

UCAN News Articles – June 2017



Friday, June 2, 2017

Red Cross needs your time, help as ambassador (RSVP)

By Rebecca De Greyt for the Daily Courier

Sponsored by the United Community Action Network, the Retired Senior Volunteer Program matches the talents of people 55 and older with nonprofit agencies and health care facilities throughout Josephine County.

● **WOULD YOU LIKE TO BE A RED CROSS AMBASSADOR?** The American Red Cross always needs great people like you to give of their time and service. Donor Ambassadors welcome blood-drive donors, help them through the registration process and serve them refreshments after the donation process. They are also an integral part of the team to help keep blood drives organized. If you are interested in learning more, contact the RSVP Reception line at 541-956-4472.

● **GIVE A CHEERY HELLO.** Become a Grants Pass Chamber of Commerce volunteer and learn about your community and your city as you help assist visitors, chamber members, and lend a hand at community events. If you are looking to brighten your day, start with a cheery hello to visitors and citizens of the Josephine County area. There are a variety of roles available. If you are interested in volunteering, contact the RSVP Reception line at 541-956-4472.

● **BUILDING INDEPENDENCE.** Summer is fast approaching and we are gearing up our Rural Accessibility Mobility Project, or RAMP. We are in need of a building crew that aids in building ramps for who have been identified, through partnering agencies, as being in need. Projects are once a month, for up to two six-hour days. Most of the clients are homebound and in need of a ramp in order to stay independent. Come and volunteer and be a part of a team that has been recognized and appreciated by the State of Oregon. Contact Rebecca de Greyt if you would be willing to help "nail down" a path to a better future for community members to gain mobility and independence. Call 541-956-4474 or come into the UCAN office at 125 N.E. Manzanita Ave.

● **FEELING LONELY AND ISOLATED?** A UCAN Senior Companion volunteer can enhance the quality of life and help maintain personal independence, in your own home environment. UCAN Senior Companion volunteers can make a difference by providing up to six hours of assistance weekly to individuals, through companionship, playing games, grocery shopping, going to the doctor and many other social features. Please sign up for our services if you are seeking help and assistance. Contact the RSVP Reception line to make a referral 541-956-4472.

● **COME RIDE ALONG.** Volunteers are the heart and soul of the Josephine County Food Bank. Your generous contributions of time and talent help get the job done efficiently and effectively. The Food Bank is looking for people who are available to ride along on the Fresh Food Alliance runs. There are two runs: 8 a.m. to 11:30 a.m., and 10:30 a.m. to 1 p.m. If you have the time and would like to learn more, please contact Rebecca de Greyt at 541-956-4474.



Wednesday, June 7, 2017

Food Bank invites community to open house on Saturday

To celebrate its newly-established status as an independent nonprofit organization, the Josephine County Food Bank invites the community to an open house celebration on Saturday.

Saturday's event is from 10 a.m. to 1 p.m. and will include recognition of the Food Bank's major donors during a brief ceremony set for 10:30 a.m.

State Rep. Carl Wilson will serve as master of ceremonies, with an invocation delivered by Pastor Dennis Webber. The keynote address will be delivered by Susannah Morgan, chief executive officer of the Oregon Food Bank.

The open house will include tours of Raptor Creek Farm and the Food Bank's warehouse facility, refreshments, and entertainment by popular local musician B Wishes.

The event will be held at the Food Bank's warehouse on the grounds of Raptor Creek Farm, 3658 Upper River Road, just west of Grants Pass.

The Josephine County Food Bank was part of Josephine Community Action until 2005, when cuts to the county budget threatened its existence.

Roseburg-based United Community Action Network, usually referred to as UCAN, stepped in and took over the Food Bank at that time.

It operated the Food Bank for 12 years, until April 28, 2017, when the Food Bank began operations as an independent nonprofit organization with its own board of directors.

The Josephine County Food Bank and its 23 partner agencies serve more than 11,000 low-income local residents every month.

