



Community "IN" ACTION

Newsletter October 20th, 2008

Deadline is the second Friday of the month; Contacts for articles are: Child Dev. - Farzana Siddiqui, F&CR & Layout - Barb Dame, Morale & Wellness - Phyllis Johnpoll, Development - Lisa Brown, All others - Nancy Peters. Editor: Renée Bruce

DIRECTOR'S CORNER



Jerralynn Ness
Executive Director

Oregon Housing and Community Services held a statewide, three day conference called "Creating Opportunities to Thrive". I was so pleased that several of our staff were able to attend and participate in a variety of workshops. Some of our staff, as well as Ron Sarazin from our Board, signed up for the one day session on the History of Community Action and the War on Poverty. This was presented by David Bradley who is the Executive Director of the National Community Action Foundation. He is our federal lobbyist and came out from Washington DC to join us. David is a voracious reader of history and loves the institute of Congress. He has in-depth knowledge of the roots of Community Action and has put together a 3 day session on the subject. This is good foundational information for staff and board members of Community Action, and the shorter one-day session was no exception. We hope to connect more of our staff with this workshop in the future.

All of the conference speakers were outstanding. We heard from former Governor Barbara Roberts and State Legislator Margaret Carter who gave lively and challenging speeches to kick off the conference. Nancy Amidei, a long time advocate for low-income people, discussed the importance of community engagement in political processes with her great humor. Donna Beegle, who presented at our All Staff last year, gave a moving presentation and then facilitated a full day workshop on "Making a Difference for People in Poverty." She described the four keys for organizations to make a real difference: 1. Have a deep understanding of poverty and the people who live in it, 2. Use a strengths based approach with the people you serve, 3. Adopt a "NASA" attitude

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which says that failure is not an option and 4. Develop strong partnerships with the client and other service providers.

Rey Ramsey, CEO of One Economy and former Director of Oregon Housing and Community Services spoke passionately about our work and how we are needed now more than ever. He talked about how we have one life, one canvas to create our life story and encouraged us to be our best, to take risks, to make a difference in the things that we believe in. This message was emphasized by another speaker, Kim Ratz. He described employees who are "get-byers" as meeting the minimums, putting off tasks, responding "that's not in my job description". He described employees who are "thrivers" as always wanting to give it their best, try harder and ask "how can I improve"? "Get by-ers" don't initiate or follow through and lack attention to detail. "Thrivers" look for the best, not the easiest, ideas; they are willing to take calculated risks and are not afraid of change; they learn from their errors. Kim said it is largely about choices we make that determine which group we fit into. Where do you fit in? What changes can you make to become a "thrivers"? It is my experience that Community Action attracts many employees who fit the description of "thriving" and that is one of the main reasons we are able to achieve solid organizational success. Kim also talked about the importance of being good with people, quoting Will Rogers: "I don't like that person very much - I ought to get to know them better". He encouraged us to take the initiative to be life long learners and quoted H. Ford "If you think you can or can't do it, you're right." He closed by challenging us to identify one thing that we will do to help us thrive even more and the three things that we will do in the next week to make this happen.

And the conference was packed with numerous other workshops, all geared to build skills, educate or inspire us. "Creating Opportunities to Thrive" was a timely and inspirational theme as we face the challenges of our economic downturn and its impact on us and the families we serve. Community Action remains strong but realistically, the

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needs of our community will continue to outpace our resources. We must always keep in mind that when our clients walk out the door, it isn't so much about what we're able to do for them, but how they felt about the way we treated them. That is where we are able to impart hope, an essential ingredient for change to happen and people to thrive.

Thank you for all that you do to support the mission of Community Action.

NEWS OF NOTE



Congratulations to:

Sonia Sanchez, a Teacher II/FS in the Tualatin PM class who just became a US Citizen and is excited for the opportunity to vote on November 4th!

Remember to Save the Date:

Friday
December 5th
is All Staff



UPCOMING EVENTS!

