

September 19th, 2019
Portland Pulmonary Fibrosis Support Group Meeting

Oregon Clinic
1st floor conference room

10:30-12:30

This month is Pulmonary Fibrosis Awareness month and we are very pleased to welcome Debbie Tryan Herndon as our speaker. Debra is a PFF Ambassador and a caregiver to her husband who lived with IPF. Both Debbie and her husband started a Pulmonary Fibrosis Support Group in Idaho, which Debra continues to facilitate. Come and listen to Debbie's inspiring story from the perspective of a caregiver describing her challenges and successes. We will be focusing on the role of the caregiver at this meeting and discussing what helps a caregiver to be able to continue to care-give both themselves and their loved one throughout the path of the disease.

The Portland Pulmonary Fibrosis Support Group meets at the Oregon Clinic at 1111 NE 99th, Portland, 97220 in the first floor conference room. We meet on the **third Thursday of the month from 10:30-12:30**. We have speakers from a wide range of health care perspectives and have the active support of pulmonologists from the Oregon Clinic at each meeting. The Oregon Clinic is designated as a Center of Excellence by the Pulmonary Fibrosis Foundation. People living with interstitial lung disease are welcome along with their friends and family. Feel free to email any questions to: pdxpulmonaryfibrosis@gmail.com or call TJ Christenson at 503 807 4054. The Portland Pulmonary Fibrosis Support Group is supported by the Pulmonary Fibrosis Foundation (PFF)(pulmonaryfibrosis.org) and the Oregon Clinic Pulmonology Clinic, a PFF Center of Excellence.

For more information contact:

TJ Christenson 503 807 4054 pdxpulmonaryfibrosis@gmail.com

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Laura Iversen, LCSW 503-413-5272 LIVERSEN@LHS.ORG

PDX PFSG Meetings are the third Thursday of the month 10:30 am to 12:30 pm.

Directions to:

The Oregon Clinic at Gateway

1111NE 99th Portland, OR 97220

Next to the Gateway Transit Center)

I-84 going East

Take Exit 7 for Halsey St. toward Gateway District.

Keep Right at the fork, follow signs for 99th Ave.

Arrive in 0.1 miles to your right.

I-84 going West

Take Exit 9 on the Left for I-205 South.

Keep Left at the fork, follow signs for I-205 South/Salem.

Take Exit 21A for Glisan St. toward Stark St.

Turn Left onto Glisan St.

Turn Left onto 99th Ave.

Arrive in 0.3 miles to

your left.

I-205 going North

Take Exit 21A for Glisan St.

Turn Right onto NE Glisan St.

Turn Left onto NE 99th Ave.

Arrive in 0.3 miles to your left.

I-205 going South

Take Exit 21A for Glisan St.

Turn Left onto NE Glisan St.

Turn Left onto NE 99th Ave. Note, NE 99th comes up quickly.

Arrive in 0.3 miles to your left.

TriMet Public Transportation

Get off at the Gateway Transit Center and it's about a 75 yard walk to the front entrance.

PARKING

When entering the parking lot, you need to take a ticket to raise the gate arm. To exit just drive up to the exit arm and it will raise up – no payment necessary.

Our meetings will be held in the first-floor conference room. Enter the main entrance and pass the reception desk and the conference room is on your right just across from the bathrooms. Coffee and tea will be provided for us by the Oregon Clinic. To use a bathroom, use a key from the front desk or get the one provided in the meeting room to enter the restrooms.