For more information, contact Food Bank Director Kevin Widdison at 541-479-5556.



Thursday, June 8, 2017

Vol Ops: Libraries one of many sites in need of volunteers

Many of us are mourning the closure of the county library system.

Stories in the paper keep us abreast of what the Library Futures Task Force and others are desperately trying to do about it. But not much has been said about the efforts of the individual communities and their need for volunteers. Think about what you can do to help your own library.

Here's a list of phone numbers and some contact information. If you don't get an answer the first time, call back, there may be no volunteer on duty when you call.

Reedsport Library is open limited hours Tuesday-Friday; call Tatiana at 541-271-3500. Riddle Library is open limited hours; call 541-874-2070 or Rita at 541-874-3221. Sutherlin Library is open Tuesday, Wednesday Friday and Saturday for limited hours; call 541-459-9161. Winston Library; call 541-679-5501.

CASA needs 20 advocates for children in foster care for its Train-a-Thon that begins in mid-July. Volunteers must be 21 and older, have transportation, email, basic computer skills and be able to write reports. Commitment is a few hours a month and scheduling is flexible. For more information, contact Katherine at 541-672-7001 or at casaofdouglascounty.org

Mercy Hospital Auxiliary is looking for couples or singles to participate in their Pinochle Tournament that raises funds for nursing students at Umpqua Community College. Couples, call Anita at 541-430-8097; singles, call Claire Jo at 541-315-6135 for details.

Veterans Affairs Medical Center is seeking volunteers to drive veterans to their medical appointments in Roseburg and Portland and volunteers to escort patients within the complex. Contact Andrea at 541-440-1293 or andrea.bernhardt@va.gov or call voluntary services at 541-440-1000, ext. 45311.

CHI Mercy Medical Center needs veterans to bring some camaraderie to patient veterans in the hospital; and volunteers to bring comfort with hot beverages to guests any day from 9 to 11 a.m. or drive them from the parking lot to the entrance in the hospital golf cart. Musicians from the age of 16 and older can uplift spirits with their melodies any day of the week and others can act as liaisons in the emergency department or as pharmacy couriers. Contact Michelle at 541-677-4465 or michellekronner@chiwest.com for more information.

Senior Companion Program is looking for volunteers to provide assistance and friendship to seniors and individuals with disabilities and provide respite for family caregivers. Volunteers over the age of 55 may receive a tax-free stipend and mileage reimbursement for a minimum of 15 hours of service each week. Contact Colleen at 541-492-3520 or colleen.may@ucancap.org

Umpqua Community Action Network Food Bank needs drivers and food sorters. Volunteers ages 18 and over can help any day of the week in the warehouse, sorting and repacking food boxes and picking up donations from area grocery stores. Call the Volunteer Hotline at 541-492-3526.

Prescription Assistance Program is seeking volunteers to research pharmaceutical companies on the web that offer assistance or free meds to those in need. Training is provided. Call the UCAN/RSVP Volunteer Hotline at 541-492-3526.

Medicare Assistance Program needs volunteers to help retirees or people approaching retirement age to understand the complex Medicare program and make wise decisions about their benefits. Training is provided. Call the UCAN/RSVP Volunteer Hotline at 541-492-3526.

UCAN Case Management program is recruiting male or female veterans to support efforts to find housing for homeless veterans including helping them with paperwork, taking them to look at properties, preparing them for interviews, coaching them with computer searches and mentoring them. Call Karen at 541-492-3917.

UCAN/RSVP program needs volunteers to help review volunteer applications and assist their placement in partnering programs; help to create and design development and promotional materials; assist with the annual Volunteer Recognition event; as well as help with energy and weatherization assistance, and help in preparing and delivering hot meals to seniors and those who are homebound. Call Karen at 541-492-3917.

Ada Duncan of Roseburg writes a monthly column about volunteer opportunities in Douglas County.



