

280 Kenneth Ford Drive
Roseburg, OR 97470
(541) 672-3421
Fax: (541) 672-1983

124 NW "D" Street
Grants Pass, OR 97526
(541) 956-4050
Fax: (541) 956-4077

NON PROFIT
ORG
US POSTAGE
PAID
ROSEBURG OR
PERMIT # 11



Hope, Help and Change



Be a Hero and Help a Child Secure Healthcare

In the last year, UCAN Healthy Kids Program helped over 500 children gain access to quality no-cost or low-cost healthcare coverage! We want to continue our efforts until every child in Douglas and Josephine counties have the healthcare they need to succeed.

If you know any uninsured Oregon children, from birth to age 18, that need healthcare coverage, connect them with UCAN Healthy Kids.

Healthy Kids is a guaranteed issue program. There are NO preexisting conditions exclusions, so any uninsured child is eligible to participate. Call Penny at 541-492-3907 for more information.

Be a Hero and help us make sure all Oregon Kids are Healthy Kids!

A Gift with Cargo Room!

Last November, the Papa Murphy's stores in Cottage Grove, Green, Sutherlin, and Roseburg donated a 2007 Dodge Grand Caravan to UCAN. The van is indispensable for loading and transporting supplies for a variety of UCAN programs and services.

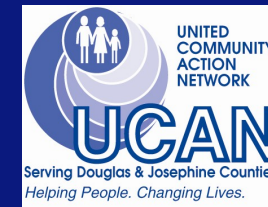


OUR MISSION:

CREATING SOLUTIONS TO POVERTY, IMPROVING LIVES IN OUR COMMUNITY

SPECIAL POINTS OF INTEREST:

- Notes from our Executive Director
- Community Services Block Grant
- Fatherhood Initiative
- Parenting Workshops to be held
- Healthy Kids
- RSVP Tax Aide
- Cargo on the Move



Hope, Help & Change

VOLUME 2 ISSUE 3

SPRING EDITION 2011

The Value of UCAN

There has been much activity lately in Washington, D.C., around the Community Services Block Grant. This grant supports many of the programs that United Community Action Network (UCAN) provides to people in need in both Douglas and Josephine counties. In early February all Community Action Agencies learned that CSBG was in serious danger of being completely eliminated from the federal budget or substantially cut.



Below are real scenarios, frame-worked in the context of a child or family living in poverty, that help to illustrate the actual consequences these cuts will have and clarify the stark realities many families will face:

- "We only have dinner every other day because our food box is smaller than it used to be"
- "Sometimes my mom and dad don't eat so that I can have a slice of bread and peanut butter"
- "My mom was getting her GED, but the Confidence Clinic closed, so she can't finish"
- "I got food to take home on the weekend, but I don't get that anymore"
- "At school I have breakfast and lunch, but in the summer what will I eat if the summer feeding program is not operating anymore?"
- "I was going to have my own room in our new apartment, but now there's no apartments left and there's no money for UCAN to build more, so we're still in a tent by the river"
- "My grandpa's medicine cost a lot of money, so he was getting help from RSVP; but they can't help him anymore so he doesn't take his pills and gets sick all the time"

Without CSBG dollars these consequences will likely come to pass for residents in Douglas and Josephine counties, creating more long-term health issues and passing down a legacy of hunger, unemployment and homelessness. Use the information below to contact our U.S. Representatives and Congressman. Let your voice be heard.

What can you do TODAY?

Douglas County

Call, email or fax US Representative Peter DeFazio Washington DC office
Phone: 202.225.6416
Fax: 202.225.0032
Email: Log onto the Representative's website <http://www.defazio.house.gov/>
Click "Contact Me" right hand side of the page (look for a green box). You will be directed to a form where you can write and send an email.

Josephine County

Call, email or fax US Representative Greg Walden Washington DC office
Phone: 202.225.6730
Fax: 202.225.5774
Email: Log onto the Representative's website: <http://walden.house.gov/>
Click "Contact Greg" in upper right hand side of the page, and then "E-mail Greg"

U.S. Senators representing Oregon

Call or email Jeff Merkley Washington DC office at:
Phone 202.224.3753
Web Form: <http://merkley.senate.gov/contact/>

Call or email Ron Wyden Washington DC office at:
Phone 202.224.5244
Web Form: <http://wyden.senate.gov/contact/>

Positive Behavior Supports and Interventions - At Home

Dr. Dale Myers will present a four-part parenting class using Positive Behavior Interventions and Supports (PBIS) as its core. Head Start uses these techniques as a foundation for life skills training for children, families, and staff. The classes will be held St. Joseph's Educational Center - 630 SE Stanton St in Roseburg on Wednesday evenings: April 20, 27 and May 4, 11 from 5:00-7:00 p.m. A meal will be served and childcare will be provided. Parents will receive a notebook for the hand-outs they receive. **The classes, dinner and childcare are provided by UCAN Head Start, free of charge. Transportation may be available; ask at registration. Register by calling 541-673-6306.**

WORKSHOP OVERVIEW - April 20

Keeping Children Safe, Respectful & Responsible at Home
If your child came with an owner's manual, this four-part series of classes would be of no interest to you. But if you would like simple strategies to help you understand your child's behavior, and some strategies to make parenting more fun, these classes are for you. Learn the same techniques that local teachers are using in classrooms to reinforce positive behavior.