Election Day	11/4
Safety Committee Meeting	11/5
Veterans Day (Holiday)	11/11
Hillsboro Building Meeting	11/18
Head Start Policy Council	11/18
Board Meeting	11/20
IS Committee Meeting	none
Thanksgiving Holiday	11/27 & 11/28

November 2008 BIRTHDAYS



Dalia	Nunez	1
Martha	Guel de Luna	2
Darlene	Dacey	3
Laura	Young	3
Yangchin	Topgyal	4
Ruzica	Djurdjevic	5
Erika	Early	6
Margarita	Hernandez	6
Manuel Jose	Alcaraz-Navarro	10
Janet	Phillips	11
Pat	Rogers	11
Vanessa	Popa	18
Cleta	Woods	21
Gricelda	Hernandez	22
Shauna	Sauer	23
Kimberly	Foesch	24
Bonnie	Taussig	26
Joy	Staten	29
Brenda	Neri	29

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

Let's Stay Healthy this Winter: How to get a flu shot at Kaiser

When: October 20th through November 7th,
Monday through Friday
Hours: 8 a.m. to 6 p.m.

You also may get a flu shot from your health care provider after October 18th if you have a scheduled visit. After November 7th, vaccinations will be available in the Nurse Treatment Rooms throughout the flu season. Go to www.kp.org for more information.

The Green Team Tip of the Month:

Reduce - Reuse - Recycle

When you reuse items, there's less demand for new goods — which means less mining, logging, milling or manufacturing in the long run.

COMINGS & GOINGS

Welcome to:

Tera Alcaraz , Family Support Worker Opening Doors
Kim Gazaway, Family Support Worker Opening Doors
Stephanie Hobbs, Bus Monitor Pre-K
Nicole Rodeman, Teacher II F/S Pre-K

Goodbye to:

Ana Barrios, Program Assistant
Rebeca Aguila, Office Specialist II

NOVEMBER IS

Adoption Awareness Month
Child Safety and Protection Month
Native-American Heritage Month
Diabetes Month



November 1 is All Saints Day.
(It is also Dia De Los Muertos)

November 3 is All Souls Day

November 4 is Election Day

November 8 is Punster Day (Hoo New?)

November 10 is US Marine Corps Day

November 11 is Veterans Day

November 13 is World Kindness Day

November 20 is Universal Children's Day. It is also the Great American Smoke Out. Coincidence?

November 27 is Thanksgiving Day

November 28 is both Black Friday (the busiest shopping day of the year) and Buy Nothing Day (in protest over Black Friday)

November 30 is Scotland's St Andrew's Day



What do you do with that leftover turkey carcass after Thanksgiving? Here's an idea!

Turkey Carcass Soup

1 onion, chopped	1 carrot, chopped
1 stalk celery, chopped	2 tablespoons unsalted butter
1 tablespoon EVOO*	1/4 cup all-purpose flour
4 cups water	4 cups chicken stock
1/2 cup dry white wine	turkey carcass
2 sprigs parsley	1/2 tablespoon thyme
1 bay leaf	Peppercorns

Instructions:

Pull apart any leftover turkey meat with your hands, really working the bones to find the remaining secret sweet meat.

Chop onion, carrots and celery. Finely dice a carrot for garnishing the nearly finished soup later on. Then cook the onion, carrot and celery in olive oil over moderately high heat, stirring for 7 to 10 minutes or until vegetables are golden. Add dry white wine and bring to a simmer.

Add the turkey carcass, chicken stock, water, bay leaf and peppercorns. Make a bouquet garnish by tying fresh parsley and thyme in a little bundle so that you can remove it easily later on.

Bring everything to a boil, then lower to a simmer and cook for about an hour. Remove large pieces of carcass and strain the soup back into a skillet. Heat over a medium heat. Add the turkey and diced carrots and season with salt and pepper. Simmer the soup and skim any froth or fat as it rises to the surface.

*Extra Virgin Olive Oil



CHILD DEVELOPMENT

Open Houses

Over the next few weeks Head Start Classrooms across the three districts are holding Open Houses as a way of presenting our program to the schools. Teachers use the time to introduce themselves to the faculty and staff and set the stage for proactive interactions between Head Start and the public school personnel.