Friday, June 9, 2017

Volunteering connects you with community (RSVP)

By Rebecca de Greyt for the Daily Coureir

Sponsored by the United Community Action Network, the Retired Senior Volunteer Program matches the talents of people 55 and older with nonprofit agencies and health care facilities throughout Josephine County.

WHY VOLUNTEER? When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were.

Not only is there happiness to be gained, volunteers also have the added bonus of connecting to people in the community and staying physically and mentally fit. Plus, it's plain fun and fulfilling.

The best way to volunteer is to match your personality and interests. RSVP can help.

RSVP is a SeniorCorps program sponsored by UCAN. The RSVP program helps community members find their perfect volunteer experience. Adult members who are 55+ can apply their skills and wisdom they have acquired throughout their life to make a positive difference in the lives of others.

Come to UCAN-RSVP at 125 N.E. Manzanita Ave. and see how you can start making a difference in your community today.

COME RIDE ALONG! Volunteers are the heart and soul of the Josephine County Food Bank. Your generous contributions of time and talent help get the job done efficiently and effectively. The Food Bank is looking for people who are available to ride along on the Fresh Food Alliance runs. There are two runs: 8 a.m. to 11:30 a.m., and 10:30 a.m. to 1 p.m. If you have the time and would like to learn more, please contact Rebecca de Greyt at 541-956-4474.



Friday, June 9, 2017

Food Hero Program encourages kids to eat more fruits and vegetables

The Oregon State University Extension Service and the United Community Action Network's AmeriCorps program are partnering with the Umpqua Valley Farmers' Market and the Canyonville Farmers' Market to bring the Food Hero program to youth for 8 weeks this summer.

Food Hero's mission is to help low-income Oregonians improve their health through the increased consumption of fruits and vegetables. Food Hero is a multi-channel social marketing campaign which provides recipes, cooking tips and tools to create healthy and tasty meals on a budget. In Douglas County, the OSU Extension SNAP-Ed program utilizes Food Hero in schools to reach 2,500 kids each year.

Children age 3 and older are encouraged to participate in this exciting passport program that includes tasting fruits and vegetables in fun ways, vegetable art and mystery veggie id. Starting

June 14, there will be a Food Hero booth at the Canyonville Farmers' Market. Starting June 17, a Food Hero booth will be set up at the Umpqua Valley Farmers' Market.

Visitors may stop by the booth the first week to get a passport and taste a recipe using seasonal fruits and vegetables. Every kid participating in the program will receive \$2 in vouchers each week to spend at the market on fruits and vegetables of their choice.

Kids can participate any time between June 14 and Aug. 2 in Canyonville and June 17 and Aug. 5 in Roseburg. Kids who participate six out of eight weeks will receive a special prize. Food tastings and activities will happen between 10 a.m. and noon each market day. Kids can stop by the booth anytime during market hours to have their passport stamped and receive their vouchers.

The goal of the Food Hero @ Farmers Market Program is to encourage kids to try new fruits and vegetables, increase their consumption of fruits and vegetables, and support local farms by increasing the number of families shopping at local farmers markets.

Funding for the program is provided by the OSU Extension Service, USDA's Supplemental Nutrition Assistance Program, UCAN and the Oregon Food Bank FEAST support grant.

Find the Food Hero booth at the Umpqua Valley Farmers Market, located at 1771 West Harvard Ave, Roseburg, and at the Canyonville Farmers Market, located at Seven Feathers South Parking Lot- Exit 99, Canyonville. The hours of the Roseburg market are 9 a.m. to 1 p.m. Saturdays and the hours of the Canyonville market are 9:30 a.m. to 1:30 p.m. Wednesdays.

Questions about this program can be directed to either Sara Runkel at 541-236-3049 or sara.runkel@oregonstate.edu or to Mandy Hatfield at 541-236-3017 or mandy.hatfield@oregonstate.edu at the Douglas County OSU Extension Service, 1134 SE Douglas Ave., Roseburg.



