

Central Coast Edition

California's Guide to Healthy Living

JUNE 2004

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Cancer  
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Keep it off

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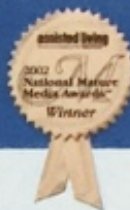
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## Why We Do What We Do

We all think we understand something about aging. It is an understanding that goes far beyond seeing our own gray hairs and wrinkles in the mirror, the forgotten thoughts that we call senior moments, the portfolios we build for a comfortable retirement or the supplements we take for aching joints. We have all been touched by personal relationships: watched grandparents and parents, even siblings, or some one single person, come into this world and move on to another place. Many of us are involved in the long-term care business because we have found a way to express our compassion to those who we want to have quality care and dignity, and even love, in later years.

My life has not been without personal experiences in long-term care that affected me on such deep emotional levels they are difficult to describe. My dear grandfather was placed in a dementia ward of a skilled-nursing facility while in his 80s because of a series of strokes that debilitated him. Whenever my family would visit, I was the only one who could look past the smell of his body or his strange, scaly skin and climb on to the edge of the bed, hold his hand and kiss his face. He did not know me, but he knew he was with someone who loved him and his face was always bright. When my once-beautiful grandmother suffered from cancer in her 70s and spent her days in a hospice facility, bald, emaciated and in great pain, I was the one who crawled onto her bed as well, held in her my arms while she cried and made sure she knew that she was truly more beautiful than I had ever seen her.

Aging is a place of fear for many and a place of hopelessness for others. This is why I work for **Assisted Living Success**. I want to provide as many resources as I can to the decision-makers in long-term care who can help improve the experience my grandparents went through, what my parents may go through and what I will eventually go through. That is why I have initiated the supplement **Memory Care Professional**. The Alzheimer's Association reports that nearly half of people over 85 have Alzheimer's disease, and that does not account for dementia-related diseases. This is near the average age of assisted-living residents. *If you are a long-term care professional you are also a memory care professional.* Our society spends at least \$100 billion a year on Alzheimer's disease. This money is for services, products, medications and treatment.

**Memory Care Professional** is the FIRST business-to-business publication of its kind. This means it is written for those who want to know more than just the latest medical data. It is for those developing new Alzheimer's/dementia facilities or modifying current structures. It is for those who want to buy products conducive to the special needs of memory care patients. It is for those who want to create a forum for discussing this growing population. And so far, the response has been tremendous! We have had phone calls from numerous people congratulating us on the initiation of such a supplement, as well as inquiries from many who want to subscribe. The most poignant conversation I had was with a gentleman whose mother suffers from Alzheimer's. He has been caring for her in his home and is desperately seeking for new ways to stimulate her and care for her. If this is your story, perhaps you'll find something in our supplement that helps you create a better quality of care for someone needing memory care.

For those of you at ALFA, welcome! Remember to visit us at booth #626, see the new supplement, **Memory Care Professional**, and pick up your tote bag filled with our May issue and special resource literature.

Warm regards,



Susan Kavanaugh  
Publisher



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# assisted living

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# TAKE CARE OF *yourself*

I THINK THIS AS I FALL ASLEEP AT NIGHT, filled with guilt about tasks I meant to complete but did not have the energy to do.

Unloading the dishwasher. Throwing in another load of laundry. Thawing tomorrow night's dinner. Mopping the filthy tile in the entry hall. Filling my car with gas. But, let me stop here, because this is a list that will never end.



Nurturing my precious niece Ashley.

I am a woman with a demanding full-time job. No husband or children at home now, though I couldn't imagine the added responsibility. There are millions of Supermom wannabes out there—some by choice and others by circumstance. There are millions of us, spending every minute taking care of others—at work and at home—running out of energy and running out of time to do everything we aspire to do.

This includes the stay-at-moms too. My sister-in-law amazes me with her yellow legal pad on which she writes her daily "to do" list. It also looks endless and after spending

time with her and the kids, for only one day, I am left breathless in her wake. How do we all manage? And, more importantly, are we managing or are we neglecting our emotional and physical health by trying to accomplish too much?

You've been told many times: You don't have to be perfect; you don't have to do it all; make time for yourself. You laugh and think, "Yeah, in another life." But honestly, you need to think about those suggestions again. True, women are born nurturers, but trying to be perfect or trying to do it all doesn't help you or your family. Quality is truly more important than quantity. Who is going to die if the dishes don't get done, you grab dinner from Boston Market, and dust bunnies are prolifically multiplying under your sofa?

By making time for yourself, you'll be a better wife, mother and employee. Your personal time can be spent luxuriating in a bubble bath, taking a long walk, getting a pedicure, reading, volunteering for a community project, hiking in the mountains, or meditating. Whatever recharges you, find it—because when you find it you'll rediscover a sexier, healthier and happier you.

