



Community IN ACTION

Newsletter October 16, 2006

DEADLINE IS THE SECOND FRIDAY OF THE MONTH; CONTACTS FOR ARTICLES ARE: CHILD DEV. - FARZANA SIDDIQUI, F& CR SERENA VILLAFANA, MORALE & WELLNESS - PHYLLIS JOHNPOLL. DEVELOPMENT - SCOTT SCHLEGEL, ALL OTHERS - NANCY PETERS. EDITOR: WINNIE ALTHIZER

DIRECTOR'S CORNER



Renée Bruce
Acting Executive Director

On October 9 – 11th, the Community Action Directors of Oregon (CADO) held it's co-regional conference, "Bridges Out of Poverty". The conference took place at the Red Lion Inn at Jantzen Beach, which enabled our agency to send quite a few staff to the conference. Katherine Galian, Grants Manger (formerly the Homeless Children's Program Coordinator at the Shelter) was on the Conference Planning Committee and developed the Homeless Education – Children, Youth & Families track. The workshops in that track were excellent – Thank You Katherine! Sharon Bolmeier, Head Start Project Manager was one of the presenters in the workshop - Programs to Strengthen Families with Incarcerated Parents. Sharon discussed the Early Head Start program model that we operate at the Coffee Creek Correctional Facility.

The "Poverty Conference" which is held every other year gives us the opportunity to connect and network with folks from Community Action programs and other programs and agencies that do the same type of work that we do. I thought you might like to hear some comments from Community Action staff that attended the conference.

Pat Rogers – Housing & Homeless Services Manager: The progressive concepts around the meth epidemic

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NEWS OF NOTE



It's OCTOBER which means it is the beginning of the season for Energy assistance. As you may or may not know during this peak period the Energy line handles between 400 and 600 calls a day. The front desk also fields about the same amount per day. Often there are 20+ people in the lobby. It get's really busy and we ask you to be patient and considerate of staff who are trying to best serve our clients.

COMINGS & GOINGS

WELCOME:

Veronica Miglavs, Lorena Carrillo, Victoria Eaton, Maria Rodriguez, Michele Allen, Carrie Claeys

Goodbye to the following:

Heather Roberts, Rasaura Martinez, Kimberly Brown, Jenny Choban, Karla Juarez



UPCOMING EVENTS!

Board Meeting	10-19
Building Meeting	10-21
Head Start	
Policy Council	10-21
Soup & Salad	
Potluck	11-01
Veterans Day	11-10
Safety Meeting	11-06
All Staff	12-01

Continued Director's Corner

and what we need to do as we move into the future was valuable.

Sonia Hurtado – Community Resource Advocate: I was inspired by the creativity that Ona Porter from Community Action New Mexico has used to motivate employers and community members to join the fight against poverty. Goes to show that with a little bit of creativity one person can still make a difference in their community.

Donald Shaw – Weatherization Auditor: My two favorite sessions were the Energy Education – How to Conserve your Utilities and the Playing Nice in the Sandbox – Dealing with Difficult People. Networking with other agencies is invaluable!

Larry Hauth – Housing Program Specialist: What I found interesting were the comments from David Bradley, National Community Action Foundation, Executive Director (Community Action's Lobbyist). He basically said EVERYTHING is about politics. I used to think that was necessarily a bad thing, but it just means building relationships which is what we do.

I hope these comments peaked your interest about the Poverty Conference and I hope two years from now when the Poverty Conference is held again that more of you will attend or present at the conference.

This is my last "Director's Corner". Jerralynn will be back to write the next column. I enjoyed the opportunity to share information with you during the last 3 months and, once again, "Thank You" so much for all the good work you do – *Helping People & Changing Lives!*

Nov. 2006
BIRTHDAYS



Martha Guel de Luna	11/2
Darlene Dacey	11/3
Yangchin Topgyal	11/4
Ruzica Djurdjevic	11/5
Gilda Godinez	11/6
Margarita Hernandez	11/6
Manuel Alcaraz-Navarro	11/10
Pat Rogers	11/11
Olga Martinez-Chavez	11/15
Amberlie Wiley	11/17
Rosa Castro-Mata	11/19
Sonia Espinoza	11/19
Kimberly Foesch	11/24
Erin Saint Romain	11/25
Lettie Hilles	11/27
Brenda Neri	11/29

