

UCAN News Articles – May 2018



Sunday, May 6, 2018

Southern Oregon experts nominated to advisory committees

A number of Southern Oregon experts have been nominated to civilian positions on advisory committees in the Oregon Senate.

Executive Director of the United Community Action Network Kelli Wessels has been appointed to the Oregon Volunteers Commission for Voluntary Action and Service. Josephine County Fairgrounds manager Peggy Anderson is a nominee for the Racing Commission. Williams resident and marijuana grower Cedar Grey is nominated to the Oregon Cannabis Commission and Gold Hill appraiser Mark Baird is a nominee for the committee on Appraiser Certification and Licensure.

"I am deeply appreciative of all of these candidates, who are dedicated to providing their invaluable expertise on so many issues," said Governor Kate Brown in a release.

The list of nominees, submitted by Brown to the Senate earlier this week, will be considered by the Senate Rules Committee on May 22.



Tuesday, May 8, 2018

Community- Briefly

Groups can apply for emergency food funds

Josephine County has received notification of funds available to supplement emergency food and shelter programs in the county.

A local board composed of representatives of the county Board of Commissioners, Salvation Army and other local agencies will review applications and determine how the funds from the National Emergency Food and Shelter Program will be distributed.

Applicants must be a private, voluntary nonprofit or unit of government; have an accounting system; practice nondiscrimination; have a demonstrated capability to deliver emergency food and/or shelter; and have a voluntary board if they are a private, voluntary organization.

Applications can be picked up at the United Community Action Network (UCAN) office, 125 N.E Manzanita Ave., Grants Pass. Prospective applicants also may contact Allison Spohn at 541-956-4060 or by email at allison.spohn@ucancap.org. Completed applications must be returned to UCAN by 5 p.m. on May 21.



Wednesday, May 9, 2018

FISH Food Pantry helps people get through tough times



Karla Roady and John Sloan
FISH Food Pantry of Roseburg

The FISH Food Pantry of Roseburg has a new program for collecting food called the Roseburg Food Project, and John Sloan and Karla Roady from the FISH Food Pantry talked about the program and other services offered by FISH, on CHI Mercy Medical Center's Talking Health on News Radio 1240 KQEN.

They were interviewed by host Lisa Platt.
The following is an edited version of that program.

Lisa: Why did FISH get started?

John: People from five churches came together to form the FISH of Roseburg, to provide quick, basic response services. FISH started as a way to be compassionate and a way to help people in the community especially low income people that have hit a bump in the road, and a way to get by that crisis until other agencies could come along and help in the longer term.

Lisa: It's much bigger than just the food pantry. What are some of the services you offer?

John: In addition to the food pantry, we provide three other services for low income people in a financial personal crisis situation.

One of those is the children's prescription medication program where FISH will provide financial assistance to low income families for their child's medication, where the Oregon Health Plan or other insurance will not cover it. FISH has a billing arrangement with just about

every pharmacy in Douglas County and if people will call, we can arrange to help them get that medicine for their child.

Another service we provide, primarily working with other agencies, is emergency short term shelter, based on referral from maybe Battered Persons Advocacy, or disabled services.

Then a third program, we do provide transportation assistance particularly when somebody needs a little gas in the car. We're pretty limited on the transportation, but it's focused on people that are in some sort of family crisis.

Lisa: At the food pantry, what are the hours of operation?

John: They are Monday and Wednesday afternoons from 1:30 to 3:30 p.m. and Thursday and Friday mornings from 9:30 to 11:30 a.m., except when there's a holiday and we're closed.

Lisa: About how many people utilize the food pantry?

John: We saw a large bump during the recession and it's dropped off a little bit but still a large number. A typical month we feed about 900-920 families and that can be one individual or a family of eight or nine. That represents about 3,500 people and about 30 percent of those are kids.

Lisa: Do you have any restrictions on how often families can use the FISH Food Pantry.

John: We try to be equitable with the resources we have, so have a limit of one time per month. We try to provide four to six days of emergency food. We try to provide well balanced nutrition and we have a real shopping experience where people can select food that fits their needs.

We have a variety of kiosks and they can choose a variety of food items, that fit the goal and dietary needs of their family.

Lisa: How much food gets donated on an annual basis?

John: About 95,000 to 100,000 pounds gets donated directly to FISH. We're the largest food pantry in Douglas County, so we get a sizeable share of what gets donated to UCAN, but it goes to other pantries in the county as well.

The Roseburg Food Project makes up about 65,000 pounds of that, so that's a big piece of that which gets donated.

Lisa: Carla, let's talk about your neighborhood program, because you just had your monthly event?