And when Mama's happy, everybody's happy.

Take care of yourself. Use the articles in this issue to help rebuild your health and to feel better about yourself. Your world will be better for it.

—SUSAN KAVANAUGH

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“A woman's work is never done.”

azh

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PLEASE NOTE that the articles contained in this publication are meant to increase reader awareness of developments in the health field. Its contents should not be construed as medical advice or instruction on individual health matters, which should be obtained directly from a health professional.

# In the Trenches

## Budgets, Planning, and an Eye on the Future

By Susan Kavanaugh

*Assisted Living Success* recently went into the field and spoke with several administrators in the southwest regarding operations and basic budget procedures. Bottom line? Money is tight. Expectations high.



Les Hunt, Executive Director, Sierra Pointe

### Sierra Pointe

Les Hunt is the executive director for Sierra Pointe, a privately owned assisted living and independent living community in Scottsdale, Ariz. Hunt has been with Sierra Pointe since 1999. "I came on with the company just after the ground-breaking as a matter of fact. I was involved in all of the operational planning, preliminary budgeting and, of course, hiring of all staff." Sierra Pointe has 27 assisted living apartments and 189 independent living apartments. Hunt smiles as he says that its occupancy level is at 96 percent, "Not as good as we'd like."

The fiscal year for Sierra Pointe is a calendar year. Each department head develops his own budget as part of the planning.

Even though the physical structure is pretty well set in place, Hunt indicates that the budget development and implementation is structured around residents' needs. "As we've seen what our residents' needs really are, we can fine tune some of those," he says.

The movie theater, the pool table and exercise room were all in the original plans but they were recently moved to create a larger common area and to accommodate a custom computer room with eight brand new Dell computers. "We plan for on-going maintenance as capital expenditures—a good example would be resurfacing the parking lot. We do that about every three years," says Hunt. "Carpet replacement, of course, is the type of thing that's certainly in a capital budget. We probably will be redoing that as we hit those points."

Hunt and his staff get creative with their budget by modifying space and adding new programs. "Initially we had a nursing desk in assisted living and quickly realized that was not necessary so we pulled it out to

create more resident common space," he says. Sierra Pointe also added scenic drives to its activities schedule, requiring more transportation. The area around the community is filled with mountains and desert beauty. Another addition to the budget this year is "Just for You," a pampering concierge service program. Specialty transportation is critical to the "Just for You" program.

The largest operational costs are between food and staff. Sierra Pointe has a staff of 90 plus. The assisted living component is very costly because of the 24/7 operation. Next, according to Hunt, would probably be general maintenance and housekeeping. "We're always looking for ways that we can reduce our operating costs; however, whenever we go looking for a lower cost, we're always looking for same or exceptional quality," he says. Sierra Pointe's mission is to deliver "superlative service." Hunt feels that he can be most proud of staff training and Sierra's focus on it.

### Ridgecrest

In North Phoenix, Sandy Bestic is head administrator for Ridgecrest Healthcare, a privately owned 200-bed skilled nursing facility. Bestic emphasizes the success of the facility. "Aside from the fact that we have very good clinical outcomes, the majority of our patients who are admitted are discharged to a prior level of functioning so there's not a lot of long-term residents here. So if you're looking for a subacute stay, and you know you're looking for those types of



Sandy Bestic, Administrator, Ridgecrest Healthcare

services—the complex nursing and the rehab—the facility has it and the facility can deliver on what it says it can deliver, so I think that's what makes us special."

The fiscal year is a calendar year and Bestic develops the budget with the accountant and owners using historical data from previous years. She talks with each of the department heads one-on-one to determine what is realistic and if anything needs to change. "We do have a lot of capital expenditures. The building was built in 1985 so the useful life of some things is up," says Bestic. "We're getting around to replacing air conditioners. We just purchased a steamer for the kitchen and the carpeting...we're looking at replacing. That's about a \$75,000 project."

The largest operational costs are labor. They average between 165 and 190 employees and have an average payroll of about \$180,000 every two weeks. But Bestic adds, "Internally, I would say it's labor, but if you look at the total operations for the facility, it's not labor—it's insurance. It's gone up significantly. Our premium is at \$308,000 and with no claims either. It's really impacting the facility's ability to be insured."

"We need to have creative ideas to stay in business," Bestic points out. "A year and a half ago, when we took over operations (from the former owners), there was a real threat that the building was going to close because it was losing so much money. It's just been a lot of people working really hard to make sure that the building doesn't close, and I think the staff is pretty proud of that. Everybody here has had to make adjustments to make it happen without compromising what we're here to do—which is to deliver quality care."

