

# UCAN News Articles – May 2017



*Friday, May 5, 2017*

## **Prepare yourself for Medicare (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.

● **ARE YOU PREPARED FOR MEDICARE?** Are you turning 65 sometime between June through October? To help educate and prepare you, our Senior Health Insurance Benefits Assistance (SHIBA) volunteers are prepared to help present a MEDICARE 101 class on May 18, from 10 a.m. to noon at UCAN, 125 N.E. Manzanita Ave. (corner of Seventh and Manzanita).

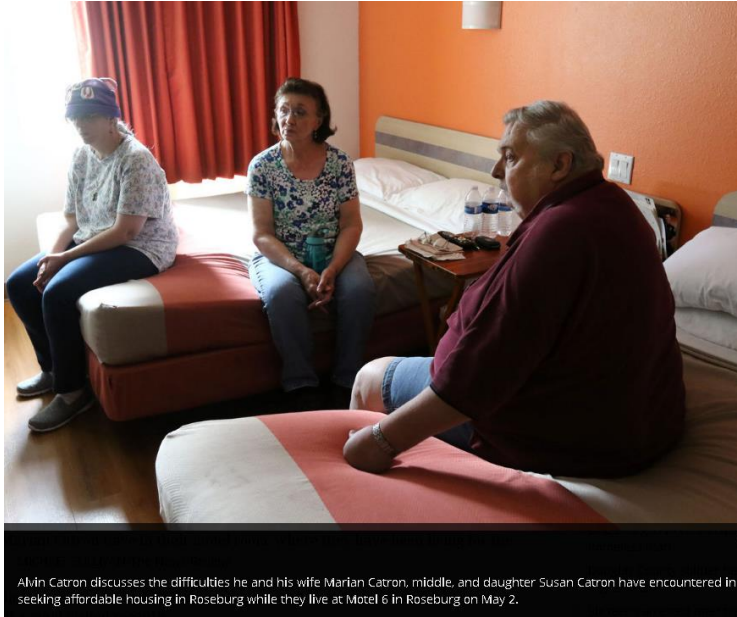
They will review plans and compare coverages for Medicare part A, B, and D plans. They will inform you how to prevent Medicare fraud and the next steps to take in the process. Seating is limited and we will need participants to call to sign up for the training. Please call UCAN-RSVP at 541-956-4472.

● **LONELY AND ISOLATED? WE CAN HELP.** A UCAN Senior Companion volunteer can enhance the quality of life and help maintain personal independence, in your own home environment. A UCAN Senior Companion volunteer can make a difference by providing up to six hours of assistance weekly to individuals, through companionship, playing games, grocery shopping, going to the doctor and many other social features. Please sign up for our services if you are seeking help and assistance. Contact the RSVP Reception line to make a referral 541-956-4472.

● **THERE IS NO SUCH THING AS ENOUGH YARN.** The UCAN/RSVP program has a group of volunteers who take up their time to knit hats and scarfs for clients who are in need at UCAN and for other organizations in the area. We are in need of yarn donations; please drop off donations at 125 N.E. Manzanita Ave (corner of Seventh Street and Manzanita Avenue) from 10 a.m. to noon or 1-3 p.m. If you have any questions please contact the RSVP Reception line to make a referral 541-956-4472

● **DEEP APPRECIATION.** The Office of the Long-Term Care Ombudsman extends deep appreciation to the 190 volunteers who provided 28,456 hours of service for the elderly and disabled. These volunteers made 14,092 visits to nursing homes, assisted living and residential care facilities, and adult foster homes to ensure each resident received advocacy and education of their rights. Residents find they have a person who will listen to their concerns and then work to resolve the issues. There are many successes as a result of these dedicated volunteers. If you would like to learn more about becoming an ombudsman, please contact the RSVP Reception line, 541-956-4472, to make a referral.

## As motels ban locals, long-term guests struggle to make ends meet



Alvin Catron discusses the difficulties he and his wife Marian Catron, middle, and daughter Susan Catron have encountered in seeking affordable housing in Roseburg while they live at Motel 6 in Roseburg on May 2.



### Roseburg Motel 6 bans guests from Douglas County

Motel 6 in Roseburg has banned renting to Douglas County residents.

Instant noodle cups, canned beans and boxes of microwaveable popcorn line what little shelf space Alvin and Marian Catron have in their motel room, where they have been living for the last four months.

