

COMMUNITY NEWS BRIEFS

History Month Day of Wellness

In Celebration of Black History Month, Teaching God's Word Faith Ministries is holding a Day of Wellness, Feb. 8, 11 a.m.-2 p.m., at 126 NE Alberta St. There will be a free wellness check for body fat, blood pressure check, stroke prevention, and risk factor screening and education by Legacy Emanuel Cardiac Rehab team.

Information about fall prevention for seniors will be available by Legacy Emanuel Trauma Nurses Talk Tough team. A Legacy Good Samaritan dietician and diabetes educator will be on site with health education materials.

The Legacy Emanuel Black Employees Resource Group is volunteering at the event, which also features author Vanessa Turner with her first book, "Pain, Pain, Go Away," about infertility.

The African American Health Coalition will be signing up clients for CoverOregon, and health vendors Luisa Turner with REALW8 highlighting healthy eating choices made simple and Joshua and Angel Staples with ADVOCARE focusing on vitamins and nutrition.

Red Cross: Urgent Need for Donors

The American Red Cross needs blood and platelet donors to help restock the blood supply this February. Severe winter weather throughout January across much of the country forced the cancellation of about 770 Red Cross blood drives, resulting in more than 25,000 uncollected blood and platelet donations.

There is an urgent need for blood types O

positive, O negative, A negative and B negative. Eligible donors with these blood types are strongly encouraged to make an appointment to give in the coming days. Platelets, a key clotting component of blood often needed by cancer patients, must be transfused within five days of donation, so donations are constantly needed.

Upcoming blood drives: Feb. 6 from 9:30 a.m. to 3 p.m. Portland Blood Donation Center, 3131 N Vancouver Ave.; Feb. 6 from 9 a.m. to 2 p.m. Montgomery Park blood drive, 2701 NW Vaughn; Feb. 7 from 7:30 a.m. to 1:30 p.m. at Portland Blood Donation Center blood drive, 3131 N Vancouver Ave.

For more information call 1-800-RED CROSS (1-800-733-2767) or visit www.redcrossblood.org.

Northwest Natural Gas Provides Funds to SEI Community and Family Programs

Northwest Natural Gas has allocated funds to SEI Community and Family Program to assist their clients with energy assistance with their heating bill.

The primary purpose of these funds is to help low-income customers with their Northwest Natural Gas bill. The target group is the elderly, handicapped, and families with small children.

Households in Multnomah County must meet the 2014 Federal Eligibility Income Guideline and be able to provide copies of the required documents to qualify for energy assistance. To receive energy assistance NWNG customers can call SEI Community and Family Programs at 503-285-0493.

Black Rose Books



PHOTO BY THE SKANNER STAFF

Black Rose Books hosts 2014 NAACP Image Award Nominee Pamela Samuels Young, speaking on her newest book, "Kinky Coily: A Natural Hair Resource Guide," April 12, at the Village Ballroom, 700 Northeast Dekum St., Portland. The author will also be signing copies of her Image Award-nominated book, "Anybody's Daughter." The festivities will include a natural hair care workshop, with natural hair stylists, plus a catered buffet lunch with vendors representing jewelry, fitness and hair care products. Proceeds from the cash bar benefit the Black United Fund. For more information go to www.blackrosebooks.net.

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COMMUNITY CALENDAR

PORTLAND 2014

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THE SKANNER.com

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 – Tuesday January 31 thru February 14

CHINESE NEW YEAR – YEAR OF THE HORSE. Lan Su Chinese Garden's annual celebration for families and individuals. All activities are free with garden admission or membership. 239 NW Everett St. Portland, OR 97209. Please call for operating hours 503-228-3131

Saturday February 8

CELEBRATING BLACK HISTORY MONTH WITH

WELLNESS. You're invited to a day of wellness. Living in Health. 11 a.m. – 2 p.m. Free wellness checks. 126 NE Alberta. Portland

Sunday February 9

AFRICAN AMERICAN READ IN! African American Literature is for everyone! Come hear local celebrities and community leaders read from works by their favorite African American writers at the 18th Annual African American Read In. 2 – 3:30 p.m. For children and adults. North Portland Library, 512 N. Killingsworth St.

MYHERITAGE.COM WHAT YOU WANT TO KNOW. The Jewish Genealogical Society of Oregon: Daniel Horowitz, chief genealogist, my heritage. Daniel will walk you through the many aspects of the website. The program is free to 2014 JGSO members. We ask non-members for a \$5 donation. 1 p.m. Ahavath Achim, 3225 SW Barbur Blvd. Portland

Sunday – Saturday February 9 – 15

GENEALOGICAL FORUM OF OREGON PRESENTS OPEN HOUSE & BOOK SALE. During the open house, the library and classes will be open and

free to all. 2505 SE 11th Ave. Suite B-18. Portland, OR 97202

Wednesday February 12

SAY HEY! Partners in diversity invites you to attend Say Hey! Event sponsors, Northwest Natural and Portland Center Stage will host at the Gerding Theater at the Armory. 5:30 – 8:30 p.m. 128 NW Eleventh Ave. To register please call 503-552-6775.

Thursday February 13

SEE ART ON MISSISSIPPI AVENUE'S 2ND THURSDAY. It's not just any Thursday, come check out the art. 5 – 8 p.m. Mississippi Ave.

Saturday February 15

BRING YOUR KIDS TO MUSIC MILLENNIUM DAY. Free gift bags for all kids under 18. Featuring free live performances by Mo Phillips – 1 p.m. and Teri Untalan & Friends – 3 p.m. Music Millennium, 3158 E. Burnside.