

COMMUNITY NEWS BRIEFS

Free CoverOregon Health Insurance Sign-Up at AAHC Wellness Village Saturday

Join the African American Health Coalition for its upcoming Health Disparities luncheon on Oct.11, from 11:30 a.m.-1 p.m. This year’s luncheon features Marcus Crouther, M.D., as keynote speaker. Most recently at Mercy Fort Smith Medical Center in Arkansas, Crouther routinely treats patients in diabetic emergencies. Also speaking is Robert Gaskins, member of the A1C Champions’ Program, a patient-led approach to diabetes education. Get tickets at www.aahc.org.

The fun doesn’t end there – the 18th Annual Wellness Village Health Fair will be held the following day, Saturday Oct.12, from 9 a.m.-3 p.m.

The Wellness Village is a free family event open to the public that brings together clinics, health organizations and the community and provides free health education, critical health screenings, and fun activities for adults and children in a fun, lively multicultural environment.

This year at the Wellness Village, the African American Health Coalition, a Cover Oregon Community Partner, will be providing individuals and families on-site enrollment assistance in Cover Oregon health insurance plans.

Teen Athlete Cardiac Screening Checks Hundreds of Hearts Oct. 12

Teen athletes will learn about their heart health, finding out whether they may be at

risk of an undiagnosed heart condition at Randall Children’s Hospital at Legacy Emanuel’s seventh annual Teen Athlete Cardiac Screening, Saturday, Oct. 12, from 8:30 a.m. to 2 p.m., at adidas Village, 5055 N. Greely Ave., Portland

The Teen Athlete Cardiac Screening provides 500 students from throughout the Portland metropolitan area ages 13-19 a full cardiac screening reviewed by pediatric cardiologists for only \$10 dollars. The screening helps identify if a teen may be at risk of an undiagnosed heart condition known as hypertrophic cardiomyopathy the leading cause of sudden cardiac death among young competitive athletes and the second most prevalent form of heart muscle disease.

Teens must attend the screening with their parents and should register online at www.legacyhealth.org/TACS .

Cardiac health exams will be performed by a team of physicians, nurses and technicians. The exams include height, weight, body mass index (BMI) and blood pressure measurements; an electrocardiogram (ECG); a detailed health history; and cardiac exam. The results are reviewed by a pediatric cardiologist and discussed with students and parents at the screening.

Portland Parks Foundation Invites 1,000 Volunteers for Citywide Spruce Up

The largest citywide parks volunteer effort in Portland history kicks off this Friday and Saturday, Oct. 11-12, with the Portland Parks Foundation Parke Diem, which will bring together more than 1,000 Volunteers working at 74 projects at 70 sites

New Neighbors



Oregon’s Bhutanese Community Organization honored Portland’s newest community grand elders, young scholars, and the River City’s national title-winning soccer team, Sunday, Oct. 6, at the Northwest Tibetan Cultural Association. Portland Equity and Human Rights Bureau Director Dante James and members of the Portland Police Bureau gave yellow scarves as gifts to the elders, while youths received scholarships at the event.

DAVID LICHTENSTEIN PHOTO

across Portland, and involving 49 partner groups.

Notable events include the volunteer effort at Portland Parks & Recreation’s Columbia Children’s Arboretum, Friday, Oct. 11, 9 a.m.-noon at 10040 NE 6th Drive—just east of Jubitz. Activities include trail maintenance and gardening; free Ladybug Nature Walk for preschoolers and parents; and much more.

At Centennial Community Garden, Satur-

day, Oct. 12, 9 a.m. -11:30 a.m., 17630 SE Main St. volunteers are building out Portland’s newest community garden.

At Holman Park, there is a tree planting and work party, Saturday, Oct. 12, 9 a.m.-12 p.m. at NE 13th Ave & Holman St.

Holman will get new plants and a fresh layer of mulch. This is a great family volunteer project.

More information at www.parklandia.org.

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COMMUNITY CALENDAR

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If you have an event you want to share with the community, email it two weeks in advance to *The Skanner* at info@theskanner.com

Friday October 11

PRAISES IN PINK CONCERT. We will be featuring our Vancouver Avenue Jubilation Mass Choir, Sisters in Survival Breast Cancer Choir and more in concert. With special guest speakers. Doors open at 7:20 p.m. Vancouver Avenue First Baptist Church, 3138 N. Vancouver Ave. Free to the public.

CHESS FOR SUCCESS FIELD DAY. Portland Parks and Chess for Success will be offering the second Chess Field Day at Director Park from 11 a.m. – 2 p.m. Take advantage of the statewide in – service day and come to the park for some chess.

Friday – Sunday October 11 – 13

LAKEWOOD THEATRE COMPANY TO HAVE 2013 COSTUME SALE. Lakewood Theatre Company will once again have a Get Ready for Halloween Costume sale in the community Meeting Room at Lakewood Center for the Arts, 368 S. State St. Lake Oswego. Friday hours 10 a.m. – 4 p.m. Saturday 10 a.m. – 4 p.m. Sunday Noon – 4 p.m.

Saturday October 12

18TH ANNUAL WELLNESS HEALTH FAIR. The Wellness Village is a free family event. Open to the public that brings together clinics, health organizations and the community that provides free health education. 9 a.m. – 3 p.m. Emmanuel Temple Church, 1033 N. Sumner St.

Friday October 18

HARVEST FESTIVAL. Carnival games and crafts to get you in the Halloween mood. 6:30 – 8:30 p.m. St. Johns Community Center, 8427 N. Central. For more info call 503-823-3192.

Friday – Monday October 18 – 21

THE FRIENDS OF THE MULTNOMAH COUNTY LIBRARY’S 40TH FALL USED BOOK SALE. Oregon’s largest used book sale boasts 100,000 items at great prices. Kicking things off on Friday is

members-Only Night 6 p.m. – 9 p.m. Admission is free to the public. Saturday 9 a.m. – 6 p.m. Sunday 11 a.m. – 5 p.m. Monday 9 a.m. – 3 p.m. Double Tree at Lloyd Center.

Saturday October 19

FINANCIAL EMPOWERMENT CLINIC. Join us for a day of workshops and get the chance to meet with financial planners all for FREE! Food provided, kid friendly activities, find out about resources and so much more. 10 a.m. – 3 p.m. Bradley Angle Resource Center, 5432 N. Albina Ave.

PCC’S HARVEST FESTIVAL FEATURES FREE PUMPKINS. Portland Community College Rock Creek Campus is hosting the Annual Harvest Festival from 10 a.m. – 2 p.m. at 17705 NW Springville Rd. Attractions include hayrides, petting zoo, scavenger hunt and much more.

Saturday – Sunday October 19 – 20

22ND ANNUAL 2 DAY SINGING CONVENTION. This event celebrates 22 years of sacred harp singing in Portland. An activity which is drawing more and more people to its soulful sound. All ages welcome, no experience necessary, It’s free (donations Accepted) and a free potluck both days at noon. Doors open at 9 a.m. The Laurelhurst Club, 3721 SE Ankeny St.

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