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## Hope, Help and Change



### FREE Mobile Dental Clinic

Working with Medical Teams International, UCAN/RSVP and Pathways to Care - Connecting our Community are pleased to announce a free mobile dental clinic in Josephine County. The van will provide extractions and fillings for low-income adults who meet the following criteria:

**No Dental Insurance**  
**At or under 200% of the Federal Poverty Level (adjusted for family size)**  
**18 years of age and older**

Call the UCAN RSVP program in Josephine County to get on the list or to request more information, 541-956-4472 .

### U-Trans Heads South

Umpqua Transit will launch a new commuter route to South County on Monday December 20th. The route will service the cities of Myrtle Creek, Riddle, and Canyonville with regular commuter service six times per day Monday - Friday. The bus will run three times in the morning and three times in the afternoon/evening. This service has been recognized as an essential service for the citizens of South County for many years, and the planning has been in the works to finally accomplish this goal for over a year.

### UCAN Goes Solar

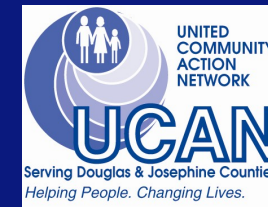
By spring, UCAN will have solar panels installed on the Martha Young Family Service Center thanks, in part, to funding from the Blue Sky Program through Pacific Power. We will be the first Community Action Agency in Oregon to integrate solar power into our buildings. The project will be integrated into an energy conservation technology training program provided by UCAN.

### OUR MISSION:

**CREATING  
SOLUTIONS TO  
POVERTY,  
IMPROVING LIVES  
IN OUR  
COMMUNITY**

### SPECIAL POINTS OF INTEREST:

- Notes from our Executive Director
- Day of Sharing
- UCAN Confidence Clinic
- New South County Route
- Windows of Hope



Hope,  
Help  
& Change

VOLUME 2 ISSUE 2

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If each of us had to look directly into the eyes of someone in need and tell them "we just don't have the money right now," could we do it? Would we want to? *Could we find a way to help?*

UCAN programs rely on a variety of funds, many of which have been cut due to the weak economy, in order to provide for the clients that we serve. Donations are down for many nonprofit organizations in the area. We're hoping that the trend does not continue, especially in the area of our Holiday Food Drives.

Knowing that we don't have enough resources to serve everyone that asks is hard. *Your donation makes a difference.* All donations that are received support the vital services in the county where they are given. Please support UCAN's work today.

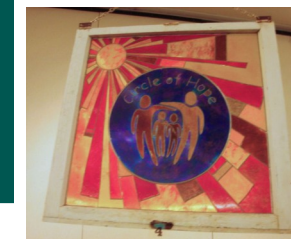


### Windows of Hope

ARTISTIC WINDOWS FOR UCAN

On November 20th, the United Community Action Network held its first annual Windows of Hope event at Seven Feathers Casino Resort. The event was a tremendous success, raising over \$15,000 for programs in Douglas and Josephine counties. Over 250 guests enjoyed an evening of artistic windows, food, live music from contemporary blues artist Ellen Whyte, wine tasting, mingling and fun.

Plans are already underway to make next year's event an even larger success and garner even more funds to support UCAN programs and services for those in need.



Check out more windows at  
[www.ucanwindowsofhope.com](http://www.ucanwindowsofhope.com)

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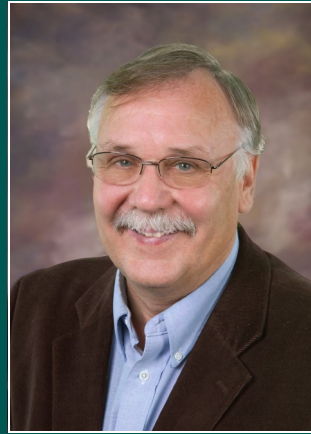
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## Words from the Executive Director



**Mike Fieldman**  
Executive Director  
UCAN

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At UCAN's recent Windows of Hope event, one of the testimonials from a client focused on a year in her life and how that year was made better by UCAN. Hearing her speak so eloquently about the small changes in her life that UCAN made possible made me pause and consider the impact that UCAN has on lives for an hour, a day, a month or a year or more.

