

UCAN News Articles – September 2018



Wednesday, September 5, 2018

Joyce Morgan leaves behind legacy of service to community



Former Douglas County Commissioner Joyce Morgan's love for her family led her into public service, and friends and family said her desire to help other families live better lives was the driving factor behind her community service.

Morgan died Aug. 28 from complications related to cancer. She was 89.

Morgan served as a county commissioner for 16 years and spent three decades in service to the community.

She arrived in Douglas County as a teenager. Her family was in ranching and timber, so she had an understanding of natural resource issues. But those who knew her agreed it was her love for children that really drove her community service.

Morgan started out volunteering for the parent-teacher association at her children's school before expanding to other organizations.

Susan Morgan, a former state legislator and county commissioner, is Joyce's former daughter-in-law. She said Joyce Morgan was instrumental in writing Douglas County's first land use

plan. She was also appointed by the governor to a task force to determine where juvenile detention facilities should be placed across the state and spearheaded the effort to open Douglas County's first juvenile detention center. She also served as chairwoman of the board of the United Community Action Network and was instrumental in deciding to open the nonprofit campus off Highway 99 in North Roseburg. UCAN's Joyce Morgan Food Bank on that campus still bears her name.

In 1989, Joyce Morgan became the second woman elected to a Douglas County commissioner seat, Susan Morgan said. She served with the first, Doris Wadsworth, for two years.

Susan Morgan said her mother-in-law was knowledgeable, well-spoken and very good about including people in the process of county government. She said she was a lady who broke through a lot of ceilings.

"At a time when there were not a lot of women in public policy, she was a leader at the county level and the state level. So you can imagine that she's a tremendous role model for the women in our family," Susan Morgan said.

Susan Morgan said Joyce Morgan had a vision for the future that was "very inclusive."

"She worked hard on behalf of the working people of Douglas County, the vulnerable populations of Douglas County, and worked to strengthen and make government systems work for people," she said.

Mike Fieldman started as director of UCAN while Joyce Morgan was chairwoman of its board. He remembers her as very supportive of services that would help people.

"That was part of her passion and her heart, was wanting to help make people's lives better," he said.

Longtime commissioner Doug Robertson, who served with Joyce Morgan the entire time she was a commissioner, recalled that no county business kept her from her ongoing commitment as a volunteer reading with children at school.

Another of her great traits, Robertson said, was her ability to listen to all sides of an issue.

"She was always very open, very friendly, very willing to discuss whatever issue and whatever view. We've become so polarized it seems in today's world, and Joyce was always open to

listening to whatever a person may have to say on the subject, whether they agreed with her or whether they didn't," he said.

Perhaps that was because she was close to the center herself. Morgan was a conservative Democrat when first elected to office, but switched to the Republican Party in 2000.

Morgan's nephew Dick Heard said he thought his aunt changed parties because she just couldn't take any more after eight years of President Bill Clinton.

It isn't her politics that Heard remembers most about his aunt, though. It's how community-minded she was in everything she did.

"She was just a very selfless person. She was extremely strong, but at the same time, everybody's mom," he said.

In 2004, neither Morgan's centrist politics nor her history of community service was enough to keep her in office, as right-wing candidate Marilyn Kittelman defeated her in the Republican primary. Though commissioner positions now are nonpartisan, they were still partisan then. Kittelman served only one term before being defeated in 2008 by Susan Morgan.

By then, Joyce Morgan had retired from public life, returning her focus to her family.

Joyce Morgan was the mother of two, Kip Morgan and Kim Shapro. Kip Morgan spoke to The News-Review on Tuesday from a train. He was heading back home from his daughter's wedding, and grateful he'd had the chance to say goodbye to his mother before he left for the trip. He said for Joyce Morgan, family came first.

"She loved her children and did everything she could to make their lives better and more wonderful," he said.

He said it was that love of family, and the desire to make other children's and families' lives better that drove her into community service.