The Open Houses provide the teachers a venue to show off their warm and inviting classrooms. The rooms are full of the fun activities and art work created by the children. They also display our Creative Curriculum, lesson plans, the screenings we do, show the Head Start video, etc. The feedback has been a surprise from the school teachers at how comprehensive our Head Start program is. It is a good way to educate our school partners on the positive aspects of Head Start.

The children are involved in the process as well. Some of the classrooms have the children make invitations and distribute them to the teachers. They also may take part in baking treats to serve during the Open House.

Often times the Head Start classrooms will acquire a "Big Buddy Class" from the Open House. School teachers ask our Head Start teachers how their classes can become involved with our children. Other times the Head Start teachers will make a connection with the school librarian, music or gym teachers and that will lead to additional services we can offer our students.

We are proud of the work our Head Start teachers are doing each day. It is a pleasure and a privilege to provide the opportunity for others to see the quality program we offer.



USTOUS – SALES, SERVICES, NEEDS

For Sale:

Tempu-Pedic pillow bought on the recommendation of my massage therapist, but I got the wrong one. I tried it for a week (with a pillow case of course), but otherwise its been unused. It's the Symphony Pillow. I paid \$100 for it (they are Expensive!), and I'd like to get \$70 out of it, so I can go buy the right one. I can be reached by email bdasher@caowash.org.

There's a picture on the web: <http://www.tempurpedic.com/pillows/>.



CHECKS & BALANCES

Fiscal -

CONTACT INFORMATION: 503-357-6572

Accounts Payable:

Phyllis Johnpoll X 742 & Kurt Cabrera X 744

Payroll: Javier (Francisco) Pena X 740 & Kim Pastor X 741

Accounts Receivable: Ann Hering X 743

Program Assistant: (AP/AR Support) Katie Casey X 746
Congratulations to Katie Casey and her new baby girl Delilah Lyncee born on 10/15, weighing 6lb, 8oz, and 19 inches long!

Program Assistant's Corner
When sending internal mail to the Hillsboro main office, please use the full name and program of the recipient on the envelope. We have lots of new people and this will help the courier. *Thanks!!!*

WHAT'S DEVELOPING?

Community Action's Hillsboro Family Shelter is in desperate need of food donations. At a time when low-income families are needing more support than ever, Oregon Food Bank resources have been low and this has reduced the amount of available food for our shelter.



To help, during October, November and December, Community Action is asking board members as well as staff and others, to contribute food for the shelter. Please put food donations in one of the two barrels placed outside the first floor conference room doors at the main office in Hillsboro. There is also a food donation box just inside the south side employee entrance. Food collected in these bins will go directly to the shelter. For those located at other sites, please consider setting up collection containers at your site.

Shelter staff are requesting food in these general categories: sugar, coffee, dairy products, fresh fruits and vegetables, shelf-stable boxed meals (such as Hamburger Helper), canned fruits, canned vegetables, canned or dehydrated soups, frozen or bottled juice. Items requiring immediate refrigeration should be delivered directly to the shelter.

If you have any questions, please call Scott Schlegel: 503-693-3254 . Thank you!

HR – from Nicole

I've been with Community Action almost three months and as I write this article, I find myself caught between knowing so much more than I did 90 days ago and sensing how much more I have to learn about the work that each of you do every day in order to help this Agency fulfill its overriding mission.



I am in awe of the compassion and empathy that I see being offered to the clients and children that each of you serve. To that extent, this article is about my desire to offer compassion and empathy to you as I watch you help our clients work through their own personal struggles.

Every story is different and we all came together via different paths. There are, however, a couple of commonalities among us. For instance, we are all human and experience the trials and joys associated with living life. Gas and heat are and will be expensive for everyone in the coming months. We all get wet when it rains and shiver when it's cold. Feeling hungry or sad hurts. Playing with a new baby makes us laugh. Helping others makes us feel warmer inside.

I also have the pleasure of knowing that you are the most important asset of Community Action and when you have access to services that help you to maintain or enhance the quality of your life, then Community Action will benefit as well. I recently learned that Kaiser Permanente offers a wide variety of services to help participants navigate the traditional and untraditional tensions of life. Many classes are offered in the local area and topics range from stress and anxiety management to learning how to manage time pressures to dealing effectively with insomnia.