Alvin's heart medication and tissue boxes are neatly arranged on the nightstand. The beds are tightly tucked as if a maid visited recently.

"Our daughter did them," Marian said. "She does a very good job."

The couple and their adult daughter, who is mentally disabled, were grandfathered into their room at the Motel 6 in Roseburg. Had they tried renting a room last month, they would have been denied. That is when the motel implemented a new policy: "As of 4-7-17, we are no longer accepting guests from Douglas County," read a sign taped to its front desk last week. "We apologize for any inconvenience."

Alvin and Marian are in their 70s. They once owned a house on West Esperanza Court in Roseburg, near where the Interstate 5 freeway crosses the South Umpqua River. After living in

the home for 20 years, they received a notice of foreclosure.

The foreclosure was a long time in the making. Marian was diagnosed with cancer in 2012, just a few years after Alvin had his second heart surgery. The family poured money into her chemotherapy treatments and eventually found itself thousands of dollars in debt.

“We had to pay the price for the cancer, which I don’t feel bad about at all,” Alvin said. “So we went broke and we don’t care because we’re old. We don’t need credit no more.”

The Catrons lost their house last December. They packed what they could into a storage truck and the rest went to the sheriff’s department. They have been living at the Motel 6 ever since as they look for a home to rent.

That’s not an easy task in Douglas County. Property management companies and nonprofits say their rental vacancy rates hover between 1 and 3 percent. The U.S. Census had the county’s rental vacancy rate at 5.8 percent in 2010.

“We’re seeing people living in cars, living in tents, doubling up, doing what they need to do to survive,” said Mike Fieldman, executive director of the United Community Action Network in Roseburg. “Until the housing market improves statewide, it’s a problem. And motels become an option. Hopefully, they continue to allow people to stay there because the alternative option for some people is homelessness.”

The Catrons have made accommodations to live comfortably in their small room. Marian uses the microwave and a crock pot to heat family meals. She is to credit for the neatly packed shelves, the organized collection of toothbrushes and medicines by the bathroom sink, the spotless floors. She works as a maid in a nearby hotel, so she insists on cleaning her own room and making their beds. The Motel 6 staff never enter their room.

## **AFFORDABILITY**

People who are suddenly rendered homeless often seek temporary shelter at a nearby motel. For that reason, the Oregon Housing Authority conducts homeless counts in motels.

Many long-term motel guests don’t have enough immediate cash on hand for a down payment on a home. Motels are thereby a cheaper short-term option — a Band Aid that temporarily covers up homelessness — but they are extraordinarily more expensive in the long run.

Alvin said he doesn't know how much longer he and his family can afford to live at Motel 6. They are paying \$1,500 a month; that's about \$450 more than it would cost to rent the average two-bedroom house in Eugene, according to Zillow data.

The Catrons are living off Marian's hourly wages, as well as social security from Alvin's retirement and Susan's disability. It's not much.

"It's like living on the river," Alvin said. "I'm totally homeless. I used to help the homeless; that's what I did when I retired, not knowing that I would be in their shoes one day."

Fieldman and UCAN staff help people like the Catrons by connecting them with UCAN's affordable housing units. But the nonprofit, and others like it across the county, have months-long waiting lists. He said he hopes the wait does not discourage people from reaching out.

"People should never self-select themselves out of applying," he said. "Even though we may have a long waiting list, their particular unique needs may actually bump them up our priority list."

The News-Review contacted major lodging facilities across Roseburg. At least one other hotel is not renting to Douglas County residents: the Holiday Inn. Roseburg employees with the Holiday Inn and Motel 6 declined to comment.

The policy of banning local guests seems to be common, at least in Medford, where several motels will not rent to people living within a 30-mile radius.

One Medford motel employee, who asked to go unnamed, said residents cause problems and are more likely to leave drug paraphernalia behind. By contrast, an employee at a different Medford motel said drug abusers come from all places.

"That's really anywhere; even people from out of town, they've left stuff in rooms before, too," said Kayla Johnson.

She added that locals know people in the area, so they are more likely to have visitors and make noise.

Area of residence is not a protected class, so the motels' ban is not considered direct discrimination by state or federal standards. Banning residents from a specific county, however, could have an indirect impact on a protected class of people.