IF YOU WANT IT, TEACH IT - April 27

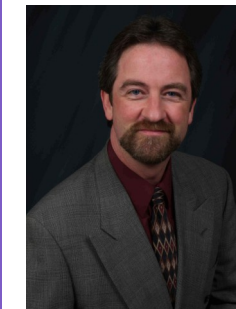
After we are clear about our expectations, we need to tell our children what we want and teach them how to meet them. In this second session we will show families how to teach the safe, respectful and responsible behaviors they want from their children. Bring your matrix and come prepared to practice and have fun.

REINFORCEMENT & PUNISHMENT AT HOME - May 4

Many parents wonder about how to help their children learn important life lessons, while also building positive and healthy relationships. In this session, you will learn how to use positive reinforcement in combination with mild correction to help your children learn the skills and lessons they need to be successful at home, at school, in life.

THINKING FUNCTIONALLY AT HOME - May 11

Do you ever wonder why your child does what he does? Do you wish you could understand their behavior so you could respond better to it? Let Dr. Dale show you how to figure out what your child's behavior is communicating, and how you can learn to base your discipline practices on what your child is telling you about what they need.



Dr. Dale R. Myers is a consultant who has worked with educators and families across the country. He's been a social worker, director of a school for children with behavior disorders, school psychologist, and Staff Development Coordinator for the Institute on Violence & Destructive Behavior. Dale provides a relationship-based and research-driven approach to helping all children experience success.

Words from the Executive Director

Over the ebb and flow of our lives all of us have or will have to "weather a storm" or two. Usually these are not of our own design. In the process of dealing with these storms, we learn about ourselves and what we're made of. UCAN is currently weathering one such storm caused by budget problems at both the federal and state levels that may affect funding for UCAN. And like many of you who have gone through or are going through similar situations, we plan to make it through and even thrive after the storm subsides.

The most significant funding challenge we face deals with a source called the Community Services Block Grant, or CSBG. At best, we face a reduction in this funding, and at worst, we're facing the possibility of the CSBG grant being completely eliminated. This grant provides the discretionary funds necessary for the UCAN

board of Director's and me, with input from community members and partners, to make the best decisions on programs and services for both Douglas and Josephine counties. This funding is critical for all the reasons you read about on the front cover of this newsletter.

If funding is severely reduced or eliminated, we will have to make difficult decisions about programs and services. But we know that we have strong partnerships in both of the counties we serve, we have friends that know the importance of what we do and the value we bring to each dollar we receive. We stretch CSBG dollars and all the dollars received, whether grants or donations, as far as we can.

Over the last month, through our "storm" we learned that there are many people and groups that believe in the same things we do. We learned that we are not

alone in our fight to build low-income housing, end homelessness, put food on the table each day and keep a house warm for those living inside. We believe in our mission and we believe that we are making a difference for the most vulnerable members of our communities, and we have found that there are many people in our communities that believe in us, too.

Because of the support we have in our communities, I know we will weather this storm, and because of your support, as it rages around us, we will continue to help those who need it most. And after the storm subsides, we will continue to be a strong presence for meeting the needs of our communities. And we will continue to move forward with making people's lives better and continue to work each day to help people achieve economic security and stability in their lives.



Mike Fieldman
Executive Director
UCAN

Board of Directors

Anita Cox
Carol Roberts
Shirley Cairns
Karen Carnley (representing Jeff Kruse)
Tricia Mehl
Janet Bell (representing Dave Toler)
Marla Zoeter
Maria Quero
Tacy Hite
Vicky Brown
Eric Dahlin
Leslee O'Brien
Carol Swesso
Melanie Hoskins

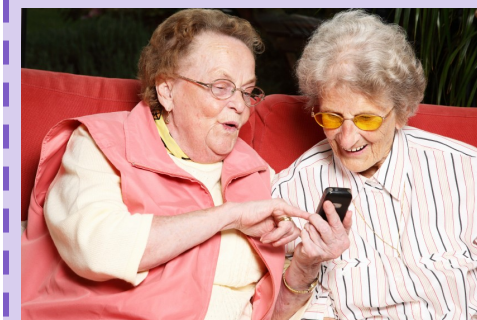


Fatherhood Initiative

In response to President Clinton's Initiative to Strengthen the Role of Fathers in Families, UCAN Head Start provides a variety of program activities specifically for fathers/father figures and their Head Start children.

On Saturday Feb, 26th, Head Start students and their fathers headed to bowling alleys in Roseburg, Tri City and Reedsport to spend a little time together and create a few lifelong memories. Even the littlest bowlers in the group got their hands on a ball and rolled it toward the pins, with proud dads standing by to coach or often just to enjoy a moment of simple togetherness.

RSVP TAX Aide Program



Because there are better things to be doing than worrying about filing your taxes ...

The UCAN RSVP program in Josephine County has partnered with AARP Tax Aide for 35 years to ensure that individuals that need a little help preparing and filing their taxes have free assistance and support. Last year alone, tax volunteers prepared returns that brought \$2.5 MILLION dollars back into the area.

In Josephine County the three tax sites are:

- Rogue River (Thursdays)
- Illinois Valley (Tuesdays)
- Grants Pass (Monday-Saturday 9:30 am - 2pm, Wednesday evenings 4:30 - 7:30pm)

Over 1,500 appointments have already been scheduled for the Grants Pass site. Tax Aide is also available in Douglas County; call the UCAN office for more information.