

⊖ The Urban League of Portland
Multicultural Senior Service Center

Newsletter

February 2002



Multicultural Senior Service Center Staff

Phone Number 503-988-5470. Extensions are shown below:

Arleta Ward, Activities Coord. - 24545

Tammorra Barnes, Case Manager - 24552

Melissa Corral, Information & Assistance 24548

Norma Mullen, Case Manager - 24550

Cupid Alexander, Transportation Coord. - 24545

Jackie Scott, Tobacco Prevention 503-280-2642

Alma Brown, Grandparents Program - 24553

Richard Loudd, HIV/Aids - 503-280-2659

When Center is closed, call 24-hour Emergency Assistance,
Senior Helpline 503-988-3646

Prescription Medication Cost Help for Seniors



In a press release dated January 15, 2002, Pfizer, a major manufacturer of pharmaceuticals, announced a plan to provide low cost prescription medication to seniors and others enrolled in Medicare.

Pfizer said that beginning March 1st, it's health information and resource center, Pfizer for Living, will provide a new series of customized health benefits for seven million Medicare-enrolled Americans. Among the new benefits will be the Pfizer Share Card.

To qualify for the program, individual Medicare recipients, -including people with disabilities who are Medicare-enrolled, must have an annual gross income below \$18,000 (\$24,000 for couples who file joint tax returns), and have no other prescription coverage.

Those who qualify for the program will receive a Pfizer Share Card, which will enable them to buy a 30-day supply of any Pfizer prescription medicine they need for a flat fee of \$15. This is compared to the US average retail price of a branded prescription of \$69.54 (as reported by the General Accounting Office.)

The Pfizer Share Card, which can be used at retail pharmacies, covers Pfizer medicines including therapies for many diseases that are chronic and often untreated among elderly citizens, such as high blood pressure, high cholesterol, diabetes, Alzheimer's disease, and depression. CVS, the nation's largest retail drugstore chain, and WalMart Stores, Inc. will join Pfizer in the rollout of the Pfizer Share Card.

The program was unveiled in a press conference in New York that included remarks by Health and Human Services Secretary Tommy Thompson and a number of governors and congressmen from around the country, as well as Rudy Williams, executive director of the National Medical Association.

The program has also been endorsed by many national advocacy organizations including AARP, The National Council on the Aging, The United Seniors Association, The Latino Coalition, The National Organization on Disability, the American Diabetes Association, and the National Mental Health Association.

For an application for the program and the card, you can call locally to the Senior Helpline, 503-988-3646. Also available is an 800 number to Pfizer, 1-800-717-6005. Further information is available on the internet at www.pfizerforliving.com.

Some Events Celebrating February Black History Month!

Cascade Festival of African Films

February 1st to March 2nd, Portland Community College will present the 12th Annual Cascade Festival of African Films, featuring 17 films and paying tribute to actor Danny Glover with two of his African film features. The Festival is free and open to the public.

The Northwest Afrikan American Ballet

Saturday, February 9th, The Heritage Concert presented by Target Stores will Celebrate Black History Month with a performance by the Northwest Afrikan American Ballet at the Arlene Schnitzer Concert Hall at 7:30pm. For tickets, call 224-8499.

Interstate Firehouse Cultural Center

The IFCC will host two gallery exhibitions; one of jazz-inspired photographs and portraits by Dick Bogle, and one of paintings by Roscoe Croskey. There will be a First Thursday reception, 5-7:30 on February 7th. Regular IFCC hours are Tues - Fri., 11 am to 6 pm.

Millennium 2000 Group Presents Dick Gregory

Feb 16, 6:30 pm at Maranatha Church 4222 NE 12th. Mr. Gregory will speak on Conspiracies, AIDS, Cancer, Terrorist Attack, Health and Nutrition, and more. Admission is \$20.

Homes of the Underground Railroad

Sunday, February 29th, at 9 p.m. Home & Garden Television (HGTV) will take viewers on a journey on the Underground Railroad with stories of seven remarkable homes along the historic route.



February Activities And Schedules

For more information, call
Arleta Ward 503-988-5470, Ext. 24545



Annual Seniors Tax Help Program starts Feb 4th and continues through April 15th. Mondays & Tuesdays, 9-12. By appointment only - contact Arleta Ward at phone number above.

There will be a **Dental Insurance Presentation** at the Center on Tuesday, Feb 12th at 11:30am.

Drama Queens of Project Network will be at the Center again on Tuesday Feb 26th at 10:30 a.m. Don't miss the great entertainment!

