

# UCAN News Articles – August 2017



*Friday, August 4, 2017*

## **UCAN looking for receptionists, assistant (RSVP)**

REBECCA DE GREYT

**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.

**UCAN MAKE A DIFFERENCE.** There are a variety of volunteer positions available at UCAN that we are trying to fill. 1). RSVP receptionists: We are seeking individuals who are organized, like to be a community resource for seniors, and are comfortable working with the public, telephone system, and computers. We need volunteers who are available on Tuesday and Wednesday 9 a.m. to 4 p.m. (with an hour lunch). 2). UCAN/RSVP food pantry assistant: Assistant needed Thursday morning from 9 a.m. to noon. Opportunity would include: driving, lifting up to 30 pounds on a minimal basis, making decisions, minimal data entry. Please contact Rebecca de Greyt to learn about the application process 541-956-4474.

**ARE YOU PREPARED FOR MEDICARE?** Are you turning 65 sometime between now and November? To help educate and prepare you, our SHIBA volunteers are prepared to present a MEDICARE 101 introductory class on Sept. 21 from 10 a.m. to noon at UCAN, 125 N.E. Manzanita Ave. (Corner of Seventh 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.

**ACT BY LISTENING.** Nobody longs for a safe and loving family more than a child in foster care. As a court-appointed special advocate (CASA) volunteer, you are empowered by the courts to help make this dream a reality. You will not only bring positive change to the lives of these vulnerable children, but also their children and generations to come. And in doing so, you will enrich your life as well. You do not have to be a lawyer or a social worker to be a volunteer.

We welcome people from all walks of life. We are simply looking for people who care about children. As a volunteer, you will be thoroughly trained and well supported by professional staff to help you through each case. You must pass a background check, participate in a 30-hour pre-service training course and agree to stay with a case until it is closed (a year and a half on average).

**BE A HELPING HAND.** St. Vincent de Paul Soup Kitchen is in need of volunteers on Fridays and volunteers who would not mind being put on an on-call list for when they are shorthanded. Please help in making it possible for this service to continue. All are invited to serve, or donate. Please contact Rebecca de Greyt to learn about the application process 541-956-4474.



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## **Pouring Generosity in August highlights local wineries helping UCAN food banks**

The Umpqua Valley Winegrowers Association is partnering with the United Community Action Network Food Bank during a Pouring Generosity campaign through August and the community is encouraged to participate.

This is the first year of the campaign, which aims to raise \$15,000 in support of the UCAN emergency food system that services 16 food banks throughout Douglas County.

“Finding a group in the community that can help us sustain the important work that we do is invaluable,” said Sarah McGregor, the UCAN Food Bank program manager.

The \$15,000 will assist UCAN in buying 45,000 pounds of food. For every dollar contributed, UCAN can purchase four to five pounds of food — equivalent to three meals or a day’s worth of food.

Participating wineries will approach the fundraising campaign in a unique manner. MarshAnne Landing Winery kicked off the campaign with a dinner and music event last month that raised \$1,300.

“Every winery has its own approach to how they do wine and the kind of wines they make, so this campaign is an opportunity for them to reflect that, because they are all doing different things,” McGregor said.

To raise funds for UCAN, Freed Estate Winery will be holding a raffle for a case of wine and other goods at its annual Luau Party and barbecue held from 6 to 9 p.m. Saturday at 430 Hooten Road, Winston.

The event costs \$5 and will include dancing to live island music by Fijian musician Inoke from Eugene. Hawaiian food will be available for purchase. For more information call 541-236-4993 or visit [www.freedestatewinery.com](http://www.freedestatewinery.com).

Brandborg and Misty Oaks wineries will both donate \$5 tasting fees collected throughout August to the campaign.

Abacela Winery will be donating \$1 for every bottle of Dolcetto 2013 sold either in the tasting room or online.

Cooper Ridge Vineyard will be donating \$1 for every bottle purchased throughout the month of August.

More wineries are stepping up to participate every week, so the public is invited to visit the Pouring Generosity website to see how local wineries are participating in the campaign this month.

For more information about the Pouring Generosity campaign visit [www.pouringgenerosity.com](http://www.pouringgenerosity.com) or call 541-492-3522.