“What’s the makeup of residents of Douglas County?” said Allan Lazo, executive director of the Fair Housing Council of Oregon. “Who are we excluding with a policy like that? In some cases, you might be excluding people with disabilities who are recovering from drug addiction or alcoholism.”

Disparate impact cases are hard to prove, Lazo said, because it’s hard to get the right statistics. As for fair housing rules, motel guests that stay longer than 30 days are covered under Oregon’s landlord-tenant laws. That’s because such extended reservations would no longer fall under the state’s definition of “transient occupancy.” Even so, Lazo said he doubted those guests would be protected by state fair housing laws.

Fieldman is not sure how he feels about the motels’ bans on local guests. He said he wishes people would not have to resort to living in motels at all.

“What I’d prefer is that everybody who wants an apartment, a home, a place to live on a permanent basis — they’d get it,” he said. “That’s what I’d prefer. That’s what I want. We’re far from that.”



*Tuesday, May 9, 2017*

## **United States Postal Service is holding food drive on Saturday**



Postal Service letter carrier Eric Schrock delivers mail in Roseburg on Thursday. Carriers will be collecting food donations on Saturday.

United States Postal Service is having a Stamp Out Hunger food drive on Saturday along its regular routes in the Douglas County area.

USPS carriers and volunteers will pick up nonperishable food items that community members will leave either in or around mailboxes, in a designated yellow bag that says, “Stamp Out Hunger Food Drive” with the USPS logo.

The plastic yellow bag will be delivered to community members on Wednesday, along with a card that provides more information on the event. Douglas County residents are asked to leave their food items out by their mailboxes by 8 a.m.

“It’s all about giving back to the community,” Tonia Dickey, Roseburg’s acting postmaster, said. “We are involved with the community every single day and we see a lot of families that are in need so it is nice to give back to them with this food drive.”

Approximately 30 carriers and 10 volunteers will be collecting and loading food items into carrier trucks. The food will be delivered to the United Community Action Network food bank, located on Kenneth Ford Drive in Roseburg. All USPS volunteers and carriers will be wearing a gray shirt that says, “National Association of Letter Carrier’s National Stamp Out Hunger Food Drive.”

Mike Ouellette has volunteered at USPS for 17 years and was a previous mail carrier for the company. Ouellette said that he enjoys being a volunteer for USPS and serving the community.

“You don’t always have control of everything that happens in your life and some people may not be as fortunate as others and I think that it is nice that some places do have help for them,” Ouellette said. “It’s also a way for people to help the community out some.”

This is USPS’ 25th year of holding a nation-wide food drive. Last year’s drive resulted in carriers, locally and across the country, collecting around 80.1 million pounds of food. Since the program began in 1993, both employees and customers have contributed approximately 1.5 billion pounds of non-perishable food, according to USPS.

“It’s nice to be able to get the whole community involved and collect as much as we can to give back to those people who struggle every day,” Dickey said.

For more information, call USPS at (541)-673-3620.



*Thursday, May 11, 2017*

## **Vol-Ops: Mercy, UCAN offer numerous volunteer opportunities**

ADA DUNCAN For The News-Review

We have two outstanding hubs for volunteers in Douglas County and they offer opportunities for anyone who wants to join their team making our community a better place. To start with, there's Mercy Medical Center. Here are some of the options it offers.

Patient/Guest Services Program needs volunteers to take the services cart throughout the hospital, in lobbies and waiting areas, delivering hot beverages to guests. Volunteers are needed each day of the week from 9 a.m. to 11 a.m.

If you are a veteran you can join the National Veterans Visitation Program, bringing a smile and a friendly visit to a hospitalized fellow vet.

Starting at age 16 and if you are a musician, you can lift the spirits of patients, family and staff by sharing your gift for a couple of hours weekly, bi-weekly or monthly, any day of the week.

Emergency department liaisons not only assist the emergency and admitting staff, they also assist patients and family members, helping them locate the treatment area they need and escorting them there.

Pharmacy courier volunteers never get bored because they do a lot of running around delivering meds to the various nursing departments, staffing the pharmacy window and assisting with clerical duties as needed.

Volunteers are desperately needed to drive the golf cart. Taking folks from the parking lot to the hospital entrance is a much-appreciated courtesy for both patients and family members.

