

HOUSING The Portland Observer

Long-Term Affordable Housing

Sabin Community Development Corporation (SCDC) is a non-profit membership based, grassroots organization with the mission of stabilizing and improving the livability of the culturally diverse Sabin neighborhood. By assuring the availability of long-term affordable housing for Sabin's low-and moderate-income residents, and by encouraging community partnerships for local economic development, self-help projects, and youth and senior programs. Our current focus is on stemming the displacement of low-income and minority families. SCDC is a democratic, resident controlled non-profit actively involving its members in decision-making and planning, emphasis is on empowering neighbors to solve problems and achieve goals through cooperative efforts.

one of Sabin's first project is "Ujima" which has been developed to assist individuals who are recovering

from substance/alcohol abuse that are transitioning back into inner NE Portland from a correctional facility and/or drug/alcohol treatment center. Through experience this population continues to transition back into the community only to find there are little or no affordable drug-free housing.

The Ujima project offers safe, drug-free housing with community based social service linkages and neighborhood mentors all designed to assist in self-sufficiency.

Sabin CDC is now taking referrals from treatment centers and agencies for housing now available in the Sabin neighborhood.

Are you in recovery? Are you in transition? Do you need housing? Available immediately!!! Safe, drug-free, service enriched, affordable 1 bedroom and 2 bedroom, duplex in Sabin neighborhood. Rent subsidies welcomed. 287-3496 Ujima Project.

Unsure If You Can Afford To Buy A Home?

Then you will want to attend a free seminar concerning home buying and home ownership. The Seminars will provide an overview of the home buying process, explain mortgage financing in general terms and assist with a household budgeting plan. Specific mortgage programs, designed to assist low to moderate income households will also be discussed.

This class is designed for lower income home buyers, who are buying their first house in the City of Portland, with a maximum house price of \$65,000.

Some specific questions that will be addressed include the following: What would my monthly payment be? How much down payment would I need to have? What if I have bad credit, or no credit at all?

What about inspections, assessments, building codes, home maintenance?

The seminars will be conducted every month and attendance at the seminars will be required in order to qualify for certain loan programs. Space is limited-reservations will be taken on a first come, first served basis. Please call the Portland Housing Center at 282-7744 to receive your pre-registration form.

The evening Home Buying Class is a SERIES of 4 classes:

EVENING CLASS - MONDAYS
APRIL 4th through 25th, 6:15-8:30 pm; PCC SE Center, 2850 SE 82nd Avenue; Room #B-1

The Portland Housing Center is a private, non-profit organization, and is funded by the City of Portland, local financial institutions, and foundations.

Busters Donates To Care Program



George Scholibo (left), owner of Buster's Texas-Style Barbecue restaurants, hands a Li'1 Ranger Meal to Emmy Sloan (right), program director for the Child Abuse Response and Evaluation Services at Legacy Emanuel Children's Hospital. As part of Buster's March celebration of Texas Independence, for every 95 cent Li'1 Ranger Meal purchased with an adult meal Monday through Thursday after 5 p.m., Buster's will donate 50 cents to the CARES program.

Health Watch

DRUG CAN HELP HIV-INFECTED CHILDREN

In a preliminary study, the drug d4T has boosted the body's immune-system T-cells by as much as 50 percent in some HIV-infected children.

Also called stavudine, d4T was tested at various doses in 22 children aged 7 months to 12 years at Baylor College of Medicine and Texas Children's Hospital in Houston.

The study, funded by Bristol-Myers Squibb Co. and led by Baylor pediatrician Dr. Mark Kline, was the first time HIV-infected children had been given d4T.

T-cells are one component of the body's immune system. With HIV infection and AIDS, the number of T-cells is reduced, leaving that body susceptible to opportunistic infections.

A 30-center study of the drug is under way.

Kaiser Offers Health Class

Several classes open to the public are being offered in North Portland this spring through Kaiser Permanente. For registration information, call Kaiser Permanente's Health Education Department at (503) 286-6816.

Ending a love relationship can be difficult. Kaiser Permanente's Divorce Adjustment program focuses on adjustments to make divorce less painful. The eight sessions will be from 6:30 to 8:30 pm on Mondays, April 11 through June 6, at Kaiser Permanente's Education & Conference Center (Town Hall), 3704 N. Interstate Ave., Portland. Cost is \$80 for Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before the class starts.

Kaiser Permanente's Managing Stress and Anxiety program can help manage stress which accompanies the pressures of life. The eight session will be from 6:30 to 8:30 pm on Tuesdays, April 12 through May 31, at Kaiser Permanente's central interstate Medical Office, 3500 N. Interstate Ave., Portland.

Free April Programs Offered By Portland Adventist

The following free programs during April are open to the community. They will be presented by Portland Adventist Medical Center, 10123 SE Market Street unless another location is listed. No preregistration is required, unless otherwise indicated. For more information call 256-4000 (toll free from most areas in Portland/Vancouver).

FREE HEALTH LECTURE

I Feel A Migraine Coming On!

Wednesday, April 20 7 - 8 pm, Amphitheater C

Howard Taylor, MC Neurologist

That headache you're nursing may have a simple cure. But to treat it properly, you need to determine what type of headache you have. Dr. Taylor will address the difference between a regular headache and a migraine. In addition to looking closely at specific characteristics of migraines, he will tell you about different treatment options. Preregistration required. Call 256-4000.

SUPPORT GROUPS

Ex-Smokers Support Group

Mondays, 7 - 8 p.m., Conference Room #3. - Stopping smoking is a process, not an event. Recovery from nicotine addiction is not something you do alone. Meet with other ex-smokers for support. Free.

HEART TALK

April 11, 6:30 - 8:30 p.m., Cardiac Rehabilitation Classroom (#0432). - This monthly support group for heart patients and their families is an ideal time to share concerns and learn methods to cope with the effects of heart disease. Free Call 251-6260.

WOMEN WITH CANCER

Tuesday, 10 - 1:30 a.m., Conference Room #4 - This group provides education and support and increases coping skills. Free Call 256-251-6301.

FREE EATING DISORDERS INFORMATION

Thursday, 7 - 8 p.m., Room 4100. - Participants will receive information about how eating disorders develop and how they can be treated, as well as how family members and friends can best support their loved ones with an eating disorder. Free Call 251-6101.

SENIOR HEALTH SEMINAR

Senior Leisure Services and Recreation

April 15, 10 a.m. - noon, Amphitheater D. - There's a whole lot more to health than hospitals, doctors and talks on medical problems. In this Senior Health Seminar we have a double header presented by Portland Parks and Recreation. Bob Gandolfi, director of outdoor recreation, will present his slide show on "Hiking in Portland" which will give new ideas on where to walk and hike in our beautiful city and environs. Nancy Bants, directors of leisure services, will inform us on a variety of activities for Portland areas residents. A main feature will be the senior dance aerobics Pep Team who, with their average age of 76, will convince us that growing older doesn't have to mean slowing down! There will be time for questions, too. Free



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