Friday, June 16, 2017

Class teaches the ins and outs of Medicare (RSVP)

By Rebecca de Greyt for the Daily Courier

Sponsored by the United Community Action Network, the Retired Senior Volunteer Program matches the talents of people 55 and older with nonprofit agencies and health care facilities throughout Josephine County.

ARE YOU PREPARED FOR MEDICARE? Are you turning 65 in May through October? To help educate and prepare you, our SHIBA volunteers are prepared to help present a Medicare 101 class on July 20 from 10 a.m. to 1 p.m. at UCAN, 125 N.E. Manzanita Ave. (corner of Seventh and Manzanita).

Our trained volunteers will review plans and compare coverages for Medicare part A, B, and D plans. They will inform you how to prevent Medicare fraud and the next steps to take in the process. Seating is limited to 15 and we will need participants to call to sign up for the training. Please call UCAN-RSVP at 541-956-4472.

KNOW THE LAW (AND HOW IT CAN WORK FOR YOU!). The Oregon Law Center is hosting a free seminar for seniors this Thursday entitled "Surrogate Decision-Making — Advanced Directives, Guardianships, Conservatorships, and Other Issues."

The following Thursday, June 29, the law center is hosting another free seminar entitled "Foreclosure Prevention." The seminars will be given by Eric Dahlin, managing attorney of the Oregon Law Center in Grants Pass. The seminars are free to seniors and are sponsored through a grant with the Rogue Valley Council of Governments.

Interested parties need only show up. Both seminars are from 4-6 p.m. The Oregon Law Center is located at the Josephine County Professional Center, 424 N.W. Sixth St., Room 210.

CALLING ALL HEARTISTS. Heartists are those who commit to making the journey from head to heart and express from the heart with love and compassion for the good of all — to educate humanity as to our true nature. In the heart we discover our true nature, bringing forth visions, ideas, art, inventions, imaginings, and business models for a world that cares and shares.

Grass Roots~Pathway to Wellness & Peace Production is looking for volunteers to help with the following: 1. Volunteer coordinator for the 3rd Annual Healthy Food Festival on Sept 30; 2. Volunteers for the Healthy Food Festival planning and implementation team; 3. Administrative support to establish a filing system in the office; 4. Filmmaking for several nonprofit organization — we have a director and some equipment and welcome others with skills to share.

If you are interested in volunteering, please contact the RSVP receptionist at 541-956-4472.

SAVE THE DATE. Kids Clothing Fair, Aug. 5, from 8 a.m. to 1 p.m. Event located at American Legion, 206 N.W. Fifth St. (across from Growers' Market). If you would like more information of how you can help, contact the Women's Crisis Support Team at 541-476-3877.



Friday, June 9, 2017

Courthouse cedar tree comes down



A large Deodar cedar tree on the west side of the Douglas County Courthouse lawn has been removed after the county deemed the tree unsafe and a hazard to public safety.

The tree was taken down early Thursday morning by Limb Walker Tree Service from Winchester, and the larger sections of the tree were hauled to a splitting site at the Glide Transfer Station.

The wood will be donated to the United Community Action Network as firewood for needy families.

The branches were chipped and hauled to county property off Fowler Street where the chips will be used in flower beds and landscaping around the county library building.

Building facilities director Kevin Potter said much of the center of the tree was rotted and there was a large crack in the top of the tree. He said he felt it was only a matter of time before more of the tree broke off and came down.

Crews ground down the stump and plan to take out two sections of the concrete sidewalk that had been raised by the the tree roots.

That will allow work crews to put in replacement concrete sections level with the other parts of the sidewalk.

Potter said Wintergreen Nursery in Dillard has donated a tree that will be planted on the lawn farther away from the building and they'll replant the lawn that was torn up during the removal.



