at once – every small step adds up to greater overall health.

## Update your recipes

Even if you cook at home now, there may be ways to make your family favorites healthier with substitutions.

Turn your favorite recipes into smart meals by making simple swaps. For example:

- If the recipe calls for butter or lard, substitute olive or canola oil or a transfat-free tub spread.
- Instead of heavy cream, use evaporated nonfat milk in soups and casseroles, or half and half in baking.
- Use half the amount of salt called for in soups, stews, etc., and add extra herbs and spices.
- Substitute half of the white flour in your recipe with whole-wheat flour.



Here are several recipes from Dr. Preston Maring's blog, at [recipe.kaiser-permanente.org/](http://recipe.kaiser-permanente.org/).

Other resources

- Find meal ideas at [kp.org/recipes](http://kp.org/recipes).
- Check out the healthy cookbooks on page 22.
- Get a free personalized plan to improve your nutrition at [kp.org/nourish](http://kp.org/nourish).
- Try growing some of your own food with help from a gardening book (page 26).

### Spicy Black Bean Soup V 1.1

Serves 6

- 2 tablespoons olive oil
- 1 red onion, diced
- 6 large garlic cloves, minced
- 4 rounded teaspoons ground cumin
- 2 jalapeños, minced
- 2 chipotle chilies in adobo, minced
- 2 15-ounce cans black beans, including liquid
- 2 medium tomatoes, diced, or 1 15-ounce can diced tomatoes
- 16-ounce jar of roasted red peppers packed in water, drained and pureed
- 2 cups low-sodium chicken or vegetable broth
- ½ bunch fresh cilantro, chopped
- Optional scallions and feta cheese for garnish

In a large soup pot, heat the oil, then sauté the onion and garlic until the onion is soft and the garlic fragrant. Add half the jalapeño, chipotle chilies, and the cumin. Stir for a bit. Add the beans with juice, tomatoes with juice, and chicken broth. Bring to a boil then simmer partially covered for about 15 minutes. Purée 2 cups of the soup in a blender and add it back or use a hand held blender until the soup has a slightly thickened consistency. Season the soup to taste with salt, pepper, and add more jalapeño a little at a time. Just before serving, sweep in lots of chopped cilantro and serve it hot. Garnish it with sliced scallions and a little feta cheese if you wish.





## Fish Tacos with Cilantro Slaw

Serves 6

### For the cilantro slaw:

- ½ head cabbage, either green or red, thinly sliced
- ½ red onion, thinly sliced
- ½ red pepper or some carrots, thin julienne
- ½ bunch cilantro, coarsely chopped
- 2 tablespoons orange juice
- 1 tablespoon extra virgin olive oil
- ¼ cup rice vinegar
- 1 teaspoon sugar
- Salt and freshly ground pepper to taste
- A little fresh lime juice

Mix all the slaw ingredients in a large bowl and let sit for at least 15 minutes before serving.

### For the fish tacos:

- 1 pound halibut fillets
- About 2 teaspoons ancho chili powder
- 1 tablespoon canola oil

Season the fish fillet with a little salt and pepper. Liberally coat the first side with ancho chili powder. Heat the canola oil in a sauté pan over medium heat. Sprinkle some salt and pepper from a height in the hot oil also. This really helps keep the fish from sticking. Cook the fillet ancho side down. Sprinkle the top with the remaining ancho chili. Fish takes about 10 minutes per inch of thickness to cook no matter how you do it. So guess what half the total cooking time should be for one side and don't try to turn the fillet before then.

### Whole wheat flour or stone ground corn 8" tortillas

Heat the tortillas. Flake the cooked fish and place in the tortillas. Top with the slaw. Enjoy.

## Potato, Delicata Squash, and Arugula Salad

Serves 4

- 1 1/2 pound fingerling potatoes, cut lengthwise into 1/8 slices
- 2 delicata squash, halved lengthwise, seeds scooped out, then cut into 1/8 half moons
- 4 cups arugula
- Seeds from one pomegranate
- 4 tablespoons extra virgin olive oil
- 1 tablespoon minced shallot
- 1 tablespoon champagne vinegar
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/2 cup shaved Parmesan
- Salt and freshly ground pepper to taste

Preheat oven to 425 degrees. Toss the sliced potatoes and squash with 1 tablespoon of oil in a large bowl. Sprinkle with a 1/4 teaspoon salt. Spread out on baking sheets covered with parchment paper. Roast them until starting to brown — about 20-25 minutes, shifting pans from top to bottom shelf half way through. When done, remove and let cool a bit.

Meanwhile, make the vinaigrette. Add the vinegar, lemon juice, honey, and Dijon to a jar and shake. Add the remaining 3 tablespoons of oil and shake some more. Taste, add 1/4 teaspoon salt and some pepper, and taste again. Adjust with more of whatever you think it needs.

Cut the pomegranate in half around its middle. Fill a large bowl half full of water. Submerge half of the pomegranate. Wiggle the seeds out. They will sink and most of the white pith will float. This is really cool. Scoop out the pith with a sieve, drain, and reserve the seeds.

Add the roasted potatoes, squash, and arugula to a large bowl. Add vinaigrette and toss gently. Mix in the pomegranate seeds, serve, and enjoy.

# ARE YOU READY FOR A CHANGE?



Are you trying to improve your physical fitness? Manage high blood pressure? Stop using tobacco?

## Need some help?

Cultivating Health® behavior change kits can help you learn new skills and make healthier choices.

Developing new habits is one key to successful, long-term behavior change. A kit can help you create a program that meets your own particular needs. It combines interactive exercises with resources and tools to support you as you figure out where you are and where you want to be – and how to get there.

The Cultivating Health line includes *Weight Management* (also available in Spanish), *Improving Your Sleep*, *Freedom from Tobacco*, *Managing Stress*, *Managing Diabetes*, and *Everyday Fitness*.

All kits contain a *Workbook and Resource Guide*, bound together for handy use. The sleep and stress kits include a relaxation CD.

The kits are sold through the Health Education Services Department and at most Kaiser Permanente pharmacies and dental offices. Prices are now \$12 and \$15 (previously \$15 and \$18).

For more information, please check the product section (pages 19 to 34). Or call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2.

# THINKING ABOUT A HEALTHIER LIFESTYLE?

## TALK WITH A HEALTH COACH

You can get support and motivation in a brief chat with a coach as you discuss:

- Your health goals.
- The process of change.
- Your options for next steps.

Call 503-286-6816 or 1-866-301-3866 (toll free) and select option 2. This service is free for Kaiser Permanente members. It is available Monday through Friday, 8 a.m. to 5 p.m.

# TAKE A BREATH.

New allergies can develop over time.  
Manage them by learning what can trigger  
symptoms, at [kp.org/allergies](http://kp.org/allergies).