The Self Enhancement, Inc Senior Dinner will be held at the SEI Center on Wed, Feb 27th, 6-8 p.m. Contact Aaron Bell for further information, 503-249-1721, ext. 233.

The Bead Lady will be with us at the Multicultural Senior Service Center on Thursday, Feb 28th, 11 a.m.

Diabetes Expo 2002 will be presented at the Oregon Convention Center on February 9th, 2002, 9am-5pm.

Regularly Scheduled Activities at the Center

Mondays:

Pool and Board Games are available from 9 am - 3 pm.

The Sewing and Quilting Group meets from 9:30 until 10:30 am

On the first Monday of each month we have the Foot Care Clinic from 8:30 am until 12 Noon. The fee for foot care is \$12. Appointments are required.

Exercise Class is held on Mondays, except for the first Monday of the month. Time is 10:30- 11:30 am

Tuesdays:

Pool and Board Games are available from 9 am -3 pm.

On the second Tuesday of the month, an Oil Painting Class is held. The fee for this class is \$5.

Every Tuesday is Movie Day and from 10 am until 12 Noon a film will be shown.

On the third Tuesday of each month, Diabetes Awareness Class is scheduled at 10:30 am

At 1 pm on Tuesday afternoons we go shopping with the Red Cross.

On the second, third, and fourth Tuesday afternoons, an attorney is available for Senior Law. Appointments are required. The time is 1 pm to 3:30 pm. Please call Melissa Corral at 503-988-5470, Ext. 24548.

The Grandparents Program will meet on Tuesday, Feb. 26th. Anyone with an interest may attend. There is no fee for joining the group or attending meetings. If you would like more information on this program, call Alma Brown, 503-988-5470, Ext. 24553.

Wednesdays:

Pool and Board Games are available from 9 am- 3 pm.

We visit the Thrift Store on the third Wednesday of each month, leaving the Center at 9:30 am and returning at 12 Noon.

Exercise Class is held on Wednesdays from 10:30 to 11:30 am

From 11 am until 12 Noon, the game of Pokeno is played.

A Potluck is held on the 2nd Wednesday of each month at 12 noon.

Thursdays:

Pool and Board Games are available from 9 am - 3 pm

The Blood Pressure Clinic is held on the third Thursday of the month from 10 am until noon.

At 10:30 am on Thursdays, the Bible Study group holds their weekly meeting.

Bridge is played at 10 am on Thursdays, with Bridge classes on Thursday evenings at 6:30. Also, there are Saturday bridge games on the first and third Saturday of the month at 10 am
For more information, call Dora McCrae, 503-287-6420.

Fridays:

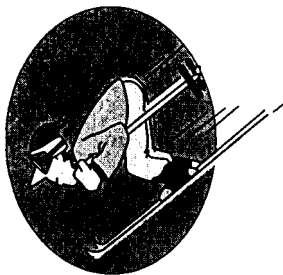
Pool and Board Games are available from 9 am-3 pm.

Exercise Class is held on Fridays, 10:30-11:30 am.

At 11 am on Fridays, we have a game of Bingo.

Mondays through Fridays, except for announced closures, Lunch is served by Loaves & Fishes at 12 Noon.

From the Smoking Prevention Program



Jackie Scott,
Coordinator, 503.280.2642

2002 Winter Olympics Will be Smoke Free

The Salt Lake City Olympic Organizers have made the 2002 Olympic Winter Games and the Paralympic Winter Games tobacco-free events.

Smoking and use of other tobacco products will not be permitted at any venue under the control of the Salt Lake Organizing Committee during the Games or the Paralympics, except in specific designated outdoor areas.

The tobacco-free Olympics tradition began at the 1988 Winter Olympic Games in Calgary, Alberta, Canada. Since then, all Olympic Games have been declared tobacco-free and the World Health Organization has worked with the International Olympic Committee to ensure that tobacco and other harmful products are not unwittingly promoted through sports.

The International Olympic Committee, the World Health Organization, and the US Department of Health and Human Services worked with the Salt Lake City organizers in drafting the tobacco-free regulations for the 2002 Olympics. "Sports is about health," says a spokesman, "We firmly believe that the Olympics should not be associated with unhealthy behaviors, that's why we work so hard to promote policies such as the tobacco-free Olympics. We can promote many such healthy lifestyles and are actively working with the World Health Organization in drafting similar policies."

*Information from
World Health Organization Website*

From the Breast and Cervical Cancer Program

Miss America Helps "Plant For The Cure"



Miss Oregon, Katie Harman, has made support for breast cancer patients her platform during her tenure as Miss America 2002. Says Miss Harman "I will support any program or initiative that conveys messages of hope, improves their quality of life and provides information, education and support to women who have been diagnosed."

