



Community "IN" ACTION

Newsletter July 21st, 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

Sustainability is more than just a buzz word or a passing trend; it is key to a healthy future in the largest sense. The dictionary defines sustainable as "Capable of being continued with minimal long-term effect on the environment. To keep in existence; maintain". Community Action's leadership has been committed to building a sustainable organization. But what do we really mean by "sustainable"? Being sustainable implies a lasting effort because of a balanced concern for people, environment and economics. Wikipedia describes sustainability as follows:

Sustainability is a characteristic of a process or state that can be maintained at a certain level indefinitely. The term, in its environmental usage, refers to the potential longevity of vital human ecological support systems, such as the planet's climatic system, systems of agriculture, industry, forestry, fisheries, and the systems on which they depend. In recent years, public discourse has led to a use of "sustainability" in reference to how young human ecological systems can be expected to be usefully productive. The implied preference would be for systems to be productive indefinitely, or be

Directors' Corner continued

"sustainable". For example, "sustainable agriculture" would develop agricultural systems to last indefinitely; "sustainable development" can be a development of economic systems that last indefinitely, etc. The Brundtland Commission defined sustainable development as development that "meets the needs of the present without compromising the ability of future generations to meet their own needs".

At Community Action, our Directors are interested in creating a Sustainability, or "Green" Team of staff volunteers who are interested in this issue. The Team would look at ways that Community Action could engage in more sustainable practices to reduce waste and pollution, promote a healthy environment, enhance the workplace for staff and clients and save money for our programs. This team would help Community Action develop sustainability as a core value. If you are interested in serving on this committee, please check with your supervisor for approval and then let Renée Bruce know. Renée will take the lead in bringing the group together for their first meeting to give support and direction.
Thanks!

COMINGS & GOINGS

WELCOME:

Kim Pastor, Bookkeeper in Fiscal
Art Ross, Temp. Maintenance & Facilities
Melissa McDonald, Teacher III - Coffee Creek
Nicole Cossette, Director of Human Resources

NEWS OF NOTE



Have you visited the Community Action website recently?

Thanks to the HR Department (Tina), Information & Referral (Jimi) and Resource Development (Scott), there is now an "Employment" page on our website!!

In addition to the new employment page, the website offers information and news about other programs and events within the agency. It's a great resource for all employees.

Go to: www.communityaction4u.org

Read more about the website in the "What's Developing" section on page 3.



UPCOMING EVENTS

Safety Committee Meeting	8/4
Hillsboro Building Meeting	8/19
Head Start Policy Council	NA
Board Meeting	NA
IS Committee Meeting	8/12

August 2008 BIRTHDAYS



Kristin Ludwig	1
Benivaldo DaSilva	3
Cindy Johncola	4
Karen Murray	5
Patricia Taylor	5
Faria Scamorne-Garcia	6
Debjani Ghosh	6
Laura Bish	7
Mindy Kobata	7
Joan Staton	7
Dora Dominguez	14
Lindsey Dober	16
Wendy Polanco	16
Kathryn Gressett	17
Sandra Lazo-Lopez	20
Melissa Hills	22
Genie Guisinger	25
Joyce Suchoski	29
Romona Conklin	31

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

August 2008 ANNIVERSARIES



Congratulations to
all of you that will have a
Community Action
anniversary this month!

IMPORTANT FISCAL CORRECTION:

Last month it was reported that the
mileage reimbursement had increased
to .505 cents.

**Effective 7/1/08, the correct mileage
reimbursable amount is now .585 cents.**

Be sure you have this correct on your
goldenrod sheets.

AUGUST IS

Immunization Awareness Month

Golf Month

Catfish Month

Water Quality Month

And while it's not known as Ice Cream

Month, it should be. There are many kinds of ice cream
celebrated during August: Aug 2-ice cream sandwiches and ice
cream sodas, Aug 14-creamsicles, Aug 19-soft serve ice
cream, and Aug 21-spumoni...YUM!



Events in August

August 1 is **Sisters Day**

August 4 is **Coast Guard Day**

August 5 is **National Night Out** - "America's Night Out
Against Crime" (check out www.nationaltownwatch.org)

August 13 is **Left-Handers Day**

August 19 is **Aviation Day**

August 26 is **Susan B. Anthony Day** (also known as
Women's Equality Day)

August 28 is **Dream Day** in honor of Martin Luther King Jr's
famous "I have a dream" speech

August 30 is **National Toasted Marshmallow Day** (Who
knew)?

Breakfast Yogurt with Fruit, Granola, and Crystallized Ginger

Serves 4



3 cups diced peeled tropical fruit
(such as pineapple, mango, and kiwi)

1/3 cup honey

1/3 cup finely chopped crystallized ginger plus
additional for garnish

2 1/2 cups plain nonfat or reduced-fat (2%) Greek-style
yogurt,* divided

2 cups purchased granola (with nuts and dried fruits, if
desired)

Mix fruit, honey, and 1/3 cup crystallized ginger in
medium bowl. Spoon 1/2 cup yogurt into each bowl.
Top each with 1/2 cup granola, then 3/4 cup fruit
mixture. Spoon remaining 1/2 cup yogurt in dollops
over fruit. Garnish with more chopped crystallized
ginger and serve.

