

UCAN News Articles – October 2017



Friday, October 6, 2017

Volunteer to be an advocate for children (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.

BE AN ADVOCATE FOR A CHILD. 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. 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).

If you have any questions contact Rebecca de Greyt at 541-956-4474.

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.

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.



Saturday, October 7, 2017

Vol Ops: Time for NeighborWorks gleaners to get to work

Fall is in the air; harvests are about over. That's when NeighborWorks gleaners get to work. If you have surplus crops in your home garden or farm, just call the gleaners and they'll pick them and deliver them to agencies like the Rescue Mission, Boys and Girls Club, Casa de Belen, Hands of Glide and UCAN. Michelle at 541-414-6368 will get together a team. Give her a call.

Douglas County dining sites are in urgent need of drivers Tuesdays and Thursdays and kitchen helpers on Tuesday, Thursday and Friday. For North County needs Call Kendra at 541-440-3572. For the needs of South County call Victory at 541-440-3558 or call Senior Services at 541-440-3677 and get details for all the sites.

Seniors Escorting Seniors in Myrtle Creek needs volunteers to drive seniors and handicapped persons to doctor appointments, shopping or other errands and to the Riddle dining site. The organization provides the vehicle. Call Caroline at 541-643-1801 for details.

Senior Companion program volunteers visit shut-ins, take them to community outings, help them with daily activities and provide respite for their family caregivers. Volunteers are needed in Sutherlin and Oakland area. Qualified volunteers 55 and over receive a tax-free stipend and mileage reimbursement for 15 hours of service a week. Colleen can tell you more at 541-492-3520 or colleen.may@cancap.org

UCAN Food Bank needs daily sorters in the early afternoon to sort and repack food donations. Anyone over 18 years can help. Call Sarah at 541-492-3518.

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

Family Development Center is in great need of classroom helpers for 2 hours on the same day every week. There are 4 age groups, and volunteers will be matched up with the best fit. The Center also has a Winston facility next to the Winston Elementary School. To sign up as a volunteer, call Charlene or Marcia at 541-673-4354, or visit the Center at 300 Jerry's Drive.

AARP Tax Aide is recruiting volunteers to be trained and certified as counselors, schedulers, receptionists and promoters for the coming tax season. Call the Volunteer Hotline at 541-492-3526 for details.

Mercy Hospital needs someone to work in the Gift Shop. The volunteer must be able to operate the cash register, and prior sales experience is recommended. Also needed are medical or surgical floor support services helpers. Volunteers must be able to work with minimal direction or supervision and be available on a regularly scheduled basis. Call Michelle for more information at 541-677-4465.

Vi Angel is recruiting knitters and crocheters to make sweaters and caps for Casa de Belen residents, Toys for Tots children, and others. Last year 1400 items were donated, and this year 1700 will be needed. Call her at 541-671-7124 for more information.

Genealogical Society of Roseburg GSDC is still 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.



Saturday, October 14, 2017

A conscious discipline class for parents takes place at Rose Elementary School

Specially designed to foster independence, emotional health and self-discipline from a relationship-based perspective, Conscious Discipline works with even the most challenging behaviors at home or out in the community while making a child feel confident, special and cared for.

Parents are invited to attend a class from 9:30 a.m. to 3:30 p.m. on Saturday, Oct. 28, at Rose Elementary School, 948 SE Roberts Ave., Roseburg.

The event is free with a noon lunch and childcare provided. Seating is limited to 100 participants. To register and reserve a seat, call Head Start at 541-673-6306. The Conscious Discipline parent training event is hosted by UCAN Head Start and the Take Root Parenting Hub.



Friday, October 13, 2017

Help a child by volunteering as an advocate (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.

BE AN ADVOCATE FOR A CHILD. 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. 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).

If you have any questions contact Rebecca de Greyt at 541-956-4474.

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.

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.



Saturday, October 14, 2017

SHIBA volunteers offer free help for seniors during Medicare open enrollment

Annual open enrollment for Medicare is underway through Dec. 7.

The Senior Health Insurance Benefits Assistance (SHIBA) program in Douglas County is available to help seniors navigate through the Medicare options to find what best suits their needs.

Medicare is health insurance for people who have reached age 65, or those younger than 65 with Social Security Disability Income.