The facility is also pursuing getting into the business of acute rehab and having a relationship with the local hospital up the street. This would involve an orthopedic surgical group that is interested in bringing business to the hospital and then referring its patients to Ridgecrest. The facility would need to change licensure status on some of its beds to acute rehab and have different therapy intervention than what is offered for the long-term care side, but it would mean more revenue because they'd be billing at a higher rate.

If Bestic had an unlimited slush fund this year, there are at least two things she'd do. "I would refurbish the facility, and I would upgrade the insurance that's available to the employees so they had a better insurance plan."

### Westminster Village

Westminster Village is a Lifecare facility, one of only nine in Arizona. Residents pay an entrance fee and then monthly rates. Bud Hart is the executive director for this community that offers independent living with



Bud Hart, Executive Director, Westminster Village

skilled nursing care and home health services. Started in 1982 by a group of local residents, the Scottsdale, Ariz., non-profit community has 250 apartments.

Westminster Village borrows a philosophy from Hillary Clinton: *it takes a village*. The employees are trained to treat each other with respect and follow the golden rule. The first step to having happy residents, says Hart, is having happy employees.

Hart says that because the village is a service industry, most of the dollars are going to be spent in wages, salaries and benefits. "In our industry, costs are rising rapidly—property, casualty, liability insurance, wages, salaries, and benefits especially for the nursing staff and the nationwide nursing shortage is driving that up," he says.

He is clear about one thing though: The facility is 15 years old and the original service model did not account for the needs in between independent living and skilled nursing. Because residents are choosing to wait until a later age to move into the community, he sees the need for

additions. "I say the big capital things are going to be a change in the service model by adding assisted living, maybe increasing the number of skilled nursing beds, and increasing the number of home health staff."

Creativity with the budget means responding to the residents' needs, according to Hart. Westminster did not originally have a home health agency but added it as it was necessitated.

"The way we build our budget is zero-based budgeting," says Hart. "The department heads have to indicate what they need. For instance, the maintenance director may say he needs \$20,000 for plumbing supplies next year and I say 'Well, how do you know that?' He'll tell me that he spent \$19,000 last year and that he's renovating more apartments, so I say 'Okay.' We review each line item. For our board of directors, we provide narratives for each line item, with historical and statistical data." Westminster has a calendar year budget.

Capital expenses for the present have included a new chilling tower to run the air conditioning, new carpeting, sinks, faucets, dishwashers, and microwaves. It is also time to replace vehicles and buses. The community has four vehicles, ranging from a sedan to a 32-passenger bus.

Hart enjoys considering what he could do with an unlimited slush fund. "I'd buy up all the homes south of us, and I'd buy up all the homes east of us, and I'd buy up all the land and homes north of us. Instead of having a 16-acre property, I'd want to have a 60-acre property. Ten years from now, we're going to need it."

### Merrill Gardens

The 123-unit Merrill Gardens community in Apache Junction, Ariz., faces the extraordinarily beautiful Superstition Mountains. Seven additional casitas create a home for the various assisted living and independent living residents. Brenda Griner is general manager for the community and has been with Merrill Gardens for three years. Merrill Gardens is the seventh-largest assisted living organization in the world, so Brenda is frequently in touch with either regional or corporate operations on matters of budget.



Brenda Griner, General Manager, Merrill Gardens at Apache Junction

"We actually start developing the budget on a community level," she says. "As the general manager, I sit down with my department heads and we review the prior year's budget and I say, 'Okay, what was working for you and what wasn't working for you? Where do we have more expenses and where do we have less expenses?' I try to review their budget and make sure it's reasonable and in line and that we haven't forgotten anything important. Then, it goes on to the regional director of operations and she reviews it, and then it's approved by the corporate office."

A cost-of-living increase is reflected annually in the budget and residents typically see annual increases between 3 to 5 percent.

"The largest expense we see is foodservice," explains Griner. "It's probably the most important aspect of daily living to our residents and so we try to really focus on providing them quality food and quality services. Sometimes the only reason they leave their apartment is for the dining room." The community offers dining anytime.

The budget is based on a calendar year and does make room for capital expenditures. One example was the recent addition of a handicap ramp onto a sidewalk that residents had asked for. Some refurbishing of the community occurs and is approved by the corporate office. Griner believes that Merrill Gardens did a good job of planning the facility, and as a result the residents haven't asked for much.

Griner indicates that she has no need to attempt creativity with the budget because she plans for everything she thinks she might need. "I think we're meeting the residents' expectations and what they want," she adds.



# homeopathy

## CREATING ILLNESS TO CURE ILLNESS

WRITTEN BY SUSAN KAVANAUGH

In 1796, Dr. Edward Jenner discovered that by injecting a patient with a small dose of cowpox infection he could immunize a person against smallpox.

ana Ullman, M.P.H.