Throughout the year, UCAN provides thousands of dollars in energy assistance, and still the need outweighs the funds available. On any given day there are always clients in our lobby with shut-off notices looking for just a little bit of help; a couple of hour's worth of help to ensure that they are not sitting in the cold and dark.

And, of course, I can't number the loads of laundry that churn through our washer and dryer by those that are homeless, but I can tell you each hour it takes to have clean clothing means a considerable amount to those that need it. An hour's worth of water and soap can bring a large amount of hope and happiness to someone's day.

This past spring we opened new low-income housing so that a few more families have a place to call home this year and beyond. One move-in day reflects over 720 days of preparation, planning, grant writing and construction with a single purpose in mind, provide housing first for families so that each hour that passes can be spent warm and safe and dry.

And finally, as we sit down to our lunch hour or family dinner, how can we ignore the hours that go into collecting, sorting and distributing food for those without. Dinner time without food to put on the table would be a long hour indeed, and in some cases, even a day without food at the end of the month seems unthinkable for most of us, but it happens more often than we care to think about. Oregon ranks as the third "hungeriest" state, and food insecurity is growing worse with the current economic climate.

Every hour, UCAN accomplishes something on behalf of those without an hour to spare. Some are hungry; some are homeless; some don't have lights or heat; some

need education and a brighter future. Everyone that UCAN serves in both Douglas and Josephine counties has a need that can be filled in an hour, a day, a week, a month or a year and beyond. Little and big donation amounts help us accomplish little and big things. But every dollar helps us accomplish something important for your neighbors.

I'm encouraging everyone reading this to calculate an hour of your pay and make a donation in that amount. If that makes you feel good, make it a day, a week or a month's worth of hours and see how good that donation makes you feel.

You'll feel good and the good that comes from that will be reflected all over Douglas and Josephine counties.

Won't you join me by making a gift this season? You've probably received an appeal letter and envelope from our Food Banks, please take a moment to make a donation. Or donate to UCAN programs at [www.ucancap.org](http://www.ucancap.org).

I promise that a little time now will make a big difference an hour from now.

## Day of Sharing again makes a huge impact!

The warmth of the season and the spirit of giving were in full swing at the annual Housing and Homeless Coalition's DAY OF SHARING event held on Dec 3rd. Over 300 low-income families and individuals, including young children and pets, were provided a warm meal, winter supplies, snack bags, holiday photos and vaccinations for their pets along with a variety of other services including music and free hair cuts at this year's event.



*Thanks to everyone that helped!  
Little things mean a lot!*



This fall, local businesses hosted donation boxes where community members could drop off much needed items like tarps, sleeping bags, coats and gloves. And of course all of the donated items were put to very good use on the day of the event. Our guests "shopped" for things that best met their needs, a sleeping bag down one isle and a tarp over by the band, followed up by a new hat, gloves and socks all topped off

with a haircut and lunch. For the 70 volunteers that gave their time, it was really a simple thing, given without a care. A few hours out of a busy holiday season. But for those receiving the time meant so much more. It was a kind word and a smile, a little help in choosing a sweater or coat, being served lunch and ensuring a companion pet had vet care. Volunteer time given away just because it was the right thing to do. The right thing to make the holidays a little brighter for their neighbors.

