



Community IN ACTION

Newsletter January 15, 2007

Deadline is the second Friday of the month; Contacts for articles are: Child Dev. - Farzana Siddiqui, F&CR - Serena Villafaña, Morale & Wellness -Phyllis Johnpoll,. Development – Scott Schlegel, All others – Nancy Peters. Editor: Winnie Althizer

DIRECTOR'S CORNER



Jerralynn Ness
Executive Director

Community Action is completing the third year of our 2004-2007 Strategic Plan, and we have accomplished a great deal. One of our many accomplishments was to produce a report on the issues of poverty in Washington County. We started by developing what we believe to be true premises about poverty in our community, based on staff's first hand knowledge. We articulated six premises and then gathered the hard data to substantiate them. This year, with the help of Katherine Galian, we updated the report and added a seventh premise. Our 2007 Issues of Poverty report will be released this month and available on-line to all staff. The seven premises are as follows:

1. The low-income population is increasing and diversifying.
2. Low wage jobs by themselves do not lift families out of poverty conditions, but they are an important first step. An increasing number of families experiencing conditions of poverty are working but earning less than \$30,000 annually, leaving them economically insecure.
3. People living in conditions of poverty are unable to meet their basic needs. Many residents living at levels above the poverty rate are economically unstable and are making choices between basic needs. One ordinary, unexpected expense can be catastrophic. Continued in next column..

4. Public Assistance for families, or "welfare", is not an economic solution because it keeps families in poverty.
5. Lack of access to education and family-wage jobs limit earning potential.
6. Lack of access to affordable and adequate housing and health care has reached a crisis.
7. Children are disproportionately affected by poverty in Washington County and the lack of sufficient support limits their potential to break the cycle of poverty.

This report will become Community Action's official source of data regarding poverty in Washington County. It is important that all of us can speak to issues of poverty and use the same data when we are giving presentations, writing grants or just conversing with others about poverty. By the end of January, you will find this document on our common drive in the "POVERTY in Wash Co" file, titled 2007 Issues of Poverty. And may our efforts in the New Year bring hope and greater prosperity to the thousands of families in Washington County who are struggling to make ends meet.

NEWS OF NOTE

Special thanks for the extra effort. If you have been with us for several years, you will remember that in the first two weeks of January bad weather interrupts our work. This week was no exception. In each of these annual events, Val Laws has trucked into the office thru wind, rain, sleet or snow to process the payroll. You know that paycheck we get every 2 weeks? In my book she is a HERO. I think I speak for all of the staff when I say "THANK YOU" and we appreciate your perseverance. You are appreciated!!

COMINGS & GOINGS

Welcome: Teacher III Rukshana Dressa, Teacher II/FS Melissa Hills, Teacher III Joan Staton, Teacher II Juana Garcia, Teacher I Veronica Rodriguez

Goodbye to: Melinda Frink, Gilda Godinez, Claudia Castillo, Leonarda Benitez, Lettie Hilles, Jeff Hrovat, Jeri Alcock & Mellisa Hansen.



UPCOMING EVENTS!

Community Action	
Education Day	2-02
Safety Meeting	2-05
Board Planning	
Retreat	2-09
Board Meeting	2-15
President's Holiday	2-19
Building Meeting	2-20
Head Start	

FEBRUARY

2007

BIRTHDAYS



Marielena Banek	
Ruth Iliaifar	2/3
Olga Hopkins	2/7
Nancy Peters	2/8
Trisha Thomsen	2/8
Janie Alonzo-Hernandez	2/9
Alicia Orozco	2/9
Bobbie Ludwick	2/11
Ariana Chandler	2/13
Joy Larson	2/13
Esther Reyes	2/15
Augusta Lang	2/17
Debbie Burrows	2/20
Todd Bentley	2/24
Sunni Brasseur	2/26
Wendly Crislip	2/26

(If you want your birthday acknowledged, be sure to complete an authorization form – contact HR)

FEBRUARY

2007



ANNIVERSARIES

Judy Schilling	33 years
Carolyn Westlake	22 years
John Russell	9 years
Alejandra Lopez	8 years
Cathy Meyer	8 years
Juana Meraz	6 years
Phyllis Johnpoll	4 years
Martha Guel de Luna	3 years
Francis Nichols	3 years
Ana Diaz	2 years
Ileana Lopez-Gonzalez	2 years
Dora Dominguez	1 year
Kathy Nelson	1 year
Claudia Umazor	1 year

WHAT'S DEVELOPING?

No entry for this edition.

On Dec. 22nd, 2006 the days began to lengthen. Those of you who dislike the short dark days, take heart, there is light in the tunnel (or sky).



CHILD DEVELOPMENT

No entry for this edition

Don't forget to schedule your Personal Day – if you don't take it before

June 30th you will lose it.

