

LiteracyLinks

The Portland Literacy Council Newsletter for Volunteer Tutors

Peggy L. Murphy, Editor

March 2012

In This Issue

Tutor Conference
Thanks. Everyone
Tutor Toolbox - Health Literacy
Tutor Discussion Group
Calendar
Opportunities

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Shall We Talk?

PLC is facilitating a Tutor Discussion Group. See Page 3 for details.

March Gladness at Tutor Conference



Les Rivera, Trina Hing, and Lisa Davidson eagerly await registration rush at the 2012 Volunteer Literacy Conference.



Student speakers highlight the luncheon program. Kris Magaurn, PLC President, with Cody Bauer, who spoke about his journey to becoming a PCC student and volunteer literacy tutor.

Thanks, Everyone



Oksana Rosokha (left) told her story about winning the green card lottery and emigrating from Ukraine. She attended English conversation classes at PCC SE with tutor Fran Eichenauer (right).

A record-breaking crowd of over 125 literacy volunteers gathered at Reed College on Saturday, March 10, for Portland Literacy Council's annual Volunteer Literacy Conference. Attendees chose from 15 workshops, presented by volunteer instructors and moderators, to hone their tutoring skills.

The VLT conference owes its success to dedicated board members and literacy community volunteers. The Portland Literacy Council Board extends its thanks to:

Workshop Presenters/Moderators

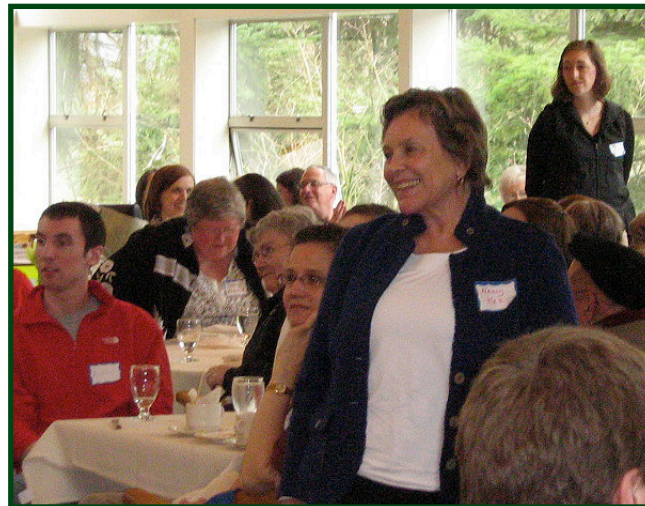
Sarah Bauer, Patrik McDade, Les Rivera, Banu Yaylali, Carolyn Talarr, Phoebe Daurio, Maria Muscarella, Jennifer Snyder, Kay Talbot, Danielle Mayfield, Stephanie Anderson, and Kathleen Holloway

Student Speakers

Oksana Rosokha, Sara Asadollahi, Luis Gonzalez, Cody Bauer

Culture Exchange Students

St. Anthony ESL students Hongcuc (Cookie) Ritter (Vietnam), Tan Nguyen from Vietnam, Masood Lofti and Fereshteh Rezaie-Mojdehi (Iran), Luis Umberto Gonzales (Mexico), Victor Zelava (El Salvador), Natasha Yuferev (Russia), along with



Nancy Kazmierowski, St. Anthony ESL tutor (foreground), and Jennifer Ruden (background), VLT Coordinator PCC Cascade, were among tutors acknowledged for service. Experience varies from neophyte to veterans with 5, 10, 15 or more years.

Cece Dispenza, St. Anthony volunteer and speech language pathologist.

Reed College

Sponsored by the SEEDS Program; Marty -- our AV tech

Door Prize Donors

Alder Creek Kayak & Canoe, Broadway Rose Theater, Deschutes Brewery, Hopworks Urban Brewery, Kerr Bikes, Lake Oswego Tutoring, Lucky Labrador Brewing Company, Oregon Athletic Club, Portland Art Museum, Portland Nursery, Rejuvenation Day Spa, Secret Aardvark Hot Sauce, Slabtown BBQ, Starbucks on Barbur Blvd, and Starbucks on Terwilliger.

Conference Volunteers

Kris Magaurn and PLC board members (Jay Morgensen, Emilia Gilroy-Sander, Sharon Callen, Lisa Davidson, Bryan McGowan, Troy Hickman, Penny Russman, and Peggy Murphy), Trina Hing, and Audrey Lee.

**See you next year at the
Volunteer Literacy Tutor Conference
March 16, 2013 at Reed College!**

Tutor Discussion Group

Portland Literacy Council is facilitating the start-up of a tutor discussion group. We announced this effort at the annual conference and nearly 20 tutors have expressed interest in sharing information and ideas, and improving tutoring skills.

Start-up meeting

Saturday, April 28, 10 am to noon, PCC Sylvania, Room SS 103

Agenda

Goals, objectives, locations, meeting dates, etc.

Email Peggy Murphy or call 971-207-6769 if you want to be on the notification list.

For Your Calendar

Volunteer Literacy Tutor Training

Registration Information (register by Email or telephone 971-722-6111 X3700)

- April 7th & 14th, 9 am -4 pm
PCC Southeast Center
2305 SE 82nd Avenue, Portland
- June 16th & 23rd, 9 am- 4 pm
PCC Sylvania Campus
12000 SW 49th, Portland

Opportunities

Multnomah County Library

Our wonderful local library has many opportunities for developing and improving literacy skills. Options include online learning as well as in-person workshops. Check out "**Life Skills & Literacy**" online. One great resource is their GED Labs.

MultCo Library GED Labs Orientation

- Holgate, Sat., April 7, 10:30 am -12:30 pm
- Kenton, Sat. May 12, 3 - 5 pm
- Rockwood, Sat., June 16, 10:30 am - 12:30 pm

Registration is required. Learn what and how to study for the GED. Find out if you are ready to test; if not, find out what kind of assistance is available. A GED test scholarship at Londer Center awaits those who complete the **GED Labs**.

Tutor Toolbox

by Peggy L. Murphy, Volunteer Literacy Tutor

Do You Have Health Literacy?

I attended Legacy Health's conference, "Making It Clear," March 9. The health literacy conference focused on communication between patients and health care providers.

At the conference, I learned that there's no reason to leave a doctor's office feeling overwhelmed about a medical condition, wishing you had asked more or better questions. Yet, nearly nine out of ten English speaking adults in the U.S. have difficulty understanding health information (Cordero). Most at-risk for low health literacy include people of color, the elderly, low income and uninsured. Language and cultural differences also impact health literacy. Some non-native English speakers may need a health translator. Even advanced degree holders may have low health literacy.

A few basic questions open up communication between patients and care providers, and improve participation in treatment plans. For example:

- What is my main problem? What do I need to do? Why is it important for me to do this?
- What is this medication for? How do I take it? What should I expect?

People may need an advocate when they are very sick or have difficulty understanding; it's hard to make good decisions or recall directions. Patients may bring another person to appointments to help clarify issues and instructions.

Recommended resources that may interest tutors and their students include:

- National Library of Medicine. MedlinePlus **easy-to-read materials**
- MedlinePlus **multi-lingual material**
- American Academy of Pediatrics. Plain Language Pediatric Education: **Handouts for Common Pediatric Topics**
- All conference presentations are **online**.

As a tutor, I feel more confident in helping my students learn how to ask the right questions. I also know about reliable websites to help answer questions. And I'm more confident about my own health literacy.