

Mrs. Frances Schen-Neuspaner R.  
University of Oregon Libr  
Eugene, Oregon  
97403

# The Portland Observer 25¢

## Thanksgiving Holiday For Motorists

Thanksgiving marks the kickoff to the holiday season. "Winter weather can strike Oregon motorists with a variety of driving hazards including rain, snow, and ice," said Scott Thompson, Safety Representative of the Automobile Club of Oregon. Travelers need to prepare for their trip to ensure a safe and pleasant holiday.

Motorists are reminded to be sure their vehicle is in proper running condition. In preparation for cold weather, heating and cooling systems should be checked and safety driving kits should be updated with blankets, extra clothing, ice scraper, shovel, small bag of abrasive material, and traction devices.

Drivers are encouraged to map out their route and plan enough time to reach their destination without rushing. "To fully enjoy a drive, dress comfortably, and take advantage of rest stops along the way," said Thompson. Watch carefully for informational and regulatory signs when driving in unfamiliar areas.

To assist motorists in making safe travel decisions, AAA Oregon offers Oregon road and weather condition updates by calling (503) 222-6721 or 1-800-452-1643 outside the Portland metropolitan area.

A brochure titled "How To Go On Ice And Snow" is available at your local AAA Oregon office. The pamphlet gives information on vehicle and driver preparation, winter driving techniques and additional tips and precautions helpful to both front-wheel and rear-wheel drive vehicles.

## DORIS'S CAFE

Doris's Cafe held its 6th year of "Thanksgiving Dinner" for the elderly, homeless, needy and handicapped persons. Ms. Dean backs what she believes in. 100 persons were fed in the restaurant, and an additional 800 dinners were delivered to individuals in their homes. Rosie A. Dean, owner, several friends and lots of volunteers were on hand to help deliver the dinners.

Nabisco was a major donor, (Ms. Dean's employer) as well as several Nabisco employees who donated their time and money to the project. They helped prepare the food, and deliver it.

Ms. Dean wants to continue this project each year, so that it remains a Doris Cafe tradition. She would like to involve the community and enlist more people to help. "I think we should start taking care of our own families, and basically work together to take care of our community," states Ms. Dean.



## Fifty Thankful Families From One Thankful Heart

Fifty less families will go hungry this Thanksgiving holiday because of one man. Area businesses have responded to the needs of a small North Portland community thanks to Rufus Conner, coordinator for Portsmouth Community School.

For the past 12 years, Conner has worked for the Parks and Recreation department at Irvington Park. "Every year I meet children who are obviously hungry," said Conner. "I recall a number of instances where kids would come around asking for something to eat. It's difficult to go day to day, see the need and not do anything," he said.

Since 1981, Conner has been organizing Thanksgiving food baskets for families in Portsmouth and Irvington communities.

Conner himself came from a single parent family and knows the pressure, economical and emotional, parents are under to raise their children. "I know I'm not doing anything on a big scale, but knowing that some kids who don't normally have enough have had a hot meal for the holiday makes it all worth while," he said.

Conner has called on a number of area businesses to help make his dream a reality. Portland Billing, Bond Credit (a local collection agency), and Cox and Fiddler Insurance Company are the project's main sponsors. These organi-

zations have supported Conner since he began.

Turkeys will be given by Portland Billing, and Cox and Fiddler; E&M Sentry Markets and Bond Credit are supplying cans of yams, green beans, cranberry sauce and cornbread mix. Franz Bakery pitched in for the stuffing and dinner rolls, Fred Meyer contributed pumpkin pies, 15th Avenue Market gave stocks of celery, and Henry Weinhardts donated boxes.

"I appreciate the businesses who contributed this year," said Conner. "They really came through during the last week. It's obvious that the slow economy has effected everyone this year."

In previous years, Conner has distributed as many as 75 baskets. He started in 1981 with meals for only 15 families.

Families are chosen informally. Cottrell White, student management specialist for Portsmouth Community School, assists Conner with identifying families in need.

"I wish I could help more people. It never fails, other families hear about this through word of mouth, and I have to turn them down," he regrets.

Most families will pick up the Thanksgiving baskets from Portsmouth Community School, Tuesday, November 24, from 6:00 to 6:30 p.m.

*Have a safe and happy Thanksgiving!*

## Home Care: A Key Health Care Option

"Home care provides a cost effective alternative to higher priced care when hospitalization or nursing home care is not necessary," says Pam Matthews, president of the Oregon Association for Home Care. "With the new Clinton administration's focus on health care, and with the work being done in Salem on the Oregon Health Plan, we feel that home care will be an integral part of future cost saving solutions."

The tradition of home care has its roots in the late 1800's when volunteer nurses visited homes bringing milk to infants and cleaning houses to fight off the spread of infectious diseases. Today, over 12,500 home care agencies nationwide employ skilled nurses, physical therapists, respiratory therapists, occupational therapists certified nurses aids and other support personnel. Home care providers have been in the forefront of work with AIDS, cancer and ventilator dependent patients. Advanced technology now enables services such as infusion therapy, respira-

tory therapy, and dialysis to be administered in the comfort of a patient's home.

Patient comfort has long been extolled as one of the primary benefits of home care services. Home care also keeps families together, allows for a maximum amount of freedom for the patient and helps reduce the risk of exposure to infection. These factors strongly support the scientific finding that healing occurs at a more rapid rate when the patient is at home.

