

# UCAN News Articles – January 2017



*Wednesday, January 4, 2017*

## **Vol Ops: Volunteers help make Douglas County strong and caring**

ADA DUNCAN For The News-Review

Happy New Year to all you generous folks who volunteer year round making our community strong and caring.

Check out these opportunities and make volunteering your New Year resolution.

CASA (Court Appointed Special Advocates) of Douglas County is looking for volunteers 21 and older willing to represent the best needs of neglected and abused children in foster care. Roseburg training begins Saturday, Feb. 25. Canyonville, Myrtle Creek and Tri City training begins Thursday, Feb. 16. Once a week information sessions are on Wednesdays 8:30-9:30 a.m. at the Garden Valley Starbucks in Roseburg. Go to [www.casaofdouglascounty.org](http://www.casaofdouglascounty.org) to learn more about CASA or contact Catherine at 541-672-7001 or [info@casaofdouglascounty.org](mailto:info@casaofdouglascounty.org)

RSVP/AARP Tax Aide Program needs many volunteers to assist as receptionists, providing onsite support at the Tax Aide location and in various other ways. Volunteers must be 55 and older. Call the volunteer Hotline 541-492-3526 to get more information

Head Start and Early Head Start are looking for volunteers to help children of low-income families achieve education readiness and to help parents grow with their children. Volunteers are needed for classroom support, assisting with nutritional needs, administrative support and

more. Volunteers must be over the age of 18. Call the volunteer hotline at 541-492-3526 for details.

UCAN Food Bank needs drivers and food sorters any day of the week to pick up food from area grocery stores and work in the warehouse sorting and repacking boxes. Volunteers 18 and older are welcome. Call Jeanine at 541-492-3524 to sign up.

Senior Companion Program volunteers provide assistance and friendship to seniors and individuals with disabilities and provide respite care for family caregivers. Volunteers need to be 55 and older and will receive a tax-free stipend and mileage reimbursement. Commitment is 15 hours a week. Contact Colleen at 541-492-3520 or [colleen.may@ucan.org](mailto:colleen.may@ucan.org)

Amedisys Hospice of Roseburg has an ongoing need of volunteers 16 years and older to provide emotional and physical support for terminally ill patients and their families. Contact Keri at 541-440-2583 or at [keri.case@amedisys.com](mailto:keri.case@amedisys.com) for details.

Mercy Hospice also wants volunteers to serve in various categories from office help to providing support services to patients and their families in their homes. Get in touch with Candice at 541-677-2384 or at [candicevoynick@chiwest.com](mailto:candicevoynick@chiwest.com)

Mercy Medical Center can also use your help as a pharmacy courier, emergency department liaison, golf cart driver, escort or gift shop cashier. For details contact Michelle at 541-677-4465 or at [michellekronner@chiwest.com](mailto:michellekronner@chiwest.com)

Friendly Kitchen has an ongoing need of volunteers in the kitchen, in the dining room, custodians to do clean up, as well drivers to deliver meals for the homebound. Give Annette a call to get details at 541-673-5929 or reach her at [friendlykitchen@charter.net](mailto:friendlykitchen@charter.net)

Call Karen, UCAN/RSVP Coordinator, at 541-492-3917 for details about the following sites:

UCAN/RSVP Vet Team wants male or female veterans to help the UCAN Case Management team find housing for homeless veterans assisting them with paper work and mentoring them in other ways.

Homeless Point-in-Time Count scheduled for the month of January needs volunteers to assist in the data collection interviews, handing out supplies or food at the sites or as part of the mobile team going to homeless camps and other tasks. Planning meetings will be held. Volunteers 18 years and older are welcome.

RSVP Volunteer Program is a national volunteer network of persons 55 years and older who want to serve in a variety of programs such as supporting the elderly, assisting veterans, providing food boxes or meals to those in need and helping those who have health care and prescription needs, mentoring those in need or sharing skills, interest and hobbies to enhance the life of others. Volunteers stay active, make new friendships and have an impact in the community. Join the network.



