

JOIN US! ¡ÚNASE A NOSOTROS!

WHEN CUÁNDO

Feb. 24, 2018
9:30am - 2:30pm

WHERE DÓNDE

Madison High School
2735 NE 82nd Ave

TAKING TRIMET? ¿USANDO TRIMET?

#72 - NE 82nd Ave & Sacramento
503-238-RIDE or www.trimet.org
for schedule information



FIX-IT FAIR IS SPONSORED BY:
FIX-IT FAIR ES PATROCINADA POR:



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¿QUÉ ES LA FIX-IT-FAIR?

La Fix-It Fair es un evento **GRATUITO** de la Ciudad de Portland en donde usted puede aprender maneras simples de ahorrar dinero y conectarse con recursos. Únase a sus vecinos y hable con expertos sobre la manera de gastar menos y mantenerse saludable.



EXHIBICIONES

- Protección climática
- Salud y nutrición
- Ahorro de agua y energía
- Reciclaje
- Cuidado de patio y jardín
- Recursos comunitarios



CLASES

- Clases de 45 minutos ofrecidas cada hora
- Ve a el horario adentro



¡MÁS!

- Almuerzo Gratis
- Guardería Gratis
- Premios cada hora
- Análisis de Plomo Gratuito



¿PREGUNTAS?

503-823-4309
fixitfair@portlandoregon.gov
www.portlandoregon.gov/bps/fif/esp



No olvide llevar una bolsa reutilizable para los recursos de la sala de exposiciones.

WHAT IS A FIX-IT-FAIR?

Fix-It Fair is a **FREE** City of Portland event where you can learn simple ways to save money and connect with resources. Join your neighbors and talk to the experts about how to spend less and stay healthy.



EXHIBITS

- Weatherization
- Health and Nutrition
- Water and Energy Savings
- Recycling
- Yard and Garden Care
- Community Resources



WORKSHOPS

- 45-minute classes on the hour.
- See schedule inside.



MORE!

- Free lunch
- Free on-site childcare
- Door prizes every hour
- Free blood lead testing



QUESTIONS?

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Remember to bring a reusable bag for exhibit hall resources and information.

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Bureau of Planning and Sustainability
City of Portland, Oregon
1902 SW 4th Ave, Suite 7500, Portland, OR 97209

**NO NEED TO REGISTER!
¡SIN REGISTRARSE!**

31ST ANNUAL NEIGHBORHOOD FIX-IT FAIR

HEALTHY FAMILIES, HEALTHY HOMES



SAVE MONEY THIS WINTER:

Healthy home workshops
Energy and money-saving tips

¡CLASES EN ESPAÑOL!

Saturday
February 24, 2018
9:30 a.m. - 2:30 p.m.

Madison School
2735 NE 82nd Ave

www.portlandoregon.gov/bps/fif



HEALTH SALUD

10 AM | **LEAD POISONING PREVENTION:** Avoid lead exposure in older homes, especially those built before 1978. Qualified participants receive a free lead-safety kit (supplies limited). **Community Energy Project**

10 AM | **STAYING HEALTHY, NATURALLY!** Learn about dietary and lifestyle approaches to health and wellness, and the various ways that naturopaths can work with you to prevent disease and optimize health and healing. **National University of Natural Medicine**

11 AM | **NAVIGATING FOOD & NUTRITION RESOURCES:** Learn about different food and nutrition resources that can help put healthy food on the table and stretch your food dollars further. Resources include the Supplemental Nutrition Assistance Program (SNAP), free or low-cost cooking/nutrition classes, and local farmers market discounts. **Multnomah County Youth & Family Services**

11 AM | **TAKE THE RIGHT STEPS TO PREVENT FALLS:** Improve and maintain your independent lifestyle as you age. **Legacy's Trauma Nurses Talk Tough Program**

NOON | **"TOUCHING" STRESS IN OUR LIVES:** Learn simple techniques to take care of yourself and share with others. Address issues like headaches and insomnia. **Regenerative Therapies**

1 PM | **RADON:** Protect Your Family from Lung Cancer: Radon is a colorless, odorless, radioactive gas that enters buildings from the ground. It's the second leading cause of lung cancer. This workshop will present information on radon, how to test for it, and how to prevent it from entering our homes. **Multnomah County Environmental Health**

1 PM | **WATER QUALITY & HOME PLUMBING MAINTENANCE:** Learn how to protect your family from lead in water, and receive a FREE test kit. Get tips for maintaining your hot water heater, troubleshooting low water pressure, and other important drinking water quality issues. **City of Portland Water Bureau**



HOME REPAIR AND UTILITIES REPARACIONES AL HOGAR Y SERVICIOS PUBLICOS

10 AM | **LET'S GET CONNECTED:** Low-Cost Internet & Devices: Discover options for low-cost internet and free or low-cost computers and tech support in Portland. **Free Geek**

10 AM | **PERMIT PROCESS TO BUILD AN ACCESSORY DWELLING UNIT:** Low-Cost Internet & Devices: Discover options for low-cost internet and free or low-cost computers and tech support in Portland. **City of Portland Bureau of Development Services**

10 AM | **HOUSE AS A SYSTEM:** Learn how heating systems, thermostats, air leaks, insulation, and appliances work together and how you can save money, stay warm and be safe. **Multnomah County Weatherization Program**

