



# Eastern Oregon Community Resource Network

March 2024

Issue 39

## