



Community IN ACTION

Newsletter APRIL 18, 2005

DEADLINE IS THE SECOND FRIDAY OF THE MONTH: CONTACTS FOR ARTICLES ARE: CHILD DEV. - FARZANA SIDDIQI, F&CR - BETH DASHER, MOPALE & WELLNESS - NATALIE HORNE. ALL OTHERS - NANCY PETERS. EDITOR: WINNIE ALTHIZER.

DIRECTOR'S CORNER



Jerralynn Ness
Executive Director

Our 2005 Celebration of Community Spirit dinner was held on April 13, 2005 at the Nike Tiger Woods Center. This event brought together nearly 240 people, representing businesses, government, partners, staff and volunteers, to learn more about Community Action, to celebrate corporate philanthropy and to raise funds for our work. I want to congratulate our fine Resource Development Team: Jeri Alcock, Scott Schlegel, Margaret Springer and Mary Jones for an outstanding job! Every detail was well attended to and the evening was a terrific success... the best ever! We focused on our program on homelessness and the special partnership that Pat Rogers forged with Nike. It was wonderful having so many of our staff present to enjoy the evening, to help inform others of our work and to be recognized for their outstanding work. We produced a short video for the evening that we will be sure to show all of you at our staff Wellness Day. And we recognized two outstanding businesses for partnering with Community Action to help us achieve our mission. The first was Providence St. Vincent Hospital as our 2005 Outstanding Business Partner. The second was Keith Green, owner of Keith Green Construction, as our 2005 Outstanding Business Leader. They were both authentically moved to be receiving this award and in their accepting remarks, praised the work of Community Action. I want to thank all of our staff who helped make this event a great success... we raised over \$45,000! And other good news: We have just learned that the Hillsboro Chamber of Commerce has selected Community Action to be the recipient of their coveted "Outstanding Organization" award, which will be presented to us at their annual awards banquet in May. Congratulations to all of you for the fine work that you do that leads to this important recognition! And last, but not least, our Wellness Committee is putting together a great day for us... see you on May 20th, one of my favorite times with all of you.

NEWS OF NOTE

Wellness Day is coming on May 20, 2005. If you haven't registered to be in the CHILI cookoff, please do so quickly (we have the judges & now we need the Chili!!). Same is true for work groups who want to volunteer to put together a basket to be given away as a door prize - please register with Nancy Peters so we can be sure we have enough door prizes for the day.

Continue to watch for flyers with information and instructions about the Day.

DID YOU KNOW --- MAY DAY

The international working class holiday, Mayday, originated in pagan Europe. It was a festive holy day celebrating the first spring planting. The ancient Celts and Saxons celebrated May 1st as Beltane or the day of fire. Bel was the Celtic god of the sun.

MOTHERS DAY

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods. During the 1600's, England celebrated a day called "Mothering Sunday". Celebrated on the 4th Sunday of Lent (the 40 day period leading up to Easter*), "Mothering Sunday" honored the mothers of England.



Staff you should know.....

by: Guest Reporter, Joy Rasmussen

Gray Eaton (a.k.a. Dr. E), genius scientist, retired, turned data entry specialist has been with Community Action's Energy Assistance and Emergency Services for four years now. We pride ourselves in catching this bright lad after his long years of service at the Oregon National Primate Research Center and after his Associate Professorship of the Department of Medical Psychology at OHSU.

Since a man's career never defines the man it is necessary to talk about the things that Gray holds dear to his heart. Gray and his



UPCOMING EVENTS!

Head Start Federal Review -	
	4/18 through 4/22/05
Head Start	
Policy Council	4/19/05
Board Meeting	4/20/05
← Safety Meeting	5/02/05
Building Meeting	5/17/05
Wellness Day	5/20/05
Holiday -	
Memorial Day	5/30/05

