

**YOUR NEIGHBORHOOD, YOUR VOICE** PORTLAND HOUSING BUREAU  
NORTH / NORTHEAST NEIGHBORHOOD HOUSING STRATEGY

Opening February 2018

## GARLINGTON PLACE APARTMENTS

3080 NE Martin Luther King Jr. Blvd  
Longtime and displaced North/Northeast residents receive preference



Apply for preference any time between October 16-30, 2017

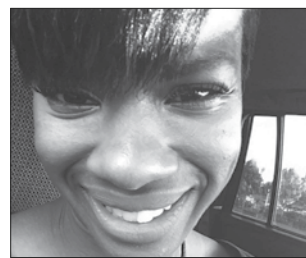
Affordable and integrated housing in the heart of Northeast Portland's historic Albina district. Enjoy landscaped surroundings, nearby transit, ample parking, and a community garden in one of the most desirable and accessible areas of Portland. Adjacent to the Garlington Health Center, providing mental health, addiction, primary care, and wellness services to meet the health and housing needs of the community. Pre-leasing begins October 2017 with 31 apartments for households who qualify through the City of Portland's N/NE Preference Policy.

*Income limits apply.*

Find out how to apply for preference.  
[www.portlandoregon.gov/phb](http://www.portlandoregon.gov/phb) 503-823-2375



**PHB** Portland Housing Bureau  
Mayor Ted Wheeler • Director Kurt Creager



# Fitness with 'JJ'

BY JANITA 'JJ' JONES

## Bouncing back from adversity

Environmental conditions can affect your breathing and challenge an active lifestyle. Sadly, when our beloved Columbia River Gorge erupted into a massive wildfire last month, the air all over Portland was filled with smoke and ashes, underling how important the ability to take a breath really is.

According to a website the compiles and compares air quality levels for different countries, the smoke here caused worse pollution levels than the notorious bad air of Beijing, China. I am sure you noticed that your body ached more, you were more sleepy than usual, or had headaches, dizziness or even blurred vision. Curled up on my couch is where I decided to spend the smoky days.

Sometimes all it takes is a break in your routine to throw you off track. What do you do when this happens? How do you hold yourself accountable? *The following three easy steps can help get you back on your fitness journey:*

**1. Set goals.** Make sure that includes a time frame of what workouts you are trying to make happen and how are you going to accomplish them. Putting a plan

in place will give you incentives as you reach for your goals. Weddings, holidays and birthdays are popular events to set fitness goals around.

**2. Track your progress.** There are a variety of ways you can record your progress and keep track of it from week to week, from a simple notepad, an App for your phone or a fitness tracker. You will find it helpful to also track how you feel, the meals you ate and changes you notice within yourself.

**3. Partner Up!** I cannot stress enough the importance of having a friend help you with your fitness goals. Research studies show that if you decide to go at this alone you will last less than 10 weeks. Partner up and you have another feather of fitness accountability for your hat!

*Janita "JJ" Jones is a fitness professional and sports journalist for the Portland Observer. Find her cheering on her alma maters the University of Nevada and Benson High School, chasing after her baby dragons, coaching amazing athletes or teaching exercise classes. She can be reached via email at [jj@theportlandobserver.com](mailto:jj@theportlandobserver.com).*

north by northeast  
COMMUNITY HEALTH CENTER

Come visit our new location!



North by Northeast Community Health Center is open to new primary care patients with Oregon Health Plan (Medicaid) health insurance. Since 2006, our priority is on serving the local African American community and on reducing the deadly effects of high blood pressure and diabetes. If you have limited (or no) income and need health insurance, we can help you apply for the Oregon Health Plan. And we can be your go-to neighborhood health clinic!

Call us for an appointment or more information:  
**503-287-4932**

714 NE Alberta St., Portland Oregon 97211 | [nxneclinic.org](http://nxneclinic.org)

### African American Alliance for Homeownership

Presents the 19<sup>th</sup> Annual

## Homeownership Fair

Saturday, October 28, 2017

10am - 3pm

Legacy Emanuel Hospital Atrium  
501 N. Graham St., Portland

*Pre-registration NOT Required*

Opening Remarks by Michael Montgomery, Vice President US Bank

**"Homes For Sale" Bus Tour**  
12noon  
FIRST COME FIRST SERVED

- Learn About First-Time Homebuyer Resources
- Visit Over 40 Home buying Experts
- Free Workshops/Home Retention Services
- Enter the Down Payment Assistance Drawing
- Free Lunch • Free Parking • Prizes

**FREE & OPEN to the Public**



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