



Learn to Save a Life

CONTINUED FROM PAGE 5

Hamlin marked the start of American Heart Month, launching the #3forHeart CPR Challenge in conjunction with the American Heart Association (AHA) to increase awareness and education on CPR.

The 3-step social media challenge is simple, calling for people to learn CPR, donate to the AHA to fund CPR education and training, and share the campaign using the #3forHeart hashtag.

"I'm excited to be teaming up with the American Heart Association," Hamlin said in an AHA statement. "It's going to be an amazing opportunity to impact and educate millions of people on the importance of CPR. It literally saved my life."

Before starting CPR, call 911 first. If you see someone with symptoms of cardiac arrest, call 911 immediately. You want to get professional help there as quickly as possible. When the heart can't pump blood to the

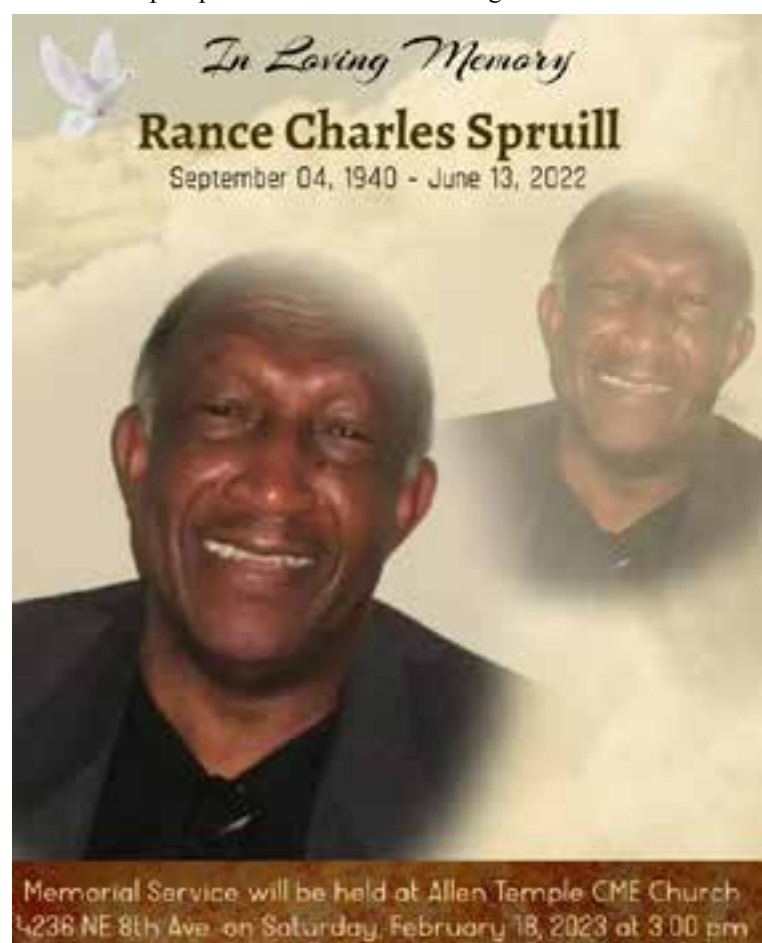
brain and the lungs, the person may become brain damaged or die within minutes.

If you're in a public place, look for an automated external defibrillator, or AED.

These lightweight devices shock a person's heart back into regular rhythm. An AED may look daunting, but it's designed for use by anyone, even untrained bystanders.

When you press the power button, the device will give you step-by-step voice instructions on where to put the electrode pads on the person's chest.

Once the pads are in place, the device measures the person's heart rhythm. It won't deliver a shock if the person doesn't need one. But if they do, the AED will tell you to stand back and push a button to deliver the shock. After using the AED or right away, if you don't have access to one start chest compressions. More information and training options are available at www.cpr.heart.org.



New Scholarship honors Senator Avel Louise Gordly

\$1M goal to support black women graduates of Oregon high schools

February is the birthday month of former Oregon state senator Avel Louise Gordly. Two devoted friends of Gordly's have marked the occasion by establishing a college scholarship fund named in her honor dedicated to Black women graduates of Oregon high schools. Carmen Thompson and Patricia Schechter, both historians, approached the Oregon Community Foundation in 2021 with the idea. "I had a positive working relationship with OCF through covid mitigation grants for students that the Black Studies Department at Portland State University advocated for," notes Thompson. "Ethan Johnson and I successfully secured relief for our students," she explains. "OCF really got the racial disparities in



Senator Avel Louise Gordly

the pandemic's impact." "The time is now," states Schechter. "Given all that Avel has accomplished and the powerful upsurge for racial justice expressed in Portland since 2020, this scholarship had to happen."

Avel Gordly was born in Portland and graduated from Girls Polytechnic High School and then Portland State University. She held important professional positions in the Oregon Department of Corrections, the Urban League of Portland, and the American Friends Service Committee. She was a major force within the activist group, the Black United Front, which

pushed for Oregon's divestment from Apartheid. In 1991, Gordly was appointed to the legislature and in 1996 became the first Black woman elected to the Oregon State Senate, representing NE Portland. The Gordly Center for Healing at Oregon Health and Sciences University was established to provide culturally competent mental health care to diverse patients in recognition of Gordly's work on this issue.

The Gordly Scholarship provides four years of financial support to an African American female graduate of an Oregon high school. Funds can be used at any institution of higher education in the state, including community college. The scholarship also supports attendance at any of the Historically Black Colleges and Universities in the United States. The first award of approximately \$2,500 will be made in the spring of 2023. Students can apply through the StudentAid.Gov website. More information for students and links are on the Scholarship Blog. The application deadline is March 1st.



Celebrating Black History Month

Multnomah County honors the history and resilience of families and communities.

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