May 2005 BIRTHDAYS



✓ MIRIAM	PLEITEZ	4 /3
✓ MARY	JONES	4 /7
✓ LOLITA	VELEZ	4 /8
✓ KEANA	LOPEZ GONZALEZ	4 /13
✓ WILMA	BANEK	4 /13
HEATHER	ROBERTS	4 /15
DANNY	COX	4 /16
OLIVIA	ESTRADA	4 /16
DORIS	HARRIS	4 /16
PATRICIA	TELLEZ	4 /17
JANINA	TABOR	4 /21
JESSICA	SLOAN	4 /21
KRISTEN	LONG	4 /22
JENNIFER	SCHEIB	4 /22
INGRID	ALQUINTA	4 /23
MAKANA	OAK	4 /24
VERONICA	RIVERA	4 /25
WINNIE	ALTHIZER	4 /25
LYNNE	THOMPSON	4 /28
CHRIS	KURAN	4 /30
KAREN	HENKEMEYER	4 /30
SERENA	VILLAFANA	4 /30

*Natalie
The April list is
in by mistake
can you check
w/ Brooke for
Mary list?
for me!
TH*

May 2005 ANNIVERSARIES



THI TRUC CHAU	4/1/2004
EMMALU LAMPING	4/10/1978
TAWNIA MCGURTHY	4/14/2003
NICKLAS NISSEN	4/7/2003
MARY PANAGGIO	4/1/2003
VICKI WARE	4/1/1986

*Please
return*

MORALE & WELLNESS

Topics – Common Headache Triggers

3. Eyestrain

Concentration on one object for a long time (such as a computer screen) can cause temporary head pain. Suggestions: take occasional "eye breaks" by looking out a window... consider an eye exam to see if a vision problem maybe a factor.

4. Sleep

Too little or, surprisingly, even too much sleep can bring on headaches. Best: control your brain's "clock" by going to bed and getting up at the same time each day – even on weekends.

Simple Tips To Slimmer Waists - Tips

Bite into a pickle or lemon. Advantages: neither has any calories to speak of, and the sour taste will curb your appetite. Don't have either? Try brushing your teeth.

TOPHEALTH – October 2004 issue

TOPHEALTH – October 2004 issue

Recipes – for Help Around The House

- ◆ To repel flies, boil a few whole cloves in a pan of simmering water.
- ◆ To freshen carpets, sprinkle well with cornstarch or baking soda. Let set for at least one hour. Sweep carpet with a clean broom to loosen embedded dirt. Next, vacuum thoroughly.

from: Spring Cleaning with a Conscience, by Mary Elliott for the Columbian, May 10, 2001

WHAT'S DEVELOPING?

Development was quite busy with the Spirit Dinner this last week. I'm sure we will hear from them in the next issue.

MAKING DECISIONS

William McKinley, The 25th U.S. President, once had to choose between two equally qualified men for a key job. He puzzled over the choice until he remembered a long-ago incident.

On a rainy night McKinley had boarded a crowded streetcar. One of the men he was now considering had also been aboard, though he didn't see McKinley. Then an old woman carrying a basket of laundry struggled into the car, looking in vain for a seat. The job candidate pretended not to see her and kept his seat. McKinley gave up his seat to help her.

Remembering the episode, which he called "this little omission of kindness," McKinley decided against the man on the streetcar. Our decisions - even the small, fleeting ones - tell a lot about us.

Adapted from Presidential Anecdotes
Paul F. Boller, Jr.
Penguin Books

FAMILY & COMMUNITY RESOURCES

Conservation Tips from Weatherization:

3 =

- The number of hours a television can be powered with the energy saved from a recycled aluminum can
- The number of month's worth of thrown away aluminum that could be recycled to replace the entire U.S. commercial air fleet
- Cubic yards of landfill space saved by one ton of recycled paper

Did you know?

Opening Doors was established in January 1995 through a collaboration of health plans, hospitals and local community organizations to assist women at high-risk of not receiving adequate prenatal care. At that time the Oregon Health Plan became available to low income families and Opening Doors was the means for them to become familiar with the managed care system and to address barriers to care. Initially staffed by Volunteers in Service to America volunteers (VISTA), Opening Doors is now staffed by 2.5 FTE Outreach Workers, 1 Intake Specialist and a half-time interpreter. We have been part of Community Action since 1998.

CHECKS & BALANCES

Tip IT : Be sure the mail you want gets to you in the **quickest way by:**

- 1) if you are sending a business return envelop in your out going letter, be sure that you put **Attn: (your name)** on the business return envelop.
- 2) if requesting someone send you a document or report in the mail, ask them to put **Attn: (your name or dept. name)** on the envelope (especially when requesting mailed items from federal or state organizations like child care division).