*Friday, January 6, 2017*

## **Smart Energy: New energy coordinator promotes Energize! Douglas County Campaign**

Douglas County Smart Energy has long understood the incredible economic benefits and energy savings possible through efficiency measures. That's why it has made it a goal to spread the word of these cost saving opportunities to the Douglas County community.

In April 2016, they decided a community-wide outreach campaign was the best way to reach this goal. Seeking guidance for the campaign and someone to help coordinate the program, the group applied for an Americorps volunteer through the RARE program. After months of fundraising and deliberation, Douglas County secured a spot as a community in the RARE Americorps program and began interviewing potential candidates. I was selected and arrived in Roseburg in September to begin as the Energy Efficiency Community Coordinator.

Driving across country from Georgia, I made the long trek to live in Roseburg for a one-year term, working with UCAN and DC Smart Energy. Using expertise in community development and education gleaned from my time in the Peace Corps, I've helped DC Smart Energy develop ENERGIZE! Douglas County. Kicking off this month, the ENERGIZE! campaign will feature a series of town hall talks throughout Douglas County that will inform people on various tips and tricks that can be used to save money and energy.

If saving energy, living comfortably and seeing your utility bill shrink sounds good to you, come out and learn about energy efficiency. Energy efficiency is the principle that you can perform the same tasks but use less energy to perform them. We will be highlighting the different behaviors and technologies available that community members can utilize to become energy efficient!

Behavior change is a free way to start saving money, but unfortunately the technology upgrades cost money. Some of you may have thought about making energy efficient upgrades to your home, but put on the brakes when you saw the prices. Now you can make those upgrades with a little help. Attendees will learn about various incentives they are eligible for that will allow them to make energy efficient upgrades for cheap.

Besides teaching citizens how to stay cozy without breaking the bank, the campaign also hopes to gain volunteers for a Baseline Energy Profile. This project will take energy readings from homes around Douglas County, before and after energy efficient upgrades have been made to the home. This information will be compiled into a report which will then be presented to the local governments around the county. It is our hope that these findings will be the first step in creating an energy plan for the county.

Whether you are ready to upgrade your home or curious about energy efficiency, come out and join us. The first talk in the series will take place from 6 to 8 p.m. Jan. 30 at the Douglas County Library in Roseburg. The talk will feature a presentation on all things energy efficient as well as a special guest speaker from the Energy Trust of Oregon.

If you can't make the first talk, the second talk is scheduled for Feb. 2 in Myrtle Creek followed by several more throughout Douglas County!

If you would like to help support the ENERGIZE! Douglas County Campaign, come out to Lookingglass Brewery at 5:30 p.m. Jan. 24 to enjoy beers, food and good company! Thanks to the wonderful owners at Lookingglass Brewery, Mark and Lydia Nunnelee, because 25 percent of all of the proceeds will go toward the campaign.

For more information on dates and times for the upcoming town hall talks, check the Douglas County Smart Energy Facebook page.

Nicole Mandall, a resident of Roseburg, is the Energy Efficiency Community Coordinator for Douglas County Smart Energy. She can be contacted at [nicole.mandall@ucancap.org](mailto:nicole.mandall@ucancap.org) or by 678-848-5618.



Friday, January 13, 2017

## Curb ramp forum on Tuesday (RSVP)

REBECCA DE GREYT

By Rebecca De Greyt for the Daily Courier

Sponsored By United Community Action Network, the Retired & Senior Volunteer Program matches the talents and experience of people 55 and older and channels them into meaningful volunteer work that supports public and nonprofit agencies, as well as health care facilities throughout Josephine County.

● **CURB RAMPS FORUM.** The Oregon Department of Transportation is hosting a regional forum this Tuesday to hear the questions and concerns of community members about a proposed agreement which will make the state highway system more accessible to those with disabilities.