Medicare covers many medical costs, including visits to the doctor, prescription medications, and preventive care, such as mammograms, colonoscopies, diabetes treatment, and blood pressure screenings.

Any Medicare Advantage or prescription drug plan (Part D) changes must be made between these dates so that coverage begins without interruption on Jan. 1, 2018. Those who are late to enroll may face a lifetime of premium penalties.

SHIBA provides free health insurance counseling to explain how the Medicare program works, additional insurance options that work with Medicare, and help with reducing out-of-pocket costs. Free information and help is available by calling 1-800-722-4134 (toll-free) or visiting OregonSHIBA.gov.

SHIBA counselors help beneficiaries compare plans and enroll by using the plan finder tool found online at www.medicare.gov/find-a-plan. Beneficiaries and their families can also use the tool to compare plans and enroll on their own.

To make an appointment with a SHIBA volunteer, call 541-492-2101 or visit their offices in the UCAN complex on Kenneth Ford Drive next to Costco.



Friday, October 20, 2017

Help the community with a little shopping (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.

REACH OUR COMMUNITY. Backdoor Bargains is a thrift shop with furniture, household items and clothing. Come browse and make a donation to help support our mission at the ROC (Reaching our Community) at 564 S.W. Foundry St. Open to the public Thursdays from 1-6 p.m. and Saturdays from 9 a.m. to noon.

Donations are welcome Tuesday and Wednesday from 9 a.m. to 1 p.m., Thursday from 9 a.m. to 5 p.m., and Friday and Saturday from 9-11 a.m. If you are looking for a place to serve they need volunteers during the above hours of operation to help run Backdoor Bargains, help with the food pantry, and deliver meals.

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

COME AND KNIT. Many Josephine County families come through our doors in crisis. Many of them do not have the proper winter clothes to survive the cold nights. Sometimes all it takes is a hat and a scarf to make their day and to see a smile on their face.

Every Thursday at 1:30 p.m. the UCAN Knitters come together and knit for an hour in the break room. Come join the UCAN knitting club and be a part of making warm hands and smiling faces at 125 N.E. Manzanita Ave.

BE AN ADVOCATE FOR A CHILD. 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 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).

If you have any questions contact Rebecca de Greyt at 541-956-4474.

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.



Friday, October 27, 2017

It's open enrollment time for Medicare; have you signed up? (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 YOUR APPOINTMENT TODAY. The open enrollment period for Medicare is here. It runs Oct. 15 through Dec. 7 every fall. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing how you receive your Medicare benefits.

Even if you are happy with your current health and drug coverage, open enrollment is the time to review your current coverage, compare it with other available options, and weigh whether it will remain the best choice for you in the coming year. You can make changes as many times as you want during this period, but keep in mind that the last change you make will determine your coverage for the coming year, which will take effect on Jan. 1.

To enroll in a new plan, you can make an appointment now to get an objective, one-on-one assistance from a Senior Health Insurance Benefits Assistance (SHIBA) counselor. Call 541-956-4472 to make your appointment. All messages left will be returned within five business days.

REACH OUR COMMUNITY. Backdoor Bargains is a thrift shop with furniture, household items and clothing. Come browse and make a donation to help support our mission at the ROC (Reaching our Community) at 564 S.W. Foundry St. Open to the public Thursdays from 1-6 p.m. and Saturdays from 9 a.m. to noon.

Donations are welcome Tuesday and Wednesday from 9 a.m. to 1 p.m., Thursday from 9 a.m. to 5 p.m., and Friday and Saturday from 9-11 a.m. If you are looking for a place to serve they need volunteers during the above hours of operation to help run Backdoor Bargains, help with the food pantry, and deliver meals.

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

COME AND KNIT. Many Josephine County families come through our doors in crisis. Many of them do not have the proper winter clothes to survive the cold nights. Sometimes all it takes is a hat and a scarf to make their day and to see a smile on their face.

Every Thursday at 1:30 p.m. the UCAN Knitters come together and knit for an hour in the break room. Come join the UCAN knitting club and be a part of making warm hands and smiling faces at 125 N.E. Manzanita Ave.

BE AN ADVOCATE FOR A CHILD. 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 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).

If you have any questions contact Rebecca de Greyt at 541-956-4474.