

# HOUSING

The  
Portland  
Observer

## Housing And Development Community Meeting

The Housing and Community Development Commission and the Bureau Advisory Committee for the Bureau of Housing & Community Development are sponsoring a community meeting on housing and community development needs and strategies. The meeting is scheduled for Thursday, December 15, 1994, from 7 to 9 p.m., at Cascade Plaza, 4134 N. Vancouver, The Cascade Plaza is wheelchair accessible. Staff members from the City of Portland's Bureau of Housing & Community Development will be available from 6 to 7 p.m. to meet with individuals or groups on an informal basis to answer questions. The public meeting and needs assessment is the first step

in the preparation of a Consolidated Plan, which is required by the U.S. Department of Housing & Urban Development (HUD) in order to receive funds available to the city under four HUD programs. The funds are targeted for activities that assist low and moderate income people or neighborhoods. The Consolidated Plan will provide the framework for allocating these funds for the City of Portland.

The Bureau of Housing & Community Development is preparing a draft needs assessment and 5-year strategy which will be available on December 8, 1994. To receive a copy, call the Bureau of Housing & Community Development at 823-2375.



### HOST WINS AT GOLF PROMOTION

KGW-TV Sports Anchor Joe Becker (right) interviews HOST Chairman Ted K. Gilbert (center) and HOST Executive Director Howard Nolte (left) during the Beat The Pro Golf Tournament September 20 at the Oregon Golf Club. As the benefiting organization, HOST's proceeds were over \$12,000. Story on page 3. (photo by Mark Shapior)

## HOST Awarded \$75,000 Grant

Fannie Mae, the nation's largest source of home mortgage funds has established a permanent residence in Portland.

And Portland's new arrival made a welcome contribution in the form of a \$75,000 grant payable to HOST Development, Inc.

According to HOST Executive Director Howard Nolte, the grant will be utilized to build two new homes on NE Monroe Street.

As part of a commitment to affordable housing nationwide, Fannie Mae opened a "Partnership Office" in Portland to increase home ownership opportunities for low and moderate income families, new immi-

grants and minorities.

In its first move, Fannie Mae signed a partnership with the Portland Trail Blazers. The organizations cosponsored a free Home Buying Fair at the Memorial Coliseum on October 22.

"Together with the city of Portland, Fannie Mae will develop a comprehensive investment plan so we can do more to help address the city's major housing needs," said James A. Johnson, Fannie Mae Chairman and CEO.

Volunteers from HOST, Fannie Mae and the Trail Blazers officially broke ground on the Monroe Street site October 21.

## Donations Sought For Heat

Envelopes urging residents to help neighbors in need stay warm this winter are arriving in monthly electric bills.

The donations are important to Oregon Heat, a statewide, non-profit organization helping low-income Oregonians with their heating bills.

# HEALTH

## Classes Offered On Cholesterol and Fat

Several classes open to the public are being offered this winter through Kaiser Permanente. For registration information, call Kaiser's health education department at 286-6816.

"How to Lower Your Cholesterol" teaches people with borderline to high blood cholesterol levels how to plan meals and modify recipes to cut fat and cholesterol intake. Classes will be from 10 a.m. to noon Dec. 21 and Dec. 28 at Kaiser's North Interstate Services Building, 7201 N. Interstate Ave. Cost is \$25 for Kaiser members and \$40 for the general public.

"Diabetes: Basic Education" offers self-care skills to control diabetes. Three sessions will be held from 9 a.m. to noon Dec. 27-29 at the Kaiser Central Interstate Medical Office, 3600 N. Interstate.

## Eldercare Phone Line Funded

U.S. Assistant Secretary for Aging Fernando M. Torres-Gil has announced three years additional funding for the Eldercare Locator, a nationwide, toll-free directory assistance service providing access to information about home and community services that help older persons.

Torres-Gil said that since its inception as a demonstration project three years ago, the Eldercare Locator reached a landmark of 100,000 calls.

