

UCAN News Articles – September 2017



Friday, September 1, 2017

Empty Bowls fundraiser set in October (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.

EMPTY BOWLS. The 11th Empty Bowls fundraiser in Grants Pass will again be held at Parkway Christian Center, 229 N.E. Beacon Drive, on Monday, Oct. 9 from 6-8 p.m. Guests choose a handcrafted bowl and then select a bowl of soup and bread. The handmade bowl is theirs to take home as a reminder of hunger in our community. Some of the 2017 soup sponsors are Casa Amiga, the Laughing Clam, Rosso's Trattoria, The Bohemian, Twisted Cork, Wild River Pizza, Ma Mosa's, The Vine, Taprock Northwest Grill, Climate City Brewing Company, and The Haul. Tickets are \$25 each and should be purchased in advance. Available at Options for Southern Oregon, 1215 S.W. G St., or online at optionsonline.org. Tickets will also be available at the Growers' Market on Sept. 16, 23, and 30. Please contact Rebecca de Greyt if you would like to volunteer for this event. 541-956-4474.

HARVEST TIME IS HERE – COME JOIN US. September is the peak of the harvest season at the Josephine County Food Bank's Raptor Creek Farm, and we could use more volunteers to bring in this year's bounty.

Come out Tuesday through Saturday between 8 and 4 (mornings are best) and help us harvest this year's crop. Call 541-471-5556 for more information.

HEALTHY FOOD FESTIVAL. The Josephine County Fairgrounds is the scene of the Healthy Food Festival on Sept. 30. Billed as free family fun, the event includes food samples and demonstrations, tastings by GPHS Culinary Arts, yoga, dance and breath practices, a farm and garden center, and a health clinic with free student sports physicals from 2-4 p.m. For more info check out HealthyFoodFestival.org. Volunteers are needed and welcomed. Call Mayana 541-543-8052 for volunteer signups.

ASANTE LIFELINE VOLUNTEER. Asante Lifeline is pleased to provide members of Rogue Valley's senior community with America's most trusted medical alert service. For more than 40 years, Lifeline has enabled millions of people to live with greater independence, peace of mind and dignity in the place they feel most comfortable — their own homes. Be a volunteer with Asante Lifeline to make this possible for community members in Josephine County. Please contact Rebecca de Greyt to learn about the application process 541-956-4474.



Friday, September 8, 2017

UCAN's on-site food pantry welcoming donations (RSVP)

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UCAN-RSVP FOOD PANTRY. UCAN now has a small food pantry on-site for clients and opens up to the community every Friday from 2 to 3:30 p.m. We have completed renovations to our food pantry and are requesting the top following items to be donated to fill up the shelves: peanut butter, cereal (hot/cold), granola bars, canned fruit, canned vegetables, pasta, pasta sauce, jam, baked beans, and cheese. Bring donations to 125 N.E. Manzanita, Mon-Fri from 9 a.m. to 5 p.m. If you have any questions contact Rebecca de Greyt at 541-956-4474.

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Sunday, September 8, 2017

SHIBA is taking appointments to review Medicare plans for open enrollment beginning soon

Medicare open enrollment starts Oct. 15 and continues through Dec. 7, and an assistance program is offering help with navigating benefits issues.

Appointments are now being accepted by Senior Health Insurance Benefits Assistance to review and discuss benefits for Medicare Part D drug plans and Medicare advantage plans.



Sunday, September 10, 2017

UCAN hosts community collaboration event (Business Buzz)

Peace Production's Nonprofit Development Center has taken up residence inside the United Community Action Network building at 125 N.E. Manzanita Ave.

Also sharing the space is local nonprofit Grace Roots Pathway to Wellness.

"UCAN has donated the space to help our organization and Grace Roots," said Mayana Kingery, co-founder of Peace Production and a board member of Grace Roots.

Kingery is pleased to be under roof with like-minded organizations, which are working together to produce the Healthy Food Festival, set for Sept. 30 at the Josephine County Fairgrounds.

The Healthy Food Festival is a project of Grace Roots, which Peace Production has supported as a partner in past years and this year is managing the event.

In its third year, AllCare Health is the festival's primary sponsor, and UCAN is one of many local organizations and businesses sponsoring the event.

Each year the one-day festival has grown, and in 2016 had over 1,000 attendees.

A day filled with free activities for the whole family is planned, including food samples and demonstrations, speakers, classes, yoga and acupuncture introductions, free student sports physicals, a farm and garden learning center, childcare provided by the YMCA, storytelling by local authors and more.

Students from the Grants Pass High School Culinary Arts Program will prepare healthy foods and use the event as a fundraiser.

