

# Family Living

The Portland Observer

## Former pioneering business woman continues to inspire



Lillian Williams, a resident of Del's Care Center, has been selected as Oregon Health Care Association's "Resident of the year" for 1996. Lillian was chosen from nominations sent to the association from nursing facilities around the state of Oregon.

Lillian has been a resident of Portland for many, many years and is a local business woman, working in her own hair salon (Lillian's) until 1994. She was also one of the first African American professional women in the Portland area.

Lillian was chosen in recognition for her personal contributions to the people of Del's Care Center through her "encouragement to others through a ready smile, and kind words to everyone" residents and staff alike. She has been an inspiration to others.

Lillian also represented Del's Care Center during a special Rose Queen event for Seniors which was held at Columbia Manor Care Center in June. While she was not selected as the Queen of Queens, she was a gracious candidate, shared her sparkling smile with the Rosarians and fellow candidates from associated facilities, and enjoyed her special moment in the limelight.

## Need For Children's Clothing Grows

Every year at this time the Society of St. Vincent de Paul, Portland Council, provides clothing and school supplies to children in need. This year the need has been greater than ever before.

St. Vincent de Paul receives money annually from the Brady Fund to buy school supplies and clothing for children. Last year the Brady Fund provided \$2,640 for the Portland Council and this year's allocation is expected to be the same. "The Brady Fund has been a terrific resource for us," said Meg Schaefer, the Social Services Director. "Unfortunately, this fund gets stretched

thinner and thinner every year. This year St. Vincent de Paul augmented the Fund with \$5,050 in contributions to help meet this demand. The Brady Fund contribution averaged \$17.02 per child with the initial 155 children served. St. Vincent de Paul's increased that to \$49.61 per child, which still isn't much."

"We are seeing a real increase in the need for emergency services in the Portland area," said Janice Pelster, the Executive Director of the Portland Council of St. Vincent de Paul. "I know the flood has had a large impact, and I believe that increased housing costs has also been a factor.

Because of this need, we are asking for donations of suitable children's clothing. With the cold weather approaching we need warm coats, shirts, pants and good shoes."

People can bring donations to St. Vincent de Paul donation centers at:

3605 SE 28th Ave., Portland  
10574 SE 32nd Ave., Milwaukie  
231 SE First, St. Helens  
21939 SE Stark, Gresham  
135 SE Third, Hillsboro  
700 Molalla Ave., Oregon City  
Or call 234-0594 to arrange to have donations picked up. A tax deductible gift receipt is provided.

## "Building Healthy Kids"

### Eating From The Bottom Up

By Dr. Marjorie Hogan (NAPS)—Americans face a barrage of health and fitness advice: Eat better, get in shape, cut dietary fat intake. Most of us want to do what's best, but how do you sort through all the nutrition information and create a healthful eating plan when it's tricky enough to get any sort of meal on the table?



The solution is simple. Start by following the recommendations of the U.S. Food Guide Pyramid, which builds its base on 6 to 11 servings of bread and grain foods a day.

**Q. Does following the Food Guide Pyramid mean we have to give up family favorites?**

A. Not at all. Eating healthfully doesn't mean you must eliminate your favorite foods. As long as you eat in moderation—basing your diet on plenty of grains, fruits and vegetables—there are no "bad" foods.

However, you can trim fat from family favorites and boost your nutrient intake at the same time. For example, if roast beef is a favorite family meal, serve smaller portions of meat on a bed of couscous (a tasty, low-fat grain that cooks faster than traditional rice). Offer dinner rolls or sliced bread to round out the meal. These simple changes will reduce fat and put you well on your way to meeting dietary recommendations.

**Q. Six to 11 servings of bread and grains sounds like a lot. How can I find the time to serve that much food?**

A. Keep serving sizes in mind. For example, one slice of bread equals one grain serving. So if you enjoy a sandwich, that's two servings. One cup of ready-to-eat cereal is a serving, too. Add a slice of toast at breakfast and you're closer to your daily grains goal. Nutritionists recommend active kids eat a minimum of nine bread and grain servings daily for proper fueling, an easy goal to meet because grain foods are so convenient.

