



# Community IN ACTION

Newsletter May 18, 2005

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## DIRECTOR'S CORNER



Jerralynn Ness  
Executive Director

WELLNESS: "The condition of good physical and mental health, especially when maintained by diet, exercise and habits". How empowering! From the feedback that I have heard from many of you, our 2006 Wellness Day was a rousing success, and I couldn't agree more! A great big THANK YOU to our Wellness Committee and to the Chair **Nancy Peters** who provided invaluable leadership. Our committee, which included **Barb Dame, Dawn Galli, Margaret Springer, Phyllis Johnpoll, Donald Shaw, Elaine Burrell and Joy C. White,** went the extra mile to assure that everyone had a wonderful day. The committee is always interested in bringing on new staff, so please let Nancy know if you would like to serve on the 2007 Wellness Day committee.

Since we weren't able to hold a Fall All Staff Day, we had a lot of staff anniversaries to celebrate. Please accept my apologies to any staff that we missed. We are arranging for your anniversary gifts to be

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delivered this month and you will be first on our list to acknowledge next time around. We are also making some changes in how we identify and pull staff anniversary dates to prevent this from happening in the future.

I also want to express my appreciation to a few other staff that made significant contributions to our "wellness". Hats off to our trusty Head Start kitchen crew, **Vicki Ware, Terry Andersen and Cindy Johncola,** for giving up some of their own wellness time to make sure that we were all fed. And a very special thanks to our three brave staff, **Bob Watson, Elaine Burrell and Ann Hering,** for sharing with us their personal stories of wellness and transformation.....you are truly inspirational role models!

## NEWS OF NOTE

If you are concerned about the possibility of an Influenza Pandemic you can become more informed by visiting the following web sites:

[www.pandemicflu.gov/news/birdfluinamerica.html#QA](http://www.pandemicflu.gov/news/birdfluinamerica.html#QA)  
[www.whitehouse.gov/homeland/ns\\_pi\\_implementation.pdf](http://www.whitehouse.gov/homeland/ns_pi_implementation.pdf)  
[www.cdc.gov](http://www.cdc.gov)

At this moment there is no Pandemic, the "bird flu" impacts wild & domestic birds and is not being passed from human to human. Doctors recommend that we all wash our hands frequently to reduce passing on germs of any kind.



## UPCOMING EVENTS!

Safety Meeting	6-5
Board Meeting	6-15
Building Meeting	6-20
Head Start	
Policy Council	6-20

June 2006

# BIRTHDAYS



Josefina Moran	
Blanco Silva	
Margaret Rodriguez-Springer	2
Bob Watson	4
Gordon Eaton	5
Kathy Zane	5
Sandra Kitchen	6
Rasaura Martinez	13
Benita Navarro	14
Manuela Pacheco	17
Judy Schilling	19
Debra Griffin	20
Ana Diaz	21
Maria Garcia	21
Elizabeth Mendoza	22
Cathy Meyer	22
Phyllis Johnpoll	23
Maritza Urbina	24
Sonia Diaz	30

June 2006



# ANNIVERSARIES

Lindy Earson	1 year
Katherine Galian	4 years
Larry Hauth	5 years
Bruce Horne	13 years
Bobbie Ludwick	6 years
Ethan Bradford	2 years
Marilyn Harrison	23 years

## TOPICS – MEMORIAL DAY

Memorial Day was originally known as Decorations Day – to honor the nation’s Civil War dead and their sacrifice by decorating their graves. It was first widely observed on May 30, 1868. After World War I the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war. Since Congress passed the National Holiday Act of 1971 to ensure a three-day weekend for Federal holidays, it has been celebrated on the last Monday in May.

## Wellness Day –

Was a huge success this year!

Our thanks to all of you who submitted favorite recipes for the Community Action Cookbook, 1<sup>st</sup> edition. *Where have you been when we look for recipes for our newsletter each month?*

The chili recipe published this month is reported to have been a “favorite”



## RECIPE

### Bob’s Almost Famous Chili

- Submitted by Bob Watson

Ok. Here’s one I have used for years. First find your keys and put the dog out. Then get in the car and drive to the store. I suggest you make a list. I would get there and could not remember why I went. Buy one can chili (any brand or type you prefer). Drive home. Let the dog in.

Find the can opener and try to remember how it works. I always had trouble with this part. Open the can and pour into a pan. Clean up mess.

Turn on the stove. I forgot this part once and it did not come out nears as good. Warm up the chili until its nice and hot. If the dog melts it's too hot. I did that once.