ODOT is making an enhanced commitment to provide adequate curb ramps and pedestrian signals for those with disabilities helps improve the livability of our communities. The proposed agreement was reached in tandem with Disability Rights Oregon and the Association of Oregon Centers for Independent Living.

Representatives from ODOT are holding regional forums to hear the questions and concerns of community members. Please join us in Grants Pass on Tuesday at 3 p.m. at HASL, 305 N.E. St. Contact HASL if you have any questions, 541-479-4275.

● **AARP DRIVER SAFETY TRAINING.** Enroll today and be on your way to managing the road more confidently while lowering your insurance rates. The next course taught by an AARP volunteer instructor is on Friday, Jan. 20, from 9 a.m. to 4 p.m. at 125 N.E. Manzanita Ave.

Pre-registration is required and classes are available. Call the RSVP receptionist at 541-956-4472 to pre-register or answer any questions.

● **ARE YOU PREPARED FOR MEDICARE?** Are you turning 65 sometime between January and May? To help educate and prepare you, our Senior Health Insurance Benefits Assistance (SHIBA) volunteers are prepared to help present a MEDICARE 101 class on Feb. 17, from 10 a.m. to 1 p.m. 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 to 20 and we will need participants to call to sign up for the training. Please call UCAN-RSVP at 541-956-4472.

● **DO YOU LIKE CLOTHES?** The Clothing Closet is in need of volunteers to help sort donated clothes and to help the youth we serve. We need volunteers to help students shop for school clothes! It's the kind of work that makes you feel great, knowing that kids get an opportunity to select clothes that fit, are in style, and give them a boost of confidence at school.

Please join us, as your schedule allows. If you are interested in learning more please contact Rebecca de Greyt at [rebecca.degreyt@ucan.org](mailto:rebecca.degreyt@ucan.org).

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Prospective volunteers should contact RSVP Director Rebecca de Greyt at 541-956-4474 or [rebecca.degreyt@ucan.org](mailto:rebecca.degreyt@ucan.org).



*Thursday, January 16, 2017*

## **Immunizations, free screenings for kids in Drain, Yoncalla**

DRAIN, YONCALLA

*Immunizations, free screenings for kids in Drain, Yoncalla*

Kids can get their shots as well as free health screenings at two Community Immunization Clinic and Health Fair events in North County next week.

Umpqua Community Health Center and the United Community Action Network are teaming up to provide the clinics in Drain and Yoncalla. The first will be from noon to 4 p.m. Jan. 27 at the Yoncalla Elementary B4 Early Learning Center, 401 1st St., Yoncalla. The second will be from 10 a.m. to 2 p.m. Jan. 28 at 316 W. A Ave., Drain.

In addition to immunizations, the clinics will offer free dental, hearing and vision screenings, as well as growth assessments. Educational material will be offered by Head Start, Early Head Start Children's Institute and Yoncalla Early Works.



*Thursday, January 19, 2017*

## **Sherm's makes annual food donation to UCAN**



A truck backs into the United Community Action Network food bank to deliver food items in Roseburg on Thursday.



United Community Action Network volunteer Gale Robinson unloads pallets of food donated by SHERM'S Thunderbird Market in Roseburg on Thursday. This year's donation marks the 11<sup>th</sup> year the supermarket has contributed to the UCAN food bank.



United Community Action Network warehouse coordinator Gary Swanson, left, looks on as volunteer Gale Robinson unloads pallets of food items donated by SHERM'S Thunderbird Market in Roseburg on Thursday. This year's donation marks the 11<sup>th</sup> year the supermarket has contributed to the UCAN food bank.

Cereal, chili, bottled drinks, dry soups — those types of foods and many more were unloaded from a SHERM'S Thunderbird Market truck Thursday morning and stored in the United Community Action Network warehouse in Roseburg.

