

Seniors Motivated in Healthy Aging



Brenda Phillips and Chonitia Suhailah-Smith of Kaiser Permanente's Sankofaa Health Institute help find the humor in the challenges of aging as part of a thank you luncheon for local seniors who participated in a study of healthy aging.

Kaiser study works with senior centers

Kaiser Permanente and Sankofaa Health Institute recently hosted a thank you luncheon for seniors who participated in a study of healthy aging by Kaiser Permanente.

Community health workers or "promotoras," from the institute explained the new food pyramid guidelines and how to make healthy food choices. More than 100 seniors attended the luncheon.

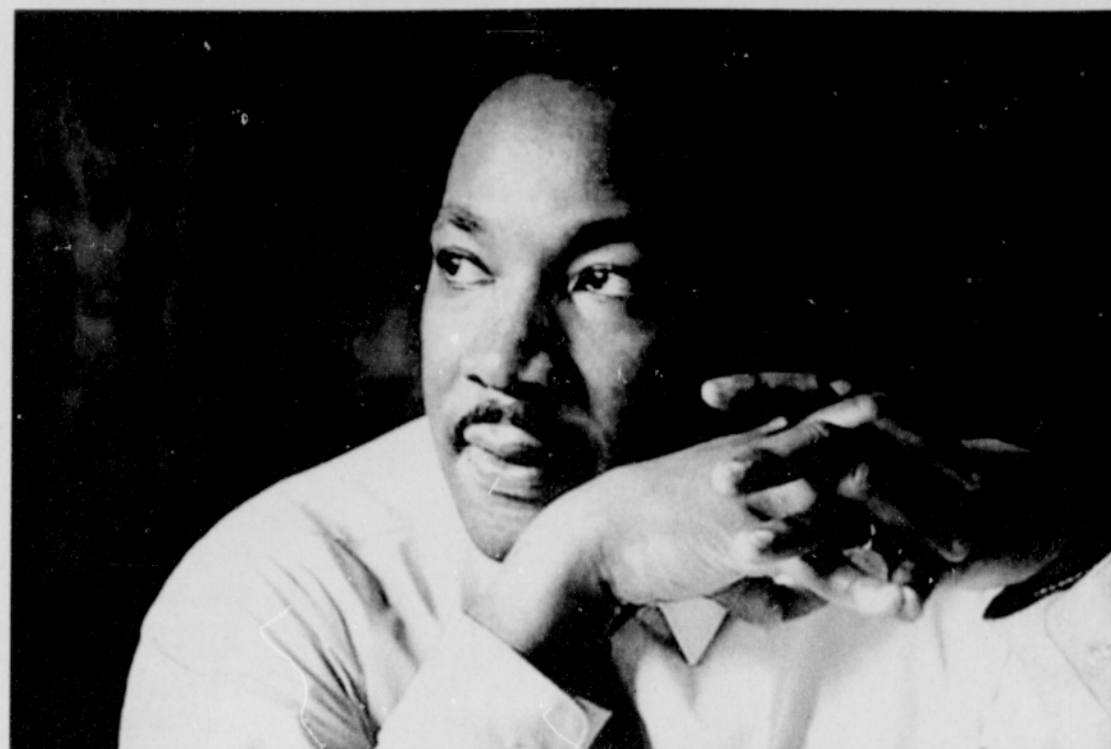
Kaiser Permanente's Center for Health Research has been conducting a six-month research study to answer questions about what motivates seniors to adopt behaviors that promote healthy aging.

The study at the Urban League's Multicultural

Senior Center in Portland and the Elsie Stuhr Senior Center in Beaverton also has been investigating the most effective ways to provide seniors with health information and how seniors prefer to receive health information.

The Healthy Aging study focused on creating and sustaining community health initiatives and providing care to vulnerable populations. The study involved developing partnerships with community organizations, including the Elsie Stuhr Senior Center, the

Urban League and Multicultural Senior Center, Loaves and Fishes, Susana Maria Gurule Foundation and the Sankofaa Health Institute, a grassroots health promotion organization. The researchers collected data through interviews with staff at the senior centers, informal observations of center events, field surveys, and focus groups with seniors.



Rev. Dr. Martin Luther King Jr. used philosophy as well as theology in his many speeches, sermons and discussions.

OSU Studies Racism in Philosophy

Andrew Valls, who teaches political philosophy at Oregon State University, has edited a collection of essays, "Race and Racism in Modern Philosophy," newly released by Cornell University Press.