"She was very concerned about families and how to make children safe and life safe for everyone, and she worked hard at that. She just happened to become a commissioner while she worked at those family issues," he said.

So far, no plans have been announced for a public memorial.



Friday, September 7, 2018

Helpers needed for food program (RSVP)

By Kelly Wessels 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 FRESH IDEA in volunteering starts here! Help the Josephine County Food Bank round up donations from local grocers as part of the Fresh Alliance program. We are looking for volunteers who are willing to commit three hours, one day a week.

The program operates on weekdays, so available shifts are flexible.

Please call the Food Bank at 541-479-5556 if you are interested or would like additional information.

Help Students Start School Sharp! Campus Closet has other ways you can be a part of success to serve. Needs are high right now and clothing stock is desperately needed on several utility items.

If you belong to a service group, faith community, business or just want to gather the neighbors together to show support, consider hosting a "New Jeans For All" drive or "Step Up to New Socks" Drive.

Campus Closet relies on the many volunteers in the community to serve students from families with limited income or other emergency needs, and many community organizations such as Maslow Project utilize this resource for homeless students.

Campus Closet is located at the United Community Action Network building, on the corner of Seventh and Manzanita streets in Grants Pass. The organization is also in need of clean, gently used school clothes that are in current style.

Campus Closet cannot accept used socks, underwear, costumes and clothing must be school appropriate and conform to school policies.

Service with a smile is served up through St. Vincent de Paul's Mobile Kitchen and volunteers are needed to keep up this great community effort. 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 Kitchen for cleanup.

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

HEALTHY FOOD FESTIVAL coming in September. Nourish your mind, body, and spirit on Sept. 29 from 9 a.m. to 5 p.m., at the Grants Pass High School Commons Building.

Free family fun includes food samples and demonstrations, tasting delights by Grants Pass High School Culinary Arts, sample yoga, dance and breath practices, a farm and garden center, and an inspiration station.

At the health clinic, free students' sports physicals will be offered from 2 to 4 p.m.

There will also be door prizes, a raffle and much more.

For more information, you can check out HealthyFoodFestival.org.

SERVICE WITH A COMPASSIONATE A HEART. Salvation Army is seeking volunteers to assist in their food pantry, warehouse and other support to their community services.

Annually, this agency provides significant support to community members in crisis, so if you are looking to make a difference with immediacy, please contact Nancy at 541-955-1017, extension 004 to get started on a path to kind and caring volunteerism.



Friday, September 7, 2018

Spend your extra time volunteering for others (RSVP)

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.

MEDICARE OPEN ENROLLMENT IS AROUND THE CORNER. Make your appointment today for the open enrollment period for Medicare. 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, Medicare's open enrollment period 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 an open enrollment 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 and make an appointment through the RSVP reception desk at 541-956-4472. All messages left will be returned within five business days.

HEALTHY FOOD FESTIVAL coming in September. Nourish your mind, body, and spirit on Sept. 29 from 9 a.m. to 5 p.m., at the Grants Pass High School Commons Building.

Free family fun includes food samples and demonstrations, tasting delights by Grants Pass High School Culinary Arts, sample yoga, dance and breath practices, a farm and garden center, and an inspiration station.

At the health clinic, free students sports physicals will be offered from 2 to 4 p.m. There will also be door prizes, a raffle and much more.

For more information, you can check out HealthyFoodFestival.org.

ARE YOU CONCERNED ABOUT LONG TERM CARE? Our community is in need of ombudsmen volunteers.

Volunteers are certified to inform resident and their families of their rights, educate facility staff as well as the community about rights and care concerns. Volunteers objectively investigate all concerns and complaints and seek solutions that best address residents' concerns.

To become a Certified Ombudsman Volunteer you must pass a background check, be available 16 hours a month, attend a five-day training, and attend monthly local meetings. Volunteers do get mileage reimbursement.

If you are interested, please come into 125 NE Manzanita Ave. (UCAN/RSVP) in Grant Pass and fill out a volunteer application.