Steve Rolston, the store manager of SHERM'S in Roseburg, estimated the delivery totaled about 30,000 pounds with a value of about \$30,000. This was the 11th consecutive year that SHERM'S,

a four-store grocery company based in Medford, had made a donation of a semi truck and trailer load of food.

“We are very grateful to Sherm’s for donating this amount of food every year,” said Jeannine Coffey, UCAN’s food resource developer. “January is a perfect time for a shot in the arm like this. Donations seem to fall off after the holidays so this is much needed.

“Sherm’s donation is all shelf stable foods and it’s extremely important because we have been running short on that type of food,” Coffey added. “We have plenty of perishable food from the Oregon Food Bank and the Fresh Alliance program, foods that have to be used in a week or two, but we’ve had a shortage of foods that can sit on the shelf for a while.”

Coffey said the semi trailer was packed full with only about 2 feet between the back door and the first stack of pallets.

“It’s just part of Sherm’s giving back,” Rolston said. “It’s what the company has been doing for nearly 50 years.”

The grocery business was started by Sherm and Wanda Olsrud. The couple was unable to make the trip to Roseburg from Medford Thursday because of health issues, but the company was represented by their son and vice-president Steve Olsrud, general manager Bob Ames, Rolston and Roseburg assistant manager John Robertson.

“They make the donation because they know there is a need,” Rolston said of the Olsruds.

Coffey said the food will be sorted out from the pallet bundles and distributed to UCAN’s network of 16 emergency food box agencies in Douglas County. She said a year ago following the January Sherm’s donation, 3,560 food boxes were distributed in the county in March and another 3,453 boxes were delivered in April. Those boxes went to about 24,000 household members.

“I don’t know of any business or individual other than Sherm’s that donates this much at one time,” Coffey said, noting that Sherm’s donation in 2016 totaled about 26,100 pounds. “This food will help supplement the food we give to the pantries and what they already have on hand.”



Coffey explained that six Roseburg area stores do contribute food products on a weekly basis. Those are Albertson's, Costco, Fred Meyer, Ray's, Safeway and Wal-Mart. She said those six contributed 164,247 pounds of food during the 2015-'16 fiscal year.



*Friday, January 20, 2017*

those in lower income brackets, it is affecting people across the board.

## **Free tax preparation service in need of schedulers, greeters (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.

- **TAX SEASON IS ABOUT TO BEGIN.** The AARP Tax Aide Program partners locally with the UCAN-RSVP Program of Josephine County every year for free tax preparation services to the community. AARP Tax Aide volunteers have a longstanding, highly regarded reputation for their skills and commitment to this program.

Volunteers are needed to be greeters and schedulers. Services are being conducted at UCAN (United Community Action Network) located at 125 N.E. Manzanita Ave. in Grants Pass. These services are by appointment only. Call 541-956-4450 to make an appointment. Call 541-956-4474 to volunteer.

- **LEND A HELPING HAND!** The Salvation Army Food Pantry needs volunteers who can assist clientele with emergency food supplies, dispense shopping carts, organize clothing and household items, and stock and rotate food. For other volunteer opportunities visit [volunteer.usawest.org](http://volunteer.usawest.org) or contact Billy Lovejoy or Nancy Sykora at 541-955-1017. In Grants Pass the food pantry is located at 1377 Redwood Ave.

- **A WELCOMING SPIRIT.** Do you have administrative skills? Do you like to answer phones and be a resource for others in the community? Are you familiar with computers? Are you available to volunteer for full or partial days?

If so, we would gladly welcome you to come to the UCAN offices at 125 N.E. Manzanita Ave. to fill out an application. Please specify on the form that you would like to serve as an "RSVP receptionist" and you will be contacted within five business days. Call 541-956-4474 for more information.

