

METRO *Life*

The Portland Observer

SECTION B

Community Calendar

Tinnitus: Ringing in the ears

Jack Vernon, Ph.D., recently retired director of the Oregon Hearing Research Center will present a lecture on "Tinnitus: Ringing in the Ears" at 7:30pm, Thursday, January 16. Doors will open at 7:00pm. The lecture will be at the OHSU Old Library Auditorium. Plenty of free parking is available. Lectures are available. One of the first to study and become an advocate for people with tinnitus (ringing in the ears), Vernon has been active in hearing research for years. Looking for a cause and cure for tinnitus, Vernon pioneered development of "maskers", which reduce the debilitating effects of ringing in the ears. He is outspoken in his concern over environmental noise as a cause of tinnitus and hearing loss.

Please call Community Relations at 494-4312 for more information. Call University News and Publications at 494-4312 for media information and interviews.

Neighborhoods for People

A screening of the video "CoHousing: Neighborhoods for People" will be held Wednesday, January 8th, at 7:30-9:00 p.m. at the Reedwood Friends Church, 2901 SE Steele. An introductory presentation about cohousing and Cascadia Commons' plans to create a cohousing ecovillage in Portland will follow the screening. The event is sponsored by Cascadia Commons. Admission is free. In cohousing communities, individual residences are clustered around a Common House which provides amenities such as shared meals and children's play spaces. For more information, call Cascadia Commons at 650-7169.

Clackamas Women's Services

Has your New Year's resolution been to become a volunteer? Well, Clackamas Women's Services has volunteer opportunities for you! You can help a woman or child start the New Year and a new life without violence by answering our crisis line, facilitating a support group, reading stories to children, or speaking to groups.

Our next volunteer training begins January 16, 1997. To receive more information and a volunteer packet, call Carol at 722-2366.

Summer Dance Program Auditions

On June 16 - July 25, 1997 the Milwaukee Ballet School, Official School of the Milwaukee Ballet, announces the 1997 Pre-Professional Summer Dance Program Audition Tour. The audition is Friday, January 10, 1997, 6:30 - 8:30pm at the Oregon Ballet Theatre on 1120 S.W. 10th Ave., Portland, OR 97205. Call (503) 227-6890. Supervised accommodations are available for out-of-town students at the University of Wisconsin-Milwaukee Sandburg Halls. Audition requirements: Minimum age of eleven (11) years old with intermediate or higher level of ballet technique. One year of pointe required for girls. Audition consists of a one and a half hour master ballet class at a fee of \$15.00. Female auditionees bring pointe shoes. A current full length photograph in first arabesque position (females on pointe) is required of all auditionees. Audition results and Summer Dance Program Brochure are mailed to the auditionee. For more information call 414-649-4077.

Tenants' Rights Forum

Learn your rights as a renter at Oregon Housing NOW!'s Tenants' Rights Forum. A lawyer will be on hand to give an overview of the Landlord/Tenant law in Oregon and answer questions from renters. The Tenants' Rights Forum will be held on Thursday, January 23, 7:00pm at Buckman Grade School - 320 SE 16th, Portland. This event is free and childcare will be provided at no cost. For more information or to register for childcare, call Oregon Housing NOW! at 288-0317.

SUBMISSIONS: Community Calendar information will be given priority if dated two weeks before the event date.

Women homemakers given a boost

BY LEE PERLMAN

Habitat for Humanity is helping Nicole Williams and women like her to become home makers in north Portland - in a new sense.

Next spring the social service agency plans to use volunteers to build a house on a lot donated by Multnomah County at 3430 N. Commercial Ave. in the Boise neighborhood, for sale to Williams and her daughter Abrianna. The non-profit agency has built 25 other houses for first-time homebuyers in Portland, and is in the process of developing four others, but this will be its first house built entirely by women.

Doreen Roozee, associate director of Habitat, says the project coincides with the hiring of Habitat's first woman crew leader, Melissa Mederos. It will be an opportunity for "women concerned about women's issues to work together on a unifying project."

