

UCAN News Articles – April 2018



Friday, April 6, 2018

Volunteer help needed for Mobile Kitchen (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.

KITCHEN HELP NEEDED. St. Vincent de Paul is in need of volunteers for the Mobile Kitchen.

The hours are 9:30 a.m. to 1:30 p.m. Volunteers begin with food preparation at the kitchen on Seventh Street, travel to the site where the Mobile Kitchen is serving lunch that day, and return to the downtown kitchen for cleanup.

If you are interested in helping one day a month or more, or possibly helping as a substitute, please call Anita at 541-474-0032 or Annette at 507-281-9688.

SPRING CLOTHING FAIR. The Spring Clothing Fair is this Saturday at the Evergreen's Bear Hotel from 9 a.m. to 2 p.m.

Women's clothing, men's clothing, accessories, shoes, purses, outerwear, and formal wear. There will be something for everyone. The Bear Hotel is located at 2101 Spalding Ave.

All proceeds go the Women's Crisis Support Team (WCST). If you have any questions contact WCST at 541-476-3877.

TRAINING AVAILABLE. There is an ombudsman training scheduled in Medford this month. There is a need for three to four advocates in Josephine County. Advocate for resident rights, dignity and care.

Ombudsmen provide education, investigate resident concerns and seek to find solutions for the residents. Volunteers enjoy a flexible schedule with a four-hour per week commitment, working closely with staff, helping ensure quality care for residents, keeping active and building relationships.

To volunteer you must be over 21 years of age, be able to pass a background check, and be free of a conflict of interest. An incredible opportunity to enhance life for the aging, gain education and knowledge, and expand your network.

Training days are April 11-13 and 26-27 from 10 a.m. to 3 p.m. Please plan to attend all five days to become certified. Learning more is easy — contact Lené Garrett at 503-378-6303 or lene.garrett@oregon.gov.



Sunday, April 8, 2018

Volunteer opportunities for April

Loneliness is not an illness that medicine can cure. But it is a malady that can cause malnutrition, isolation, depression and even suicide. The good news is that you and I can help alleviate loneliness with a simple phone call, a card, a smile, a hug or a friendly visit. Our neighbor next door or down the road might be a good place to begin. But if you don't know where to start, call Coleen, Senior Companion Program manager, at 541-492-3520. She's looking for individuals 55 and older to share their compassion, friendship and a helping hand to homebound seniors or handicapped people. Volunteers receive a tax-free stipend, mileage and meal reimbursement.

Think about volunteering at one of the following dining sites where folks gather not just for a meal, but also for companionship. Check out the following opportunities:

Winston and Glide need one meals on wheels driver; Yoncalla needs two. Both cities plus Sutherlin need one back up driver on Tuesdays and Thursdays from 10 a.m. to 12:30 p.m. Meal and mileage reimbursement is provided. All of the dining sites need kitchen helpers on Tuesdays, Thursdays and Fridays from 10 a.m. to 1 p.m., and Yoncalla needs one desk register volunteer on Tuesdays or Fridays. Call 541-440-3677 for details.

You can touch the lives of those in need by lending a hand in these other ways:

Mercy Medical Center needs courtesy escorts to wheel patients to where they need to go and share their relief at being discharged by escorting them to their cars.

The facility also needs golf cart drivers to take patients and family members from the parking lot to the entrance and to bring lab specimens from the cancer center and outpatient lab to the hospital lab. Ability to use a cell phone is required.

Nursing Support Services needs clerical support and help to provide non-nursing patient comfort care. It requires the ability to work with minimal supervision. All volunteers are required to be available at regularly scheduled times. Call Michelle at 541-677-4465 for more information.

Senior Health Insurance Benefits Assistance Program is seeking individuals to assist area seniors with their Medicare benefits. All training is free and done in a group collaborative setting with mentoring by experienced volunteers. Volunteers age 18 and over are welcome. Call Karen at 541-492-3917 for details.

Head Start and Early Head Start are in need of volunteers in the kitchen, front office and the classroom. They also need a special project coordinator. All volunteer positions are open to anyone 14 years of age and older. For more information or to apply, contact Sarah, Health Service Program manager, at 541-673-6306, ext. 120, or the Volunteer Hotline at 541-492-3526.

For additional information or to sign up for any of the following opportunities call the Volunteer Hotline at 541-492-3526.

Retired Senior Volunteer Program is seeking a volunteer to help with administrative duties 4-6 hours per week, one day per week. Duties include data entry, critical for grant writing, and volunteer recognition.

UCAN/RSVP Vet Team is looking for veterans, male and female, to help the case management team find housing for homeless veterans in the county and assist homeless veterans in the house program to fill out paper work, take them to look at property possibilities, help them prepare for interviews or with computer research and mentor them as needed.



Friday, April 13, 2018

St. Vincent de Paul needs your help (RSVP)

By Rebecca de Greyt for the Daily Courier

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CALLING ALL KNITTERS & CROCHETERS. Every Thursday at 1:30 p.m. the UCAN Knitters & Crocheters come together for an hour in the break room. They create hats, scarfs, and blankets for the clients that come into UCAN.

Many Josephine County families come through our doors and they are 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.

Come join the club and be a part of making warm hands and smiling faces. Contact RSVP reception desk at 541-956-4472 if you have any questions.

