

## "Third Annual Picnic For Pregnant Women"



The Prenatal Outreach Program of Neighborhood Health Clinics, Inc. announces the third annual picnic for pregnant women will be held on Friday, July 17th. The event will take place in the Community Center of St. Andrew's Church located at NE 8th Avenue and Alberta Street. The picnic will be held from noon until 4pm. Drawings for door prizes, donated by area businesses, will be held throughout the afternoon. Emcee for this year's event is Myra Tukufu, a member of the Board of Directors for Neighborhood Health Clinics, Inc.

The picnic is an education and information event held for pregnant women living in areas served by the Prenatal Care Outreach Program. There is no cost to those who attend. The project serves North, Northeast and the inner Southeast Portland areas. Any pregnant woman living in these areas is invited

to attend. Various ethnic foods will be served. Entertainers from the African American, Native American and Hispanic communities will be on hand to provide interesting diversity for the occasion. Speakers will address a variety of topics of special interest to pregnant women.

The Prenatal Care Outreach Program was established late in 1990 as a VISTA-sponsored project. This was in response to concerns over the number of low birthweight babies and access to prenatal care within the African American community of N/NE Portland. Today, African American women comprise the largest group by race (40%) of active clients participating within the program. Since the first client was enrolled during February, 1991, over 215 pregnant women have received services through the project.

Currently more than 110 women are enrolled.

During 1992, services were expanded to inner Southeast Portland. Special emphasis was placed on finding and enrolling pregnant native American and Hispanic women. Presently, Native American women make up 16% of the program's active clients and Hispanic women another 20%.

Prenatal care outreach workers are VISTA volunteers who live within the communities served by the project. Many outreach workers have experienced almost all of the challenges faced by clients of the program.

Services provided by the program include assisting clients in setting initial prenatal care appointments, linking the client to a nutritional program such as WIC, and making sure the client is considered for the Poverty Level Medical Program (PLM) if the client is eligible. Bus tickets are provided to expectant mothers who have no other means of transportation to get to WIC or prenatal care appointments. Outreach workers, who serve as case managers, make referrals to other agencies within the community for services not provided directly by the project. These may include drug, alcohol, counseling, and domestic violence agencies.

The project carries some brands of infant formula for clients. Clothing for infants, toddlers and small children is available. Outreach workers assist clients in obtaining baby layettes, cribs and baby care items. A large number of pamphlets on various topics of interest to pregnant women is maintained and is part of the educational effort of the program. Low income housing assistance is provided to clients within the program through an agreement with the Housing Authority of Portland.

Prenatal Care Outreach Program offices are maintained within NHC's administrative facilities at 4842 NE 8th Ave. and also at the Southeast Health Center near SE 34th and Powell Blvd. To obtain more information about the picnic or Prenatal Care Outreach Program, call 288-5995.

### Charles Jordan Befriends Young Readers In Honor Of Record Gifts By Friends Of The Library

Portland Parks and Recreation Director Charles Jordan will read one of the 50 most popular children's books to children attending a clown show at the Central Library on Tuesday (today) at 2:30pm. The ceremony celebrates the donation of \$48,600 worth of children's books by the Friends of the Multnomah County Library.

In 1991, the Friends began their Young Readers Program with a pledge to purchase 116 sets of 50 children's books within three years. The 50 books selected were titles which parents rarely found on the shelves because they were always checked out. The Friends' purchase means that each branch library now has six sets of these books plus 11 sets for Gresham and Central libraries.

The Friends will present the final check that brings this year's gifts total to \$34,634 and completes the Young Readers pledge.

## Journey West On The Oregon Trail



Nine-year-old Rachel is carried away by an Indian—Is she lost forever? Will a raging prairie fire decimate the entire wagon train? Can the wagon train continue after being stopped in its tracks by a fierce grizzly blocking the canyon trail? Does Benjamin survive his plunge into the "naked hole?"

Journey West On The Oregon Trail, a charming children's story, brings to life in vivid detail the excitement, challenges, and adventures for children and their families heading west on the Oregon Trail. The reader takes an exciting glimpse in the lives of those adventurous pioneers who traveled the Oregon Trail in the late

1800's. Hard times were commonplace but the basic survival instincts prevailed as lives changed dramatically on the "heartbreak trail."