Service with a smile is served up through St. Vincent de Paul's Mobile Kitchen and volunteers are needed to keep up this great community effort. 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 Kitchen for clean up.

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

SERVICE WITH A COMPASSIONATE A HEART. Salvation Army is seeking volunteers to assist in their food pantry, warehouse and other support to their community services.

Annually, this agency provides significant support to community members in crisis, so if you are looking to make a difference with immediacy, please contact Nancy at 541-955-1017, extension 004 to get started on a path to kind and caring volunteerism.

Prospective volunteers should contact Kelley Wessels at 541-956-4474 or kelly.wessels@ucancap.org.



Sunday, September 16, 2018

Children need folks with a big heart to help

Ada Duncan

Children are our country's most vulnerable treasure. They may have been uncared for or abused and end up with no voice and at the mercy of a complicated legal system, or in some cases lack something as simple as a bed to sleep on. They need folks with a big heart to help them.

Court Appointed Special Advocates of Douglas County recruits, trains and assigns volunteers to be advocates for the children in legal proceedings. CASA holds an informational meeting every Monday from 12:15 to 12:45 p.m. at their office, 541 W. Umpqua, Suite 2, Roseburg, and will hold training sessions every Friday and Saturday from 9:30 a.m. to 1 p.m. from Oct. 19 to Nov. 10. If you are over 21 years old, stop by their office next Monday or contact them at 541-672-7001 or casaofdouglascounty.org for details.

Sleep in Heavenly Peace is looking for volunteers 12 years and older, with or without woodworking experience, to build bunk beds for needy children. Build Days are being scheduled for the next bed delivery in October. Materials, tools and simple designs are supplied. Call J.P. Wilson at 541-900-0740 or visit www.SHPBeds.org for more information.

SMART is seeking volunteers to read for one hour per week, one-on-one, to children in the pre-Kindergarten through third grade. Readers are needed at 15 elementary schools from Camas Valley to Glendale, as well as Head Start, the YMCA, and the Boys and Girls Club. Call Sandra at 541-672-6477 or apply online at www.getSMARToregon.org

Knitters and crocheters are needed to create caps, scarves and afghans for children and adult residents at Casa de Belen. Yarn and needles are provided. Call Vi at 541-671-7124 for details.

If these opportunities don't appeal to you check out the following:

- Senior Companion is looking for seniors 55 and older to offer companionship, friendship and a helping hand to senior and disabled adults. Volunteers receive a tax-free stipend and mileage and meal reimbursement. Call Colleen at 541-492-3520.
- RSVP/AARP Tax Aide program needs tax preparers to train through the AARP Foundation and IRS to be ready to assist individuals of all ages to file their income taxes. No past experience is required. The program also offers training credits for tax preparers. Call the Volunteer Hotline at 541-492-3526.
- UCAN is a program that offers energy education and assistance, a weatherization program, homeless outreach, homeless veterans housing and supports Head Start. It is looking for volunteers 18 and older to provide office support, help with record keeping, assist clients to fill out paperwork and various other tasks. Volunteers can serve 3 or more hours a day Monday through Friday. Call the Volunteer Hotline, 541-492-3526, for information.
- Douglas County dining sites in Winston, Glide, Sutherlin, Yoncalla and Glendale need meals-on-wheels drivers and kitchen helpers. Yoncalla also needs a desk register person. Drivers get a mileage reimbursement. Call 541-440-3677 to learn more.
- Senior Services office at the courthouse needs a volunteer to update the database and four volunteer greeters for the information booth in the lobby of the courthouse. Hours and days are flexible. Call 541-440-3677 for details.



Sunday, September 16, 2018

Pouring Generosity campaign sees significant Donation increase

With the goal of ending hunger in Douglas County, 14 Umpqua Valley wineries made varying pledge donations over the past two months to United Community Action Network's food bank.

