

Check out our full menu:
 Fish & Grits, French Toast, Catfish, Philly Cheese
 Steaks, Burgers, Sweet Potato Pie, Peach Cobbler
 BREAKFAST SERVED 8 a.m. to 2 p.m.

CAFÉ AT MIRACLES
 Miracles Club Building
 4200 NE MLK Blvd, Portland, OR 97211
 971.200.7227

Monday-Friday 8:30am-4pm; Saturday 9am-2pm

Daily Specials: \$7.50

Monday -- Meatloaf, mashed potatoes & gravy and vegetables.

Tuesday -- Cooks choice

Wed. -- Babyback Ribs, potato salad, collard greens, cornbread

Thursday -- Smothered pork chops, rice & gravy, veggies, roll

Friday -- Fish & Chips with coleslaw

Sides: Collard Greens, Mac & Cheese, Yams,
 Potato Salad, Red Beans & Rice



CAFÉ AT MIRACLES

IT'S BEEN A YEAR AND WE'RE STILL HERE!!!!

NOVEMBER ANNIVERSARY GIFT TO YOU

BUY A SANDWICH OR BURGER,

"GET YOUR FRIES FREE!"

Bring this coupon to get your free fries.



Coupon has no cash value; good only at Café at Miracles for November 2013.

HEALTH

Sickle Cell Fight Draws Support

After a successful "Sickle Cell Buddy Walk" last month, members of the Sickle Cell Anemia Foundation of Oregon are reflecting on their successes while looking to raise community awareness of the dangerous blood ailment.

Georganne Pierce was the captain of the "Soulful Strutters" relay team at the walk. She said her involvement was personal because the loss of a friend and multiple family members who had succumb to sickle cell.

Another participant named Margaret, lost her husband to the disease.

Pastor Marcia Taylor, executive director and founder of the Sickle Cell Anemia Foundation of Oregon, says she is very grateful for the community support at



Marcia Taylor

events such as the Sickle Cell Buddy Walk to inform and educate the community and to spread the word of her foundation to parents, to be supportive of sickle cell patients and to help financially when funds afford.

Afflicted with the disease herself, Taylor said working with a primary care physician or hematolo-

gist is the key to handling the disease which affects around 90,000 Americans today.

"This disease is not going away and we really need the support of the community to make our voice heard so that a cure will be found! Treatment helps, such as blood transfusions, which presents its own set of problems, hydration, antibiotics and pain medication, but it is only a band aid," she said.

Pastor Taylor lost her youngest daughter to sickle cell and said, "In honor of my daughter, Ramona, Linda and Terry Mitchell and others, this is my legacy to the community."

Have you been tested for sickle cell? For more information, or to get involved, call Pastor Marcia Taylor at 503-249-1366.

Health Fair on Weight, Diabetes

Legacy Weight and Diabetes Institute will partner with regional experts in hosting a complementary community event that will show Portlanders small, practical steps they can take to developing a

healthier lifestyle.

The event will focus on diabetes, pre-diabetes and weight management and will be held from 8:30 a.m. to 11:30 a.m. at Legacy Good Samaritan Medical Center, Building 2, First

Floor Auditorium, 1040 N.W. 22nd Ave.

Guests will enjoy a complimentary, healthy breakfast; win raffle prizes; and collect empowerment tools.

COVER OREGON

is a new online marketplace where you can shop for health insurance and get financial help. Right now a lot of really nice people, like Cover Oregon certified agents and community partners, are waiting to help you enroll. The best part besides making you feel special? Their help is absolutely free. It's time to get started. Visit CoverOregon.com or call us at 1-855-CoverOR

