

Obituary

In Loving Memory

Mary Helen Henderson-Calvin

It is with great sadness we announce the earthly departure of our beloved mother and grandmother, Mary Helen Henderson-Calvin.

Born on July 26, 1930 in Madison, Miss., Mary Helen took her eternal rest on Dec. 17, 2021 in Portland. Mary Helen moved to Oregon from Mississippi and worked as a nurse's aide at Multnomah County Hospital before it became Oregon Health Sciences University.

As one of less than 10 women of color in the medical field in the area at the time, Mary Helen worked to purchase her home in North Portland in an Albina community neighborhood that grew to accommodate the Black-led Center for Self Enhancement. She often shared with friends and family how she remembered when Unthank Park was constructed and named after Portland's first African American doctor, Dr. DeNorval Unthank. After showing what a hard-worker she was, she was able to advocate for other people of color to obtain jobs in the hospital.

Under the leadership of the late Rev. Dr. OB Williams, Mary Helen joined Vancouver Avenue First Baptist Church where she remained a mem-



ber, under the leadership of Pastor J.W. Matt Hennessee until her passing.

While many will remember the purple house on the corner of Failing and Haight, her memory will live on through her children, grandchildren, great-grandchildren and a host of family and friends.

A celebration of life will be held on Jan. 7 at 11 a.m. at Vancouver Avenue First Baptist Church.

In Rememberance

*Look who would have been
80 Years Old*



Gladys Farve

Dec. 12, 1941 - May 4, 2016

*Missed by your husband,
Antione Farve III, and your family*

Supporting Oregonians COPING WITH PROBLEM GAMBLING

Happy Holidays?

You've likely heard it said that even positive changes can cause stress. Even more likely, you've probably lived the truth of that statement. The holidays are a perfect example. We all seem to swing from the happy anticipation of being with loved ones to the stress of meal planning and holiday shopping. Coupled with the ongoing changes brought on by public health concerns, it's a lot — a lot of stress brought on by change.

For some, turning to gambling seems like a harmless way to cope with the changes brought on by the season. Unfortunately, what starts out as a positive way to reduce

stress can swing to the other extreme, bringing on the overwhelming stress of losing control. For some, stepping away from gambling as a coping strategy becomes nearly impossible.

Help is Available

Luckily, here in Oregon, help is available. Through the Oregon Problem Gambling Resource (OPGR), gamblers and those who love them can get support from trained addiction counselors, often right from home. Treatment is effective. People are ready and waiting to provide mechanisms to cope and to heal. And, best of all, it's free.

Most people who get started with OPGR report that they only

wish they had done so sooner. The program helps see you through some of the challenges ahead and give you the confidence and the support structure to feel better. All it takes is a phone call, a text or an online chat to put you on the path toward the truly happy holiday season you deserve.

For more information, visit

OPGR.ORG
OREGON PROBLEM GAMBLING RESOURCE