The house will take 1,000 "slots" - each signifying one person's eight hours of labor - to build, Roozee says. Still, she says, there should be no problem in getting enough volunteers to do the job. The project is being co-sponsored by the Junior League of Oregon and the Oregon Tradewomen's Network, a self-help organization for women in the construction trades. Connie Ashbrook of the network says her group will bring at least 50 women to the project. These will include experienced construction workers who "could be role models to women interested in construction work as a career. The project will show that women are not only interested in construction work, but that they can do it on their own." She hopes the project attracts women who have "never picked up a hammer before."

Until recently, Williams was such a woman. A native Portlander, single parent and social worker, she says she never thought she could do this kind of work. Now, thanks to her experience as a Habitat volunteer, "I think I could build a house by myself. I work on other



"Habitat to build house with all-women crew." Picture - future owner, Nicole Williams and her daughter Abrianna, standing on future site, now a vacant lot, at 3430 N. Commercial Ave.

Photo by M. Washington

people's problems all day. A few hours of hammering and sawing clears my head."

She has already completed Habitat's mandatory 400 hours of volunteer homebuilding required of home buyers. The agency will ask a downpayment of one percent of the house's projected \$45,000 to \$50,000 cost.

No interest is charged on Habitat mortgages. However, they do have some special restrictions. If a buyer wishes to sell the property within the first ten years, Habitat has the right of first refusal to repurchase, with the buyer getting only the money he or she

paid on the mortgage. Between 10 and 20 years after purchase the house can be sold on the open market - but Habitat gets all proceeds except what the buyer paid in equity on the mortgage or improvements. The intent is to keep the property affordable rather than give a windfall profit to one individual.

The North Commercial Street lot was awarded to Habitat by Multnomah County under its Affordable Housing Development Program. This involves the distribution to non-profit agencies creating low-income housing of properties seized for non-pay-

ment of taxes.

The two-story structure will be the first home Williams has ever owned. She once sought money to buy a house through a commercial bank, she says, but was refused despite a spotless credit history because her income was too low.

As a renter, Williams says, "You name it, I've lived next door to it." Being an owner means "I don't have to be a silent sufferer when the people next door smoke dope and party all night. Now I'll have more say in what goes on."

Its time to get the annual flu shot

The U.S. Department of Health and Human Services is urging older Americans to get their annual flu shots and avoid unnecessary illness, hospitalization or even death from the flu this winter.

Despite the availability of preventive vaccines, flu and pneumonia remain the fifth leading cause of death among the elderly, taking as many as 40,000 lives each year. More than 90 percent of the deaths from flu and pneumonia occur among people 65 and older.

"Flu can result in pneumonia in the elderly, and these are the two leading infectious disease killers among older Americans," said HHS Secretary Donna E. Shalala. "Tragically, many deaths from these diseases could be prevented through immunizations."

The flu shot can prevent up to 70 percent of hospitalizations and 80 percent of deaths from influenza-related pneumonia among the elderly. And it's covered by Medicare, so

it's free for beneficiaries.

This is the fourth year that Medicare is paying for influenza vaccinations, yet only about half of the nation's Medicare beneficiaries are taking advantage of immunization. Particularly neglected are minorities and low-income people of all races who appear to get less preventive care than do whites and upper-income people in general. Recently released statistics show that 41 percent of all beneficiaries in traditional, fee-for-service Medicare programs, received shots in 1995. For African-American beneficiaries, the participation rate was one-half of white beneficiaries at 21.6 percent. That is expected to be even lower for the other ethnic minorities.

Information on the Medicare flu benefit is available in Spanish, Chinese, Korean and Vietnamese, and is being distributed through the combined efforts of HHS agencies, including HCFA's regional offices, the Ad-

ministration on Aging, the Centers for Disease Control and Prevention, the National Coalition for Adult Immunization and more than 75 organizations dedicated to adult immunization. The Agency has set a goal of 60 percent immunization rate for Medicare beneficiaries by the year 2000.

