

OHSU nursing student projects aid Southwest community

By Lee Perlman
The Southwest Portland Post

Once again, one of Lorna Mae Mathews' School of Nursing classes has aided a southwest community while providing first-hand experience to future medical providers.

Half of this year's class of eight from the Oregon Health and Sciences University studied health matters related to families, while the other staff looked at issues relating to "aging in place" – making it possible for seniors to continue to live independently in their homes.

The first group worked with tenants of the Housing Authority of Portland's Ruth Haefner Plaza, Loaves and Fishes, at a forum co-sponsored by the Southwest Hills Residential League (SWHRL). A key part of the picture, Mathews said, is proper medication management. If this is not done well, she said, "Many seniors wind up in emergency rooms or in long-term care."

The second group worked with residents of two other HAP projects, Hillsdale Terrace and the Watershed, and provided blood pressure readings, blood sugar screenings and dental assessments for some 50 people at a Cinco De Mayo Health Care Fair. The class also participated in a Bike Rodeo in cooperation with Emanuel Hospital's trauma nurses during which they gave away 43 bicycle helmets to children.

Both groups worked with local nail salons. "They're a wonderful opportunity to provide health facilities," Mathews said, adding that there are thoughts of utilizing such establishments on a regular basis.

Over the years, she said, she has found HAP, Neighborhood House and neighborhood associations to be "very welcoming, great partners." It has also been beneficial for the students, she says. "It's a great opportunity for student nurses to learn about health care issues," she said. "They learn things that change their thinking and careers."



OHSU nursing students Miriam Rosenberg and Ginger Bradley.
(Post photo by Lee Perlman)

PARKS & RECREATION

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Willamette Park parking meters disturb residents

The Portland Bureau of Parks informed the South Portland Neighborhood Association last month that they plan to install parking meters in Willamette Park, the first Portland park to receive this treatment. The news was not well received.

Parks spokesperson Terri Davis noted that the bureau has charged for admission to the parking lot for several years through Wackenhut Security Services. The current system is not very effective

and costs the bureau \$30,000 a year, she said.

"We felt we needed to do it in a more effective way," said Davis. Davis said the meters should be operational by July 6. "We hope to have net revenue, and whatever we get will go to park improvements."

South Portland Parking Committee chair Bill Danneman said that the change could cause visitors to park in front of people's homes in the adjacent neighborhood. "It's irresponsible of the City to come in, institute pay for parking, and say, 'We know parking in the neighborhoods is coming, but it's your problem.'"

"We've adjusted our hours to address neighborhood concerns," Davis replied. "We don't know if it will solve the problem, but we're dealing with it

as we go." In response to questions she said that Willamette would be the only City of Portland park so far with parking meters in its parking lot.

South Portland chair Ken Love noted that Southwest Macadam Avenue businesses regularly use the lot for employee parking. "From September to Memorial Day, all the parking spaces around the tennis courts are filled, and no one's playing tennis," he said.

Willamette Park to feature five free summer concerts

As noted last month, the Portland Bureau of Parks and the South Portland Neighborhood Association will be co-sponsoring free concerts in Willamette Park again this year. The concert schedule is as follows: July 8 – Reggie Houston. July 15 – Sarsaparilla. July 22 – Rhythm and Culture. July 29 – The Troublemakers.

A fifth concert, featuring the Wickie Pickers, will be August 4 as part of National Night Out. All concerts will be 6:30 to 8:30 p.m. The Ross Island Grocery will have food available for purchase, but feel free to bring your own picnic.

Outdoor movies at MAC + Dickinson, Holly Farm, Willamette parks

This summer there will be free movies in three parks and one outdoor basketball court. The following is the schedule: July 3 "Madagascar – Escape 2 Africa," will play at the Multnomah Arts Center.

On July 18, "Journey to the Center of the Earth" will play at Dickinson Park. On July 23, "E.T., the Extraterrestrial" will play at Holly Farm Park. On August 7, "Hairspray" will play at Willamette Park and "X Men Origins: Wolverine" will play at Multnomah Arts Center. On August 8, "Monsters vs. Aliens" will play at Dickinson Park. On September 11, "Never-ending Story," will play at Multnomah Arts Center.

The films will begin when it gets dark, typically 8:00 to 9:00 p.m., which will get earlier as the season progresses. They will be preceded by some sort of live entertainment. There should be food vendors at most showings, but feel free to bring your own, as well as blankets and lawn chairs. More information is available by searching online using the key words: "Portland Parks and Recreation + Movies in the Park."

The Fourth Annual
Maplewood

Summer Picnic & Ice Cream Social

Sunday
August 2, 2009
1pm - 4:30pm

Maplewood School • 7452 SW 52nd Ave

- FREE watermelon! (donated by Thriftway)
- FREE coffee & tea! (donated by Starbucks)
- FREE gelato (donated by Alotto Gelato) & ice cream!
- FREE popcorn & lemonade!
- Hot dogs for sale!
- Children's games & activities!
- Face painting & jumbo bouncy house!
- Live music!
- Raffle – with lots of really cool stuff!

This event is a part of:

National Night Out is designed to:

- Generate support for participation in local public safety programs.
- Heighten crime and drug prevention awareness.
- Strengthen neighborhood organizing as a strategy to fight crime and improve public safety and livability.

Picnic made possible in part by an Office of Neighborhood Involvement Small Grant
Sponsored by the Maplewood Neighborhood Association • maplewood.swni.org
Questions? Email: dottierector@att.net



Fresh Oregon strawberries were all the rage June 5 at the Multnomah Village Farmers Market. (Post photo by Polina Olsen)