



Aretha Franklin sings during the funeral for Rosa Parks at the Greater Grace Temple in Detroit, Mich.

Rosa Parks Laid to Rest

Day of remembrance and call to action

(AP) — A seven-hour funeral celebrating the life of civil rights pioneer Rosa Parks was not only a day of remembrance for the 4,000 mourners who gathered, but also a call to action.

As more than three dozen people spoke of how Parks' historic act of defiance on a Montgomery, Ala., bus in 1955 changed the course of history, many urged Americans to continue her legacy.

"You ought to make one commitment in her name to yourself. You ought to resolve that you are going to do something that makes a difference because we're here because she made a difference," said the Rev. Al Sharpton.

Parks died Oct. 24 at the age of 92. Her funeral Nov. 2 followed a week of remembrances during which Parks' coffin was brought from Detroit to Montgomery, where she sparked the civil rights movement by refusing to give her bus seat to a white man, to Washington, where she became the first woman to lie in honor in the Capitol Rotunda.

Members of Congress and national civil rights leaders filled the pews of Greater Grace Temple church in Detroit Nov. 2 for the service, which featured songs by Aretha Franklin and mezzo-soprano Brenda Jackson, who sang a soaring version of the Lord's Prayer.

"The world knows of Rosa Parks because of a single, simple act of dignity and courage that struck a fatal blow to the foundations of legal bigotry," said former President Clinton, who presented Parks with the Presidential Medal of Freedom in 1996.

Parks was a 42-year-old tailor's assistant at a Montgomery department store in December 1955 when she was arrested for refusing to



Rosa Parks seated in the front of a Chicago bus on 1955.

give up her seat to a white man on a city bus. Her act triggered a 381-day boycott of the bus system led by the Rev. Martin Luther King Jr.

Parks and her husband, Raymond, moved to Detroit in 1957, after they lost their jobs and faced harassment and death threats in Montgomery.

Elaine Eason Steele, Parks' long-time personal assistant, said the civil rights pioneer would have loved Wednesday's ceremony.

"Rosa Parks has enjoyed it," Steele said. "She loved good preaching. She loved good political talk."

After the funeral, Parks' casket was put on an antique gold-trimmed black wooden horse-drawn carriage for the seven-mile procession to Detroit's Woodlawn Cemetery.

But because of the late hour and the time it would take for the procession to reach the cemetery by horse, the casket was removed from the carriage about a block into the trip and placed in a white antique hearse for the rest of the journey.

The crowd of onlookers clapped and yelled "Rosa!" as the hearse continued down the street, escorted by riders on galloping horses.

Seniors Face Daunting Options

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teen by appointment each Wednesday. A group session is also planned on Nov. 30. Call 503-280-2632 for more information.

"One thing I've really noticed is that people seem so overwhelmed by this that it's easy to say, 'Oh, forget about it.' It's really important to know that they're not having to do this alone," said Janet Bowman, program coordinator for SHIBA. "There are an awful lot of people that want to help. It's better to go in with your eyes open than to have nasty surprises about your health care because that's the one thing in life where people really don't need any surprises."

Bowman noted that for low-income residents, it even more important to research the options available.

"This is the first time in 40 years that Medicare has covered outpatient prescriptions. We've had people on Medicare who have to choose between paying their electricity or paying for their medication, or even cutting their medication in half," Bowman said.

She's hoping that through outreach and education, people will feel less intimidated.

"Not deciding means you've decided something. This system

is going on regardless of whether people are paying attention or not," she said.

More than 200 volunteers have been trained locally to discuss and compare plans. Those interested need to bring insurance cards, a list of prescriptions (most easily made by asking your pharmacy) and a list of pharmacies used.

help them out.

"As a baby boomer with parents or grandparents, they're turning to us more and more for decision making. This is a tool to help us get more engaged and give us a greater understanding on how to coordinate with doctors and pharmacists. That alone has made it my responsibility as a caring child," Cohen said.

It's better to go in with your eyes open than to have nasty surprises about your health care.

—Janet Bowman, program coordinator for Senior Health Insurance Benefit Assistance, on getting informed about the new Medicare Part D prescription drug plans

"The goal is to get people to take a deep breath and say yes, there's a lot of fog in the air but using these tools can help you," said Jerry Cohen, state director of AARP Oregon. "It's brand new and anytime you have a new program or system, I don't care what it is, it's going to be confusing."

Cohen has helped his own parents who are their 90s figure out whether or not the new plan would

The deadline to sign up before late fees kick in is May 15.

To order a free AARP booklet explaining the Medicare Part D program, call 1-888-687-2277. To find out about upcoming outreach workshops, as well as phone and online counseling, call 1-800-722-4134. Websites like www.medicare.gov, www.aarp.org/medicare or www.ssa.gov also offer online resources.

Are you
or
someone
you know
pregnant?

?

Healthy Birth Initiative can help. Healthy Birth Initiative (HBI) is a program for African American women and their families living in N/NE Portland.

HBI offers:

- Transportation to medical and social service appointments
- Home Visits
- Incentives
- Health education classes (free childcare and transportation when attending any HBI group or class)
- Information and referrals to community services

For more information contact:
Healthy Birth Initiative
5329 NE Martin Luther King Jr. Blvd.
Portland, Oregon 97211
503-988-3387 x22242

Loaves & Fishes Thanksgiving

Loaves & Fishes Centers, The Meals-On-Wheels People will deliver more than 1,000 hot turkey dinners to homebound seniors on Thanksgiving Day. The organization will also host community Thanksgiving Dinners.

"A traditional holiday meal with turkey and all the trimmings will be delivered by volunteers to our most frail and isolated seniors on Thanksgiving Day," said Loaves & Fishes Executive Director Joan Smith. "We are so grateful for the community volunteers who spend part of their holiday making the day brighter for these seniors."

The community is invited to join with others for a Thanksgiving Dinner at one of these locations between 11 a.m. and 2 p.m. on Thursday, Nov. 24:

Beaverton Loaves & Fishes Center, Elsie Stuhr Center, 5550 S.W. Hall Blvd; Belmont Loaves & Fishes Center, Southeast Multicultural Center, 4610 S.E. Belmont; Cherry Blossom Loaves & Fishes Center, Eastside Community Center, 740 S.E. 106th Ave.;

Elm Court Loaves & Fishes Center, YWCA, 1111 S.W. 10th Ave.; Tigard Loaves & Fishes Center, 8815 S.W. O'Mara.

THE BREAD LADY

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entful civil rights leader Rosa Parks. Through Dew-Angee, she's been involved in Juneteenth Community Unity 2005, First Steps Sports Academy, Oregon Action, Project Clean Slate, Broadous Entertainment, Mrs. Allie Kilpatrick's "Hats," Vernon Elementary School PTA, Corner Stone Community Church, Portland Temple and

Dew's Hauling and Yard Maintenance, to name a few.

"We should spread joy, not only through the holidays, but sow our seed of love everyday. Our means of upholding the value of life is what we put in it. Each person has a unique quality," Williams said.

For more information on how to be involved in or provide support to Dew-Angee Services, call 503-249-3283.

Obtenga Vacuna de Gripe, No la Gripe.

Get the Flu Shot, Not the Flu.



Flu Shots are Covered for People with Medicare Part B.

For Information, call **1-800-MEDICARE** or visit **www.medicare.gov**

Medicare Paga por las Vacunas de Gripe. Para Información, Llame al 1-800-MEDICARE o visítanos al www.medicare.gov