SUPPORT CAMPUS CLOSET. Campus Closet is located at UCAN-RSVP, 125 N.E. Manzanita Ave. (corner of Seventh and Manzanita).

Top five items needed: 1) packaged underwear for ages 6-18; 2) packaged socks for ages 6-18; 3) hoodies; 4) sweatpants/joggers; 5) jeans. Donation dropoff times are Tuesday, Wednesday and Thursday from 10 a.m. to noon and 1-4 p.m.

If you know of a family in need, they can obtain a referral through the school they attend.

If you would like to run a clothing drive or support the Campus Closet in other ways, please contact Rebecca de Greyt at 541-956-4474.

BE A PART OF SOMETHING BIGGER. Volunteers are the backbone of the Red Cross, and without their help the Red Cross would not be able to provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies.

Josephine County has a Mobile Unit that goes to different locations. The local chapter also has a variety of positions that they need volunteers to assist with, such as check-in desk, scheduler, etc.

Contact RSVP Reception desk at 541-956-4472 if you have any questions. Come into our office and apply.



Tuesday, April 17, 2018

Earth Day & Energy Fair set for Saturday



With exhibits incorporating themes of clean energy and sustainability, the 18th annual Douglas County Earth Day & Energy Fair aims to bring community members and visitors together to celebrate the earth.

The event is set for 10 a.m. to 4 p.m. Saturday in the Exhibit Building at the Douglas County Fairgrounds.

Featuring 52 exhibitors, crafts, live music and food, the event is free, and participants are encouraged to bring a donation for United Community Action Network Food Bank.

Stuart Liebowitz, event coordinator, said the fair attracts about 2,500 to 3,000 people each year.

“The purpose of Earth Day is to have people enjoy and celebrate our planet and become good stewards of the earth,” Liebowitz said. He said Earth Day dates back to 1970, and is meant to help people understand they have a moral obligation to restore the earth for future generations.

The fair will include a variety of family-oriented activities and exhibits on biochar, solar energy, sustainability demonstrations, a poetry contest, electric and alternative power cars and electric bicycles. Canyon Creek Bicycles of Roseburg donated two bicycles to raffle off during the event, along with 25 baskets of gifts and items courtesy of other donators.

Participants can also expect to learn about organic gardening, energy efficiency, local waterways, reusable and recyclable products, native plants and more.

The fair also coincides with Migratory Bird Day, and a section of the building will be dedicated to teaching participants about birds. Phoenix Charter School students will be selling concessions during the fair as a fundraiser for their end of the year trip.

Maura Lydon, who works with the Phoenix Charter School garden through AmeriCorps, said she plans to run a booth at the fair offering seeds for people to take home. She said there will also be activities, art projects for kids and information for adults about how to live more sustainably.

Lydon said she moved to Oregon from Virginia and she’s enjoyed getting involved in the community.

“I’ve never been to an energy fair this big, and I’m really excited about it,” she said.

She added many community artists will be at the fair with recycled or “up-cycled” jewelry, including a quilt maker who uses rags she gets from around the community and artists who use old wires they salvage.

Rather than recycling, Liebowitz said the focus is on reducing and reusing, which have a more powerful impact on keeping items out of landfills.

Bee-keeping groups will provide bee hives and hand out information to help people get started with bee keeping, which Lydon said is up and coming in this area.

“It’s a really community-oriented effort to involve everyone and benefit the residents and be mindful about the importance of the environment,” Liebowitz said.

The electric cars display will feature a Tesla, Chevrolet Bolt and Nissan Leaf, with experts to talk about the benefits of driving electric.

“We view this fair as being on the forefront of the technology of the future, benefiting not only the environment but the economy,” Liebowitz said.

Utility companies will be discussing incentives for energy-efficient systems, and Sunrise Enterprises will be putting on a fashion show of recycled clothes.

Lydon said she’s very excited for the poetry contest, and the event coordinators are accepting entries right now for poems having to do with nature and energy. The winners of the contest will get to read their poems on stage and win a prize.



Friday, April 20, 2018

Medicare coverage class can help you compare plans and avoid fraud (RSVP)

By Rebecca de Greyt for the Daily Courier

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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, April 26, 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.

BE APART 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.

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Saturday, April 21, 2018

Cobb School students raise money for nonprofits

Cobb School students are holding a poetry jam next Tuesday, to raise money for several Douglas County nonprofits.

The student at the school decided they'd like to help change their little corner of the world and raise money for some non-profit organizations, so students wrote poems that they will read at the event.

The poetry jam will be from 6 to 7:30 p.m. on Tuesday April 24, at Cascadia Coffee, 732 SE Cass St. in downtown Roseburg.

"The third, fourth and fifth-grade classes will perform the poetry and we have written a bunch of them," said Ruby Malepsy, a third-grade student at Cobb, who helped organize the event along with fellow third-grader Lila Knee.

"And some of our poems are going to be accompanied to music," Ruby added.

Some of the kids will read their own material, and some will read other poems that they've picked out.

Admission for the fundraising event is by donation, and \$5 is suggested.

"The money goes to three causes, Casa de Belen, Saving Grace Pet Adoption Center and UCAN," Ruby said.



Friday, April 27, 2018

Fresh Alliance needs volunteers to pick up food (RSVP)

By Rebecca de Greyt for the Daily Courier

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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.

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