

COMMUNITY NEWS BRIEFS

Healthy Aging Conference for Boomers May 18

In celebration of Older Americans Month, New Approaches: The Healthy Aging Conference for Boomers is Saturday, May 18, from 8 a.m. to noon at the Oregon College of Oriental Medicine, 75 NW Couch Street in Portland. This educational conference for boomers will feature a keynote presentation on maintaining brain fitness as we age and breakout sessions on: traditional Chinese medicine and aging; the restorative power of music; cooking from farm to table; financial planning; technology and aging.

Cost for the conference is \$20. For more information about the event and to register, call 971-722-6634.

Youth and Diabetes Wellness Event

Oregon Health & Science University's Harold Schnitzer Diabetes Health Center hosts an event for 16- to 19-year-olds with diabetes who are graduating from high school and looking to move out to start college or work.

The event is Sunday, May 19, 2 to 4 p.m., at the Children's Healing Art Project studio, 1910 SE 11th, Portland.

Attendees will have the opportunity to connect with peers and gain practical information and advice on how to manage their diabetes during this transitional time. Diabetes experts from the Harold Schnitzer Diabetes Health Center will be on hand to answer questions.

Parents are welcome to attend a separate panel discussion.

The event is free and includes food, drinks and a T-shirt making activity. RSVP to Kimberly Kraus at krausk@ohsu.edu or 503 494-8788.

New Vancouver Food Bank

Community A. M. E. Zion Church has a new food bank, at 3605 East 13th St.

Vancouver. The congregation wants to help neighbors, friends and family seeking food assistance:

- * Emergency food boxes
- * Brown Bags for Senior Citizens
- * Families with children

The Food Bank is open 10 a.m.- 2 p.m. every

fourth Friday of each month. The Food Bank will ask you for your: name; address; date of birth; last four digits of your Social Security number; number of adults / children in your household.

When you pick up your food at the Food Bank you may be required to provide: photo ID; proof of address; tote bags for your food items.

For more information call 360-693-4566.

Health Care and Housing

The Oregon Opportunity Network holds an interactive public forum in Portland on May 20 called, "How Can Health Care and Housing Work Together?"

The free-of-charge event is from 11:30 a.m. -1 p.m. at the First Unitarian Church,

Bill Fletcher, Jr. in Oregon

Bill Fletcher, Jr., *The Skanner News* columnist, author and past president of the TransAfrica Forum, speaks in Portland and Vancouver at multiple events this weekend. May 18, 6 p.m. at the Ainsworth United Church of Christ, 2941 NE Ainsworth St., Portland; May 19, 1:30 p.m., Red Lion Inn, 3301 Market St. NE, Salem; May 20, 6:30 p.m., Central Oregon Social Justice Center, 155 NW Irving Ave., Bend; and May 21, 5:30 p.m., Hilton Hotel Vancouver, 301 W. 6th St., Vancouver. Fletcher is on the editorial board of the Black Commentator; is senior scholar with the Institute for Policy Studies, and was an active rank and file union member in the Industrial Union of Marine & Shipbuilding Workers of America. His newest book is, "They're Bankrupting US! And 20 Other Myths about Unions."



Buchan Room, in downtown Portland, 1226 SW Salmon St.

This panel discussion and question and answer with Health Share of Oregon, a tri-county area coordinated care organization, will include Central City Concern's Executive Director and Health Share Board Member Ed Blackburn; Health Share's Chief Medical Officer Dr. David Labby;

and Community Health Strategies Project Director Sandra Clark.

This is a brown-bag event. Bring your own lunch; coffee/water and cookies provided.

Contact: Ruth Adkins, Oregon Opportunity Network policy director, at 503-223-4041 x104; or write Ruth@oregonon.org.

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COMMUNITY CALENDAR

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Friday May 17

7TH ANNUAL RETREAT: GRANPARENTS RAISING GRANDCHILDREN. Join us for: workshops, a place to learn about community resources, a place to meet other grandparents and other relatives raising children. 9 a.m. – 2:30 p.m. Gethsemane Lutheran Church, 11560 SE Market St. Attendance is free. Free lunch provided. Please register at www.surveymonkey.com or call 503-983-3646

GRAND OPENING OF THE FIELDS PARK. Native American blessing of the land, poetry reading by Barry Sanders, music, light refreshments & much more. Noon. NW 10th & Overton.

24TH ANNUAL SENIOR CITIZEN PROM: A NIGHT UNDER THE STARS. Adults 50 and better will spend a "Night Under the Stars." Featuring live music, dinner served by celebrity waiters, Mayor's dance, door prizes and more. \$13 per person

includes a special evening of food, dancing and fun. 6 – 9:30 p.m. Luepke Community Center, 1009 E. McLoughlin Blvd. For more info or to register call 360-481-7100.

Saturday May 18

WORLD ENVIRONMENT DAY: STEWARDSHIP SATURDAY. Pull together to remove invasive English Ivy and to protect the forest at Tyron Creek. Gloves and light snacks provided. Groups of five or more will work together. Contact Sarah at sarah@tryonfriends.org. 9 a.m. – noon. 11321 SW Terwilliger Blvd.

Sunday May 19

FREE ROSE CLASS. Please join Friends of Peninsula Park Rose Garden. This class will help you understand the most common rose disease and pests, options for treating ailing roses and much more. While classes are free please register you may sign up at the Peninsula Community Center or email pforbes@me.com. 1 – 2 p.m. Peninsula Park Rose Garden.

Saturday – Sunday May 18 – 19

MT. TABOR ART WALK. 40 artists will be displaying their art work in their home and studios in the Mt. Tabor neighborhood. This event is free and should be a lot of fun. Go to www.mttaborartwalk.com to print a map. 10 a.m. – 5 p.m. both days.

DOZER DAYS. Community event that puts kids in

the drivers seat of actual dump trucks, dozers, excavators and much more. There's music, food and giveaways and fun for the whole family. Both days 11 a.m. – 4 p.m. Admission is \$5 seniors (60+) and children (2-12) adults \$7. CEMEX Fisher Quarry, corner of 192nd and Brady Rd. Vancouver, WA

Tuesday May 21

COMMISSION ON AGING TO FOCUS PEACEHEALTH'S PROPOSED SENIOR PROGRAM. The meeting will be 4:30 – 6 p.m. in the sixth-floor hearing room of the Public Service Center, 1300 Franklin St. It is open to the public and a chance for Clark County residents to share concerns about needs of local residents.

Friday May 24

ROSE FESTIVAL FIREWORKS AT WATERFRONT PARK. Kick-off the 2013 Rose Festival with the spectacular fireworks display at 10 p.m. Waterfront Park Downtown Portland.

Saturday – Sunday May 25 – 26

16TH ANNUAL SPRING ARTS & CRAFTS FESTIVAL BRINGS INCREDIBLE AND FUN TO YACHATS, GEM OF THE OREGON COAST. Enjoy over 70 exhibitors in Yachats Commons, 441 HWY 101 N. @ 4th St. Gifts and personal shopping in a fun friendly environment. Saturday 10 a.m. – 4 p.m. Sunday 9 a.m. – 4 p.m. Admission is free to this fun family event.