**Q. My kids favor white bread. Should I be worried?**

A. If your children would rather eat white bread than whole wheat, go ahead and let them. As with other bread and grain foods, white bread is an excellent source of complex carbohydrates—the body's favorite form of fuel. White bread is also a good source of iron and the B vitamins, thiamin, niacin and riboflavin.

To ensure your kids are getting plenty of fiber, serve them fiber-rich breakfast cereals, fruits and vegetables. These foods, combined with their favorite breads, will help them meet daily fiber goals. Offer your kids a variety of grain foods, teaching them to top their favorite breads with low-fat choices like all-fruit spreads or applesauce. In no time, they'll be asking for healthful foods, not because they are "good for me," but because they are "good to eat."

Dr. Marjorie Hogan, mother of four, is a pediatrician at Hennepin County Medical Center in Minneapolis, Minn.

## Homeless women and children get innovated services

Women and children trying to escape life on the streets have new hope thanks to The Salvation Army Harbor Light's "Door of Hope" program, which provides safe housing and services for homeless women and children.

The current community services "voucher system" has been enhanced by Door of Hope, which provides shelter and services more comprehensively and cost effectively than the previous arrangement, where in the past community service agencies typically vouchered women and children being turned away from local shelters each month. The Salvation Army needs greater participation by vouchering agency partners, as well as additional community funding, to help meet this huge need.

According to a Multnomah County report on poverty, during a one-night shelter count in Nov. 1995, 75% of those turned away from shelters were people in families - with most headed by single women. Chil-

dren constitute nearly 30% of those who are homeless.

Door of Hope is a major step forward in shelter for women and children, often whose only choice to escape the streets are motels, some barely above street life. Through emergency, short-term and transitional housing and services for women and children, the program provides a safe and secure environment where families in crisis have a short-term opportunity to stabilize their lives and prepare resources for an eventual move to permanent housing. The average stay of women and children in the program is six weeks.

The Salvation Army upgraded its landmark Harbor Light facility to help meet this growing need. Improvements include facility upgrades such as painting; creation of single-sex bathrooms; modern, energy efficient lighting; and installation of a video security system. The program features 24 private rooms with convenient day and night access; laun-

dry facilities; separate meals; 24-hour staffing and security; and information and referrals to support services, such as housing, job placement and recovery programs. Harbor Light staff and volunteers helped with painting and clean-up of the facility during renovation.

The program's central location in downtown Portland enables participants easy access to government offices and other community resources, the MAX line and "Fareless Square." Door of Hope also utilizes a network of Salvation Army programs to assist families with special needs, such as resources for domestic violence victims through The Salvation Army West Women's and Children's Shelter.

To help with day-to-day program operations, The Salvation Army also is in need of funding from the community, which has decreased in recent years. "Single mothers and their children are turned away more than any other group from shelters lacking the resources to help them," Hogan says. "It's only through financial support from the community that we can continue to provide services for the growing number of those in need," he states.

The Army is looking for groups to sponsor individual rooms, to update furnishings and provide a "home" touch for Door of Hope families. Items such as colorful pictures, simple furniture such as shelving units, and pillows or comforters are needed. Books also are needed to help set up a children's lending library. Donations can be dropped off Monday through Friday, 8 a.m. - 5 p.m. The public can call Harbor Light at 239-1259 for more information.

### Bringing them to a higher road

The Children's Transportation Project needs volunteers to assist with transporting children ages 3 to 16 years to medical and mental health appointments using state vehicles or private vehicles.

The Children's Transportation Project transports children who are in the care of the State office of Services to Children and Families to ongoing counseling appointments. Many of these children are in foster homes and are victims of abuse: physical, sexual or emotional.

Volunteers are needed to drive children to appointments or to ride along as an escort with a child to a counseling appointment. During the transport, volunteers have the opportunity to be a role model and friend to a child who has not had many positive interactions with adults.

For information, or to volunteer, call Jonica Lynn at 731-3208.

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