



# Community IN ACTION

Newsletter July 18, 2005

DEADLINE IS THE FRIDAY BEFORE PAY DAY; CONTACTS FOR ARTICLES ARE: CHILD DEV. - FARZANA SIDDIQI, F&CP. - BETH DASHER, MORALE & WELLNESS - NATALIE HORNE. ALL OTHERS - WINNIE ALTHIZER. EDITOR: WINNIE ALTHIZER.

## DIRECTOR'S CORNER



Jerralynn Ness  
Executive Director

Boy, summer is finally here! As I am writing this it is over 90 degrees outside and feels like over 100 degrees inside... ..what a day for the air conditioner to go on the blink.

Tomorrow I leave for Boston to attend what is being called a "groundbreaking and historic event for Community Action." Our four national partners, the Community Action Partnership, the National Community Action Foundation, CAP-LAW and the National Association for State Community Services Programs, have joined together to sponsor the "Community Action Unity Summit". The purpose in joining together is to establish some national goals for the Community Action network in terms of training, credibility and accountability and to plan for a National Symposium on Poverty in 2006. This Summit couldn't be more timely. John, Keith and Celicia, from our fiscal department, have just come back from a national training for Head Start and CSBG grantees. They have reported out that many changes are on the horizon for Community Action in terms of greater accountability, transparency and compliance. While I am proud of the organization we have become, we will always pay attention to the changes that we can make that will strengthen us and protect our programs and services for low-income people. Stay tuned!

## NEWS OF NOTE



### CONGRATULATIONS!

CA staff had a strong showing at the **Relay for Life**. Raising \$1,454. The total amount raised was about \$50,000 (the goal was for \$35,000). Jenny Choban had the largest contribution of raising \$363. for CAO. Carolyn Westlake walking a total of 4-1/2 hours in the wee hours of the morning from 1-5 am, gave extra effort. Great job Carolyn and Jenny. Thanks to everyone that participated and gave.

## COMINGS & GOINGS

Welcome!!

Karla McDonald, our new Teacher III Substitute.

Sadly, we said goodbye to Steven Lewis & Lu Lamping. Lu is retiring from Community Action after 27 yrs. (& a couple of months) with Community Action. She is going to enjoy the "good life". Lu mentioned volunteering for a children's group, refinishing furniture, horse riding and selling antiques. Some retirement! And Lu, thanks for the memories - we will keep our memory of you in a warm and safe place.

## DID YOU KNOW

For your clients that need help in Washington County 211 info Dial **503-222-5555**

- Food Referrals
- Health Services
- Public Agencies
- Legal Services
- Employment Resources
- Counseling Referrals
- Housing Assistance
- And much much more!

211info:

- Is answered by trained Information & Referral Specialists - no confusing menus or voicemail systems.
- Speaks your language; translation services available for over 150 languages.



## UPCOMING EVENTS!

Building Meeting	8-16-05
Head Start	
Policy Council	9-20-05
Safety Meeting	8-01-05
At a glance tour	

August 2005  
BIRTHDAYS



Kristin Ludwig	01
Cynthia Johncola	04
Dawn Stringer	04
Erin Pearce	05
Patricia Taylor	05
Clara Villanueva	12
Kathryn Gressett	17
Marilyn Harrison	18
Larine Wallace	19
Ethan Bradford	22
Alejandra Lopez	22
Beverly Bean	24
Rafael Alcaraz	28
Melissa Secrist	31

August 2005  
ANNIVERSARIES



Erika Early	01	5 years
Kathryn Gressett	12	3 years
Bridget Daniel	13	2 years
Margarett Blaylock	15	15 years
Leticia Flores	15	4 years
Patricia Gamboa	19	3 years
Donald Shaw	19	3 years
Chris Kuran	21	3 years
Cilicia Burrell	23	6 years
Jimi Smith	25	8 years
Maria Villalobos	26	3 years
Ann Hering	28	3 years
Margaret McNee	29	11 years
Dolores Rodriquez	31	5 years

Topics – **How To Get That Second Wind**

*Feeling run down? You'll turn things around in five minutes if you...*

... **BREATH DEEPLY.** Every 1-2 hours, spend 5 minutes inhaling and exhaling deeply, hands on ribs. You'll promote calmness and mental focus as well as renewed energy.

... **GO ON AN "IMAGI-CATION".** Close your eyes and take a mental vacation by imagining a peaceful scene... on an island... in a meadow... by the ocean. Imagine yourself relaxing there.

... **CALL A CONFIDANTE.** Use your personal support system - family, friends, or co-workers - to quickly unload and unwind.

... **SNAP OUT OF IT.** Splash cold water on your face, snap a rubber band worn on the wrist or pop a breath mint - mint flavors are stimulating.