This year the festival will occupy two buildings, the Floral and Pavilion buildings, out of necessity and for practical reasons.

"Having the education piece in the same room as Zumba didn't work out," said a smiling Kingery.

Peace Production administers the work of other nonprofits, such as Grace Roots, and accomplishes its own mission through various global projects and partnerships.

"Peace Production's fiscal sponsorship helps individuals bring forth their own service work to better the world, under the umbrella of its 501 (c)3 status," said Kingery.

Co-founder Andras Maros said it costs around \$6,000 to apply for and receive nonprofit status, when you factor in legal costs.

"Someone locally may have a good idea, but if they have to raise money first, they can't get to work right away," said Maros.

Peace Production and Grace Roots are separate entities.

"The two work together in leading the community into collaborative efforts for the greater good," said Kingery.

"Traditionally nonprofits have been competing for the same funds," added Maros, "but we're better off cooperating with each other. We don't want anyone to be left behind."

To learn more about Peace Production and the Nonprofit Development Center, visit peaceproduction.org.

To learn more about Grace Roots, visit gracerootspathwaystowellness.org

The Healthy Food Festival will run from 9 a.m. to 4 p.m. at the Josephine County Fairgrounds on Sept 30. Admission and parking is free.

For more information, visit healthyfoodfestival.org.



Sunday, September 10, 2017

Volunteer Opportunities for Sept. 10

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Vi Angel is already looking beyond this excessive heat to winter weather, when we will all shed our shorts and tank tops for sweaters and knit caps. She is recruiting knitters and crocheters to make articles for Casa de Belen residents, Toys for Tots children and others. Last year, 1400 items were donated, and this year 1700 will be needed.

Volunteer crafters will meet Wednesday at 10 a.m. at 1560 S. Grove St. Call 541-671-7124 for more information.

The American Red Cross will install free smoke alarms in Sutherlin homes on Oct. 7. If you would like to volunteer for that effort or would like one installed in your home, call or stop by the Sutherlin Senior Center at 202 E. Central Ave., 541-459-5320.

Senior Companion Program is looking for volunteers in Sutherlin and Oakland to connect with homebound individuals, taking them on outings, assisting them with daily activities, providing a friendly visit or giving their caregiver a bit of respite. Volunteers must be 55 and older and will receive a tax-free stipend and mileage reimbursement for a minimum of 15 hours service each week. For more information contact Colleen at 451-492-3520 or colleen.may@ucanap.org

Douglas County Dining Sites at Winston, Riddle, Glide, Sutherlin, Yoncalla and Reedsport need meals-on-wheels volunteer drivers; all of the sites also need kitchen helpers. For North County needs, call Kendra at 541-440-3572. For the needs of South County, call Victory at 541-440-3558. You can also call Senior Services at 541-440-3677 and get details for all the sites.

Head Start and Early Head Start need volunteers 14 and over as classroom helpers, office assistants and special project coordinators. For details call Sarah at 541-673-6306 ext. 120 or the Volunteer Hotline at 541-492-3526.

Family Development Center is in great need of classroom helpers for two hours on the same day every week. There are four age groups, and volunteers will be matched up with best fit. The Center also has a Winston facility next to the Winston Elementary School. To sign up as a volunteer, call 541-673-4354 or visit the Center at 300 Jerry's Drive.

UCAN Food Bank needs three individuals every afternoon to work as a team sorting and repacking food donated by area grocery stores for distribution to 16 area pantries and nine community kitchens. Anyone over 18 years old is welcome. Call Sarah at 541-3518 for more information.

RSVP wants volunteers to help review applications from volunteers, assist in the placement of volunteers in partnering programs, provide creative and design support for materials and promotional information and assist with planning of recognition events. Volunteers must be 18 or older. Karen, UCAN/RSVP Volunteer Coordinator, can give you details. Call her at 541-492-3917.

Roseburg Senior Center is looking for clean-up helpers from 9 a.m. to 3 p.m. Call Tim at 541-784-5840 for details.

Salvation Army Food Pantry at 3130 NE Stephens St. is in need of food donations of any kind. Donations are accepted from 9 a.m. to 4 p.m. Monday-Thursday or by appointment Friday. Food Pantry hours are Monday-Thursday from 1-3:30 p.m. For more information call 541-672-6581.

NeighborWorks needs home- and field-harvest surplus donations that gleaners can pick and distribute to local organizations such as Rescue Mission, Boys and Girls Club, Casa de Belen, Hands of Glide and UCAN . Contact Michelle at 541-414-6368 to arrange a team of gleaners to come and harvest your produce.