*Sunday, August 6, 2017*

## Smart Energy: A year well done for RARE

NICOLE MANDALL Smart Energy

In September 2016, I began my year-long RARE (resource assistance for rural environments) service term working with Douglas County Smart Energy. This group has a two-part mission:

1. To promote energy efficiency throughout our community utilizing educational town hall meetings, social media and presentations to businesses and community groups.
2. To promote and develop renewable energy options with an emphasis on community solar...offering low and moderate income households the opportunity to participate.

Upon my arrival, the group and I discussed how we would fulfill these goals and came up with the ENERGIZE! Douglas County campaign, which was launched in January 2017.

This campaign's aim was to educate Douglas County citizens on the incentives available for renewable energy, the benefits of becoming energy efficient and to sign up energy pioneers willing to participate in a project that would show the end results of making energy efficient upgrades to homes in Douglas County.

It is now my great pleasure to report, as this first year of RARE is coming to a close, on all the progress we have been able to make through this educational effort plus other efforts that have developed over the past year.

We have:

- Educated over 350 low-income families on energy conservation measures through collaborations with the UCAN Head Start and WIC programs.
- Brought together guest speakers, professionals and utility experts for town hall talks around Douglas County (including Roseburg, Reedsport, Winston, Myrtle Creek, Canyonville, Oakland and Elkton), educating over

125 additional residents on energy efficiency measures, while also making them aware of utility and Energy Trust of Oregon incentives and rebates.

- Distributed over 220 energy-saving LEDs and Smart Strips to community members.
- Recruited 12 homeowners to be part of a Baseline Energy Profile for Douglas County (four of which are UCAN weatherization costumers)...a multi-year commitment that will assess energy usage before, during and after energy efficient upgrades are implemented. As part of the project, the RARE volunteer will also have regular consultations with homeowners to provide energy-related support. The end result will show the benefits of energy efficiency for a broad spectrum of the county.
- Held “Energy Education Classes” at UCAN offices for their energy assistance clientele, educating over 30 participants on ways to become responsible and independent in their energy usage and conservation.
- Collaborated with a network of rural towns in Oregon, meant to make renewable energy feasible outside of urban centers.
- Collaborated on and obtained the Sunshot: Solar in Your Community Challenge, a multi-city grant which will be used to research and eventually install 300 kilowatts of community solar projects in Douglas County, Hood River and Lake County. A goal of 135 kilowatts for Douglas County alone.
- Worked with local media sources to spread the word on energy conservation and renewables. Helped produce and publish a monthly op-ed for the local News-Review.
- Helped plan the 2017 Earth Day & Energy Fair, a 7-month collaboration with community members, organizations and officials that culminated in an Earth Day Fair that hosted over 50 vendors from around Douglas County in various fields (many of which were renewable energy related). Approximately 2,500 people attended the fair.
- Fostered a dialogue with local county and city government officials on Douglas County’s energy future.

With significant progress to date, DC Smart Energy and UCAN (as its fiscal agent) is well positioned to further its outreach in renewable energy and energy efficiency. To this end, we are pleased to announce that a second year of RARE has been awarded to Douglas County Smart Energy.

While I am sad to be saying goodbye to Douglas County, a place I have come to cherish, and friends I have come to love, the second year RARE volunteer will be joining the team in September 2017, ready to further all the efforts we have been working on so far! I look forward to seeing all the progress another year brings!

Nicole Mandall is a RARE volunteer working with DC Smart Energy and UCAN Weatherization as the Community Education Coordinator for Energy Efficiency and Renewable Energy in Douglas County. For tips on other ways to save and produce energy, visit [dcsmartenergy.org](http://dcsmartenergy.org). Douglas County Smart Energy is a project of the Douglas County Global Warming Coalition. For more information, about the Coalition, call 541-672-9819 or find them on Facebook at DCSmartEnergy.



*Wednesday, August 9, 2017*

## Vol Ops: Volunteer opportunities available to help both children and seniors

Summer is winding down and school days are just around the corner. Teachers are gearing up to meet a burgeoning number of students, and are in dire need of helpers.

One SOS reached my desk from a third-grade teacher in Sutherlin who desperately needs volunteer helpers for reading, writing and math for her class. She had 36 students last year and may have more this fall. If you would like to answer that need, call Jodie at 541-459-3643.

