FIX-IT FAIR

HEALTHY FAMILIES, HEALTHY HOMES







JOIN US!

- Meet Experts
- Hourly Workshops
- Great Giveaways
- Free Lunch



SATURDAY

MARCH 4, 2023

9:30 AM

- TO -

2:30 PM

PARKROSE HIGH SCHOOL

12003 NE SHAVER ST.

WWW.PORTLAND.GOV/BPS/FIX-IT-FAIRS

Presented by the City of Portland Bureau of Planning and Sustainability

WHEN CUÁNDO

March 4, 2023

9:30am - 2:30pm

WHERE DÓNDE

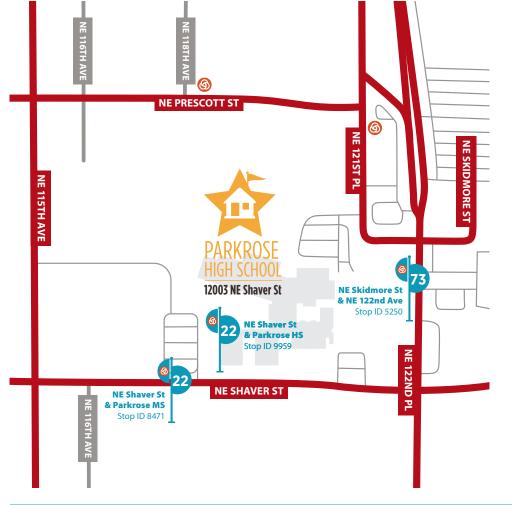
Parkrose High School

12003 NE Shaver St

TAKING TRIMET? ¿USANDO TRIMET?

#22 and #73 Buses

503-238-RIDE or www.trimet.org for schedule information



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.

La Fix-lt 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.



EXHIBITS

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

· Ahorro de agua y energía

- Reciclaje
 - · Cuidado de patio y jardín

EXHIBICIONES

· Recursos comunitarios

Protección climática

· Salud y nutrición

WORKSHOPS

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

ACTIVITIES

- Free lunch
- · Door prizes every hour

· Free blood lead testing Bike cleaning

CLASES

- Clases de 45 minutos ofrecidas cada hora
- · Vea el horario adentro

- Almuerzo Gratis
- Premios cada hora
- · Análisis de Plomo Gratuito
- Limpieza de bicicletas

QUESTIONS? / ¿PREGUNTAS?

503-823-4309 -or- fixitfair@portlandoregon.gov www.portland.gov/bps/fix-it-fairs

Fix-It Fair is sponsored by:

Printed on 100% post-consumer recycled paper







WORKSHOPS

NO NEED TO REGISTER! Habrá servicios de intepretación.









10:00 AM

SAVINGS WITH COMMUNITY SOLAR | The Oregon Community Solar Program gives thousands of Oregonians the opportunity to go solar without needing to own a home, have a sunny roof, or make upfront payments. Through this program, you subscribe to a large off-site solar project and get a credit on your utility bill. Community Energy Project can help income qualified customers can sign up. **Community Energy Project**

HEALTHY HOMES: LESSONS ON INDOOR AIR QUALITY Air pollution in Multnomah County is year-round, and affects everyone's health, especially older adults, pregnant people, and young children. Learn how to improve the health of your household by using simple, cost-effective tools to monitor and improve indoor air quality. **Multnomah County Environmental Health**

HOUSEHOLD EMERGENCY PREPAREDNESS | Learn the steps to take now to keep you and your household safe in emergencies and disasters, including power outages, ice storms, and wildfires. **Community Energy Project**

WATER QUALITY & HOME PLUMBING MAINTENANCE | Protect your family from lead in your home's water and receive a free test kit. Plus, get tips for maintaining your hot water heater, troubleshooting low water pressure, and addressing other important drinking water quality issues. **Portland Water Bureau**

11:00 AM

BUILD YOUR CREDIT FOR FINANCIAL SUCCESS | BMany of us use credit on a regular basis, from taking out a loan to purchase a car to using a credit card for everyday purchases. Understanding credit is critical to managing your finances. In this workshop, you'll learn a few key concepts to help you successfully manage your credit. **Financial Beginnings Oregon**

GARDEN OF EATIN': VEGETABLE GARDENING TIPS FOR SPRING | Whether you're gardening in pots or a garden plot, this workshop will help you take steps now to ensure that your vegetable garden will be a success this summer! You'll learn about soil, fertilizer, starting vegetables from seed — including making seed tape, sowing seed, and growing transplants — and developing a planting plan that will yield year-round fresh produce. **OSU Extension Service Master Gardener Program**