The flu shots are free for beneficiaries enrolled in Medicare B who receive them from Medicare "participating physicians." These participating physicians accept Medicare payment amounts as full payment for their services.

Flu shots are given annually, with the vaccine changed from year to year to combat changing strains of the influenza virus.

Medicare also covers vaccinations against pneumococcal pneumonia. A beneficiary who has not previously received the pneumonia vaccine can obtain it at the same time as the flu shot. For most beneficiaries, a pneumonia shot need not be repeated.

Neighborhood Health Clinics

The Neighborhood Health Clinics, Inc. received a \$20,000 grant from the William Swindells Sr. Memorial Endowment Fund of The Oregon Community Foundation to support a new development effort.

NHC is a local private non-profit that provides and advocates for quality health services for those who do not have adequate

resources to access care. All services in the clinics are provided by volunteer health care professionals and non-professionals.

The Oregon Community Foundation established in 1973, manages charitable funds given by individuals, families, and businesses to enhance and support the quality of life in their communities. To date, the Foundation's endowment consists of 355 funds with

combined assets of \$150. The foundation makes grants through an application process that involves local citizens in the review and evaluation of requests for funds. Pre-application materials are available through the Foundation's Portland office. Individuals or businesses interested in establishing a fund may contact the Portland office at 621 SW Morrison, Suite 725, Portland, OR 97205.

Cole Named Community Relations Director

Oakland resident Ada C. Cole has been named the new director, community relations for Kaiser Permanente.

Formerly the executive director of Marcus A. Foster Educational Institute, Cole brings to Kaiser Permanente 25 years of leadership in non-profit and public sector management and program development.

In her new position, Cole will play a significant role in shaping community relations and social mission initiatives for Kaiser Permanente, Inc.

In addition, she serves as a valuable resource for the Health Plan's local markets in developing strategic community relations



Ada C. Cole

programs.

"Cole is a highly respected community leader," said James H. Hill, vice president, communications. "She will provide a significant contribution to Kaiser Permanente's efforts to fulfill its social purpose, particularly its dedication to children's health and safety."

A former lecturer at California State University, Hayward, Cole has served as executive director for the YWCA of Contra Costa County, vice chair of the Contra Costa Merit Board and planning associate for the City of Chicago.

She has worked as a community organizer and with youth gangs in Boston and Chic-

go.

Cole's civic and community affiliations include directorships on the boards of the Oakland Port Commission, Bay Area Economic Forum, Bay Area Urban League, California Consortium of Education foundations, and the Berkeley Repertory Theatre. She also serves on the mayor's Education Cabinet for the City of Oakland.

She earned a bachelor's from Talladega College in Talladega, Alabama, and a master's from Lone Mountain College in San Francisco.

She and her husband, James O. Cole, vice president, corporate affairs for The Clorox Company, are the parents of Barry, 25.

Free rides on Tri-Met

Celebrate Safely on New Year's Eve

Tri-Met is encouraging the community to celebrate safely on New Year's Eve by offering free rides on all buses and MAX trains after 6 p.m.

Tri-Met will also add late-night service on MAX trains and 15 major bus routes.

Service on MAX and some bus routes is extended until about 2:30 a.m. when the last trains and buses leave downtown Portland.

Tri-Met will add special late-night buses to these routes: 4-Division; 4-Fessenden; 5-Interstate; 8-NE 15 Ave. (to 9th & Dekum); 9-Broadway; 9-Powell; 12-Barbur Blvd. (to Hwy. 99 & Durham Rd.); 14-Hawthorne; 15-Mt. Tabor; 15-NW 23rd Ave. (to Montgomery Park); 19-Glisan; 19-Woodstock; 33-McLoughlin (to Ore. City Transit Center); and 57-Forest Grove.

For more information about free rides on New Year's Eve, call Tri-Met at 238-RIDE, 7:30 a.m. - 5:30 p.m. weekdays.