You can encourage those recovering from knee or hip replacement surgery as they struggle with the painful exercises necessary and you will learn some medical terminology and names of special medical equipment while you work side by side with professional staff in the Joint

Replacement Center. Pick the area that best suits you and then contact Michelle at 541-677-4465 or [michellekronner@chiwest.com](mailto:michellekronner@chiwest.com) for more details.

Mercy Hospice will also take volunteers starting at age 16. You can help with office duties or provide support services to the patient or their families, perhaps by picking up a prescription or running errands or just companionship. Candice can give you details if you contact her at 541-464-5462 or [anitasmith@chiwest.com](mailto:anitasmith@chiwest.com)

There are a variety of options at United Community Action Network, too. Here are just a few.

Senior Companion Program volunteers offer peer support, escorted transportation, friendship and a helping hand to the elderly. Tax-free stipend, mileage and meal reimbursement are available. For more information, call Colleen at 541-492-3520 or email her at [colleen.may@ucanap.org](mailto:colleen.may@ucanap.org).

For the following, call the Volunteer Hotline, 541-492-3526.

Douglas County Dining Sites are looking for volunteers to deliver meals to homebound seniors and the disabled, and help to prepare and serve meals at the dining sites.



*Thursday, May 11, 2017*

## **Cow Creek Umpqua Indian Foundation celebrates 20 years of giving**





Volunteer workers organize food items at the Umpqua Community Action Network warehouse in Roseburg on Wednesday. UCAN is among 250 Douglas County nonprofits helped by the Cow Creek Indian Foundation.

---

The Cow Creek Band of the Umpqua Tribe of Indians is honoring another milestone this year — the Cow Creek Umpqua Indian Foundation is celebrating 20 years of service to southern Oregon communities.

“Giving back to the community and the people is the heritage and the way the tribe has always operated, and the foundation is the modern way of being able to do that,” said Carma Mornarich, the executive director of the foundation for the last 10 years.

After the tribe was recognized by the federal government in 1982, the tribe received about a \$1 million settlement that it placed in an endowment fund. It used the interest to begin a bingo parlor and later a casino.

At that time, the tribal board of directors saw an opportunity to partner with the community. So tribal chairperson Sue Shaffer went before the governor to ask if the tribe could enter into an agreement with the state of Oregon to initiate a foundation.

“We wanted to be the first tribe to start a foundation and give back a portion of its proceeds to the community,” Mornarich said. “Now all the tribes in the state of Oregon with casinos have similar agreements.”

Today, the Cow Creek foundation is funded by 6 percent of the net proceeds from Nevada-style gaming at Seven Feathers Casino Resort. “It’s part of our history, it’s part of our tradition, it’s part of our giving,” Mornarich said.

Mornarich recalled historic events of tribal giving dating back as far as the pioneer days when tribal members helped wagon trains that needed repairs and settlers who needed food in the Canyonville community.

“The giving nature of the Cow Creek tribal people has been there for generations and it hasn’t stopped,” Mornarich said.

For the last 20 years, the foundation has been awarding grants to nonprofit organizations within seven southwestern Oregon counties: Coos, Deschutes, Douglas, Jackson, Josephine, Klamath and Lane.

The foundation awards grants in five primary categories of interest: Basic needs, abuse prevention and intervention, education, health and wellness, and community support for projects and activities, the Roseburg splash pad being an example.

“The Cow Creek Band of the Umpqua Tribe of Indians believe that food is important,” Mornarich said, explaining that numerous grants have been made to food banks and kitchens like St. Joseph’s Community Kitchen and the Sutherlin Oakland Food Pantry.

On average, the foundation distributes up to \$450,000 in grants twice yearly. Those grants have helped about 250 organizations in Douglas County in the last 20 years, with many organizations applying more than once. The foundation reviews about 100 grant applications per grant cycle or 200 per year.

“In 20 years we’ve given away \$16,030,127, to all counties,” Mornarich said. “Douglas County has received \$4,972,280 in the last 20 years.”

Broken down that’s \$248,614 a year going directly to Douglas County nonprofits, or \$20,718 per month.

Foundation awards are disbursed in January and in June during a ceremonies held at Seven Feathers Casino Resort. Up to 50 organizations may receive awards, ranging from \$2,500 to \$15,000 apiece, at a ceremony.

In Douglas County, some of the organizations receiving grant money are Battered Person's Advocacy, Camp Millennium, the Boys and Girls Clubs of the Umpqua Valley, the Family Development Center, FISH Food Pantry, South Douglas Food Pantry, Umpqua Community Health Center and local school districts, to name a few.