We get a lot of mail regarding clients that doesn't have any way for us to identify who in Community Action may have requested it, making it hard to forward it to you once we receive it.



CHILD DEVELOPMENT

AKD News - The children of A Kid's Domain were recently featured in an episode of "Animal Storm Stories: K-9 Search and Rescue" on The Weather Channel. This episode reflected the effects of Hurricane Mitch in Honduras in the late 1990's. Two rescue teams from Portland went to Honduras to search for victims of the hurricane. The children helped to re-create a scene, where the dog teams visited children in an orphanage to lift the spirits of the dogs, who found people who did not make it through the devastating effects of the hurricane. The children had a blast during the filming. The rescue teams gave a short presentation to the children on how to stay safe in natural disasters and how the dogs work with their "people" to find victims. They also had their dogs perform searching drills on hidden children. Also, the children got an opportunity to love and pet the dogs, which they thoroughly enjoyed! We have movie stars in our presence!

Head Start will be going through Federal Review in April from 4/18 through 4/22. A Federal Review team of 10-14 people will be visiting classrooms, talking to parents, staff, management team, and community partners. The team will also review records to ensure we are in compliance. Please welcome and say hello to the team members if you see them in the hallway or conference rooms. Thanks!

HR - Ask Winnie Benefits, Diversity, ??



Reminder: June 30th is coming soon, if you haven't taken your Personal Day you will need to schedule it soon with your supervisor. Additional & important info on this benefit is on page 26 of the Employee Handbook.

Open Communication: This is both a policy and an expected practice at Community Action from the Board of Directors on down. It is also easier to agree with than to practice it sometimes. What it means is that we expect staff to speak directly with each other when there are differences between you; to speak with a respectful tone of voice; to be clear about what offends or troubles you, to be clear about what you are asking the other person to change; to LISTEN to the other person and understand the circumstances plainly; and be able to end the conversation with a win/win solution (even though you may still disagree - called "agreeing to disagree"). Open communication around disagreements are "trainable moments".

Open communication is not talking about your disagreement with a 3rd party (and setting up the "rescue triangle"); it isn't using "blaming" language. If you are blaming, then you have missed the training opportunity. It isn't "gossiping". If you have an opportunity to practice open communication, but are uncomfortable how to get started, contact your supervisor and ask for some coaching. HR is also available to assist you if you as well. You will be surprised at how successful you can be and once you have the practice, you'll be surprised at how often you use it with friends and family.

403(b) For those of you who would like to make changes in your account, or set up your first 403(b) account, or ask for general information, Lincoln Financial will be present at the Wellness Day celebration.

USTOUS - SALES, SERVICES, NEEDS

One of Community Action's employees, Lu Lamping does some furniture refinishing and repair. If you would like more information you may contact her at 503-429-7633.

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They have two daughters, Jessica, who lives in Cornelius, and Victoria (Tori) who is currently in Mexico as part of Pacific University's study abroad program. Over the years they have also been parents to a number foster children, but currently only look after 3 horses, 2 dogs, and umpteen cats (eight to be exact).

If you are ever at the CAO main, you turn the corner, and see a giant man that looks like Gandalf the Grey from "The Lord of the Rings" chances are you have run into Community Action's Gray Eaton. We thank him for his hard work here and look forward to many more years working along side him. end

SAFETY

LIFTING is always causing us pain, so it's important that you do it right. Almost all of us have heard that we need to "lift with our legs and not our back". But, it's just as important that when we lift we have our shoulders, nose & toes all pointed in the same direction when we pick up the item. Once you have the item against your chest, turn your body to where you want to put the item & lower it - again keeping your shoulders, nose & toes in alignment. This prevents your back from acting like a corkscrew. When the back is being twisted while lifting you are absolutely guaranteeing pain.

Another idea is: break the job down into lots of lighter weight lifts instead of the macho "all in one try". The extra walking is good for weight loss, your heart and you won't injure your back.

One other option is to ask for "HELP" when needing to lift something heavy.

Work safely.