**MANY PEOPLE DON'T KNOW** what homeopathy is—and when they are told about it, they understand it even less. The very practice requires treating, or trying to heal, an illness or disease with substances that would create the same or similar illness. Confused yet?

We have magnificent and intelligent bodies that have innate healing abilities. Hopefully, you've seen your body at work if you've watched a small cut heal without you having to lift a finger. Homeopathy attempts to stimulate the body to recover itself and begin healing on its own, as it would have done with the cut. It does this through a principle referred to as the "Law of Similars," determined in 1876 by German scientist Dr. Samuel Hahnemann.

Through experiments with plant substances, Hahnemann discovered the body would strengthen itself by igniting its defense system in response to illness—creating remedies. Hahnemann created tinctures of these remedies that were significantly diluted.

More than 200 years later, homeopathy is still practiced because for the people who use it, it creates results and heals.

Deborah Noah is a homeopathic medical assistant and classical homeopath. Classical homeopathy relies on holistic evaluations of patients and treatments using one homeopathic remedy at a time. Consumers of homeopathic remedies are able to buy tinctures combining several different substances, and use of the remedies in this manner is not classical use.

"Homeopathy is used widely throughout the world today," Noah says. "It is extremely popular in Europe, and in the United States the manufacture and sale of homeopathic medicines is regulated by the Food and Drug Administration."

The Homeopathic Pharmacopoeia of the United States was written into federal law in 1938 under the Federal Food, Drug, and Cosmetic Act, making the manufacture and sale of homeopathic medicines legal in this country. Most are available without a prescription.

"With homeopathy, we treat the root disease," Noah says. "Say a child has a rash and you put cortisone cream on it. That would suppress the symptoms but drive the disease deeper into a different organ. The disease would then manifest as allergies, or something like that. Then the symptoms are treated again, but maybe the next thing the child has is asthma."

By the time the child comes to the homeopathic practitioner, Noah says the disease would need to be "traced" during treatment and that multiple illnesses would be expected until the root disease is uncovered. The tracing would require a variety of remedies for a variety of illnesses until the patient is fully healed.

There are at least 3,000 homeopathic remedies created from substances found in flowers, plants, trees, minerals and other things. The substances are then diluted with water and alcohol. "Less is more is the theory," Noah says. "What's been found is that the more you dilute the 'mother' tincture, the stronger it is."

Homeopathy is frequently considered a safe alternative to conventional drugs for pregnant women and children. "I think homeopathy is the best medical treatment because there are no side effects and it acts fairly quickly in acute situations," Noah says. "It's a gentle process that gets to the core of the person where the body went off balance in the first place."

Practitioners particularly recommend homeopathic remedies for ulcers, allergies, headaches, high blood pressure, hormonal imbalance and some infections.

It was also proven to help fibromyalgia during a recent study conducted by the National Institutes for Health, The Desert Institute School for Homeopathy and Arizona State University. "They measured brainwaves, did EKGs and made it a double-blind test," Noah says. "They were able to prove how homeopathy works and several people were cured of fibromyalgia." **AZH**

(For more information about homeopathy, contact Deborah Noah, H.M.A., at (602) 246-9555).

**o-me-op-a-ty:** a system of medical practice that treats a disease especially by the administration of minute doses of a remedy that would in healthy persons produce symptoms similar to those of the disease. *noun*

What presidential hopefuls propose on the health care front. **Page 26**

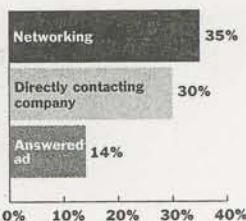
Stop and think — about how you think. **Page 31**

Glendale Tech Campers are Best in the West. **Page 32**



# BizEdge

A nationwide survey of job seekers showed the most successful means of finding employment



Source: Resumagic.com

## Small businesses growing with help from SBA loans

BY SUSAN KAVANAUGH  
Special to The Business Journal

The Arizona division of the U.S. Small Business Administration saw another record year in 2003 with a total of \$650 million in loans to area businesses. And while the number of popular 7(a) loans increased by more than 40 percent, the 504 lending program this year increased its pace by 21 percent.

The 504 program, which has an emphasis on job creation and improving woman- and veteran-owned businesses, approved a total of 166 loans during its fiscal 2003 year. That is up from last year's 137.

Valley businesses that have received those funds now are putting them to work improving and growing their operations.

Crowley-Smith Dental Offices in Peoria, which combined its two practices and upgraded technology, offers an example of the brick-and-mortar projects that get financing help through the SBA's 504 lending program.

While the SBA's 7(a) program helps businesses finance a broad range of uses from working capital to equipment purchases, the 504 program has a community focus with borrowers expected to create one new job for every \$35,000 borrowed. The 504 program also focuses on improving woman-owned and veteran-owned businesses.