If you are you looking for a way to achieve a healthier balance in your life—but you're not sure where to begin, I encourage each of you to take advantage of your health benefits and pursue a brief chat with a health consultant at Kaiser Permanente. This service is free for Kaiser Permanente members and begins by dialing 503-286-6816.

If you or a loved one is in more extreme crisis, Kaiser also provides Crisis Line assistance for adults and teens. The crisis line is staffed by licensed professional counselors and is for all Kaiser benefited employees. It's open for patients 24 hours a day, 7 days a week. The crisis line number is: 503-331-6425

Additional resource numbers provided by Kaiser include the following:

- Mental Health Advice 503-249-3434
- Alcoholics Anonymous 503-223-8569 or 360-694-3870
- Portland Women's Crisis Line 503-235-5333
- Child Abuse Hotline 360-696-6678

Additional Community Social Services: 211 or 503-222-5555 from your cell phone, if the 211 number does not work.

I know that none of us "want" to need assistance. Sometimes we just do though. All services are completely confidential.

Kindest regards, Nicole

LOOKIN' FER WORK IN ALL THE RIGHT PLACES

Job Opportunities may be viewed at
Common/Agency Info/HR Resources/Job Postings,
or check out the web page:

www.communityaction4u.org/employment.php

*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.

FAMILY & COMMUNITY RESOURCES



Are there students in homeless situations in your school, neighborhood or community?

There is a federal law called McKinney-Vento Homeless Education Act whose purpose is to support students to stay stable in their schools, even though they may be moving often or are in tenuous living situations. Every school district in the nation must identify students who are dealing with housing instability and provide transportation, academic supports and connections for basic needs to ensure school success.

Parents and their children are not "homeless people." Rather than label them according to their lack of housing, it's important to remember that they are people first, and that they are experiencing mobility, instability and tenuous living situations, primarily due to the utter lack of enough housing that is safe and affordable.

Who is eligible for McKinney-Vento services?

- ⇒ Students staying in: family shelters, cars/RVs, motels, unheated garages, sheds, or on the street.
- ⇒ Those who are doubled up/staying with family or friends because they can't find or afford housing or are experiencing economic hardships.
- ⇒ Those in transitional housing programs, temporary foster care, teen shelters, and students who are runaways or unaccompanied youth living on their own without a legal guardian, and students in migratory situations.

Children who are eligible for Head Start and in the above living situations are also covered under the McKinney-Vento Act.

Since 1997, Community Action has had a partnership with the Hillsboro School District to provide advocacy for students contending with homelessness and highly mobile situations. Our agency is the only Community Action in Oregon with this collaboration. Since 2000, our McKinney-Vento Advocate has presented to over 2,500 HSD staff regarding rights of students under the law and how we as a community can provide them support on material and policy levels.

Last academic year, we identified 310 students in the Hillsboro School District who sometime during the year dealt with the effects of housing insecurity. Since September, school districts all over the nation are reporting more families in desperate situations who are reaching out for support.

If you know of a family with school aged children who are "sofa surfing", temporarily staying with families or friends because of a lack of alternatives and resources, please let them know that there is help available for school stability, including school supplies, transportation and tutoring. The following is a list of McKinney-Vento Advocates located in various Washington County School Districts:

- Banks SD: Shelley Mitchell-503-324-5151
- Beaverton SD: Mary Metheney and Lisa Mentasana-503-591-4186
- Forest Grove SD: Alice Beggs-503-359-8137, ext. 235
- Gaston SD: Jennifer Oberg-503-985-7516, ext. 245
- Hillsboro SD: Kristin Ludwig-503-640-3263
- Sherwood SD: Karen Dalbey-503-825-5033
- Tigard/Tualatin SD: Johanna Cena-503-431-4108

Thank you so much, Community Action staff, for all you do to provide support for families.

Submitted by Kristin Ludwig, MSW
McKinney-Vento Advocate,
Community Action Family Shelter
210 SE 12th, Hillsboro