HOME AS A SYSTEM | Whether you're a renter or a homeowner, this workshop will give you knowledge and tools to keep your home warm, comfortable, and energy efficient. You'll learn how windows, insulation, air leaks, filters, and your heating system all impact your home — and how to identify issues and fix them. Plus, you'll receive an energy savings kit and learn how to access additional resources. **Multnomah County Weatherization**

AHORROS CON SOLAR COMUNITARIO | El Programa de Solar Comunitario les da a miles de Oregonianos la nueva oportunidad de utilizar Solar sin necesidad de tener su propia casa, o tener un techo con sol, o pagos por adelantado. Muchas personas están suscritas a un gran proyecto solar compartido en ubicación remota y reciben un crédito en su factura de electricidad. **Community Energy Project**

NOON

INTRO TO NATUROPATHIC MEDICINE | Learn what naturopathic medicine is and how it's used. Plus, get tips on the medicinal benefits of common garden herbs you may already have at home. **National University of Natural Medicine**

LEAD POISONING PREVENTION WORKSHOP | Did you know old household paint, old plumbing, and soil can contain lead? Find out how to test where lead might be, why avoiding exposure to lead is important for your family's health, and resources to help you avoid lead poisoning. **Community Energy Project**

NAVIGATING DISASTERS: A ROADMAP TO PROTECTING YOUR FAMILY AND YOUR

WALLET | Learn tools and tips to get your insurance and finances prepared in case of a disaster. You'll hear how to secure your financial documents, create a home inventory, and check your insurance coverage. Plus, understand your rights, maximize your insurance policy benefits during a disaster, and avoid scammers and access recovery resources afterwards. **Oregon Division of Financial Regulation (DFR)**

SAVING WATER MAKES CENTS! Learn where Portland gets its water and how you can save water and money at home. Get tips for managing your water and sewer costs while being a good steward of our water supply. And receive free water conservation devices, including a new showerhead! **Portland Water Bureau**

1:00 PM

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PREVENCIÓN DE AVENAMIENTO CON PLOMO | Descubra los efectos en la salud y las fuentes más comunes de exposición al plomo, incluida la pintura vieja en el hogar, el agua potable y el suelo. Tome medidas preventivas básicas para eliminar la exposición al plomo y proporcione recursos locales para ayudar a eliminar el envenenamiento por plomo. **Community Energy Project**

UNDERSTANDING YOUR UTILITY BILLS | Learn to read and understand your energy bills, including the different types of charges and what they mean, seasonal trends, and tips for saving energy. Explore options including equal pay and time of use, and renewable energy programs. **Oregon Citizens' Utility Board**

VIRTUAL VILLAGES AND REAL FRIENDS WHO HELP Learn what a virtual village is and how belonging to one, or volunteering for one, can be fun and rewarding. Hear examples of how virtual villages build community among people who aren't close neighbors, and how they keep members healthier, happier, and safer. **North Star Village PDX**

Questions? | ¿Preguntas? | Thắc Mắc? | 有问题? | Вопросы? | Întrebări? | Питання? | 質問? | Su'aalaha | ຄໍາຖາມ? | زاستنتم واستفساراتكم | 503-823-4309



10:00 AM - 1:00 PM

REPAIR CAFÉ — **BY REPAIR PDX** | Bring one item to be fixed by a Repair PDX volunteer, while learning how to do it yourself! Volunteers will do their best to repair items, but do not guarantee a complete repair. You may bring one of the following: **Small countertop appliance, Clothing, or Bike - repair with Bikes for Humanity**



ALL DAY

KEEP YOUR BIKE HAPPY THROUGH THE WINTER! Learn hands-on basics of maintaining the chain, brakes, and wheels, and tire inflation. **At the Bureau of Transportation exhibit.**

The City of Portland is committed to providing meaningful access. To request translation, interpretation, modifications, accommodations, or other auxiliary aids or services, contact 503-823-7700, Relay: 711.

Traducción e Interpretación | Biên Dịch và Thông Dịch | अनुवादन तथा व्याख्या | 口笔译服务 | Устный и письменный перевод | Turjumaad iyo Fasiraad | Письмовий і усний переклад | Traducere și interpretariat | Chiaku me Awewen Kapas | 翻訳または通訳 | ການແປພາສາ ຫຼື ການອະທິບາຍ | هَي مفسّل وا قيري رحسًا قمح رسّل الله المحرسية المحرسة المحر