Not all the numbers are in, but as of last Friday, the campaign known as Pouring Generosity raised \$6,955, a 55 percent increase over last year according to UCAN officials. According to its website, organizers had hoped to collect \$15,000, providing approximately 45,000 meals.

According to Food Bank Program Manager Sarah McGregor, UCAN uses a calculation of four pounds of food for every dollar donated. Using this conversion, the campaign provided about 28,000 pounds of food.

Wineries used different approaches to build their donations. Some dedicated \$1 per bottle of certain vintages, others promised \$5 when cases of wine were sold. MarshAnne Landing Winery in Oakland hosted a dinner, complete with professional musicians, and donated the proceeds. Other wineries added donation opportunities into their annual summer events.

“For me, its a natural fit for the wine industry, which has lots of people that are enabled with resources to buy wine and go have fun,” said Greg Cramer, who owns MarshAnne Landing. “And there are lots of people in this community that aren’t enabled, who do not have the money to even get by. For us to contribute to a fundraising campaign to help the underserved in this community is a great thing.”

The owners of Reustle Prayer Rock Vineyards are expecting to donate \$1,000 of what they would normally spend on the fall harvest. If the owners are able to contribute the max, donation totals would increase to nearly 32,000 pounds of food.

Volunteers are still needed. Interested parties should contact Sarah McGregor at UCAN for more information.

“The money only goes to the food bank. We use it for managing our food resources,” McGregor said. “We may not use the money to specifically buy food, we might use that funding to pay for the utilities in our warehouse to keep the food cold or for the truck driver that picks up fresh food every day.”

While no official discussion has been held between organizers, McGregor said she has hopes to grow the drive to include local breweries and the meadery.

“The campaign is about pouring generosity, it isn’t explicitly about wine, that is just where we started,” McGregor said. “It’s kind of a conversation we have been having internally about whether it is time to pour generosity from some other cups.”



Friday, September 21, 2018

Support older adults on fixed incomes with food donations (RSVP)

By Kelley Wessels 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.

HUNGER STARVES THE HUMAN SPIRIT. You can help alleviate food insecurity through the UCAN-RSVP food pantry, a small food pantry on site for our clients who are in need of nutritional support.

According to the Oregon Foodbank Network, 18 percent of households in need of food are 65 and older, and this is an excellent way to support older adults on limited incomes.

UCAN is looking for additional volunteers to help on Fridays, typically from noon to 3 p.m. UCAN is also seeking donations of the following items: peanut butter, cereal (hot/cold), granola bars, canned fruit, canned vegetables, pasta, pasta sauce, jam, baked beans.

If you are interested in volunteering at this site, please call 541-956-4060 and speak to Allison.

UCAN accepts food donations at 125 N.E. Manzanita, Monday through Friday from 10 a.m. to 3 p.m. except during the noon hour.

MEDICARE OPEN ENROLLMENT IS AROUND THE CORNER. Make your appointment today for the open enrollment period for Medicare. 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, Medicare's open enrollment period 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 an open enrollment 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 and make an appointment through the RSVP reception desk at 541-956-4472. All messages left will be returned within five business days.

ARE YOU CONCERNED ABOUT LONG TERM CARE? Our community is in need of ombudsmen volunteers.

Volunteers are certified to inform resident and their families of their rights, educate facility staff as well as the community about rights and care concerns. Volunteers objectively investigate all concerns and complaints and seek solutions that best address residents' concerns.

To become a Certified Ombudsman Volunteer you must pass a background check, be available 16 hours a month, attend a five-day training, and attend monthly local meetings. Volunteers do get mileage reimbursement.

If you are interested, please come into 125 NE Manzanita Ave. (UCAN/RSVP) in Grant Pass and fill out a volunteer application.

Service with a smile is served up through St. Vincent de Paul's Mobile Kitchen and volunteers are needed to keep up this great community effort. 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 Kitchen for clean up.