- **ARE YOU PREPARED FOR MEDICARE?** Are you turning 65 sometime between January and May? To help educate and prepare you, our Senior Health Insurance Benefits Assistance (SHIBA) volunteers are prepared to help present a MEDICARE 101 class on Feb. 17, from 10 a.m. to 1 p.m. 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 to 20 and we will need participants to call to sign up for the training. Please call UCAN-RSVP at 541-956-4472.

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Prospective volunteers should contact RSVP Director Rebecca de Greyt at 541-956-4474 or [rebecca.degreyt@ucan.org](mailto:rebecca.degreyt@ucan.org)

## UCAN secures \$1.5M for Head Start classrooms



After securing \$1.5 million from a federal grant, United Community Action Network took one final step forward in building permanent classrooms for its Head Start program.

Although the amount is significant, and is the highest amount a nonprofit could receive from a Community Development Block Grant, it will only cover part of the \$4 million project. UCAN garnered the remaining funds through a community campaign and several donations from local foundations.

There is enough money to build the new classrooms on UCAN's campus on Kenneth Ford Drive in north Roseburg, Executive Director Mike Fieldman wrote in a press release, but it is still raising funds for a playground, furniture and landscaping.

UCAN had to have a local agency apply for the grant on its behalf, so it reached out to the city of Roseburg. The grant writing process was time consuming, Roseburg City Manager Lance Colley told city councilors at their meeting Monday night, but it was worth it.

"We're very excited about it," Colley said. "But I can tell you that the folks at UCAN are even more excited."

The grant on Monday's agenda was not an action item, so councilors did not make any decisions. They had voted to have city staff assist in the application process in May last year.

Head Start provides early education, health and nutrition guidance, and parent involvement services for low and moderate income children between 0 and 5 years old. It is designed to foster stable family relationships and enhance children's physical and emotional well being.

UCAN provides Head Start services to 420 Douglas County children, Colley wrote to the council in an agenda summary. About 300 more children are waiting to get in the program.

For the last 25 years, Head Start has made do with renting facilities at various locations without any long-term stability, Colley wrote. The program has rented out spaces through schools and churches, but oftentimes, the owners make sudden changes that disrupt services.

The program has had to switch up its classroom locations 14 times over the last 25 years.

The new facility, called the Early Childhood Service Center, will encompass a total of 13,300 square feet. It will include seven classrooms, a commercial kitchen, a health screening and exam room, and a parent resource room. Construction will begin this year in late spring or early summer, and it will take about a year to complete.

Head Start is a federal program of the U.S Department of Health and Human Services. Since it provides snacks and meals to children, it needs to follow federal nutrition requirements, including preparing food in a commercially certified kitchen.

Since the city applied for the grant on behalf of UCAN, it will receive the grant funds to help the nonprofit build the facility. The city will also help the nonprofit through the construction

process. City staff will issue two requests for proposals: one to select an agency to administer the grant and another to select an architect and project manager. The grant funds will cover both services.

This is the second time city staff tried to help UCAN secure federal dollars for the facility. UCAN staff first approached the council with plans to build a permanent Head Start building in July 2014. The council approved the initial concept, and city staff helped apply for funds, but they were not successful at that time.

This time, they lowered their application amount from \$2 million to \$1.5 million.

Community Development Block Grants are funded by the U.S. Department of Housing and Urban Development and administered by states. UCAN received its grant from the Oregon Business Development Department



*Monday, January 30, 2017*

## **ENERGIZE! Douglas County: The Campaign Launches**



“When I decided to make my home more energy efficient, I had hoped to save a few dollars. But this has far exceeded my expectations. It is a blessing to my family.” Rob Trotter of Roseburg wants everybody in Douglas County to know the financial benefits of energy efficiency.

Inspired by examples such as this, Douglas County Smart Energy, a coalition of non-profits, the major utilities, businesses, and citizen advocates have officially launched their energy efficiency campaign- ENERGIZE! Douglas

County. Under the guidance of AmeriCorps RARE volunteer Nicole Mandall, the campaign will reach out to no less than eight communities in our County, highlighting ways to save energy and money, often at little or no cost.