Genealogical Society of Roseburg GSDC is now looking for volunteers to read and record grave markers at Memorial Gardens. Training is provided, and hours are at the convenience of volunteers, who will work in teams. It is a good project for high school and college youth. Jim Luse at 541-733-1861 or JBLuse@gmail.com will tell you more.



Friday, September 15, 2017

Volunteer for the upcoming Healthy Food Festival (RSVP)

By Rebecca De Greyt for the Daily Courier

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Sunday, September 17, 2017

UCAN revives Empty Bowls Project Dinner

The United Community Action Network Food Bank is bringing back the Empty Bowls Project Dinner fundraiser next month.

The event will be at 5:30 p.m. Oct. 16 at Phoenix Charter School, 3131 NE Diamond Lake Blvd., Roseburg .

The Empty Bowls Project Dinner will offer guests a choice of bowls made by community artists to fill with soups provided by Douglas County restaurants/cooks with bread from the Lighthouse Center Bakery in Umpqua.

Raffle tickets for a home improvement package worth over \$3,200 in goods and services are available now for \$10 each. The raffle drawing for this bundle will take place the evening of the dinner. Winners need not be present.



Friday, September 15, 2017

Healthy Food Festival needs your help (RSVP)

By Rebecca De Greyt for the Daily Courier

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JOIN US FOR THE HARVEST. September is the peak of the harvest season at the Josephine County Food Bank's Raptor Creek Farm, and we could still use more volunteers to bring in this year's bounty.

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Tuesday, September 26, 2017

Saturday's Healthy Food Festival continues to grow

By Edith Decker of the Daily Courier

The Healthy Food Festival continues to sprout up like a well-tended garden — organic, of course.

"For the third year, it certainly has continued to grow and we expect more attendees, of course, this year than last," says Nancy Yonally, one of the event organizers, along with Mayana Kingery.

The event is Saturday from 9 a.m. to 4 p.m. at the Josephine County Fairgrounds. Admission is free.

Food demonstrations and samples, healthy bites from the Grants Pass High School culinary arts program, a slate of speakers and rows of vendors are the heart of the festival.

But the festival isn't strictly about food, as the slogan indicates: "Nourish your mind, body and spirit."

Yonally says they quickly sold out all the booth spaces, including extra spots this year — 34 vendors.

Also planned are a farm and garden expo, inspiration station, healing center with information on acupuncture, massage and other options and a drop-in clinic for free student sports physicals, set for 2-4 p.m.

They've expanded to both the fairgrounds Pavilion and the adjacent Floral Building, for more space.

"The Floral Building is basically for speakers, so that's definitely an expansion and that is exciting," Yonally says. "We have excellent speakers from opening to closing."

Two areas are set up for speakers and classes in the building.

Yonally is especially keen to hear the keynote speaker, David Wiss, speaking about nutrition for those in recovery at noon.

Other speakers for the day are Dr. Larry Beal, Dr. Barry Hamann, Dr. Stephen Rotter, Ken Anderson, Dennis Ellingson, Doranne Long, Andras Maros, Janet Moret, Bob Pearson, Maud Powell, Trace Sage and Ron Veitel.

A panel discussion about healing and food selections with a question and answer period is set for 3 p.m.

Classes vary, from brain and body chemistry to children and food, to breathing and yoga basics, to an introduction to the small farms of the Rogue Valley and the Blue Zones Project.

For a full schedule, see the website, www.healthyfoodfestival.org.

A full schedule of children's activities will be provided by the YMCA, Yonally says.

"So there'll be something for children all the time as well as every other age."

The primary sponsors of the event this year are AllCare Health and UCAN, plus many more, says Yonally.

It's co-produced by 10 non-profit organizations: Grace Roots, Peace Production, Josephine County Foundation, GPHS culinary program, Rogue Community College, the Growers' Market, the YMCA, Oregon State University, the Heartisan Foundation and Pathways to Wellness.



Friday, September 29, 2017

JoCo Food Bank needs you (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.

MAKE A FRESH CHOICE. The Josephine County Food Bank needs volunteers for its Fresh Alliance program, which rounds up donations daily from local grocery stores. They need drivers as well as people to ride along and help load food into the truck. If you can offer a couple of hours a week of your time, they will supply the truck — and together we can make sure that people in need in Josephine County get the fresh, nutritious food they need.

SERVE AND EARN. St. Vincent de Paul is in need of a driver for the mobile kitchen. This is a paid position, one to two days per week and four to five hours per shift. If interested, or if you need more information, please contact Gary at St. Vincent de Paul's thrift store at 541-476-5137.

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