Oregon currently has 108 home care agencies and the demand for home health care services is expected to increase. Factors such as the aging population and hospital early patient release policies, will continue to contribute to the growing need for home care. Also, with more dual income families and working women, people who traditionally cared for family members have entered the work force and are no longer available to provide care.

The Oregon Association for Home Care is a statewide organization com-



prised of home health agencies, home care aide organizations, infusion therapy providers, hospice organizations and affiliated home care product and service companies. For referrals to member providers throughout the state, write or call: The Oregon Association for Home Care, 825 N.E. 20th Avenue, Suite 120, Portland, OR 97232, phone 1-800-397-6242 or 503-236-9628.

*As America focuses attention on ways to harness the spiraling costs of health care, the option of home health care is destined to play a key role. During Home Care Week, Proclaimed November 29, through December 5, 1992, local home care providers will pay tribute to an "old" solution that is well on its way to being the wave of the future.*

*In the at right, a visiting nurse assists patient and family member with home care procedures. Personalized care, family involvement, improved quality of life as well as the reduction in the risk of infection are of few of the issues that providers point out when recommending home care services.*

## Emanuel Employee Of The Month: Faye Shabazz-A Lively Spirit



For the first 15 years or so, Faye Shabazz worked in the patient meal preparation area. She came from behind the scenes and now works on the front lines of the Dietary Department

and these last several years have been personally enriching for Faye. "I love working with people. I get excited with the diversity of our department. I have been given the opportunity to learn something about other people and the ways they operate and work." Faye likes a lively discussion and says when she and her co-workers are on break, they can usually get one going. "I think we handle stress a little differently because of the different cultural backgrounds."

Faye talks openly about her belief system which she says gives her a sense of peace beginning each day. She is so approachable and warm. She is always willing to drop everything and help when things go wrong-like your lunch meeting hasn't been served yet, or you need 25 cups of coffee right now!

Congratulations to September Employee of the month, Faye Shabazz, a shining example of the Emanuel values in action.

Spare time is spent, "...hunting down vintage shops, I like old things, especially from the 40's era." Walking has always been part of Faye's fitness routine-4 to 5 miles a day is not unusual.

Co-workers and friends alike witness the extraordinary sensitivity of Faye Shabazz. Some comments about her qualifications are: She is always on the alert to be sure things look their best. She can often be seen just checking on things in the cafeteria, making sure everything is okay. Faye always has a smile and a friendly word. Her whole attitude is to be admired....she is so approachable and warm. She is always willing to drop everything and help when things go wrong-like your lunch meeting hasn't been served yet, or you need 25 cups of coffee right now!

Congratulations to September Employee of the month, Faye Shabazz, a shining example of the Emanuel values in action.

## Toy And Joy Makers Tip-Off Holiday Drive

Fred Meyer, Coca-Cola and the Portland Trail Blazers are again joining forces with the Portland Fire Bureau's Toy and Joy Makers and supporting agencies in Oregon and southwest Washington for a regional holiday toy drive.

For the third consecutive year, former Trail Blazer Wayne Cooper will serve as honorary campaign chairman. According to Cooper, the goal for this year's effort is to collect more than 250,000 toys. "We hope to collect enough new or like-new toys to make sure that no child spends Christmas with out a toy," says Cooper, "because every child deserves Christmas."

The campaign officially got underway with a tip-off celebration November 23 at the West Hollywood Fred Meyer store in Portland. The tip-off event was highlighted by students from nearby Fernwood Middle School who walked to the Fred Meyer store and made the first donations to the 1992 campaign.

Fourty-five Fred Meyer stores, from the Oregon coast to Bend and from Klamath Falls to Longview, Washing-

ton are serving as collection centers. special toy collection bins will be located at Fred Meyer customer service centers. Coca-Cola representatives will pick-up toys and contributions on a daily basis through December 24th and deliver them to designated local Toy and Joy distribution agencies.

"Besides new and like-new toys, we hope that many will consider making cash donations," says Cooper. "Most people tend to think of the younger age groups when selecting their toy donation. Dolls and toy trucks are great for kids under the age of 10, but older children need to be remembered too, and that's where the cash donations really help out. We have a host of volunteers ready to shop for teenager's gifts."

Donations to the Toy and Joy program are tax deductible. Checks should be made out to "Toy and Joy Makers," 55 SW Ash, Portland, Oregon 97204. Proceeds and donations will remain in the area in which they are collected.

The regional drive concept is an extension of the Portland Fire Bureau's Toy and Joy Makers program which was founded in 1914 by Sellwood district

fireman, Eddie Boatright.

The Portland Fire Bureau's Toy and Joy Makers project has served at the role model for more than 1,700 organizations throughout the country. Regional Toy and Joy Maker participation with Fred Meyer, Coca-Cola, and the Trail Blazers in this season's holiday toy drive include: the Fire Departments in Washington County, District #10 (121st & Stark), Oak Lodge (Oak Grove), Newport, Roseburg, and Longview, Washington; the Salvation Army in Salem, Albany, Corvallis, Santa Clara, Coos Bay, Bend, The Dalles and Vancouver, Washington; the Elks Lodge in Hillsboro; city agencies in West Eugene and Springfield; Toy and Joy Makers in Clackamas and Oregon City; Volunteer Services for Astoria-Warrenton-Seaside on the North Oregon Coast; Grants Pass High School and the Navy Reserve in Medford and Toys for Tots in Klamath Falls.

Families that would like to have their name added to the toy distribution list should contact the local volunteer group coordinating the Toy and Joy makers effort in their area.