... **TAKE A "GOOD NEWS" INVENTORY.** At the end of the day, jot down all the good things that happened. You'll be surprised at how much went right. Plus, you'll set yourself up for a good night's sleep... and energize yourself for tomorrow.

*From Top Health, February 2005*



**Tips**

**SMILE... its much easier.**

**Fact: It takes 43 face muscles to frown, but only about 15 to smile.**

**If you meet a man who has no smile, give him one of yours.**

**4<sup>th</sup> of July Parade**





## WHAT'S DEVELOPING?



Internet that makes a difference™

Here's a way to get a discount on internet service and help Community Action at the same time. Envada, a local Internet Service Provider, will donate \$4 per month to Community Action from each new subscription. For more information about switching to Envada and naming Community Action to receive a portion of your monthly subscription fee, visit:

[www.envada.com](http://www.envada.com)

*Do the Math!* Is a new program that collects and recycles used cell phones and printer cartridges, then gives proceeds to schools and non-profits (including Community Action). Please promote this to your friends! Mark ink cartridges and cell phones with a C.A. and turn them in at Hanks in Hillsboro or Cornelius. Thanks!

## HILLSBORO CIVIC CENTER GRAND OPENING

Thanks to all the staff who volunteered at Community Action's booth at the Hillsboro Civic Center Grand Opening last Saturday. Over 5,000 people attended this event, so it was a wonderful opportunity to talk with people about the services we provide. Special thanks to Donald Shaw,Carolyn Westlake, Larry Hauth, Joan Brown and Barb Dame for helping to spread the word about Community Action. Thanks also to all the staff who stopped by to lend their support.

**UPCOMING EVENTS:** Community Action will be at the Beaverton Farmers' Market on August 6<sup>th</sup>, the Tualatin Crawfish Festival August 13-14<sup>th</sup> and at the Washington County Fair July 28<sup>th</sup> - 31<sup>st</sup>. Stop by and say hello!

## CHECKS & BALANCES

**FISCAL:** JULY 29<sup>th</sup> is the last day you can turn in reimbursement requests for purchases made in fiscal year 04- 05.

### Apricot Kabalsa Shish Kabobs

Cut kabalsa in 1" chunks  
Peppers red, orange or green in 1-2" squares  
Pineapple chunks  
Cherry tomatoes small

Alternate on skewer, place on barbecue and baste with the following.

Mix together:

1 cup apricot preserves  
1-tablespoon prepared mustard  
¼ cup beer (any type)  
1-teaspoon Worcestershire Sauce.

## LOOKIN' FER WORK ... ... IN ALL THE RIGHT PLACES

Job Openings may be viewed at  
Common /CAO Main/CAOInfo/HR  
Resources/Current Job Openings.

\*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.

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



REMINDER: September of each year is open enrollment for our medical & dental plans. It's also a good idea to check your beneficiaries for Life and 403(b) accounts in the event you have had changes in your family. We will list meeting dates in the August issue as well as distribute notices indicating dates, times and locations of the meetings.



## CHILD DEVELOPMENT

While Pre-K, Part Day children and staff are off for the summer some programs, including Child Development Centers, Summer Plus and AKD Summer Camp, are in session during the summer.

The central office staff is very busy planning for next school year and working hard to keep up with the changes. AKD and Tigard CDC will no longer be in operation and several Pre-K, Part Day classrooms will be operating in new locations. Barnes classroom will be moving to Mountain View and WL Henry to JBT middle schools. William Walker will be moving to Cedar Mill and Beaver Acres to El Monica Elementary schools.

Stay tuned for more changes that are coming up!



## FAMILY & COMMUNITY RESOURCES



### Washington County Car Seat Safety Program

Opening Doors represents the Child Safety Seat Resource Center and ACTS Oregon as their Washington County representative. We provide low-income residents car safety seat education and installation instruction at car seat clinics held monthly. Clinics are held at the Community Action East office in King City but we are beginning to branch out a bit and most recently held a clinic at the Community Action Main Office in Hillsboro.

Georgina Pereyra a Jobs Plus Apprentice is taking the lead, having completed a 30 hour Technician training through ACTS Oregon. In addition, we have three staff members working toward a Technician designation and most staff has completed eight-hour installation training. Car seats and booster seats are available at cost for \$38.50. Call Georgina Pereyra at 971-223-6006 to schedule car seat clinic appointments.

### USTOUS - SALES, SERVICES, NEEDS

72-gallon fish aquarium - fresh water, includes complete setup, oval front (no stand) \$150.00  
Call Nancy Peters @ x 202

### 4<sup>th</sup> of July parade