In 1933, as the nation celebrates the Sesquicentennial of the Oregon Trail, follow the pioneers from Independence, Missouri, to Oregon in this adventure-packed children's tale. Recommended for children from 8 to 18.

Journey West on the Oregon Trail depicts two families and how they adapted to events on the arduous Oregon Trail. Follow emigrant, Sarah Ann Brandon, (age 14) and her sister, Rachel, (age 9) in their adventures. The Elliott family delights you with

the escapades of Jonathan, (age 15) and his incorrigible brother, Benjamin (age 10). enjoy reading about their poignant encounters.

Journey West On The Oregon Trail presents in the final section of this book an addition to the story for parents, teachers, and children who want more information about The Oregon Trail, history of the Northwest Territory and the people who helped settle it. In these pages, learn about the frontiersmen, historical places along the trail, key facts and events, and the Native Americans who played a significant role. A glossary of terms, assisting in the understanding of key words brings greater meaning to the story and events for all.

Author Cecile Alyce Nolan, a third generation Oregonian, first learned about the Oregon Trail at the knee of her grandmother as she heard stories of her great-grandmother's trek across the plains on the Oregon Trail. Two and one-half years of research was completed before Cecile's passion to communicate her knowledge of the Oregon Trail for young readers was fulfilled.

Journey West On the Oregon Trail is Cecile's second book about the settling of the West. She is also author of Oregon" A Feast Of Delights. An enchanting book representing a hand-down of traditions. This entertaining book incorporates highlights of Oregon Territory history, the Oregon Trail. Lewis & Clark, sternwheelers, President Jefferson's role in opening western territory, amusing anecdotes, recipes that survived the ordeals of the Oregon Trail, and both actual and fictional characters.

### A Whole New World-Right In Your Own Home

A whole new world...that's what is begin offered to you by World Heritage International Student Exchange. By hosting a student from Spain, Mexico, Germany or France, you and your family can experience a different culture, different customs, a whole new world, right within your own home.

World Heritage students are 15-18 year olds who have an intense desire to learn the language and culture of the United States by living with host families and attending the local high school for an academic school

year. By becoming a member of your family, one lucky exchange student could have his or her dream come true while experiencing life in southern Washington. Your family will also have the wonderful opportunity of seeing your own community and country through your student's eyes. What a fantastic point of view!

All World Heritage students have been carefully screened, come with their own spending money, are fully insured, and are willing to help with all household activities and chores. Potential host families can

select the student to share their home from among essays, photos, and applications.

If you are interested in opening your home and heart, and in making a friend for life, please contact Richard Dixon at 206/694-1266 or call Amy at 1-800-888-9040.

World Heritage (originally founded as Spanish heritage), is a nonprofit public benefit organization. World heritage is officially designated as an exchange visitor program by the United States information agency (USIA).

### IMANI Women's Support Project

IMANI Women's Support Project, Inc. (IMANI) is a non-profit, minority led organization. Our mission is to provide culturally sensitive support for African American and other low income women who are in recovery from drug and alcohol abuse. Imani has provided space for over three years where women can meet for narcotic anonymous meeting while their children are supervised in a child watch room. IMANI's motto is that recovery is dependent upon our collective efforts.

IMANI Women's Support Project, Inc. is pleased to inform you that we have been selected for funding through the City of Portland, Oregon's Bureau of Community Development (HCD) Community Initiative Programs, for \$25,000 for the development of a playground. IMANI will utilize these funds to construct a social skill building playground for children who are physically, emotionally or socially handicapped as a result of perinatal drug exposure.

Currently there is not such a facility in the North/Northeast area where collaborating alcohol and drug treatment agencies can bring their clients. This playground model will be similar to the Discovery Zone in Beaverton, and the Children's Museum located in Southwest Portland.

Providing a safe and structured play area is crucial for the rehabilitation for children who are drug affected. Currently there does not exist a facility of this type for low-income minority children. This model will allow parents to stimulate their children in a nurturing, private environment.

This plan was drafted through the collaboration of agencies, families, and the business community. The agencies involved include The House of NIA, Stay Clean, Inc., Project for the Community Recovery, and Project Network.

Ground breaking will begin July 2, 1993, and the ribbon cutting ceremony of the completed playground will take place in the fall of 1993.

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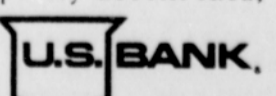
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