*A thick yogurt; sold at some supermarkets and at specialty foods
stores and Greek markets.



CHILD DEVELOPMENT

The Part Day Pre-K program is on summer layoff for now. Here are some of the many benefits our vacationing teachers are experiencing:

- **Vacations Stave Off Burnout:** Workers who take regular time to relax are less likely to experience burn-out, making them more creative and productive than their overworked, under-rested counterparts.
- **Vacations Can Keep Us Healthy:** Taking regular time off to ‘recharge your batteries’, thereby keeping stress levels lower, can keep you healthier.
- **Vacations Can Strengthen Bonds:** Spending time enjoying life with loved ones can keep relationships strong, helping you enjoy the good times more and helping you through the stress of the hard times. In fact, a study by the Arizona Department of Health and Human Services found that women who took vacations were more satisfied with their marriages.
- **Vacations Can Help With Your Job Performance:** As the authors of the above study suggest, the psychological benefits that come with more frequent vacations lead to increased quality of life, and that can lead to increased quality of work on the job.

The bottom line is that taking a good amount of time away from the stresses of daily life can give us the break we need so that we can return to our lives refreshed and better equipped to handle whatever comes.



Sharon Bolmeier was awarded the Coffee Creek Correctional Facility Contractor of the Quarter, for 2nd Quarter 2008
Congratulations Sharon!



CHECKS & BALANCES

Fiscal –

Contact Information

Accounts Payable:

Phyllis Johnpoll 503-693-3256 x 256

Kurt Cabrera 503-693-3283 x 283

Payroll:

Javier Peña 503-693-3285 x 285

Kim Pastor 503-357-6054 x 205

Accounts Receivable:

Ann Hering 503-693-3243 x 243

Please remember to use the Wiki ticket system found at <http://helpdesk.caowash.org> and click on Wiki and Fiscal Helpdesk for help from any Fiscal Department.

WHAT'S DEVELOPING?



If you haven't viewed Community Action's website lately, we invite you for a visit! At our home page <http://www.communityaction4u.org>, you'll often find special links to new and timely information.

Currently, you can check out photos of the fabulous Leadership Hillsboro project at our family shelter and the latest version of our Community Connections newsletter. After much anticipation, an employment page has recently been added to the site. Click on the "employment" link in the left navigation bar to view job openings and other employment related information. Each Community Action program also has a page on the website. A quick connection is the "how we help" link in the navigation bar, which will take you to a page that contains listings and links for all programs. We've heard from both staff and the general public that one of the most useful tools on the site is the "FIND help" button, also located in the navigation bar. Here you can access a comprehensive database maintained by Information & Referral that provides links to valuable resources available in Washington County.

There is a wealth of information at your fingertips on Community Action's website. Take a tour and let us know what you think.

HR – from Nicole



Hi Everyone,

My first week at Community Action has been so nice and I really appreciate how welcoming everyone has been. Being able to serve Community Action is a great opportunity for me and is also tremendously aligned with the passions that I have nurtured within myself over the past several years. I care deeply about treating all people with respect, trust and fairness and I hope these themes will carry through in the programs that we build and sustain as part of our HR organization's mission.

While I think it's going to take me awhile to learn everyone's name, I hope you will stop by and say hello if you get the chance. I am willing to talk about dogs, knitting, gardening, travel and cooking at the drop of a hat!

Kindest regards,
Nicole

FAMILY & COMMUNITY RESOURCES



Breakfast Meeting for August:

The next I&R Network Breakfast Meeting will be held on **Thursday, August 7th**. Our topic this month will be "Senior Health Insurance & Benefits Assistance". Remember, these meetings can fill up the Hillsboro main office parking lot.

In everyone's life, at
some time, our inner
fire goes out.
It is then burst into
flame by an
encounter
with another human
being. We should
all be thankful for
those people who
rekindle the inner spirit.

- *Albert Schweitzer*

(Thanks to Kristen Ludwig for sharing)

Our Energy and Emergency Rent Assistance Office in Beaverton is moving to a new location on Monday, July 21, 2008. The new location is 5050 SW Griffith Dr., Suite 203, Beaverton, Oregon 97005. The Beaverton Energy and Emergency Rent phone number will remain the same: **(503) 615-0770 for rent;** **(503) 615-0772 for energy.**

Due to the move we will not be scheduling any appointments at that location until the following week, July 28. All appointments for energy or rent assistance will be scheduled only at the Hillsboro office during the week of July 21 - 25.

We are very happy with this new location in central Beaverton and looking forward to having more space and parking so we can better serve our clients.

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 new 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.

Free summer meals in Oregon



What? Free food and fun in the summer sun

Who? For kids and teens (18 and younger)

During the school year, thousands of Oregon children depend on free or reduced price meals each day. However, when school ends for the year, so does this important resource. The Summer Food Service Program is meant to help fill that nutritional gap.

For more information and list of the sites, go to:

<http://www.summerfoodoregon.org/>