LOOKIN' FER WORKIN ALL THE RIGHT PLACES

Job Openings may be viewed at
Common/Agency Info/HR Resources/Job Postings

*NOTE: Please check this address weekly for current information and details. We have many jobs in development that will be posted before the next publication and we will take applications as each job is posted.

* Boost your brainpower:

1. Mental rehearsals may build mental "muscle" by sparking the brain connections needed during the real thing.
2. Focus Attention - if you tend to misplace your car keys, for example, say to yourself, "I'm placing the keys on the shelf by the hallway mirror.
3. Use it or lose it - Research suggests that as you age you can reverse a decline in thinking abilities by becoming more mentally active. Learn a new language, study a new subject, play games like checkers.
4. Keep Fit - evidence shows that people in their 70's & 80's who stay healthy can expand their brain power – and easily match the mental abilities of a 30 year old. Keep physically active, manage stress & maintain a positive attitude.

Skin Sense for all Seasons

A recent study in the United Kingdom showed that skin Cancer is on the rise in Scotland. That might not strike a chord with you, but Scotland is overcast and rarely sunny during the summer. The explanation? Many Scots travel to the Mediterranean during the winter to catch some rays – too many, it turns out, and they often sunburn. Studies show that the number of severe sunburns that correlate with this increase in cancer. So every season, use sunscreen. It protects whenever you're in the sun.



CHECKS & BALANCES

Fiscal –

Reminder: January 31st is the date the W2's will be mailed. If you have moved and haven't told us yet please do send us the info. We want to be sure you get your W2.

We did very well in our annual audit by outside accountants as reported to the Board last night. This reflects how well we do the individual tasks (on time and correct). Keep up the good work!

SAFETY

How many of you remember what an MSDS is? Or where the copy of MSDS info is located in your work area? MSDS stands for Material Safety Data Sheet, which provides information about the contents of the product and recommendations for treatment if you are affected. Talk to your supervisor if you do not know the location of the binder in your work area.

Remember to report every incidence of an injury to your supervisor at the time it happens.

If you need to see a doctor, contact HR to complete the required State forms within 4 days of the doctor visit. .

HR (Policy, Benefits, Kitchen Sink) - Ask Winnie



We look forward to answering staff questions and concerns so if you have them, please email them to Winnie.

Kaiser Added Choice Plan: Remember that we have 2 plans with Kaiser. The HMO plan and the Added Choice plan. For those who are enrolled in the Added Choice plan please note that the CCN network of providers is merging with Health First. This merger will give Added Choice participants an increase of medical providers from which to choose. It should not affect us in any other way.

On January 1st 2007, the State of Oregon, implemented a law requiring health insurers to treat mental illness in the same manner as they do any other illness. This applies to such things as having the number of mental health visits the same as medical visits. Each organization will have to abide by the new rule on the first day of the plan year following 1-1-07. For us, this means we will implement this feature when our plan renews 10-1-07. Until then our plan will operate as it is currently written.

We are a bit behind with the newsletter this month due to Nancy Peters being out of the office due to a family emergency. We expect her back in a week or so.

FAMILY & COMMUNITY RESOURCES



CAR SEAT SAFETY CLINIC

Community Action Opening Doors is partnering with the Child Safety Seat Resource Center, Safe Kids in Washington County and Tuality Healthcare for a Car Seat Safety Clinic held in conjunction with the 2007 Kids and Family Festival at Washington County Fairgrounds, Hillsboro on

Saturday, February 3, 2007; 10 am - 1 pm

This event is free to the public. Certified child passenger safety technicians will check the car seat(s) in your vehicle. They will educate you on how to secure your child in the car seat properly, install a car seat securely, and when it is required to switch your growing child to the next appropriate seat. No registration required for car seat check.

Opening Doors will also be selling Cosco Touriva convertible car seats to low income residents of Washington County for the below cost price of \$38.50. All that is required is that residents be income eligible based on WIC income guidelines. These clients will need to contact Opening Doors at 503-517-3198 to schedule an appointment for that day.

For time and locations of other clinics, call the Child Safety Seat Resource Center at 503-643-5620 or access their website at www.childsafetyseat.org.

Refrigerators

Buying a new refrigerator? Get an Energy Star Model. Replacing a refrigerator bought in 1990 with a new Energy Star model would save enough energy to light the average household for over four and a half months.

Got a second, older refrigerator? Unplug it! Remember: It can cost about \$130. a year to keep it plugged in. And always remove the door when you unplug the refrigerator so that children cannot accidentally be caught inside.

Cover and wrap food. Uncovered food and liquids release moisture and drive up electricity costs.

Check refrigerator temperatures. You're losing money if they're lower than 37-40°F for fresh food and 0-5°F in your freezer.

Check the door seals. Close the door on a piece of paper that is half in and half out of the refrigerator. If you can remove the paper easily without opening the door, you may need to adjust the door latch or replace the seals.