With Crowley-Smith, the SBA met both of those objectives. Dr. Kathleen Crowley and husband Dr. John Smith, both practicing in the Valley since 1994, qualified for their loan as a woman- and veteran-owned business.

"We combined our practices and added all the latest technology for our patients," Crowley said. "We went digital and have incorporated using computer terminals, digital X-rays and more."

Crowley-Smith was one of five Valley small businesses receiving a total of more than \$2.3 million recently through Southwestern Business Financing Corp., one of two certified development companies approved to participate in the 504 program in Arizona.

"Every month there are from one to six small businesses that we fund," said

### TOP LENDERS

Top lenders for 7(a) loans during fiscal 2003:

	No. of loans
1. Bank of America	306
2. Wells Fargo Bank	287
3. Bank One	116
4. Business Development Finance Corp.	113
5. CIT Small Business Lending	101

Top lenders in traditionally underserved capital markets:

1. Bank of America
2. M&I Marshall & Ilsley Bank
3. Capital One Savings Bank
4. Bank One
5. Wells Fargo Bank

Source: U.S. Small Business Association

Southwest Business Financing President Bob McGee.

The 504 program provides long-term, fixed-rate financing for acquisition of real estate, machinery or equipment for expansion or modernization. Typically a project includes a senior loan secured by a private-sector lender, a loan secured from a community development corporation with a junior lien, and a contribution of at least 10 percent equity from the business. The maximum loan amount is \$1.3 million.

SBFC's most active lending partners include Wells Fargo Bank and Sunrise Bank of Arizona, McGee said.

"Bob McGee and the people at SBFC were fabulous," said Jean Grenke, one of the owners and founders of Country Market Holdings LLC, another company to receive financing recently. "About 10 or 15 years ago, I had a nightmare of a time applying for an SBA loan. I was hesitant this time, but it turned out to be a breeze."

Country Market Holdings LLC has four "mom-and-pop" grocery stores — two in Glendale and two in Phoenix. The stores offer a wide selection of items, competitive prices and fresh deli sandwiches.

"The 504 allowed us to open a brand new store, from the bottom up, including new personnel," Grenke said.

Another company receiving funding was Elite Woodworking of Phoenix, which has 22 employees and manufactures custom and semi-custom doors and cabinet fronts. The money was used to purchase the building leased by the company for the past three years and to expand into other areas of the facility as the other tenants leave.

"Our business really represents the American dream," said Kathy Walker, one of the owners. "My husband and I started this business together and it has grown a lot."

Jeff Sherman used loans for two of his businesses: Lacor/Streetscape Inc., which manufactures bus shelters and urban furniture sold to municipalities across the country, and The Sherman Group Inc., which is involved in Phoenix's light-rail project.

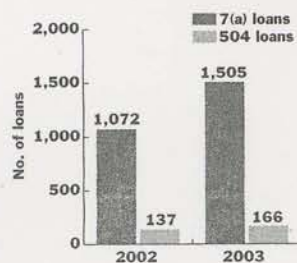
Sherman said the 504 program loan al-



JIM POULIN/THE BUSINESS JOURNAL

### ARIZONA SBA LOANS

SBA-guaranteed loans totaled \$650 million in the fiscal year ended Sept. 30. The following chart compares growth in the number of loans from fiscal 2002 to 2003:



Source: U.S. Small Business Administration

MATT DEPINTO/THE BUSINESS JOURNAL

### SBA LOAN FACTS

Statistics for SBA loan activity in fiscal 2003:

**Total loan value:** \$650 million

**Most improved areas:** Veterans, women, minorities, which showed a 40 percent gain in loan activity from 2002

**Average size for 7(a) loans in Arizona:** \$250,200

**Average size for 7(a) loans nationally:** \$167,400

**Average size 504 loan:** \$1.6 million

**Loans less than \$50,000:**

Up 20 percent from last year

**Jobs:** Created or retained 42,907

jobs; US Bank was the top lender

in this category with 70.1 jobs

per loan

**Venture capital financing:**

\$58 million

Source: U.S. Small Business Association

Dr. Kathleen Crowley decided to grow her business and merge practices with her husband, Dr. John Smith. They qualified for the 504 loan by taking advantage of the woman- and veteran-owned business provision.

lowed him to create an office for the businesses in Sunnyslope, an area in which he hopes to grow his operations.

Burkhardt's Co., founded by Don Burkhardt in 1990 to sell Kirby products, was another recipient using the money for a new facility in Phoenix.

"These are all good, solid businesses," said McGee.

"People think there's a lot of paperwork and difficulty obtaining 504s, but there is only a little extra paperwork. There are maybe four or five extra pages, and we fill those out. We also work very smoothly with the banks."

