

# Keeping the Focus on Health

CONTINUED FROM FRONT

dents for \$25 per quarter. The Diabetes Prevention program addresses the growing epidemic of African Americans developing diabetes at a disproportionate rate. The outreach encourages a healthy lifestyle through diet, weight loss, and exercise, with the desired outcome to prevent or delay Type 2 diabetes.

The African American Health Coalition had dissolved in June when its executive director Corliss McKeever, retired. Miracles Club, which had been a partnering organization to the coalition, then worked with McKeever to make sure the programs continued, explained Taylor, who grew up attending Miracles Club community events as a child and has been its program director for the past four and a half years.

“When [McKeever] decided it was time for her to retire, she didn’t want the programs to fall with her. So it was a matter of, hey friends, this is what’s going to happen and we want to make

sure we continue to sustain the community,” she said.

Wellness within Reach Administrative Coordinator Makda Berhane, who previously worked for the coalition, said the transition is really going well and she wants community members to fully take advantage.

“If people are interested, I want them to exploit this program. It’s really a good program,” Berhane said.

The Miracles Club has been dedicated to offering addiction recovery services and support for community members, mostly African American, since 1993. Both at their headquarters at 4200 N.E. Martin Luther King Jr. Blvd, and their secondary Miracles Central location in the Lloyd district, where the exercise passes can be obtained, and the location of a community center downstairs and apartments upstairs for people in addiction recovery.

The Charles Jordan Center is located at 9009 N. Foss Ave and the Matt Dishman Center is located at 77 N.E. Knott St. Both centers offer recreational and fitness activities. The \$25 Miracles Club exercise passes allows access to both fitness centers, now through March 31.



## Preventative Health Forum

Presented by: African American AIDS Awareness Action Alliance (A6) & Albina Ministerial Alliance

### Featuring:

- A panel of experts
- Light refreshments
- Health Cards to improve your doctor’s visits
- Free HIV screenings by Cascade AIDS Project

**Sunday, Feb 17, 2019**  
**1:00PM—3:00 PM**  
**Grace Covenant Fellowship Church**  
**5450 NE Flanders St.**  
**Portland, OR 97213**

This monthly series focuses on health topics that the Black/African American community is more likely to encounter – including info on how to increase positive outcomes, and advocate for services

### February’s Topics:

**Risk assessment, prevention, and treatment of:**

- Heart Disease
- Stroke
- Hypertension
- Nutrition

**FREE & OPEN TO ALL**

Sponsored by:

# 1480 KBMS

Take Us To Work, Home Or Play

Listen Live At [Portlandmedium.com](http://Portlandmedium.com)

(Click On KBMS icon)



Rev. Al Sharpton  
10am - 1pm



D. L. Hughley  
3pm - 7pm

### MONDAY - FRIDAY

12 Midnight - 3 A.M.  
MIKE SHANNON

3 A.M. - 7 A.M.  
TOM JOYNER

7 A.M. - 10 A.M.  
TONI TERRELL

10 A.M. - 1 P.M.  
REV. AL SHARPTON  
(KEEPING IT REAL)

1 P.M. - 3 P.M.  
KENNY SMOOV

3 P.M. - 7 P.M.  
D.L. HUGHLEY

7 P.M. - 9 P.M.  
PAPA SMURF

9 P.M. - 12 Midnight  
MIKE SHANNON

### SUNDAY

12 Midnight - 3 A.M.  
MIKE SHANNON

3 A.M. - 6 A.M.  
TOYA BEASLEY

6 A.M. - 12 NOON  
SUNDAY MORNING GOSPEL  
W/ANGELA

12 NOON - 1 P.M.  
HIGHLAND C.C. LIVE  
BROADCAST

1 P.M. - 4 P.M.  
PAPA SMURF

4 P.M. - 12 Midnight  
DOUGLAS WILLIAMS



Tom Joyner  
3am - 7am

**KBMS Radio**  
**1480 AM**  
 Portland's best music station

## PLATINUM FADE SALON

Sherman Jackson  
cell 503-891-5905

M-F 9:00am-9:00pm  
 Sat 8:00am-9:00pm  
 Sun 11:00am-6:00pm

5010 NE 9th, Unit A  
 Portland, Oregon 97211  
 503-284-2989

Advertise with diversity in

The Portland Observer

Call 503-288-0033

or email  
[ads@portlandobserver.com](mailto:ads@portlandobserver.com)

Providing Insurance and Financial Services  
 Home Office, Bloomington, Illinois 61710

**Ernest J. Hill, Jr.** Agent

311 NE Killingsworth St,  
 Portland, OR 97211  
 503 286 1103 Fax 503 286 1146  
[ernie.hill.h5mb@statefarm.com](mailto:ernie.hill.h5mb@statefarm.com)  
 24 Hour Good Neighbor Service®

State Farm®