Nov. 2006
ANNIVERSAR



Carla Chilton	1 year
Erin Saint Romain	2 years
Jeri Alcock	4 years
Rosalva Garza	5 years
America Morales	5 years
Bob Watson	5 years
Todd Bently	6 years
Farzana Siddiqui	9 years
Alisha Stoecklein	10 years
Kristin Ludwig	13 years
Joan Ellen Jones	21 years
Linda Watt	23 years

MORALE & WELLNESS

Everyone in the U.S. knows that Thanksgiving is in November but did you know these are also November dates of note?

November 3 is Sandwich Day, in honor of the birthday of John Montague, Fourth Earl of Sandwich, creator of the sandwich.

November 5 is Guy Fawkes Day in England, the anniversary of the Gunpowder Plot, a conspiracy to blow up the English Parliament and King James I in 1605. It is celebrated with bonfires, fireworks, and burning the mastermind of the plot in effigy.

November 11 is Veterans' Day.


November 17 is World Peace Day
[\(http://www.peaceday.org/\)](http://www.peaceday.org/)

November 20 is Universal Children's Rights Day.
[\(http://www.un.org/depts/dhl/children_day/\)](http://www.un.org/depts/dhl/children_day/)

And the entire month is **Child Safety and Protection Month**.

A Hint for Healthy Grocery Shopping

A very clever nutritionist once pointed out to me that the healthiest foods are usually against the walls at the supermarket. So if you want to avoid temptation, start along the walls, filling your cart with healthy fruits, vegetables, low fat meats, etc. In theory, by then you'll have enough in your cart that you won't feel obliged to fill it with high fat and sugar items. (Mind you, this is just in theory.

) And remember to eat before you shop.



Recipe of the Month

In recognition of Sandwich Day, here is an interesting recipe for a sandwich that Earl John never thought of.

Chicken-Apple Sandwich

Makes 4

- 1/4-cup low-fat mayonnaise
- 8 slices whole-wheat bread (or bread to your taste)
- 2 cups cooked chicken breast, sliced
- 2 apples, peeled and sliced
- 8 lettuce leaves

Toast the bread if you want to. Spread mayonnaise on all eight slices. Layer four slices of bread with equal amounts of each remaining ingredient, top with second slice of bread, and serve. For an after-Thanksgiving sandwich, substitute leftover sliced turkey.

WHAT'S DEVELOPING?

Community Action Head Start alumni will be honored guests at the upcoming People You Should Know breakfast, November 16, 7:30 to 8:30 a.m., at Kingstad Center, 15450 SW Millikan Way, Beaverton. RSVP is required. The program will feature a short video about our exceptional program. If you know a Community Action Head Start alumni who might like to attend, please ask them to visit our website, where they can RSVP by e-mail to Mary Jones: mjones@caowash.org.

Community Action totes are still available (and would make great holiday gifts) for \$8 each. The totes are black with forest green trim, zipper top, water bottle pocket, key ring, outside pocket, and more, with our logo plainly visible on one side. To purchase, pay fiscal then bring a receipt to Scott (x254) to pick up your tote.

Help support the Community Action Energy Fair across from the Beaverton Farmers Market, on Sat., 10/21, 9 a.m. to 1 p.m.



CHILD DEVELOPMENT

August and September have been very busy times in Head Start with enrollment, hiring of new staff, pre-service trainings, enrollment visits, and orientation. At this time children and staff are beginning to know each other and screenings for vision, hearing, speech/language, and social emotional development are going on in the classrooms. Parents are also becoming familiar with their child's classroom by attending orientation, parent center meetings, and exploring opportunities to volunteer in the classrooms. Thanks to all the hard work of staff to make these wonderful things happen in our classrooms!

For Sale

Rose velour Queen Anne style chair and matching ottoman, \$250. Both are in good, sturdy condition, no tears, very comfortable. I no longer have room for it. Photo are available. Natalie 503 693 3250 (x 250)

CHECKS & BALANCES

Fiscal – Hi Everyone, I hope that you are reading this article!

