

METRO

The Portland Observer



Charity Basketball

B.J. Wade (left) and Jazz Butcher at the game

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SECTION B

Community Calendar

Life Changing Talk

Dr. Mark Strong, pastor of the Life Change Christian Center, will speak at the Interchurch Service of Evangelical Ministries International at North Alberta and Mallory, at 3 p.m. Sunday, April 27.

Women's Issue

OHSU Center for Women's Health holds its annual conference, focusing on "Strong Women" from 8:30 a.m. to 4:30 p.m. Saturday, May 1 at the Oregon Convention Center. To register, call 503-494-0712 or visit www.ohsuwomenshealth.com.

Women at Play

Women at Work presents a conference on balancing work and life at the Oregon Convention Center, 777 N.E. Martin Luther King Blvd. on April 23 and 24. The expo is accompanied by a Posh Party and Mad Hatter Tea Party. Cost is \$39 for one day and \$59 for both. For more information, call 800-562-8964 or visit www.womenatworkandplay.com.

Wild Animals

The Oregon Zoo opens Himalamazon, a simulator thrill ride that soars riders through a Himalayan climate above the soil of the Amazon, on May 1. Ticket are \$4 in addition to zoo admission. A Dine and Discovery, with a culinary tour of exotic lands, is at 6:30 p.m. on April 21 for \$75 per dinner or \$250 for four dinners. Reserve your seat by calling 503-220-2492.

Healthy Chat

OHSU's healthy chats continue with The Healing Power of Exercise from 1:30 to 2:30 p.m. May 4 at Elsie Stuhr Center, 5550 S.W. Hall Blvd. in Beaverton. Caregiving for Family and Friends with Serious Memory Problems is from noon to 1 p.m. May 6 at the Metro YMCA, 2831 S.W. Barbur Blvd. The Dark Side of High Fashion Shoes is discussed from 7 to 8 p.m. Wednesday, May 12 at the PHSU Family Health Center, Richmond, 3930 S.E. Division St.

Salvation for Kids

The Salvation Army's 10th anniversary luncheon is all about kids, from noon to 1 p.m. May 14 at the Lloyd Center Doubletree Hotel, 1000 N.E. Multnomah. For more information, call 503-963-1187.

Maya Angelou Visit

Maya Angelou joins the Unique Lives and Experiences lecture tour at 7:30 p.m. on May 19 at the Arlene Schnitzer Concert Hall. For tickets, visit www.eventsunlimited.org.

Bowling for Rhinos

To register for Bowling for Rhinos, a fundraiser for rhino conservation abroad, call 503-226-1531 ext. 5255. The event is from noon to 3 p.m. April 24. An Earth Day Expo is from 9 a.m. to 4 p.m. on April 25 with a Race to Stop Global Warming beginning at 8 a.m. For more information, visit www.greenhousesnet.org.

Wildlife Lecture

A wildlife lecture series, beginning with The Eye of the Albatross at 7 p.m. April 27, is hosted by the Oregon Zoo and the Audubon Society. Each lecture costs \$10 with series tickets available at a discount. For more information, call 503-226-1561.

OAME Luncheon

The Oregon Association of Minority Entrepreneurs is holding its 16th annual Entrepreneurship Luncheon and Trade Show with keynote speaker Mayor Vera Katz from 10 a.m. to 4 p.m. Thursday, May 6 at the Oregon Convention Center. The trade show is free and the luncheon costs \$45.

Nursing Shortage Critical for Minorities

Campaign to draw more diversity to the profession

BY JAYMEE R. CUTI
THE PORTLAND OBSERVER

Career options for young women are virtually limitless and the varied job choices of the last few decades are in part responsible for a critical nursing shortage in Oregon, according to nursing insiders.

The Oregon Nurses Association is marking its 100th anniversary this month, yet celebrating is on hold as the U.S. Bureau of Labor Statistics released data revealing that by the year 2010, more than one million nurses will be needed.