Karla: In August of 2012 we started with 14 neighborhood coordinators and 40 food donors. The way we set it up, is that someone decides they will be a neighborhood coordinator so they go around their neighborhood and ask them if they will take a green recyclable food bag and fill it over two months.

The neighborhood coordinator picks up the full bag and leaves an empty bag and they have another two months to fill it up.

We have now grown in the six years to where we have almost 700 food donors and about 70 neighborhood coordinators.

We are certainly not canvassing the entire city, so we could use more neighborhood coordinators.

Lisa: Can you tell me about your new food project?

Karla: It's the Roseburg Food Project, and there are other cities in the state and around the country that have started their own neighborhood food projects.

In the near future, the gentleman who started the program is going to be developing an instructional video that can be sent to anybody anywhere and they can start their own neighborhood food project.

Lisa: Is this one of the big donation projects for FISH?

Karla: Oh absolutely, it has made just an amazing difference and part of it, besides the food, is the motto on our T-shirts and that's "Building communities and sharing food."

Making a neighborhood more cohesive is great in a lot of different areas, and then the other thing is sharing food. We have the pickup every two months on the even months, the second Saturday.

We have JoLane Middle School honor society helping us which is fabulous, so lined up will be four or five cars, and the honor society kids will run out and give them an empty bag and then off they go.

We put the food in separate categories so people will open the green bag and see that we have a lot of variety and that's what our clients really appreciate.

Lisa: Can people can still sign up for the Roseburg Food Project?

Karla: Yes, you can go to the website at roseburgfoodproject.org and the phone number is 541-673-9804.

Lisa: If someone wants to volunteer at FISH, what is the website ?

John: The website is www.thefishofroseburg.org and email us at thefishrbg@gmail.com, and we will be happy to set them up to volunteer at the FISH Food Pantry.



Friday, May 11, 2018

A special thank you to all who volunteer with us (RSVP)

By Rebecca de Greyt for the Daily Courier

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

WITH MUCH APPRECIATION. I would like to send a huge shout-out to our 450-plus RSVP volunteers, seven Senior Companions, and five AmeriCorps members now serving the Josephine County area.

Last year these volunteers served more than 150,000-plus hours of service with a value of \$3,621,000. These volunteers are all throughout the community, serving at Asante Three Rivers Medical Center, Food & Friends, Chamber of Commerce, the library, AARP, Ombudsman, Josephine County Food Bank, The ROC, St. Vincent de Paul, and many more.

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 just plain fun and fulfilling.

The best way to volunteer is to match your personality and interests. RSVP and Senior Companions can help with that.

RSVP and Senior Companions are SeniorCorps programs sponsored by UCAN. These programs help community members find their perfect volunteer experience. People age 55 and older 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. (corner of Seventh and Manzanita) and see how you can start making a difference in your community today.

BE A PART OF THE SUCCESS. The Fresh Alliance, one of the quiet success stories at the Josephine County Food Bank, is in need of volunteers.

Each month, local grocery stores donate an average of 20,000 pounds of fresh food to the Food Bank. But we need volunteers to pick up this food. We make 10 pick-up runs a week, at 8 and 11 a.m. Monday through Friday.

If you can spare two or three hours a week to help, please call us at 541-479-5556. We provide the truck and a driver (if necessary).

We like to send out teams of three, usually one member of the Food Bank staff accompanied by two volunteers. Many hands help to lighten the load.

Prospective volunteers should contact Rebecca de Greyt at 541-956-4474 or rebecca.degreyt@ucancap.org



Friday, May 18, 2018

A special thanks goes to the Kiwanis Club (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.

A HUGE THANK YOU. On Tuesday, the Grants Pass Kiwanis held their annual "Givapalooza" at the Parkway Christian Center. The "Givapalooza" is a partnership with the Biz for Kidz. This partnership benefits a number of youth based programs in Josephine County, such as College Dreams, YMCA, Wildlife Images, Joe's Place, and many more.

Each year the Kiwanis Club have also donated to the Campus Closet Program to buy new underwear, socks, and other clothing items that we need to meet the needs of community members that are in need. We have UCAN-RSVP volunteers who serve the Campus Closet Program, which is open T-Th from 10 a.m. to noon and 1-3 p.m. Special afterhours arrangements can be made by calling 541-956-4474.

If you are interested in getting to know your community, enjoy new social and business networking opportunities, can commit to six hours a month, and make a real impact, please consider joining the Grants Pass Kiwanis Club. Visit one of their meetings to find out more information. Every Tuesday from noon to 1 p.m. at Elmer's Restaurant.