The collection addresses the issue of whether modern philosophy is racist and whether legendary Western philosophers such as Descartes and Hobbes support racist ideology or advance ideas that lead to the critique and rejection of racism.

The book brings together essays on the writings of seminal thinkers to trace the issue of race and explore its influence on modern philosophical inquiry. From Locke's treatment of slavery to Nietzsche's "racial profiling," the collection illus-



Lucius T. Outlaw Jr.

trates the complex relationship between race and philosophy.

The book edited by Valls' already has drawn praise from

scholars, including Lucius T. Outlaw Jr. of Vanderbilt University

"The analyses and explorations at the heart of this book are long overdue," Outlaw said. "They emerge from and contribute substantively to ongoing discussions and critiques of canonical figures of modern ('Western') philosophy with regard to these figures' notions of race and the relevance of and impact on their philosophizing of these notions."

Valls, an assistant professor of political science, specializes in research on liberal and democratic theory, race and racial justice, and the ethics of political violence. He earned his Ph.D. in political science at the University of Pittsburgh and has taught at OSU since 2003.

County Group Hosts MLK Event

Black affairs founder to speak

The Multnomah County Managers of Color group is proud to sponsor the Multnomah County Dr. Martin Luther King Jr. Day Celebration, "In the Spirit of Unity & Service - Remember! Celebrate! Act!"

The event is scheduled for Friday, Jan. 13 at 11:30 a.m. until 1:30 p.m. in the Multnomah County Board Room, 501 S.E. Hawthorne Blvd., First floor.

The keynote speaker will be Dr. Calvin O. L. Henry, founder and president of the Oregon Assembly for Black Affairs; founder and past president of the Corvallis Branch of the NAACP; a recipient of the Ambassador of Peace Award and the Drum Major for Justice Award.

Multnomah County Chair Diane Linn will provide opening remarks at noon. Other features of the program include a short film honor-

ing the life of Dr. King showing at 11:30 a.m., the presentation of the Arthur Flemming Award and an employee choir.

The Arthur Flemming Award was created in 1996 by the City-County Affirmative Action Office. It is named for the late Dr. Arthur Flemming, former provost of the University of Oregon and the first chair of the Federal Rights Commission, serving the Eisenhower through Reagan administrations. During his tenure, Dr. Flemming pushed for passage of numerous civil rights laws, voting rights, programs for equal opportunity in employment and contracts receiving federal monies. The award is given to an employee or group of employees who exemplify the commitment of Arthur Flemming.

The Managers of Color group has been a recognized affinity group within Multnomah County since 1992. The group is dedicated to developing and maintaining organizational diversity, equity and opportunity, and promoting customer-focused, culturally-competent services.

For more information, call 503-988-4377.



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
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Election Ballots On Way
People of color find a political fit

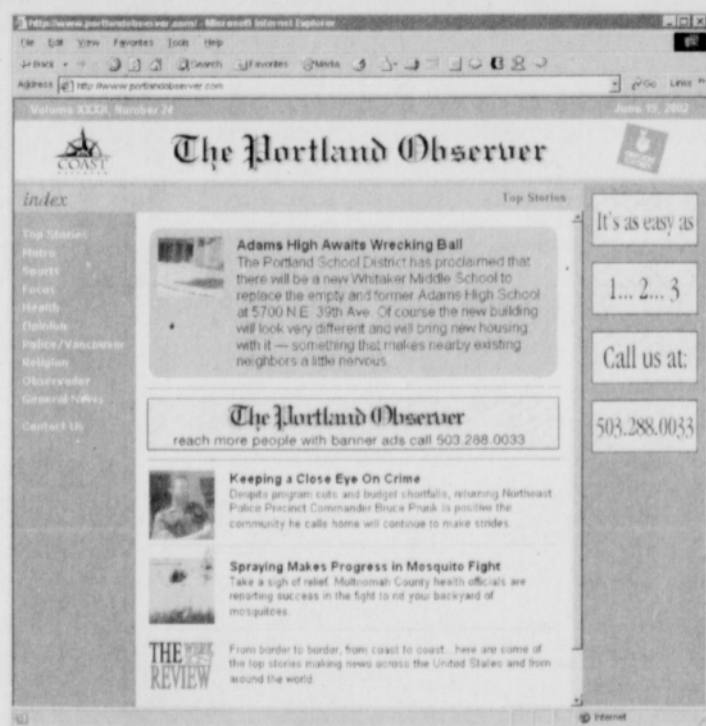


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