Nonprofit organizations that would like to apply for a grant can access the application information on the foundation's website. Mornarich suggests that organizations speak with the foundation before filling out an application to ensure grant requests qualify. The deadlines are March 1 and Sept. 1.

Today, the foundation's board of directors is made up of 11 members who meet twice a year to make grant decisions and to attend the two award ceremonies. The board is made up of community members, tribal members and the members of the tribal board of directors.

Mornarich, with the help of about four contracted program officers, enjoys gathering information about the work of nonprofit organizations applying for grants. "These people are dedicated to making the world a better place," she said.

The United Community Action Network of Roseburg received \$10,000 last spring. It has been a longstanding partner with the foundation, with grant money supporting UCAN programs like the food pantry and Head Start.

"The foundation is a strong advocate for early childhood, kids and food, that is a real need in our community," said UCAN executive director Mike Fieldman. "The foundation provides resources to help make the community better."

In 2016, the Cobb Street Children's Learning Center in Roseburg received \$9,000 to subsidize expenses for students from low-income families attending Cobb Childcare. The center has received multiple grants over the years that help up to 20 families monthly.

"Without the grant, we would have to turn away families on the lower income scale because we wouldn't be able to enroll their children at full cost," said April Alleman, the assistant director of Cobb Childcare.

The Umpqua Actors Community Theatre also received \$5,000 last spring for a new lighting system in the Betty Long Unruh Theatre. The lighting system was installed last August.

“The grant helped us meet our goal for the purchase of all new LEDs and a new electrical system in time for the season opener,” said UACT executive director Melody Schwegel.

For more information, visit the Cow Creek Umpqua Indian Foundation website at [www.cowcreekfoundation.org](http://www.cowcreekfoundation.org).



*Friday, May 12, 2017*

## **RSVP volunteers appreciated (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.

● **THANK YOU, RSVP VOLUNTEERS!** The heart of volunteerism is demonstrated effectively through all of our 400+ RSVP (Retired Senior Volunteer Program) volunteers and seven Senior Companions, contributing over 90,074 hours of organized volunteer impact, representing a gift of volunteerism and human effort valued at over \$1.9 million to Josephine County last year. Thank you for your service to the community. If you would like to know how you can become involved in volunteering, contact the RSVP Reception line 541-956-4472.

● **BUILDING INDEPENDENCE.** Summer is fast approaching and we are gearing up our Rural Accessibility Mobility Project, or RAMP. We are in need of a building crew that aids in building ramps for who have been identified, through partnering agencies, as being in need. Projects are once a month, for up to two six-hour days. Most of the clients are homebound and in need of a ramp in order to stay independent. Come and volunteer and be a part of a team that has been recognized and appreciated by the State of Oregon. Contact Rebecca de Greyt if you would be willing to help "nail down" a path to a better future for community members to gain mobility and independence. Call 541-956-4474 or come into the UCAN office at 125 N.E. Manzanita Ave.

● **FEELING LONELY AND ISOLATED?** A UCAN Senior Companion volunteer can enhance the quality of life and help maintain personal independence, in your own home environment. UCAN Senior Companion volunteers can make a difference by providing up to six hours of assistance weekly to individuals, through companionship, playing games, grocery shopping, going to the doctor and many other social features. Please sign up for our services if you are seeking help and assistance. Contact the RSVP Reception line to make a referral 541-956-4472.

● **COME RIDE ALONG.** Volunteers are the heart and soul of the Josephine County Food Bank. Your generous contributions of time and talent help get the job done efficiently and effectively. The Food Bank is

looking for people who are available to ride along on the Fresh Food Alliance runs. There are two runs: 8 a.m. to 11:30 a.m., and 10:30 a.m. to 1 p.m. If you have the time and would like to learn more, please contact Rebecca de Greyt at 541-956-4474.



*Friday, May 19, 2017*

## Be a Red Cross ambassador (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.

● **WOULD YOU LIKE TO BE A RED CROSS AMBASSADOR?** The American Red Cross always needs great people like you to give of their time and service. Donor Ambassadors welcome blood-drive donors, help them through the registration process and serve them refreshments after the donation process. They are also an integral part of the team to help keep blood drives organized. If you are interested in learning more, contact the RSVP Reception line at 541-956-4472.