Miss Harman will appear at 15th annual Yard, Garden and Patio Show. She will assist water gardening expert Eamonn Hughes as he shows attendees of the Garden Vignettes Theatre demonstrations of backyard landscaping. They will be joined by Mike Darcy of the popular "In the Garden With Mike Darcy" Saturday morning TV show.

At the conclusion of each of Miss Harman's appearances at the vignettes theatre, she will discuss why she so strongly supports research and care for breast cancer patients and why her platform is titled "Breast Cancer in America: Caring Community by Community." Throughout the course of the show, money will be raised for the Susan G. Komen Breast Cancer Research Foundation.

After her Friday evening presentation, she will be available for autographs. The National Plant for The Cure Program has agreed to donate 4.5-inch Cyclamens which will be given to show-goers along with a signed photographs of Miss Harman.

The show runs February 22-24 at the Oregon Convention Center and tickets are \$8 per adult with children age 12 and under admitted free.

HIV/AIDS Community Outreach Education And Prevention Program

Richard Loudd, Coordinator
503-280-2659

The Urban League of Portland and the American Red Cross have collaborated and are providing HIV/AIDS education and prevention classes at the Urban League's E. Shelton Hill Conference Room. These classes are held the first Thursday of each month and begin at 5:30 pm and end at 7 p.m. The classes are free to the public.

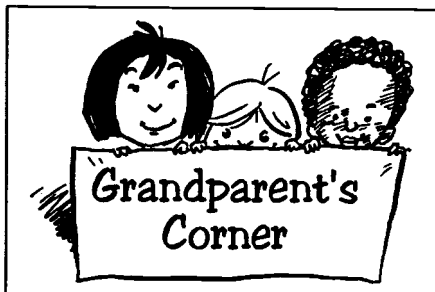
The Portland Street Academy students will be receiving HIV/AIDS awareness and prevention classes during the winter quarter. The classes are structured to give basic information about HIV/AIDS and the risky behaviors associated with infection and the transmission of the virus. In addition, information will be given concerning myths and facts about HIV/AIDS.

I would ask the parents of our school children to come and be educated about HIV/AIDS. Remember the classes are free to the public.

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Grandparents Support Program

Alma Brown,
Coordinator
503-988-5470,
Ex. 24553



Some Strategies for Better Behavior

Those who are parenting for the second time must face disciplining the children. Without discipline, every-day-tasks may lead to unpleasant confrontations. But there are

methods at hand which will make the use of discipline more palatable for everyone involved.

1. You might find the Behavior Contract useful. The contract is used to reward the child for successfully completing a goal. The contract clearly states the problem to be addressed, the reward for successfully attaining a goal, and the consequences if the child complains or resists. The contract is signed by both grandparent and child.

Sample:

1. Problem: Child argues about doing homework and puts it off.
2. Required behavior: When child completes homework on time and without complaint, he/she will receive (state the reward).
3. If the child continues to procrastinate and argue, then he/she will lose (name the privilege).

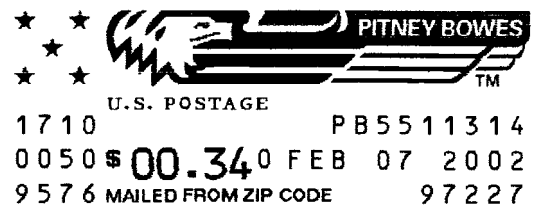
Post a "List of Rewards" for appropriate behavior and add to it as you recognize rewards that would appeal to your grandchild.

- ☺ Read an extra story before bedtime.
- ☺ Rent a video.
- ☺ Display schoolwork.
- ☺ Invite a friend over.
- ☺ Money.
- ☺ Permission to stay up 30 minutes past bedtime.
- ☺ A trip to McDonalds.
- ☺ Extra TV time.
- ☺ Give a compliment.
- ☺ Plan a fun meal.

Grandparents who parent their grandchildren can't be best friends with the grandchild all the time. But you can develop an atmosphere of good humor. This doesn't mean you let your kids run wild, but even discipline can be handled with good grace. Try to have an attitude that says, "life is serious, but not depressing." These words of wisdom from the author of "Laughing Out Loud", Tom Mullin.

Next Grandparents Support Program Meeting will be on Tuesday February 26th at the Multicultural Senior Service Center. Time is 10 am to 1 pm.

*The Multicultural Senior Center
5325 NE Martin Luther King, Jr. Blvd.
Portland, OR 97211*



Jo Anna Schooler
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Portland OR 97217



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