### GET CONNECTED

Southwestern Business Financing Corp.: 602-495-6495  
SBA: 602-745-7200



# Relax and Rejuvenate

## 10 HOT (and Healthy) Things to Do This Summer

In American culture, summer arrives as a time when we want to slow down and take life a little easier. Yet, it's also a time when our spirit of adventure and willingness to try new things is high.

If you're health-minded and looking for something "hot" and unusual to do, consider feeding your mind, body and soul with the following activities:

“ In summer, when the days were long, We walk'd, two friends, in field and wood; Our heart was light, our step was strong, And life lay round us, fair as good, In summer, when the days were long. ”

Wathen Marks Wilks Call

## Make a Family Movie

IT'S 2004, SO TECHNOLOGY CAN'T BE AVOIDED.

Face it: We live in a digital world. But, an excellent way to develop better relations and enrich your soul through technology is to create a light-hearted movie with your family using one of the new digital cameras. Casio makes the EX-Z30 model with no limit video recording.



Record the kids as they play in the pool. Record your spouse wearing her swimsuit for the first time this season. Catch the family during summer picnics. Make a video journal of expressions and memories. You can even download and edit the video on your home computer, adding sound such as music or narration. And, wouldn't it be fun to send this out as an electronic greeting card to friends and family?

## Start Using Cosmeceuticals

IF YOUR BATHROOM CABINET IS NOT ALREADY FULL OF COSMECEUTICALS, then it's time to brush up on a few facts about this new type of skin care. While the Food and Drug Administration doesn't officially recognize the term "cosmeceutical," the cosmetic industry has begun to use this word to refer to cosmetic products that have drug-like benefits. These are any type of beauty products that have ingredients such as antioxidant vitamins, collagens, minerals, proteins and yeast enzymes.



Many cosmeceuticals are touted as anti-aging products. StriVectin SD, the cream that is "better than BOTOX" is a cosmeceutical. Any product with glycolic acid, a natural fruit acid, is also one of these new products. You'll find a range of companies, from Avon to Suave, offering this mix of beauty and science for consumers.

## Eat Carbs

SO, YOU'VE BEEN ON THE LOW CARB

DIETS and while you've lost weight you've lost a little of your personal luster. Even though, every time you turn around you hear of a restaurant or store offering a new no-carb or low carb item, nourish your body and "give it up" for carbs this summer—the good kind.



ABC News correspondent Dr. Dean Edell indicates eating whole grains and nutritious carbohydrates can be healthy for you and still help you lose weight. Stay away from processed white breads, white rice and starchy potatoes. But enjoy brown rice, whole wheat breads, and good carbohydrates like legumes beans.

Edell says, "Nutritionists agree that you can lose weight on almost any diet—high fat, high carb or the South Beach diet. The bottom line is reducing the number of calories you take in."

## Buy a Wakeboard and Take to the Water



WAKEBOARDS HAVE BEEN POPULAR NEW WATER TOYS FOR BOATERS AND SURFERS ALIKE. If you can handle a skateboard, you'll probably have some fun on a wakeboard.

The boards look like a combination of a surfboard and an oversized skateboard, made of slightly curved fiberglass. Bindings, specific footwear to use while wakeboarding, allow you to maneuver and stay on.

Wakeboards are pulled behind outboard motor boats for pleasure and competition. Some riders now enjoy ocean waves with wakesurfboards.



## Travel to a New Vacation Spot

**VISIT SACRAMENTO** for the 2004 U.S. Olympic Track and Field Trials at California State University July 9-18. Considered one of the greatest track meets in the world, the strongest athletes in the sport will vie for a chance to compete at the 2004 Summer Olympics in Athens, Greece.

Reserve a room at the Inn at Parkside, a bed and breakfast considered an urban oasis of relaxation and renewal.

Ideally located for business and pleasure, this beautiful bed and breakfast mansion is within walking distance of the California State Capitol, downtown businesses, Old Town Sacramento and the Crocker Art Museum.

## Review the Platforms of the Presidential Candidates

**OKAY, SO THE IRAQI WAR** is a controversial issue—so is Medicaid, Social Security and taxes. Are you already sick of the political commercials you've been viewing since early spring? Help keep your mind healthy with the knowledge that when you do vote in November, you know what you want and whom you want.

Start taking the newspaper, if you don't already. Tune into National Public Radio on occasion. Talk with your friends about their opinions. Visit the public library and explore any available literature or go online and do searches about the candidates' platforms.

## Eat More Green Food

**VEGETABLES ARE GOOD FOR YOU**—just like mother always said. And summer is the perfect time to add green veggies to the dinner table. If you've got your own garden and planted your lettuce in early spring, the tasty leaves will be ready during the first hot spell of summer.

