



Dear Friend,

You can be a candle in the night.

At Community Action we provide hope, help and change to families in Washington County striving to find a path out of poverty. Won't you help us continue to offer a vision of a better life with a generous year-end gift?

I am pleased to share a few examples of how we made a difference in your community, a difference you can help create with a gift today.

We helped a Cornelius mother and her son stay warm and safe by restoring power to their home.

We helped assure a successful pregnancy and birth for a first-time mother from Tualatin, giving her baby a healthy start in life.

We helped a child from Tigard prepare for success in kindergarten and beyond with the support of Head Start.

We helped vulnerable veterans, like Robert find hope and a home for the holidays.

*Join us in offering hope, help and change to families seeking a path of poverty with your gift today! Use the enclosed envelope or go online to [caowash.org](http://caowash.org) to make your gift of hope.*

**Leda Garside, RN**  
Board Member, Community Action

### A message from Navy veteran, Robert Foley

I'm a Navy vet. After a lot of upsets in my life, including a difficult divorce, losing my job as a car salesman because of the recession and finding out I had bipolar disorder, things kind of fell apart.

One night I found myself wrapped in a couple of blankets sleeping on the concrete floor of a friend's garage. It was really hard being right there in my hometown in front of my best friend and not being able to take care of myself.

I ended up being homeless for a long time. It was tough. I lived on the streets, on peoples' porches, in their garages, in barns or wherever I could get shelter.

When you're homeless, accessing even your basic necessities, such as a shower, a restroom, a place to eat, somewhere to stay dry and clean, is difficult and stressful. You think each day it will get better, but it doesn't.

Finally things got so bad I knew I needed to do something. I called the Veterans Administration's nationwide crisis number, and through them got space at the Salvation Army's Veterans and Family Center in Beaverton. Another vet there encouraged me to reach out to Community Action.

Community Action helped me get back on my feet.

They got me enrolled in a class that helps people with barriers, such as bad credit histories, rent an apartment. They provided bus passes so I could get around, they paid the fee for my new driver's license so I would have valid ID, and they got me off the streets and into my own apartment.

Now I have a home for the holidays – and hope for the future.

I still meet pretty regularly with my Community Action caseworker to help me with things as they come up. Having somebody to talk to that doesn't look down on you, that helps a lot.

I just want to say thanks to everybody who supports Community Action. Compared to a year and a half ago, this is tremendous.

Now I'm ecstatic about life.





## 4 Reasons why Community Action Head Start programs matter

1



2



3



4



## NOT JUST NUMBERS

**16.7%** The poverty rate in Oregon

**10.9%** The share of Washington County's population living in poverty

**14.2%** The share of Washington County residents living in poverty who are children

**21.6%** Poverty rate of Washington county residents of Hispanic or Latino origin

**50** Number of years Community Action has been leading the way to eliminate conditions of poverty and create opportunities for people in Washington County to thrive.

*Source: US Census Bureau, American Community Survey, 2013*

### Tis the season—watch out for your neighbors

Spread the warmth this season. Stay in touch with your neighbors.

Cold weather adds to the financial worries of some families, who may avoid heating their home properly to save money or may lose heating entirely if they can't pay the bill.

Because it can be harder to get around in cold weather, many people, particularly seniors, have less contact with others, contributing to loneliness and isolation.

Improper use of portable heating equipment in homes can lead to fire or dangerous levels of carbon monoxide.

You can help. Check in with neighbors once in a while to make sure things are OK.



**Community Action:**  
A record of accomplishment in  
family advocacy

*Data from services provided during  
FY2013-2014*

# Things you can do to help the hungry in our midst

**Donate** food or money to Community Action for the Hillsboro Family Shelter Food Pantry.

**Support** Community Action so we can provide rental assistance to keep families in their homes.

**Give** to Community Action so we can offer our child care resource and referral program, allowing parents to work and provide for their families.

**Help** Community Action so we can provide families with financial education and skills that will help them better provide for their families.



## THANKS FOR HELPING US **OPEN DOORS**



Early in her pregnancy, Jane came to Community Action for help with health insurance. With a history of domestic violence, depression, stress and lack of support, it was pretty clear that her pregnancy was at risk and she desperately needed relief.

A lot of women like Jane encounter difficulties in finding and obtaining early prenatal care, such as lack of money, insurance or partner/family support and unfamiliarity with the managed care health system. Community Action's Opening Doors is a voluntary, free program that connects low-income pregnant women with services to help them have healthy babies.

Opening Doors, developed in partnership with the health care community, helps connect low-income, pregnant women with the resources they need for a healthy birth and provides families with the tools for successful parenting.

With the help of a case manager, Jane submitted an Oregon Health Plan application, quickly connected with prenatal care, and got the resources to move to a different apartment away from her abusive partner. She also secured access to basic services such as food stamp benefits, clothing, baby supplies and car seat training.

The doors are now open for Jane to regain her bearings, provide a stable, loving home for her baby and carve out a new life.

**396** low-income pregnant women were better equipped for a healthy birth because of access to appropriate pre-natal services

**52** at-risk pregnant women received comprehensive services to enable birth of a healthy baby

**72** at-risk families got parenting support to prevent child abuse and neglect

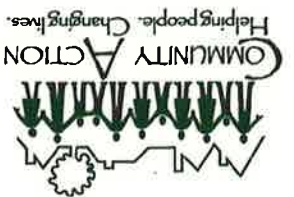


We Choose Hope

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