11 AM | **BASIC WEATHERIZATION:** Learn simple techniques to stop drafts from windows and doors, and other energy-saving tips. Great for renters and homeowners alike! **Community Energy Project**

11 AM | **DOWNSPOUT DISCONNECTION AND STORMWATER SYSTEMS:** Learn how disconnecting and maintaining your downspouts, gutters and stormwater systems benefits the environment and can get you a discount on stormwater utility fees. **City of Portland Bureau of Environmental Services**

NOON | **SAVING WATER MAKES CENTS!** Learn about where Portland gets its water and how you can save water and money at home. Find tips for managing your water and sewer costs while being a good steward of our water supply. Participants get water conservation devices, including a showerhead! **City of Portland Water Bureau**

1 PM | **LEAD-SAFE HOME PROJECTS:** Find out how to safely do small refurbishing projects, like sanding an old door or crib. Qualified participants get a free lead-safety kit (supplies limited). **Community Energy Project**

1 PM | **RODENT PREVENTION:** Protect your home and yard from rats and pests: Find tips and resources to help prevent rodents and pests from invading your house and yard. What to look for and what to do. Presented by vector specialist Chris Roberts. **Multnomah County Environmental Health Vector Control**



FINANCE FINANZAS

11 AM | **WAYS TO WORK (CAR LOAN PROGRAM):** Learn how working families can get a car loan to buy or repair vehicles. **Financial Empowerment Clinic**

NOON | **TACKLING STUDENT LOAN DEBT:** Take inventory of your outstanding student loans, keep loans in good standing and create a manageable plan for repayment. Learn about ways to rehabilitate loans that are in default, the Income Based Repayment plan and the Public Service Loan Forgiveness program. **Financial Empowerment Clinic**

1 PM | **PROTECT YOUR MONEY:** Your identity is one of the most precious things you possess. Learn how to take steps to protect yourself and recognize red flags. Credit checks available in this class. **Financial Empowerment Clinic**

REPAIR CAFÉ – REPAIR PDX

10:00 A.M. – 1:30 P.M. Bring one item to be fixed by a Repair PDX volunteer, while learning how to do it yourself! You may bring one of the following:

- Small countertop appliance, or
- Clothing

Volunteers will do their best to repair items, but do not guarantee a complete repair.

NO NEED TO REGISTER!

The City of Portland is committed to providing meaningful access. For accommodations, modifications, translation, interpretation or other services, contact 503-823-4309, the TTY at 503-823-6868 or the Oregon Relay Service at 711.



GARDEN HUERTO

10 AM | **BUILDING BACKYARD HABITATS ON A BUDGET:** Find free and low-cost methods for growing and spreading native plants. **Portland Audubon and Columbia Land Trust Backyard Habitat Certification Program**

NOON | **INTRO TO RAINGARDENS:** Build a beautiful garden bed designed to capture rainfall and allow it to soak back into the ground, keeping streams clean and healthy. **East Multnomah Soil and Water Conservation District**

NOON | **VEGETABLE GARDENING FOR BEGINNERS:** Learn the basics for growing vegetables in our climate, and best practices for planting and maintaining a healthy, low-cost garden. **Oregon Food Bank**

1 PM | **GROWING VEGETABLES IN CONTAINERS:** Learn methods and tips for successfully growing your own food in containers when yard space is limited. **Oregon Food Bank**

1 PM | **INTRODUCTION TO NATURESCAPING:** Create a low-maintenance landscape that helps save time, money and energy. **East Multnomah Soil and Water Conservation District**

Questions? | ¿Preguntas? | Thắc Mắc? |

有问题? | Вопросы? | Întrebări? |

Питання? | 質問? | Su'aalaha |

لأسئلتكم واستفساراتكم |

503-823-4309



HORARIO DE CLASES EN ESPAÑOL

10 AM | **NAVEGANDO LOS RECURSOS DE COMIDA Y NUTRICIÓN:** Aprenda acerca de diferentes recursos de comida y nutrición que le pueden ayudar a comer saludable al igual que hacer rendir su dinero para la comida. Los recursos incluyen el Programa de Asistencia Nutricional Suplementaria (SNAP), clases de cocina/nutrición a bajo costo o gratis y descuentos en los mercados agrícola. **Multnomah County Youth & Family Services**

11 AM | **CONSTRUYENDO HÁBITATS DE JARDÍN TRASERO CON BAJO PRESUPUESTO:** Encuentre métodos gratuitos y de bajo costo para cultivar y propagar plantas nativas. **Portland Audubon and Columbia Land Trust Backyard Habitat Certification Program**

NOON | **LIMPIADORES "VERDES":** aprenda como preparar sus propios limpiadores para la casa, cocina, y baño! Usaremos los ingredientes naturales, baratos, y fáciles de conseguir en cualquiera tienda. Saldrá del taller con su propia muestra para su casa! **Trash for Peace**

¡SIN REGISTRARSE!

La ciudad de Portland se compromete a ofrecer acceso significativo. Para solicitar adaptaciones, modificaciones, servicios de traducción, interpretación o de otro tipo de servicio, comuníquese con 503-823-4309, o use el servicio TTY 503-823-6868 de la ciudad o el Servicio de Retransmisión de Oregon 711.