Pour into bowl.

Now clean up the spills.

Turn on TV put your feet up and enjoy.

I have used and enjoyed this for dinner for many years.

MORALE & WELLNESS

## WHAT'S DEVELOPING?

Through the work of Resource Development, the Spirit Mountain Community Fund has made a grant for \$10,000 to Community Action's Opening Doors program. The Wells Fargo Foundation also responded to a request for \$2500 to provide prenatal outreach to low-income women, helping to ensure that their babies are born healthy.

Community Action holds an annual picnic to thank our closest friends and donors for supporting our mission. This year's picnic will be held at the home of Bob and Vi Metzler, long-time supporters of Community Action, on Sunday, June 25th, from 3:30 to 7 p.m.

\* \* \*



## CHECKS & BALANCES

**FISCAL – Outstanding Purchase Orders** - Please let us know right away if you have any Purchase Orders that are dated before 5/1/06 that you are still planning on using. If you are not going to use them, please send them back to the Fiscal Office with a note on them "VOID" did not use.

Also, please turn in your invoices/receipts/packing slips for any purchases made, within 5 days after purchase. This really makes a big difference in our being able to pay vendors in a timely manner. If you have any questions, please don't hesitate to call Ann Hering @ (503) 693-3243.

THANK YOU!



## FAMILY & COMMUNITY RESOURCES



I&R update:

Breakfast Meeting for June -

The next **I&R Networking Breakfast Meeting** will be held on Thursday, June 1st. Our topic will be "Community Counseling Services of Washington County?" Updating us on their programs and sharing information on available services will Louise Bauschard and Gayle Sheller from the Washington County Sheriff's Department. Thank you again for your patience and understanding regarding the lack of parking on these dates.

Gas Facts:

5 % of a car's fuel can be wasted by under inflated tires.

2 billion gallons of gasoline could be saved annually if 65 million car owners kept their tires properly inflated.



## HR - Ask Winnie Benefits, Diversity...



SICK TIME, is an important benefit provided to staff to provide support if you are unable to work due to an illness. It helps pay the bills during these times.

As you know, Community Action has a pretty good plan since we cover staff who work 20 or more hours per week in our sick time plan, whereas, other organizations do not. I was at a staff meeting a few weeks ago and the question of using sick time came up. Some people want to save the time for an emergency and others feel they need to use it up.

It occurred to me during the discussion that our plan is similar to a short-term disability plan if it is used effectively. I'm frequently asked if we have a short-term disability plan. We do not, but if we did, we would have to pay a monthly premium, there is a waiting period of 15 to 30 days before it is effective at any given incident, and you receive only 60% of your salary. On the other hand, our sick time policy is banked as you accrue it and paid out when you need it. There is no premium to be paid, no waiting time after the incident, and you are paid 100% of your salary (up to the total amt. of hours you have accrued).

None of us know when we may need to use our sick time, nor do we know how much sick time we may need at anyone time. If you have a situation where you need to be off on FMLA or OFLA for several month and have the hours in the bank you would enjoy the benefits of receiving 100% of pay for the total amount of leave needed. Something to consider.

## SAFETY

**Great News!** We have received word from SAIF Corporation that our number of reportable work related injuries is down significantly from the past 3 years. This proves we can perform our work safely. Not only are there fewer staff suffering an injury, but also in 2 years we'll see an impact on the cost of our Workers' Comp. insurance. We have a very active Safety Committee and their work, in addition to the individual efforts of all employees, has contributed greatly to this improved safety record. Let's keep up the excellent work and have even fewer injuries next year.

## CHILD DEVELOPMENT



OHSA Staff report: Carolyn Westlake, Mary Davila, Katelyn Gressett, and parents from policy council, Maria Lopez and Rachael Agnesse traveled to Medford Oregon to attend the Oregon Head Start Association Meeting. The meeting began with Senator Alan Bates advise to staff and parents to educate our senators and legislators regarding the importance of all children having a pre-k opportunity before entering kindergarten in the public schools; children who have no opportunity to develop socially before going off to kindergarten could or may have behavioral issues or other learning disabilities. He is a very big supporter of head start screenings and their outcomes.

## COMINGS & GOINGS

### WELCOME

Ana Hernandez-Franco

### GOODBYE TO THE FOLLOWING:

Keith Hunt

Tylenisha Quintanilla DeJimenez

Iris Smith

Olivia Estrada

Rosa Blanco-Jiminez

Linda Bourdeau

Nick Nissen

