

Health Fair Saturday Oct. 19 Wellness Village at Blazers Club

The African American Wellness Village will be held at the Blazer Boys and Girls Club on Northeast Martin Luther King Jr. Blvd from 9 a.m. to 4 p.m. on Saturday, Oct. 19.

The African American Health

Coalition is sponsoring the free event as an innovative, educational approach to reduce major chronic diseases like diabetes, complications and cardiovascular disease.

The focus of the day is on preventing future health problems.

Health care professionals will offer dental and screening work; blood level testing; anemia testing; foot massage and foot care; and vision and hearing tests. A blood mobile and door prizes will also be a part of the event.

Constitutional Rights Rally

Area residents are invited to march in northeast Portland Saturday, Oct. 19 to increase police accountability, stop racial profiling and put an end to discriminatory social services practices.

The event will begin with a rally at 11 a.m. at Mallory Church, 126 N.E. Alberta. The group will then walk to Irving Park on the corner of Northeast 7th and Fremont for a closing rally with hotdogs and beverages at 1 p.m.

The NAACP and the Police Accountability Campaign are sponsoring the event to raise awareness of the 14th Amendment, which forbids the abridgement of any citizens' rights and calls for fair and equal treatment.

Organizers would like to see city government support local neighborhoods through positive means, such as the end of the application of drug free zones only in communities of color

and respect the sanctity of the family by ending the arbitrary removal of children by Children's Services.

Another goal of the event is to increase awareness about discriminatory application of mandatory sentencing and property forfeiture, to promote economic development that supports historic communities by stopping gentrification in communities of color.

We applaud
those who march to a different drummer.

In every community, there are those who look at the world a little differently. Who strike out on a new path to find a better way for us all. We are grateful for the opportunity to encourage their imagination and invest in their spirit of innovation.

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Meal Deliveries Enrich Lives



Ethel Thomas plays "pitty-pat" at the northeast Loaves and Fishes Center. She visits the center almost daily for the noon meal and to socialize with friends.

PHOTO BY DAVID PLECHL/
THE PORTLAND OBSERVER

continued ▲ from Front

takes her about an hour and a half to complete.

"It's very rewarding," Weinstein said.

The typical Meals on Wheels participant is 77 years old, lives alone on an income of less than \$700 per month and suffers from a physical ailment that restricts daily activity.

Gamble says most referrals come from doctors or the Urban League of Portland.

Willie Owens and his wife Louise just started receiving deliveries to their northeast Portland home about a month ago. Louise had pneumonia, then had a stroke. She says life got a lot easier after they found out about Meals on Wheels.

"It's quite handy," she says.

Even though their son Willie Owens Jr. comes a few times a day to check up on his parents and cook meals, he can't be there all the time. The meal deliveries take a load off.

In addition to home deliveries, 50-60 meals are served each day at the local center at 5325 N.E. Martin Luther King Jr. Blvd.

Lillie Mae Blacknall, Ethel Thomas, and Dottie Binyard come just about every day. They play cards, visit with friends and have lunch.

"We come to have friends and be together," said Blacknall.

The daily deliveries are more than just a meal. The elderly are often living alone without much social contact. Sometimes volunteers have found people hurt and needing medical care. Gamble knows what Loaves and Fishes is doing is important social work.

"This is like a ministry," Gamble said.

To reach Loaves and Fishes, also known as the Meals on Wheels People, call 503-736-6325

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