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

HEALTHY FOOD FESTIVAL coming in September. Nourish your mind, body, and spirit next Saturday, Sept. 29, from 9 a.m. to 5 p.m., at the Grants Pass High School Commons Building.

Free family fun includes food samples and demonstrations, tasting delights by Grants Pass High School Culinary Arts, sample yoga, dance and breath practices, a farm and garden center, and an inspiration station.

At the health clinic, free students sports physicals will be offered from 2-4 p.m. There will also be door prizes, a raffle and much more.

For more information, you can check out HealthyFoodFestival.org.

Prospective volunteers should contact Kelley Wessels at 541-956-4474 or kelly.wessels@ucanap.org.



Friday, September 28, 2018

Food, clothing drives in need of donations (RSVP)

By Kelley Wessels 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.

DELISH & NUTRISH! The Healthy Food Festival is this Saturday, Sept. 29, from 9 a.m. to 5 p.m., at the Grants Pass High School Commons Building.

Free family fun includes food samples and demonstrations, tasting delights by Grants Pass High School Culinary Arts, sample yoga, dance and breath practices, a farm and garden center, and an inspiration station.

At the health clinic, free students sports physicals will be offered from 2-4 p.m. There will also be door prizes, a raffle and much more.

For more information, you can check out HealthyFoodFestival.org.

CLOTHING URGENCY FOR CAMPUS CLOSET. Needs are high right now and clothing stock is desperately needed on several utility items.

If you belong to a service group, faith community, business or just want to gather the neighbors together to show support, consider hosting a "New Jeans For All" drive or "Step Up to New Socks" drive.

Campus Closet relies on the many volunteers in the community to serve students from families with limited income or other emergency needs, and many community organizations such as Maslow Project utilize this resource for homeless students.

The project is also in need of clean, gently used school clothes that are in current style. Campus Closet cannot accept used socks, underwear or costumes, and clothing must be school appropriate and conform to school policies.

If you would like to make a financial contribution, please make checks out to: UCAN/RSVP-Campus Closet and either mail to UCAN C/O Campus Closet, 125 N.E. Manzanita, Grants Pass, OR 97526.

MEDICARE OPEN ENROLLMENT IS AROUND THE CORNER. Make your appointment today for the open enrollment period for Medicare. 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, Medicare's open enrollment period 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 an open enrollment 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 with a Senior Health Insurance Benefits Assistance (SHIBA) counselor. Call and make an appointment through the RSVP reception desk at 541-956-4472.

ARE YOU CONCERNED ABOUT LONG TERM CARE? Our community is in need of ombudsmen volunteers.

Volunteers are certified to inform resident and their families of their rights, educate facility staff as well as the community about rights and care concerns. Volunteers objectively investigate all concerns and complaints and seek solutions that best address residents' concerns.

To become a Certified Ombudsman Volunteer you must pass a background check, be available 16 hours a month, attend a five-day training, and attend monthly local meetings.

If you are interested, please come into 125 NE Manzanita Ave. (UCAN/RSVP) in Grant Pass and fill out a volunteer application.

Service with a smile is served up through St. Vincent de Paul's Mobile Kitchen, and volunteers are needed to keep up this great community effort.

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 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.

HUNGER STARVES THE HUMAN SPIRIT. You can help alleviate food insecurity through the UCAN-RSVP food pantry, a small food pantry on site for our clients who are in need of nutritional support.

UCAN is looking for additional volunteers to help on Fridays, typically from noon to 3 p.m. UCAN is also seeking donations of the following items: peanut butter, cereal (hot/cold), granola bars, canned fruit, canned vegetables, pasta, pasta sauce, jam, baked beans.

If you are interested in volunteering at this site, please call 541-956-4060 and speak to Allison.

UCAN accepts food donations at 125 N.E. Manzanita, Monday through Friday from 10 a.m. to 3 p.m. except during the noon hour.

Prospective volunteers should contact Kelley Wessels
at 541-956-4474 or
kelly.wessels@ucancap.org.