When you're not eating salads or broccoli, add the power of green to your diet through supplements such as barley or wheat grass juice, available in many juice bars. Buy super blue green algae or powdered "green" drinks to mix up and guzzle. Your summer energy should increase tremendously when you eat more greens.

## Read a Classic

**SUMMER CONJURES UP IMAGES OF READING NOVELS** while lounging in the sun. If you're engrossed with brain food like "Angels and Demons," Dan Brown's book before the "The DaVinci Code," ask yourself: What am I doing? Yes, it's good to think about religion. Yes, it's fun to have read the latest bestseller, but don't forget the power of classics. Wouldn't they be fun to talk about at poolside cocktail parties?

Here's a list of wonderful classic titles to rediscover this summer: "To Kill a Mockingbird," "Candide," "Catch 22," "The Little Prince," "Little Women," "Don Quixote," "David Copperfield" and "As I Lay Dying." Summer offers plenty of time to get through these exceptional works of fiction.



## Study a New Language

**STRETCH YOUR MIND AGAIN**, perhaps while you're reading those classics, and enroll in a conversational language class in French, Spanish, German or Italian. You'll meet unique people, most assuredly enjoy ragged and raucous conversation, and be prepared for that trip overseas you've always wanted to take.

Not sure what language you'd like to study? Knowing Spanish would be an asset to your professional life and a handy tool since a CBS news report indicates that the Latino population is surging everywhere, from 23 percent in Wyoming to almost 400 percent in North Carolina.

## Pray

**SCIENTIFIC DATA INDICATES** we produce endorphins when we experience a connection with whatever we consider God to be. Through the experience of prayer and seeking God, we can create much better lives for ourselves. These "happy chemicals" actually heal us, much like exercise and laughter can.

Your Higher Power may not be found in a traditional sanctuary. Your church, temple or synagogue may be the ocean or a mountain. Seek out these places, go there and quiet your inner thoughts while asking God to hear your prayers. If you haven't been to a regular religious service in awhile, go again. And, take the family. Not only will you feel better, but you will all feel closer as a result of the shared experience. **CAH**



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# Student project helps wheelchair users

By SUSAN K. KAVANAUGH  
Independent Newspapers

Last year, ASU East Professor Don Kelley worked with students and Boeing to create a hydrogen-powered forklift. In doing that, he made a difference in the world. But he doesn't want to stop there. That's why he instructed his 1999-2000 Capstone Class in the Department of Manufacturing and Aeronautical Engineering Technology to create a project involving either children's toys or an assist for individuals with physical challenges.

The Capstone Class is one of the final classes taken by students in the program and is a two-semester endeavor. Students must create a project, under the direction of their professor, which utilizes everything they've learned during their years in the program.

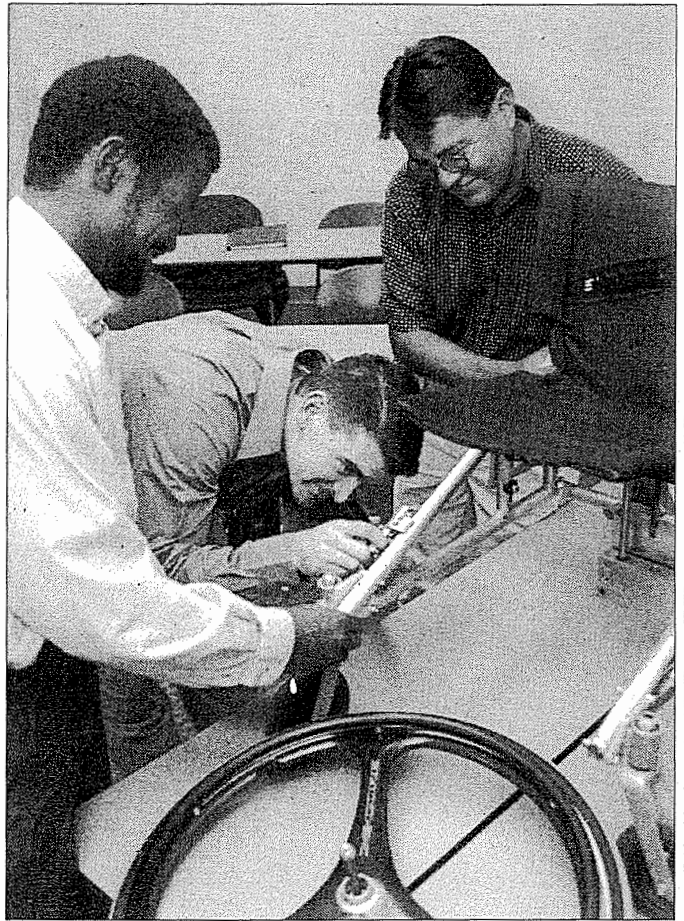
This year, the 13 students in the Capstone Class created a unique wheelchair. It allows for physically challenged people to access the wheelchair from the ground level or to raise the chair as much as four inches for better accessibility to activities.

