



Black Health Matters

north by northeast
COMMUNITY HEALTH CENTER

North by Northeast Community Health Center is the only clinic in Oregon focused on African American health. We provide welcoming, high quality health care to adults who have Oregon Health Plan. Since 2006, our priority

has been to serve the local African American community and to reduce the deadly effects of high blood pressure and diabetes. We are accepting new patients, and if you're uninsured, we can help you get covered!

To make an appointment or learn about our services, contact us:

(503) 287-4932 | www.nxneclinic.org

714 NE Alberta St., Portland Oregon 97211

Blunt and Emotional Appeal

Michelle Obama outlines dire election stakes

(AP) — At the 2016 Democratic National Convention, former first lady Michelle Obama told party members that “when they go low, we go high.” After four years of President Donald Trump, she came back to give it to them straight.

“If you think things cannot possibly get worse, trust me they can; and they will, if we don’t make a change in this election,” Mrs. Obama told her party in a blunt and emotional appeal that capped the first night of the Democrats’ convention.

The former first lady outlined



Former first lady Michelle Obama speaks Monday during the first night of the Democratic National Convention. (AP photo from video image)

dire stakes for the election ahead, declaring President Donald Trump “in over his head” and the “wrong president for our country.” Warning of possible voter suppression,

she told Americans they must vote for Joe Biden “in numbers that cannot be ignored” if they want to preserve the “most basic requirements for a functioning society.”

Beloved Boxing Coach Dies at 88

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resident, he was part of your family and it showed. A special thanks to an amazing group of medical professionals at the Department of Veterans Dialysis Unit. You always went above and beyond making sure Chuck was well cared

for and kept the family informed. Your love for him was evident.

In lieu of flowers, please donate to the VA Dialysis Unit by accessing the online Internet link pay.gov/public/form/start/50811370. Be sure to note in the memo line: In memory of Charles Lincoln for Dialysis Unit-donations

to the Portland VA. To plant a tree in memory of Charles Lincoln Sr., visit the Tribute Store at tributecenterstore.com/memorial-tree?oId=17833361.

There are no events scheduled. You can still show your support by planting a tree in memory of Charles Lincoln, Sr.

Get the care you need, **safely**

Most providers offer appointments by phone or video

During the COVID-19 pandemic, we want to make sure you're still **getting the care you need**. Good news — providers are offering different options for your appointments. Clinics are now providing telehealth appointments, which means appointments by phone or video. Telehealth is safe and easy, because you can meet with a provider from wherever you're most comfortable.

You can get a telehealth appointment for most services, including:



Primary care visits



Counseling



Specialist visits (e.g., cardiologists, physical therapists, pregnancy providers)



Substance use treatment

Here are some tips to help your appointment go smoothly

- ▶ Find a quiet, private space so you can talk freely. Use a headset or headphones if you can.
- ▶ If it's a video appointment, make sure your phone or computer has a camera.
- ▶ Get your phone, tablet or computer ready a few minutes before your appointment. You may have to download an app to connect to your provider.
- ▶ Remember that video uses a lot of cell phone data if you're not on Wi-Fi.



careoregon.org/connect-to-care

Contact your provider to find out what kind of appointment is best for you. If you have questions about how to connect to your provider, don't hesitate to call CareOregon Customer Service toll-free at 800-224-4840 or TTY 711.