If you are receiving a Faxed copy of an invoice for services, please remember that you need to initial off receipt of the goods on the Faxed Invoice, or it will be returned to you.

If you have a Purchase Order that is dated before October 1, 2006 (So it would be the ones for August or September), You need to either send it back with a note saying that you did not use it and to please VOID it, or Send me an email with the PO# and Vendor Name, asking us to "Extend" the time on it. Please state when you plan to use it, if asking for an extension.

Thanks for your help in getting these old PO's cleared up ASAP! Ann ahering@caowash.org

LOOKIN' FER WORK IN 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.

FAMILY & COMMUNITY RESOURCES



Weatherization

Want to save money? Come to the Weatherization Energy Fair and learn ways to save. Saturday, October 21, 2006. The Fair will start at 9:00 am and end at 1:00pm. It will be at the Beaverton Community Center. 12350 SW 5th St. Recycleman will be there! Free door prizes! Games! Clowns! Music! Snacks and drinks provided!

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HR - Ask Winnie Benefits, Diversity...



Wow, its October all ready – soon it will be Christmas!! This of course means that Jan. 1st will also be on us very soon and that is normally the time folks think about their retirement savings plan.

A frequent concern of employees is when they look at their check stub to check the amount the agency is contributing to their account it doesn't appear to be the same dollars as in the Handbook.

To accurately determine if what is being put in your account by the agency is correct, you must take the number on the paycheck (for that pay period), and then multiply it by 26 (the number of pay periods) to get to an annual amount, and then divide that number by 12 (months). You should see the same monthly amount that is in the Handbook for your years of service. If not, then call me so I can find the problem. The fact that we have 26 pay periods can be confusing on this sort of information.

If you are not in the plan and wish to enter the plan for employee contributions, please contact Nancy Peters (or anyone in HR) and ask them to send you a packet. It is never too early to put money aside for your retirement – the trick to having as much money as you want is letting the money remain in the account year after year. It is the amount of time the money is in the account that makes money for you.

SAFETY

Have you heard of "ICE"?

Short for "In Case of Emergency", programming ICE numbers into your cell phone's address book could help in emergency service workers contact your loved one in an emergency.

In with the rest of your address book numbers, you can include at least one "ICE" number. Examples: ICE Wife, ICE Dad, and ICE Friend. Then, should something happen to you paramedics, hospital emergency room personnel, police, and other emergency service workers could look in your cell phone's address book for the programmed "ICE" numbers. This saves them from sifting through all the numbers and still not being sure whom to call.

<http://www.estanglianambulance.com/content/ice/default.asp>

Energy Assistance

PGE's New Start arrearage (high balances) forgiveness pilot program has created quite a buzz in energy assistance. We have referred close to 50 of our clients with high arrearages to this program.

We are getting ready to send out our senior and disabled mail out applications for the 06-07 heating season. This year we have approximately 1200 households that will receive these applications.

In addition to our mail out program our community partners will begin the energy assistance outreach to their clients in late November.

Thanks to all our hard-working intake workers who are collectively juggling 300 plus phone calls we receive daily and working individually with approximately 12 clients daily, who are many times in very crisis oriented situations. We are looking forward to another year of success, keeping our Washington County, low-income residents warm, safe, and healthy with energy assistance.

Staff Change in Family & Community Resources

Jenny Choban recently resigned as the Family & Community Resources Grants Manager to pursue some exciting personal goals. Katherine Galian formerly the Homeless Children's Program Coordinator has been promoted to fill the opening in the Grants Manager position. Jenny & Katherine were able to work together before Jenny left making this transition as smooth as possible. Katherine worked out of the Shelter for the past 4 years. She is married to Louie and has 2 beautiful daughters, Julianna – 6 yrs and Megan 15 mos. So when she's not here at work you know she is very busy at home with her family. If you don't already know Katherine make sure you stop by and introduce yourself!

PROGRAM ASSISTANT'S CORNER



Soup, Salad & Bread & Butter Potluck

Mark your calendars for November 1st. Bring your homemade items i.e., soup, salad or bread & butter and come join us in the Conference Rooms from noon to 1 PM.