Thank you again to Grant Pass Kiwanis for your positive impact in the community, for supporting the youth in the community and for supporting the Campus Closet.

ARE YOU PREPARED FOR MEDICARE? Are you turning 65 between now and June? To help educate and prepare you, our SHIBA volunteers will present a MEDICARE 101 introductory class on Thursday, June 28, from 10 a.m. to noon at UCAN, 125 N.E. Manzanita Ave. (corner of 7th and Manzanita).

They 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 and participants need to call to sign up for the training.

Please call UCAN-RSVP at 541-956-4472.

Prospective volunteers should contact Rebecca de Greyt at 541-956-4474 or rebecca.degreyt@ucancap.org.



Saturday, May 19, 2018

City of Roseburg taking bids for new Head Start building

The City of Roseburg is accepting bids for construction of a new building on Kenneth Ford Drive in north Roseburg that would house the Roseburg Head Start program.

The proposed building, which is expected to be just under 12,000 square feet, would be located next to the United Community Action Network building on the north side of Kenneth Ford Drive across from Costco.

“They’ll take a portion of their parking lot and turn it into classrooms,” said Teresa Clemons, associate planner for the city of Roseburg.

The city will receive sealed bids up to 2 p.m. on June 7. The bids will be publicly opened and read at that time.

The estimated cost for the building is between \$3.1 million and \$3.8 million.

Because the building is funded by Community Development Grant money, the city of Roseburg will be a co-owner of the property with UCAN for five years. The city applied for the money so UCAN could access federal money that was available.

“So the city is co-owner of that building for five years to make sure they’re doing everything that HUD requires,” Clemons said.

UCAN will operate the Head Start program, which is for pre-kindergarten children, Clemons said, and close to 200 would be served in the facility.

The Head Start programs serve the families of young children who face significant risk factors affecting school success. Enrollment priority goes to children most in need.

Bids should be addressed and delivered to Amy Sowa, Roseburg City Recorder at City Hall, 900 S.E. Douglas Ave., Roseburg, Ore. 97470.

Technical questions regarding the work to be performed should be addressed to: Mark Rossi, Architect, Pinnacle Architecture, Inc., 960 S.W. Disk Drive, Suite 101, Bend, Oregon 97702: Phone 541-388-9897, email: mark@parch.biz.



Sunday, May 20, 2018

Volunteer opportunities for May

ADA DUNCAN

SOS for South County residents: St. Vincent de Paul is in dire need of help.

Any able bodied person over age 14 is needed to help deliver furniture, stock the warehouse and mind the store at 116 N. Main St. in Myrtle Creek. The store helps families that are down on their luck in Myrtle Creek and beyond. Hours are Monday through Saturday 9 a.m. to 5 p.m., and they will gladly accept your hands-on help, as well as your donations. Call Terri at 541-863-5489 and answer this critical need.

St. Vincent de Paul at 112 E. Central in Sutherlin is also calling for volunteers. They need cashiers on Monday and Saturday and helpers in the laundry and book departments. Store hours are 10 a.m. to 6 p.m. Monday through Saturday. If you can help, call Rodney at 541-459-3394.

Douglas County Dining sites in Winston, Glide, Sutherlin and Yoncalla are seeking meals-on-wheels drivers Tuesdays and Thursdays 10 a.m. to 12:30 p.m. Mileage reimbursement is provided. The sites also need kitchen helpers, and Yoncalla is looking for a desk register volunteer Tuesdays through Fridays 10 a.m. to 1 p.m. Call the Senior Services office at 541-440-3677 to sign up or get more details.

Mercy Medical Center is in need of guest services volunteers to bring beverages to visitors and patients and wheel supplies throughout the hospital. The commitment is 9 to 11 a.m. Volunteers will assist the patient advocate identify situations that need intercession. Duties involve direct interaction with staff, physician, patients, visitors and community members. Time commitment is four hours per week. Clerical support volunteers are needed to assist staff

with clerical responsibilities including answering the phone, data entry, filing, distributing mail and preparing large mailings. Call Michelle at 541-677-4465 for more information.

Senior Health Insurance Benefits Assistance Program (SHIBA) is recruiting volunteers to assist retirees to understand health benefits under Medicare. Free training and mentoring in a group setting is provided. Anyone over the age of 18 can answer this need. Karen will fill you in on details when you call her at 541-492-3917.

Retired Senior Volunteer Program (RSVP) is asking for volunteers willing to give three hours per week on a regular basis to help their neighbors in various ways. Volunteers 55 and over are needed to join over 400 volunteers already on the team. Call the hotline at 541-492-3526 to sign up, or visit the UCAN/RSVP office up the road from COSTCO at 280 Kenneth Ford Drive.