- |                               |                                |
|-------------------------------|--------------------------------|
| Absolute Sound and Music      | Presbyterian Women             |
| Albertsons                    | Pure Essentials                |
| AmeriCorps/AmeriCorps VISTA   | Redeemers Church               |
| Bailey Veterinary Clinic      | Rick's Medical Supply          |
| Bikers for Christ             | Roseburg Church of God         |
| Cornerstone Family Fellowship | Saving Grace Pet Adoption      |
| COSTCO                        | Seven Feathers Casino          |
| Cow Creek Clinic              | Shirley Yates and the Boys     |
| Cow Creek Foundation          | Sims Electric                  |
| DC Farmers Co-op              | St. Joseph's Catholic Church   |
| Dollar Tree                   | St. Joseph's Community Kitchen |
| Douglas County Library        | St. Paul's Lutheran            |
| Downtown Fitness              | St. Vincent de Paul            |
| Ford Family Foundation        | Storage Site                   |
| Great Douglas United Way      | Sutherlin Bi-Mart              |
| Grocery Outlet                | Sutherlin West Intermediate    |
| HADCO                         | UCAN                           |
| Kim Abbe                      | UCAN Head Start                |
| Kruse Farm Market             | Umpqua Community College       |
| Les Schwab                    | UHAUL                          |
| Lighthouse Bakery/Farm        | Umpqua Community Health        |
| Local Media                   | Center                         |
| Mark Baretta                  | Umpqua Dairy                   |
| Modern Trends                 | Umpqua Unitarian Universalist  |
| Not Penny's Boat              | Church                         |
| Orchard Knolls Maintenance    | United Methodist Church        |
| Penny Perse                   | UT&E                           |
| PETCO                         | Veterans Administration        |
| The Phoenix School            | YMCA                           |
| Premier West Bank             |                                |



## Meeting Needs and Bringing Smiles

Plans are underway for this year's Homeless Counts in both Josephine and Douglas counties. Like the Day of Sharing, UCAN staff use the once-a-year count as a time to not only take stock of how many families and individuals are homeless on a given day, but the count also affords the opportunity to again provide the services and supplies homeless individuals and families need to make the cold winter months a little easier to bear. At last year's Homeless Count local veterinarians supplied vaccinations and wellness checks on companion pets; hot food and snack items were provided along with tarps, tents, sleeping bags, warm socks, hats, coats and blankets. Keeping those that find themselves homeless a little warmer and dryer during the cold and wet winter months is the best outcome we can hope for from a situation that is affecting more and more Oregonians.

## Living and Learning at the UCAN Confidence Clinic

This fall, the founding program of UCAN, the Confidence Clinic, began its 112<sup>th</sup> session with 13 men and 36 women. Confidence Clinic teachers were ready to teach and new students were ready to learn how to improve their lives and the lives of their families. On the most basic level, classes at the Confidence Clinic help students earn their GED, prepare for college, locate employment, but the benefits go so much further. Most importantly, students gain confidence in themselves so that they are able to make the best decisions for the future.

While finishing the class session is ideal, some students grow faster than others and make major life changes before graduating. An great example is Mary. Mary began the class somewhat timid about herself and being around others. She had some trade skills and had been putting out resumes and applications for over six months. She was also a past felon and believed this was keeping her down and from finding a job. On professional dress day, a woman entered the classroom and neither instructor recognized her. It was Mary, but she looked different. Her hair was done and she was dressed in style. She told the instructor that she not only looked different but felt different; more confident and sure of herself. That same day she was offered an interview for a welding job that she had applied for months earlier. Excusing herself from the classroom, she left for one of the most important interviews of her life. The company liked what she had to say and how she presented herself and offered her a full time job. As a result, she had to leave before graduating the class. But having graduated or not her life is better because of the Confidence Clinic. Mary recently she returned to class and looked happy, assertive, and proud. She had prepared a sentiment about each student about how they could achieve their goals and thanked them for their support.

Stories of students like Mary are not the exception; they are the norm for those who attend the Confidence Clinic. As a vital UCAN program and with the support of the community, the Confidence Clinic will continue to offer a hand up versus a hand out to the women and men of Douglas County for years to come. Ensure that the Confidence Clinic thrives for another 40 years by making a donation today.