Start Making a Reader Today (SMART) needs anyone 18 years and older to read to children from pre-school to third grade for 1 to 2 hours a week at elementary schools throughout the county as well as Head Start sites. Training and supervision is provided. The program runs from October to May. For more information contact Della at 541-672-6477 or [dharp@getsmartoregon.org](mailto:dharp@getsmartoregon.org)

Head Start and Early Head Start need volunteers 18 and over as classroom helpers, administrative assistants and working with the families themselves. For details call the Volunteer Hotline at 541-492-3526.

If working with children is not your preference, check out the following opportunities:

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](mailto:JBLuse@gmail.com) will tell you more.

Roseburg Senior Center is looking for someone to help with maintenance from 9 a.m. to 3 p.m. Call Tim at 541-784-5840 for details. They also need an assistant cook. Call Doris at 541-580-8673 for more information.

Friendly Kitchen has an ongoing need of volunteers to deliver hot meals to homebound seniors, help with meal preparation, dining room assistants, dishwashers, greeters and custodians 11 a.m. to noon Monday through Friday. For details, call Annette at 541-673-5929 or email her at [friendlykitchen@charter.net](mailto:friendlykitchen@charter.net)

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, 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.

Senior Companion Program provides companionship and assistance to seniors and individuals with disabilities. Volunteers are needed in the Sutherlin and Oakland area. A tax-free stipend and mileage reimbursement for a minimum of 15 hours of service a week is available for qualified volunteers 55 and over. Contact Colleen at 451-492-352 or [colleen.may@ucancap.org](mailto:colleen.may@ucancap.org) for more information.

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

Medicare Assistance Program needs volunteers to help retirees or persons 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 Food Bank needs three individuals to work with a team sorting and repacking food donated by area grocery stores and distributed to 16 area pantries and nine community kitchens. Anyone over 18 years old is welcome. Call Karen at 541-492-3917.

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 McGuire, UCAN/RSVP Volunteer Coordinator can give you details at 541-492-3917.

Mercy Medical Center is looking for volunteers to visit hospitalized veterans as part of the national Veteran Visitation program; nursing support with clerical duties and patient comfort care; courtesy escorts to help with registration and directing patients to the services they need; musicians to bring their instrument and provide comfort for a couple of hours to family or friends in the waiting areas. Contact Michelle at 541-677-4475 or [michellekronner@chiwest.com](mailto:michellekronner@chiwest.com) for information.



*Friday, August 11, 2017*

## **Eat Smart, Live Strong classes available (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.

**EAT SMART, LIVE STRONG.** Enjoy fun and lively activities with other adults. Talk about easy ways to make smart food choices and exercise more. Four Eat Smart and Live Strong classes available to sign up for: Sept. 5, Sept. 7, Sept. 12 and Sept. 14. Classes are 45 minutes each, from 12:30 to 1:15 p.m. OSU Extension Auditorium.

**UCAN MAKE A DIFFERENCE.** There are a variety of volunteer positions available at UCAN that we are trying to fill. 1). RSVP receptionists: We are seeking individuals who are organized, like to be a community resource for seniors, and are comfortable working with the public, telephone system, and computers. We need volunteers who are available on Tuesday and Wednesday 9 a.m. to 4 p.m. (with an hour lunch). 2). UCAN/RSVP food pantry assistant: Assistant needed Thursday morning from 9 a.m. to noon. Opportunity would include: driving, lifting up to 30 pounds on a minimal basis, making decisions, minimal data entry. Please contact Rebecca de Greyt to learn about the application process 541-956-4474.

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**BE A HELPING HAND.** St. Vincent de Paul Soup Kitchen is in need of volunteers on Fridays and volunteers who would not mind being put on an on-call list for when they are shorthanded. Please help in making it possible for this service to continue. All are invited to serve, or donate. Please contact Rebecca de Greyt to learn about the application process 541-956-4474.



*Friday, August 18, 2017*

## Healthy food fest searching for helpers (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.

**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](http://HealthyFoodFestival.org). Volunteers are needed and welcomed. Call Mayana 541-543-8052 for volunteer signups.

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**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.

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*Friday, August 25, 2017*

## Help bring in the harvest for the Food Bank (RSVP)

**By Rebecca De Greyt for the Daily Courier**

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**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](http://HealthyFoodFestival.org). Volunteers are needed and welcomed. Call Mayana 541-543-8052 for volunteer signups.

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