Thursday, May 24, 2018

Dillard-Winston Food Pantry looks for new home



Volunteer Karen Moen collects two dozen eggs for Danyelle Reed, 3, and her mother, Stephanie Reed, of Winston, during their visit to the Dillard-Winston Food Pantry on Wednesday.



Dillard-Winston Food Pantry president of the board of directors Marlys Hobson organizes food items with help from volunteers in Winston on Wednesday.

WINSTON — The Dillard-Winston Food Pantry, an all-volunteer, nonprofit group is trying to finally find a permanent home for its food distribution service.

The pantry provides food for needy families in a large area of southwestern Douglas County all the way to Camas Valley to the west.

Marlys Hobson, the chairwoman of the food pantry's board of directors said they are currently running the operation out of the Winston Nazarene Church on Thompson Street, and have been since the first of the year, after a long stint in the Dillard United Methodist Church.

But when the Methodist church was put up for sale, the Nazarene Church invited the pantry to use its building for a year. But with only six months left in the year, the pantry is quickly running out of time to find a permanent home.

"What we are hoping is that in the near future we would be able to find our own home so that we're not dependent on churches and others to house us," Hobson said.

The food pantry has been operating for more than 30 years, since the 1980s, and has served a tremendous need in the area. In 2017, 866 different households in the Dillard, Winston, Tenmile, Camas Valley areas, and parts of the Green District, requested food assistance.

"We service so many people in our community, in fact, through April, we've given out 835 boxes to families and served 3,443 people," Hobson said.

Kenneth Herrmann, of Winston, said he is one of many in the community that relies on the food pantry and has been using their service for about eight years.

"Very important, not just for us, but everybody that comes here, they're not just freeloaders," Herrmann said.

Mary Young, who lives on Kent Creek, said with her big family, she didn't know how they would get along without the service and it's a huge deal for her.

"I have eight people in the house, and two little ones, so yeah it makes a really big difference," she said.

Bonnie Baird, the co-manager of the food pantry, said the pantry needs to come up with an alternative site very soon.

"We're hoping we can find enough funding and enough property and enough volunteers to remodel something if need be," Baird said.

Baird said they want a place of their own so they don't risk losing the ability to serve the hundreds of families that they help feed every month.

For that to happen, they need to find a site, and of course, they need money. But they have not yet decided how they want to try to raise the money.

"We still have not yet made those decisions on how we're going to proceed," said Hobson. "But if anybody in the area has some property they'd like to donate to us, we would be thrilled."

The old water department office in Winston is a possibility when it is vacated.

The Dillard-Winston Food Pantry gets food from UCAN and from food drives like the Postal Carriers Food Collection, plus they have barrels at the Grocery Outlet stores, and a food drive at Ray's Food Market in Green.

The pantry is open every Monday and Wednesday from 9:30 to 11:30 a.m. On first and third Wednesdays they are also open from 4:30 to 5:30 p.m. to allow those who work or go to school a chance to come by.

The need, Hobson said, just keeps getting bigger all the time.

"It does, and we provide a tremendous service for those in the community that need help," she said.



Friday, May 25, 2018

Help keep the gift of theater alive by volunteering for Barnstormers (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.

GET INVOLVED. The lifeblood of any organization is its volunteers. At Barnstormers, we survive and thrive on the commitment and energy of our volunteers.

We count on every member and non-member to keep the gift of theater alive in the community in which we operate. You can help with nearly everything, but we are training for new hosts and we can use your talents.

Please consider helping us by generously donating your time and talents. We appreciate your support.

We have a small volunteer host training coming up on June 6 at 6:15 p.m.

Please contact the RSVP Reception desk for more information. 541-956-4472.

ARE YOU PREPARED FOR MEDICARE? We have two opportunities for you to learn about Medicare.

1. Do you have any of the following questions: What is Medicare? Do I need both A and B? Are there other insurance options?

What about prescription drug coverage, secondary insurance, financial assistance, fraud protection, and marketplace plans?

Come find out the answers to these questions at the following training session on June 19 from 9 a.m. to 11:30 a.m. at Seven Feathers Casino Hotel. Reserve your seat now. Call 541-492-2102.

2. Are you turning 65 between now and September? To help educate and prepare you, our SHIBA volunteers are prepared to present a Medicare 101 instructional class on June 28 from 10 a.m. to noon at UCAN, 125 N.E. Manzanita Ave. (Corner of 7th and Manzanita).

They 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 and participants need to call to sign up for the training. Please call UCAN-RSVP at 541-956-4472.