“It is an exciting time,” Ms. Mandall noted, “to realize there are so many financial incentives out there and the return is well worth it. I want to get the message out to as many people as possible.” Residents of Roseburg and Myrtle Creek are the first in line to take advantage of this opportunity to save energy and money. A town hall will be held on Monday, January 30th at 6 pm in the Douglas County Library. Representatives from Energy Trust of Oregon and Douglas Electric Cooperative will be on hand to answer questions and share information on the best ways to save energy and money. And the incentives are available regardless of income.

A second town hall is scheduled on Thursday, February 2nd at 6pm at Brocks Rack with the Myrtle Creek Chamber of Commerce. “No matter which utility company you have,” Ms. Mandall pointed out, “there is something for everybody. And depending on the utility company, incentives can cover lighting, appliance, insulation, and heating. With energy bills climbing in the winter months, it can all make a difference.” Ms. Mandall added that for a limited number of households, energy audits will be available to help figure out how to get the best bang for your buck.

And it’s not just saving money that matters. “For me, when my home was not energy efficient, I kept it uncomfortably cold just to save money,” said Mr. Trotter. He went on to mention that keeping the house so cold led to an unhealthy living condition. Upgrades to Mr. Trotters home included: sealing of air leaks, weather stripping doors, insulating pipe, insulating the attic, insulating wall cavities, etc. Based on analysis of his energy performance report, Mr. Trotter is looking at savings of around \$600 a year. Beyond the monetary savings, Mr. Trotter says he is happy to now have a home that meets his energy and health needs!

Ms. Mandall pointed out the campaign of Douglas County Smart Energy is a broad based community effort. Beginning as a project of the Douglas County Global Warming Coalition, it includes Pacific Power, Douglas Electric Cooperative, Avista Utilities, Energy Trust of Oregon, United Community Action Network, Neighborworks Umpqua, Newcastle Solar, and numerous businesses and interested citizens. For the past two and a half years, the group has circulated the message of energy saving and renewable energy through their website and monthly columns in the News-Review. So when the opportunity came to hire an AmeriCorps RARE volunteer for Douglas County, the DC Smart Energy group jumped at the chance.

Housed at UCAN, Nicole was hired in the fall to plan the campaign. For Nicole, it felt like a perfect fit. “I was raised in a small rural community in Georgia, so I know how important it is to work together to make the most of available resources.” She had read about the Pacific Northwest and was drawn to it. “I had heard about its natural beauty and wanted to experience it firsthand. I have not been disappointed.” Nicole also feels her time spent as a Peace Corps volunteer will serve her well in understanding how to reach out to people in the community.

Promoting energy saving is only one part of the campaign. Douglas County Smart Energy has joined with four other rural communities across the state to apply for a Federal grant to bring the benefits of solar energy to low and moderate income households. “If we’re fortunate enough to be awarded the grant, we’ll be able to get the technical assistance needed to bring solar energy to all segments of our community,” said Ms. Mandall

Douglas County Smart Energy is also taking advantage of the growing trend toward electric vehicles. They have applied to Volkswagen for money to install electric charging stations in and around Roseburg. They are also working closely with Pacific Power on their long range plans to install electric charging stations throughout the State.

Numerous foundations and organizations have stepped forward to fund this campaign. They include the Ford Family Foundation, Crane Creek Foundations, Bonneville Environmental Foundation, UCAN. Energy Trust of Oregon, and Newcastle Solar. Individual members of Douglas County Smart Energy have also contributed.

“When it comes to energy savings and renewable energy,” Nicole observed, “these are exciting times. And I am thrilled to be part of it.”

For more information on the campaign or how to participate, contact Nicole at 678-848-5618 or email her at [Nicole.mandall@ucan.org](mailto:Nicole.mandall@ucan.org).