

north by northeast
COMMUNITY HEALTH CENTER

North by Northeast honors and celebrates Black History Month

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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

Black Innovators Celebrated

CONTINUED FROM FRONT

The organization is in its last round of fundraising to complete the dramatic new scene at the corner of Northeast Martin Luther King Jr. Boulevard and Shaver Street. The artwork showcases and honors diverse innovators and the role Black-owned small businesses play in Portland.

The artwork was created under the direction of Black artist and muralist Rodolfo Serna. Joining him in completing the mural are five other artists of color: Latoya Lovely, Alex Chiu, Kyra Watkins, Adia Gibbs, and protégée Emmanuel (Manny) Dempsey. Black community historian Kimberly Moreland is also a consultant and volunteer working on the project.

Earlier this year, MESO set a goal to raise \$15,000 to create the mural. A Go Fund Me campaign was a little more than \$5,000 away from that goal last week, organizers reported. The donations provide stipends for the artists' time

and talent as well as pay for paint, scaffolds, and other supplies, organizers said.

The new mural also pays tribute to a previous mural that honored African American heritage on the south side of the MESO building, the former administrative offices for Irvington Covenant Church. That mural, which had to be replaced in 2009 to repair cracks in the building, was a much loved part of the community.

The new artwork, focusing on Black businesses, past, present and future, already is proving to be as popular as the original, with MESO receiving positive comments from Portlanders who have viewed the colorful addition to the neighborhood.

"It has been a surreal experience to pay tribute to the Black entrepreneurs in Oregon through this mural. Entrepreneurship is in our blood and I hope that the mural inspires the younger generation to follow the footsteps of their elders," said Felicia Wells-Thomas,

MESO community liaison manager.

People interested in making a donation to support the MESO mural and the artists creating it can do so by visiting the MESO Mural Go Fund Me site ([gofundme.com/f/meso-mural](https://www.gofundme.com/f/meso-mural)) or by contacting Felicia Wells-Thomas at fwells@mesopdx.org. All donations are tax-deductible.

MESO began as a grassroots initiative in 2005 under the Black United Fund of Oregon. Since then, it has expanded its services and coverage area to more than 3,000 small businesses, with a focus on entrepreneurs of color, women and low-income individuals. Approximately 600 entrepreneurs MESO works with each year access services from the nonprofit's main office at 4008 N.E. Martin Luther King Jr. Blvd. and its satellite offices in Beaverton, Gresham's Rockwood neighborhood, Happy Valley, and in several counties in Oregon and Clark County in Washington state.

COVID-19 Danger Rises to Extreme

CONTINUED FROM FRONT

"I know that Multnomah County residents are looking for clarity and

certainty. Unfortunately, we are going to be in this crisis for the foreseeable future. We are constantly weighing our options as we focus

on what is best for the overall health and welfare of our community," said Multnomah County Chair Deborah Kafoury.

Staying healthy is more important than ever

Get free health screenings

During the coronavirus (COVID-19) pandemic, it's even more important to take care of your health. Now is the time to get screened for one of many common health issues. Being screened by your provider — even when you're not feeling sick — is important. Screenings help find problems sooner, so you can start dealing with them. They can also give you peace of mind, when a health screening shows you're fine.

CareOregon covers routine exams with your provider and many types of health screening tests. Don't wait — schedule a visit or a screening today.



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- ▶ Cervical cancer screening
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- ▶ Prostate cancer screening
- ▶ Depression screening
- ▶ And more...

Contact CareOregon Customer Service to find out how to get a screening or enroll in the Oregon Health Plan. Reach us 9 a.m. to 5 p.m. Monday through Friday at 800-224-4840 or TTY 711. Or visit [careoregon.org/outreach](https://www.careoregon.org/outreach) to learn about about virtual events, including flu shot clinics.



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