

Loaves & Fishes teams with nursing students to hold health fair

Community Health and Wellness Fair promotes preventative healthcare and alternative medicine

By Charity Prater

The Hollywood Loaves & Fishes Center for Meals-On-Wheels is working with University of Portland nursing students to throw its first Community Health and Wellness Fair on June 9. The event will focus on preventative healthcare and alternative medicine.

The Fair will take place in the basement of Rose City Park Presbyterian Church, 1907 N.E. 45th Ave., from 9 a.m. to 1 p.m. Fair hours are the same as those of the Hollywood Farmers' Market, which will be taking place across the street from the church.

Mary Langman, Center manager for Meals-on-Wheels, is organizing the Fair.

"We're focusing on health and providing anyone who shows up with free blood pressure testing, free massages, information on

than 175 area housebound seniors every day.

The Fair is the first coordinated effort between University of Portland nursing students and Loaves & Fishes. James Vinson, 24, is one of the nursing students helping with the event.

"This will give us a chance to reach out to the community," says Vinson. "We'll get a chance to tell people how important their health is, and it will give us the opportunity to work directly with the public."

The Fair will include food, a raffle and giveaways provided by local health-conscious businesses that are donating time to the event. One of the raffle prizes will be a basketball signed by members of the Portland Trailblazers.

The Fair came about because Casey



(left to right) James Vinson, Casey Shillam, Yen Bee, Bill Scheb and Mary Langman are helping with the Community Health and Wellness Fair to take place June 9. Scheb is a member of the Loaves & Fishes steering committee.

– Photo by Charity Prater

what this specific area needed from them and came up with the idea of having a health fair," says Shillam.

Local business owners interested in hosting a health-related booth at the Fair are asked to contact Langman or Yen Bee, co-manager of Fook Lok-Hollywood Loaves & Fishes. The Fair also needs volunteers to help with

hand to take health profiles, and Loaves & Fishes will have a dietician available for cooking demonstrations. Curves will present information on low-impact exercises.

"Keeping up with exercise and your health keeps you independent as you get older," says Vinson, "We want people to have a great time at this event and also get helpful information from it."

If the Fair is a success, Langman, Bee and Shillam hope to make it a regular event, possibly on an annual basis.

"We hope that this will create a template for future students in the nursing program, as well," says Shillam. "We hope to make the Fair special because it will cater to this particular community."

Langman agrees, saying, "We want everyone to be able to use this information. Everyone is welcome to come."

Anyone interested in volunteering for the event or hosting a booth at the Fair is asked to call Mary Langman at (503) 988-6177 or Yen Bee at (503) 988-6122.

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preventative medicine and nutritional information," says Langman.

The event is free for those over the age of 60; those under 60 are asked to make a donation. All proceeds will go to support Loaves & Fishes, a program that feeds more

Shillam, an instructor at the University of Portland School of Nursing, was looking for a way for her students to help others while earning clinical credit hours for school.

"The students are actually the ones who ventured out into the community to see

serving food, greeting people and handing out literature.

The event will feature acupuncture demonstrations, dancing instruction by Arthur Murray Dance, pet therapy and tips on safety and balance. Nursing students will be on