"There's an inadequate number of nurses to fill vacant positions and the impact to patients is going to be profound," said Susan King, an emergency room nurse and administrator of professional services for the Oregon Nurses Association.

"An individual who needs nursing care, whether in a hospital or at a provider's office, now and in the future, will find that that chair might not be available," she said.

Besides the risks and advanced schooling associated with nursing that dissuades young people from the field, part of the shortage lies in an aging community of practicing nurses. The average age of nurses in the state is 48.

"You can expect in the next 10 to 15 years, we're going to be reducing our hours and retiring. The population of nurses educated and licensed per year is under 1,000, but we're going to be losing many more than that," said King.

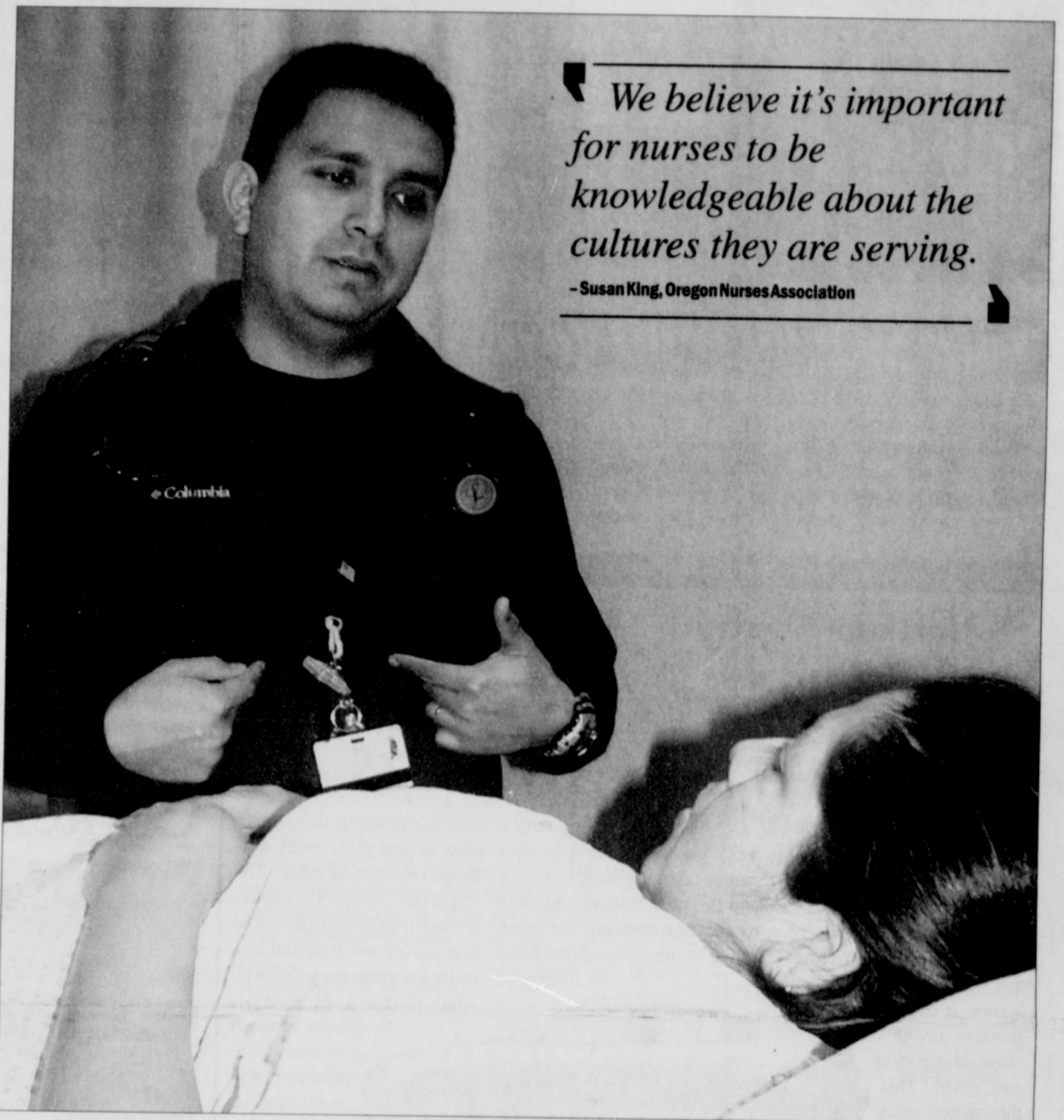
The number of minority nurses in the state is even more critical.