"We are very pleased with this record number of phone calls primarily because it means that the Eldercare Locator service has helped thousands of callers locate resources that help people lead healthy, independent lives in their later years," Torres-Gil added.

Anyone can call the Eldercare Locator at 1-800-677-1116, Monday through Friday, 9 a.m. to 11 p.m. (eastern time). The service helps link callers to information about community organizations that provide meals, transportation, housing, home care, legal and other community services, enabling older persons to remain independent in their homes.

## Early Medicine Critical For Shingles

A national campaign to educate the need for early treatment for shingles, a painful viral disease, is being launched in Portland at Providence Portland Medical Center, Providence St. Vincent Medical Center and Providence Milwaukie Hospital.

The STOP (Screening and Treatment to Overcome Pain) campaign is sponsored by the National Foundation for Infectious Diseases. It provides older Americans in 20 cities with education and free shingles screenings. The effort encourages early shingles therapy which is critical in reducing the duration of long-term pain known as postherpetic neuralgia that can last for weeks, months or years after shingles occurs.

"This is an important pro-

gram for all our seniors because if they understand the early signs of shingles they can seek immediate treatment which can reduce the amount of time they might suffer from severe pain," said Portland Mayor Vera Katz.

Shingles is a painful infectious disease caused by reactivation of the varicella zoster virus, the same virus that causes chicken pox. Anyone who has had chicken pox - at least 90 percent of all adults, can develop shingles. Shingles primarily affects persons over age 50, or those with compromised immune systems such as patients with HIV, lymphoma, Hodgkin's disease or other cancers.

Early symptoms of shingles can include a localized tingling sensation, numbness and sharp or

burning pain that within days or weeks progresses to a blister-like rash that occurs in the same area as the pain. In most cases blisters appear in a band across the torso, but they may occur on the face, head or on other parts of the body. People who experience any of these symptoms should see a doctor promptly for treatment.

"Too many people have suffered from the debilitating pain of shingles. But now there is hope. Many patients can reduce the duration of chronic and painful complications if they seek early antiviral treatment," said doctor Richard J. Duma, executive director of the National Foundation of Infectious Diseases. "That's why NFID is sponsoring a national effort to educate older Americans about shingles, its early signs and

symptoms and the need to see a physician promptly."

Seniors interested in shingles information and especially those who are experiencing any unusual sensations such as localized skin rashes, numbness, tingling or pain should attend the free screenings which are available through Dec. 16 at various locations throughout Portland. For more information call 230-6002.

"We want to reach as many people as possible with the information they need to recognize the early warning signs of shingles," said doctor James Leggett, of Providence Portland Medical Center. "With medication now available that can reduce the duration of postherpetic neuralgia, it's more important than ever for patients to seek immediate treatment of this painful infection."

## Glaucoma Studied At Eye Institute

Patients recruited by Devers Eye Institute at Legacy Good Samaritan Hospital and Medical Center for a nationwide study may be at the vanguard of important breakthroughs in the early treatment or prevention of glaucoma.

The Ocular Hypertension Treatment Study, the largest glaucoma-related investigation conducted to date in the U.S., aims to determine if

using eyedrops to lower elevated eye pressure will prevent or delay the onset of glaucoma.

Glaucoma is among the leading causes of blindness in the United States and other industrialized countries, and a major cause of blindness among African Americans.

The disease involves damage to optic nerve fibers in the retina of the eye. It is caused in part by the exces-

sive pressure that develops when the clear fluid that normally bathes the inside of the eyeball is black from drainage.

Elevated eye pressure, or ocular hypertension, occurs in three to eight percent of Americans over 40. Those at greater risk include nearsighted people, diabetics, those with high blood pressure, a family history of

glaucoma, or of African-American descent.

The study will involve 1,500 patients at 21 clinical centers nationwide, studied for five to eight years. This represents the largest number of patients ever recruited for a clinical study, and the most massive research initiative undertaken in the area of glaucoma study.

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