"I have a friend who uses a wheelchair and he told me about getting out of the bath one time and trying to access his wheelchair. He accidentally pushed the wheelchair across the room. It took him 45 minutes to get back in that chair," said Dr. Kelley. "He had to crawl across the floor, then push the wheelchair near the sofa, make his way onto the sofa, and finally hoist himself into the chair. If he'd had the chair our Capstone class created, it would have been much easier for him. I've heard of individuals stranded for as long as four to five hours because they can't get from the ground to the wheelchair."

The wheelchair prototype can assist paraplegics and quadriplegics, as well as elderly individuals whose faculties have degenerated and those facing debilitating diseases, according to a press release.

The students started the wheelchair project last August and will work on it all year.

"Quadriplegics, like others, don't spend a lot of time on the ground,



Submitted photo

1999-2000 Capstone Class members from ASU East's Department of Manufacturing and Aeronautical Engineering tinker with a prototype of a wheelchair they designed to assist physically challenged individuals, including the elderly and people with debilitating diseases.

but it does take assistance to get back into the chair," said Carl Crawford in a press release. Mr. Crawford is a financial analyst and a quadriplegic.

"I could see how it would be a real help to people," he said.

"Our wheelchair prototype is a prelude to next semester," said Bryan Jones, Capstone Class Leader, in a press release. "Our continuing mission for this product is to refine it to the point of a finished product capable of entering the WESTEC Manufacturing Challenge Contest."

"They're going to win the grand prize," said Dr. Kelley.

During the past eight years, his students have won five times including a second place, first place and grand prize in the manufacturing contest. This year, the grand prize is \$45,000 in computer equipment.

"Here's a course that we can create anything in, so why not something that makes a difference in this world? Why not?" questioned Dr. Kelley.

"I've been teaching at ASU for 27 and a half years. I've done so much consulting work in aerospace manufacturing, and I need to be making a difference in this world," he added.

Students enrolled in the Manufacturing and Aeronautical Engineering Technology degree program go on to become some of the highest-paid graduates from ASU, next to chemical engineers and the School of Business, Dr. Kelley said.

This kind of project is designed to help the students see that it is not all about money though.

"The students are champions for life when they do this," said Dr. Kelley.

# Pets and holiday safety

## Tips to keep your Fidos and felines safe this holiday season

By Susan Kavanaugh

It's that time of year when our homes tend to be filled with lots of new foods, chocolates and other candies, house-bound trees, lit candles and more — all of which are oh-so tempting to Spot and Fluffy. Here are a few tips to keep our furry family members safe during the holiday season.

### On the menu

Although the turkey and dressing smells heavenly, resist the temptation to share your leftovers with your pets. Among other reasons, that's because most of the standard fare we serve over the holidays can contain high levels of fat which can do a number on your pet's digestive system — kicking it into overdrive and often creating very upset tummies and possibly even pancreatitis.

"Pancreatitis can cause intense vomiting and diarrhea, lack of appetite and restlessness due to abdominal pain. In a severe case, a dog may be very depressed, go into shock and collapse or even die if not treated aggressively," said Donald Holmes, DVM, with North Kenilworth Veterinary Care in Phoenix.

### New sights and sounds

Loud holiday music, bright and changing lights as well as strange smells of unfamiliar people can affect even the gentlest of animal dispositions.

If you're having guests over, you should remain alert to your pet's responses, and if they seem the least bit anxious, find a quiet, personal space for them to rest or play away from the main event.

"For pets who love to be part of the action," said Bretta Nelson, public relations manager with the Arizona Humane Society, "keep an eye on frequent opening and closing of doors which can lead to pets escaping into the great outdoors. Whether staying or going this holiday season, all pet owners should be sure their pets are outfitted with a collar, proper identification and a microchip."

### Plants and decorations

According to the Arizona Humane Society, plants such as poinsettias, holly and mistletoe are poisonous and should be kept outside of your pet's reach. However, experts advise that you keep the phone number of your local emergency veterinary clinic on-hand, just in case.

### Other things to watch for

- Twinkling lights, dangling ribbons and fancy bows may find their way into your pet's stomach and could easily cause severe intestinal distress and possibly even the need for surgery.
- If you light a Menorah or otherwise use candles for decoration, don't leave them burning unattended.
- Remember the height and level of your pet's world. Just like with child-proofing, scan your rooms at your pet's level; if you're not sure about something, be safe rather than sorry and rearrange as needed.