Of the 37,000 nurses registered in the state, less than 3 percent are of color and only 386 are African American.

"We believe it's important for nurses to be knowledgeable about the cultures they are serving, and that includes language," said King. "I am learning Spanish, but it's not the same as someone that comes from that culture and understands what the specific needs are."

Linfield Good Samaritan School of Nursing in Portland takes strides to recruit and retain minority students starting in middle school.

Since 1997, Linfield student nurses have reached out to middle schoolers with a



Emergency room nurse Jose Ventura with Gicela Roque Resendez, a patient at Providence St. Vincent Medical Center.

mentorship program aimed at attracting Latino youth to health careers.

Hispanic Family Saturday is another way to attract people of color to the profession by offering a day of information and sharing about careers in the health profession. The next event is slated for the fall.

"The Hispanic population is the fastest increasing population in Oregon, but only

one percent of registered nurses are Hispanic, so we've got a lot of catching up to do," said Peggy Wros, a professor and curriculum coordinator at Linfield. "Lots of Hispanic clients are in the system who would certainly benefit from nurses who are culturally competent and speak the language. The rest of us could benefit from that, too."

According to Wros, Linfield's outreach

focuses on educationally and economically disadvantaged youth.

In cooperation with the Oregon Health Careers Center, Linfield's faculty is hosting a six-week intense summer academy for 40 to 50 college-bound juniors and seniors for college preparatory work in math, biology,

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Hope in Training

Terry Jordan, a Portland resident, has begun training for the Nike Marathon, which she'll be running in memory of her daughter and father.

The Nike Marathon in San Francisco, which occurs in October, celebrates the 20th anniversary of the first women's Olympic marathon.

Emily, Jordan's daughter, died of leukemia when she was five-and-a-half. Her father also died from lymphoma.

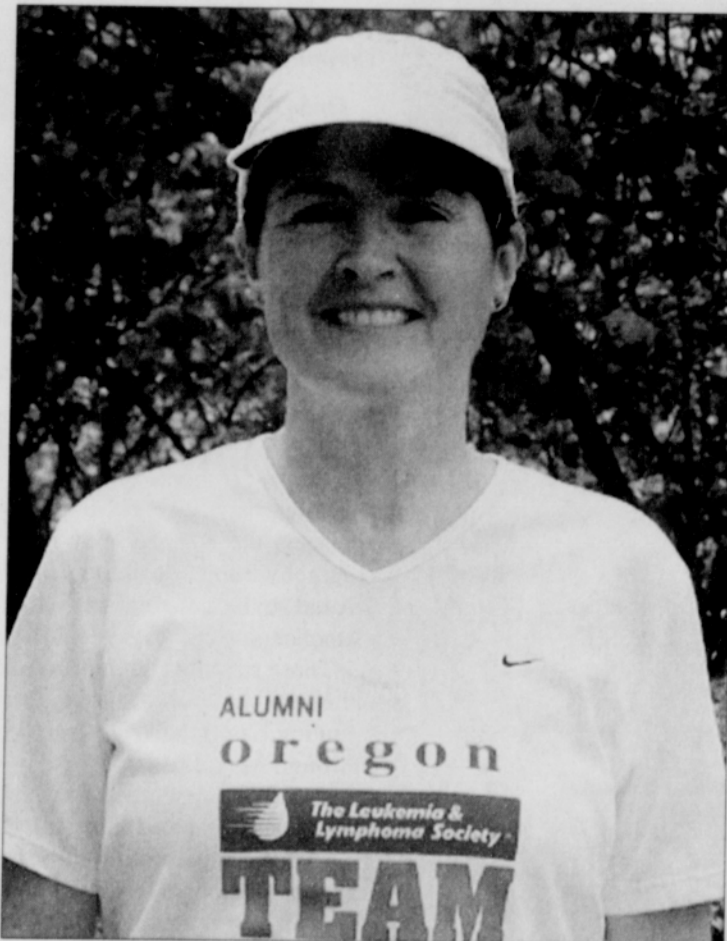
Jordan, who is a stay-at-home Mom with her 7-year-old son, Timothy, considers herself an unlikely athlete.