Friday, June 23, 2017

Join UCAN team for a year to help (RSVP)

By Rebecca De Greyt for the Daily Courier

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MAKE A DIFFERENCE AND EARN SOME MONEY. Join the UCAN team for a one-year stipend program. Help low-income individuals and the senior population prepare their tax returns, fill out Oregon Health Plan applications, and be a community educator. The position, similar to an internship, is for 40 hours a week from Aug. 30, 2017, to July 31, 2018, earning approximately \$1,139 a month. Upon successful completion of the service term, eligible members/leaders receive an education award of \$5,730. Members who are 55 and older may transfer the award to one child or grandchild if they so desire. If you are interested and would like to know more about this position, please contact Rebecca de Greyt at 541-956- 4474 or rebecca.degreyt@ucanap.org.

INFORMATION ABOUT E.R.A. Over the years many consumers were provided with assistance to apply for a rental refund through the State of Oregon Department of Revenue. This program was exclusive to older adults. Unfortunately, the state of Oregon has discontinued the program. If you received a check last November then that was your last payment under that specific program. A new rental assistance program for seniors will begin July 1 called "Elderly Rental Assistance" or ERA. UCAN will be administering this housing program for older adults. If you are a senior in a non-subsidized unit and you are at risk of becoming homeless or if you are a homeless and elderly and need assistance looking for a home, please come into UCAN after July 15 and request an Elderly Rental Assistance Application.

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Saturday, June 24, 2017

Cow Creek Umpqua Indian Foundation presents grants to eight Douglas County nonprofits

CANYONVILLE — The Cow Creek Umpqua Indian Foundation awarded \$420,800 to 65 nonprofit organizations in Oregon at Thursday’s award ceremony held at Seven Feathers Casino Resort.

“Strengthening family, furthering education and feeding hungry people are all goals of the Cow Creek Umpqua Indian Foundation,” said Carma Mornarich, the foundation’s executive director.

The foundation is celebrating its 20th anniversary and has awarded \$16,450,927 in grants to nonprofit organizations in seven southwestern Oregon counties since 1997. The awards are distributed in January and June.

In Douglas County, eight nonprofits received a total of \$60,500.

Among them was the United Community Action Network in Roseburg that received \$10,000 toward the purchase of a new forklift valued around \$30,000 to distribute emergency food within the county.

UCAN currently has a 10-year-old forklift that is breaking down often and an emergency propane-powered forklift.

“Our plan is to get a brand new forklift and take the one that’s 10 years old and make that a back-up, and to get rid of the propane forklift,” Sarah McGregor, the UCAN food bank program manager, said.

UCAN feeds about 33,000 families yearly through 16 emergency food pantries and nine community kitchens located all over Douglas County.

“This is the last piece of the puzzle for us, so we will be ordering a new forklift next week,” McGregor said. “It’s going to help so many people who get emergency food each year. If we couldn’t do our job then people wouldn’t be able to get that food.”

Another nonprofit that received funding within Douglas County was Sunrise Enterprises. It received \$10,000 to assist with repairing the fire suppression system at the wood products and recycling facility in Green.

The Oregon Coast Community Action Great Afternoons program also received \$10,000 to assist with staffing and supplies for infant, toddler and Pre-K programs in Reedsport.

College Dreams Inc., received \$7,500 to enhance college and career preparation services in the Glendale School District.

Reedsport’s Church of God “Project Blessing Food Pantry” received \$7,000 to assist with the costs of building expansion.

Roseburg’s Friendly Kitchen received \$6,000 to support the purchase of milk and yogurt for dine-in and home-delivery Meals-On-Wheels for seniors.

The South Douglas Food Bank in Riddle received \$5,000 to assist with the purchase of food and utility costs.

And the St. Francis Community Kitchen of Sutherlin received \$5,000 to help with the cost of operating the community kitchen to provide a full course hot meal twice weekly to residents of the city and its surrounding areas.

The foundation's mission is to offer assistance to youth education, to strengthen youth and family, to provide positive youth development and to improve the quality of life for people in southwest Oregon with an emphasis on increasing funding for basic needs to provide food for more hungry people.

For more information, visit www.cowcreekfoundation.org or call 541-672-9405.



Friday, June 30, 2017

Earn money while helping out those within the community (RSVP)

By Rebecca de Greyt for the Daily Courier

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