● **GIVE A CHEERY HELLO.** Become a Grants Pass Chamber of Commerce volunteer and learn about your community and your city as you help assist visitors, chamber members, and lend a hand at community events. If you are looking to brighten your day, start with a cheery hello to visitors and citizens of the Josephine County area. There are a variety of roles available. If you are interested in volunteering, contact the RSVP Reception line at 541-956-4472.

● **BUILDING INDEPENDENCE.** Summer is fast approaching and we are gearing up our Rural Accessibility Mobility Project, or RAMP. We are in need of a building crew that aids in building ramps for who have been identified, through partnering agencies, as being in need. Projects are once a month, for up to two six-hour days. Most of the clients are homebound and in need of a ramp in order to stay independent. Come and volunteer and be a part of a team that has been recognized and appreciated by the State of Oregon. Contact Rebecca de Greyt if you would be willing to help "nail down" a path to a better future for community members to gain mobility and independence. Call 541-956-4474 or come into the UCAN office at 125 N.E. Manzanita Ave.

● **FEELING LONELY AND ISOLATED?** A UCAN Senior Companion volunteer can enhance the quality of life and help maintain personal independence, in your own home environment. UCAN Senior Companion volunteers can make a difference by providing up to six hours of assistance weekly to individuals, through companionship, playing games, grocery shopping, going to the doctor and many other social features. Please sign up for our services if you are seeking help and assistance. Contact the RSVP Reception line to make a referral 541-956-4472.

● **COME RIDE ALONG.** Volunteers are the heart and soul of the Josephine County Food Bank. Your generous contributions of time and talent help get the job done efficiently and effectively. The Food Bank is looking for people who are available to ride along on the Fresh Food Alliance runs. There are two runs: 8 a.m. to 11:30 a.m., and 10:30 a.m. to 1 p.m. If you have the time and would like to learn more, please contact Rebecca de Greyt at 541-956-4474.



Friday, May 26, 2017

## Red Cross is looking for Donor Ambassadors (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.

● **WOULD YOU LIKE TO BE A RED CROSS AMBASSADOR?** The American Red Cross always needs great people like you to give of their time and service. Donor Ambassadors welcome blood-drive donors, help them through the registration process and serve them refreshments after the donation process. They are also an integral part of the team to help keep blood drives organized. If you are interested in learning more, contact the RSVP Reception line at 541-956-4472.

● **GIVE A CHEERY HELLO.** Become a Grants Pass Chamber of Commerce volunteer and learn about your community and your city as you help assist visitors, chamber members, and lend a hand at community events. If you are looking to brighten your day, start with a cheery hello to visitors and citizens of the Josephine County area. There are a variety of roles available. If you are interested in volunteering, contact the RSVP Reception line at 541-956-4472.

● **BUILDING INDEPENDENCE.** Summer is fast approaching and we are gearing up our Rural Accessibility Mobility Project, or RAMP. We are in need of a building crew that aids in building ramps for who have been identified, through partnering agencies, as being in need. Projects are once a month, for up to two six-hour days. Most of the clients are homebound and in need of a ramp in order to stay independent. Come and volunteer and be a part of a team that has been recognized and appreciated by the State of Oregon. Contact Rebecca de Greyt if you would be willing to help "nail down" a path to a better future for community members to gain mobility and independence. Call 541-956-4474 or come into the UCAN office at 125 N.E. Manzanita Ave.

● **FEELING LONELY AND ISOLATED?** A UCAN Senior Companion volunteer can enhance the quality of life and help maintain personal independence, in your own home environment. UCAN Senior Companion volunteers can make a difference by providing up to six hours of assistance weekly to individuals, through companionship, playing games, grocery shopping, going to the doctor and many other social features. Please sign up for our services if you are seeking help and assistance. Contact the RSVP Reception line to make a referral 541-956-4472.

● **COME RIDE ALONG.** Volunteers are the heart and soul of the Josephine County Food Bank. Your generous contributions of time and talent help get the job done efficiently and effectively. The Food Bank is looking for people who are available to ride along on the Fresh Food Alliance runs. There are two runs: 8 a.m. to 11:30 a.m., and 10:30 a.m. to 1 p.m. If you have the time and would like to learn more, please contact Rebecca de Greyt at 541-956-4474.