"Marathons scared me," she said.

Jordan has run five marathons in the past, but says this will be different because it's a women-only race.

She is training for the 26.2 mile run with The Leukemia & Lymphoma Society's Team in Training program. Several recruitment meetings are scheduled throughout Portland, beginning with a meeting at Niketown, 930 S.W. Sixth Ave. from 5:30 to 7 p.m. on Tuesday, April 27.

Participants can train for the San Francisco marathon through The Leukemia & Lymphoma Society's Team in Training, which provides training for endurance competitions in exchange for par-



Terry Jordan of Portland trains for marathon after losing family members to disease.

ticipants raising funds for leukemia and lymphoma research.

More than 200,000 people have participated in Team in Training, raising more than \$470 million. It has 63 chapters nationwide.

Though men are not prevented from running, the race will be marketed to women and all the pre-race activities - such as sessions on women's health and fitness - will be geared to female participants. Organizers are expecting more than 500 women from around the coun-

try to participate.

"The Nike 26.2 exemplifies the trend of more and more people participating in marathons for a good cause," said Greg Elfers, vice president of The Leukemia & Lymphoma Society. "For the hundreds of thousands of patients and families battling leukemia, lymphoma and myeloma, the fact that women from across the country are coming to San Francisco to help in the battle to cure these cancers sends a clear message of hope."

Focus on Strong Women

Center for Women's Health holds annual conference

"Strong Women!" is the focus of this year's annual OHSU Center for Women's Health Conference, a meeting featuring presenters that are very diverse and of different ethnic backgrounds.

The public event is held Saturday, May 1, from 8:30 a.m. to 4:30 p.m. at the Oregon Convention Center. The keynote speaker, Miriam Nelson, is the author of the international best-sellers: "Strong Women Stay Young"; "Strong Women Stay Slim"; "Strong Women, Strong Bones"; "Strong Women Eat Well"; and "Strong Women and Men Beat Arthritis."

She will talk about strengthening every aspect of health and wellness. Nelson lectures about women's health around the world and is the director of the John Hancock Center for Physical Activity and Nutrition, Friedman School of Science and Policy, Tufts

University.

The conference features cutting-edge information about women's health, including the latest on heart health, strong bones, nutrition, diabetes risk factors for different ethnic groups, food and moods, women's cancers, healthy skin

stress reduction, fitness, herbs and supplements, getting a good night's sleep, and how to successfully conquer the down times in our lives.

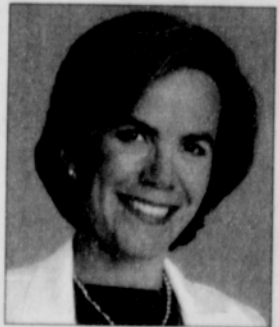
"This is our ninth year for the women's conference. We focus on what's current, what's in the future, what women want to hear concerning their health. Women want to take charge of their own health and wellness, and this conference helps us to do that," said Wendy Mitchell, program manager for the OHSU Women's Health

Besides speakers, there will be short NIA sessions. In Swahili, nia means "with purpose." It also stands for neuromuscular integrative action. It is a fitness and healing session using practical and diverse movements. A vegetarian lunch also is included in the \$35 fee.

Reservations can be made by phone at 503 494-0712 or online at www.OHSUwomenshealth.com.



Dr. Stephanie Anderson



Miriam Nelson