

# METRO *Life*

The Portland Observer

## Community Calendar

### Health Checks Offered

The African American Health Coalition is offering a free day of health screenings, cooking demonstrations and fun with a Wellness Village from 9 a.m. to 4 p.m. Oct. 18 at the Blazers Boys and Girls Club, 5250 N.E. MLK Jr. Blvd.

### Colors of Fall

Learn about trees and shrubs with the best autumn colors from 9:30 a.m. through noon Oct. 18 at the Hoyt Arboretum. \$10. The arboretum is also teaching a workshop on Mushrooms of Northwest Oregon from 9:30 to noon Nov. 1. \$10. To register, call 503-823-3601.

### Chimps Gone Wild

Jane Goodall brings enthusiasts closer to nature with "Wild Chimpanzees," from Oct. 17 through May at the Omnimax Theater, 1945 Se Water Ave. Tickets are \$8.50. For more information, visit [www.wildchimpanzees.org](http://www.wildchimpanzees.org).

### Doors of Creativity

Northwest Medical Teams sponsors the multi-media exhibit "Windows of Need, Doors of Hope" from Nov. 12 through 18 at the Doubletree Inn, Lloyd Center. For more information, visit [www.nwmedicalteams.org](http://www.nwmedicalteams.org) or call 503-624-1000.

### Former Ambassador Speaks

Andrew Young, a U.S. ambassador on the forefront of social activism, will speak at Lewis & Clark College at 7 p.m. Oct. 21 at Agnes Flanagan Chapel, 615 SW Palatine Hill Road. Tickets are \$5 in advance. For more information, call 503-768-7082.

### Planting Neighborhoods

Friends of Trees announces neighborhood tree plantings beginning with the Rose City Park/Roseway neighborhood on Nov. 15. Those interested in leading volunteers should attend training at 8 a.m. Nov. 15 at St. Rose of Lima Catholic Church, 2727 NE 54th Ave. For more information, visit [www.friendsoftrees.org](http://www.friendsoftrees.org).

### Beyond the Ribbons

The Breast Cancer Radio Arts Project presents a townhall discussion and performance "Beyond the Pink Ribbon" from 6 to 8 p.m. Oct. 23. For more information, visit the website at [www.breastcancerproject.org](http://www.breastcancerproject.org).

### High Energy

The Community Energy Project holds a series of free workshops to help make consumers energy conscious. The project also includes weatherizing workshops throughout October. A weatherization workshop is at 6 p.m. Oct. 16 at Peninsula Park Community Center, 700 N. Portland Blvd. and a water conservation workshop is at 6:30 p.m. Oct. 16 at Montavilla Community Center, 8219 NE Glisan St. For more information, call 503-284-6827.

### Green Walks

Discover Portland's green space from 10 to 11 a.m. Saturdays with guided tours by park volunteers. On Nov. 1, meet at Whitaker Ponds Visitor Center.

### Moving Moments

The IFCC offers Life Movement dance classes and workshops. Touch Stones is on Nov. 1 and 8. All workshops are between 10 a.m. and 1 p.m. at the dance studio, 5340 N. Interstate Ave. Workshops prices range between \$45 and \$60. To register, call 503-284-1908.



PHOTO BY MARK WASHINGTON/  
THE PORTLAND OBSERVER

Jewel Ford keeps a positive attitude during dance team practice at Grant High School. Ford has sickle cell anemia, a health condition often affecting people of color.

## Dancing through Struggle

Grant teenager doesn't let sickle cell stop her dreams

BY JAYMEE R. CUTI  
THE PORTLAND OBSERVER

She feels pretty good most of the time. At 17, she dances for Grant High School's drill team and sings in the choir at both her school and at Mt. Olivet Baptist Church.

Jewel Ford, plans to attend college in Oregon and dreams of being a nurse.

"Since I was in the hospital, I was always with the nurses. They're really inspiring people with a really good backbone," she said.

Ford has sickle cell anemia. Right now, the health condition causes her painful episodes once every two months or so. The disabling pain began when Ford was three years old, and prevented her from walking.

Sickle cell is a serious disease primarily affecting people of color, causing red blood cells to harden and clog blood flow. This causes pain, fatigue and sometimes anemia, kidney damage, strokes and lung blockage, among other problems.

"If I feel pain in my joints, or fatigue and shortness of breath, we know to go to the hospital, where they give me morphine, a blood transfusion or whatever's necessary to get me out of there," she said.

But most of the time, Ford says she's

happy and active, like other teenagers. Her positive attitude is demonstrated through her volunteer work at Legacy Emanuel Hospital. Her work with young people in the community earned her the honor last month as a Children's Cancer Association Community Hero.

"The reason I'm so busy is I hate to feel like I'm limited. I love to dance and love to sing, so that's why I do it," Ford said.

Ford says her faith in God and her family help keep her spirits high.

Anyone who is vulnerable either because of age or a disability deserves to be protected from abuse, neglect or exploitation.

— Multnomah County Commissioner  
Maria Rojo de Steffey

Georgianne Obinger and her caregiver, Helen Littleton, are partners in Obinger's health and success.

PHOTO BY  
MARK WASHINGTON/  
THE PORTLAND OBSERVER



## Protecting Vulnerable Adults

Elderly and disabled adults experience abuse and neglect

BY JAYMEE R. CUTI  
THE PORTLAND OBSERVER

Most people have experience with inept or moody coworkers, and sometimes employees just quit their jobs, and walk out, unannounced.

This can become a crisis for someone depending on home caregivers

to tend to their basic needs.

Yet many disabled people say they've experienced emotional, physical and sexual abuse and neglect from those they depend on the most. They say that neglectful caregivers are not necessarily cruel people with a malicious intent, but that the stress of being a long-term

care provider sometimes leads them to take their frustrations out on their disabled employers, who may not even be able to reach for a phone to ask for help.

The Multnomah County Department of Human Services, Aging

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## Self Care Group Meets

Columnist to share tips on finding inner voice

Area residents are invited to learn more about finding your inner voice during the first in a series of Self Care gatherings sponsored by Ahmire's Gifts that Pamper the Spirit, an African-American-owned shop in the Alberta Art District.

The opening session will be on Friday, Oct. 17 at 6:30 p.m. at the Jackson Art and Conference Loft, 1468 N.E. Alberta.

The topic is "The Art of Journaling: Techniques for Personal Journal Writing."

The art of journaling is one of the most intimate and useful tools we can incorporate in our lives. Journaling is a sacred practice. When we journal we are communicating with our higher-selves, our spirit, and sharing our greatest aspirations and concerns.

Journal writing captures the essence of our thoughts and provides opportunities for self-examination and creativity.

S. Renee Mitchell will lead the journal writing session.



S. Renee Mitchell

Mitchell considers herself a writing midwife. She teaches people of all skill levels how to tap into their inner voice, whether through journal writing, poetry or other types of genres.

In addition to writing a column for the Oregonian newspaper, she is a performance poet who has worked in theater, music and film. She is also a playwright, recording artist and author of two self-published books of poetry.

For registration information, call 503-282-4888.

Ahmire's, a retail store located in the Alberta Art District, specializes in gifts that pamper the spirit.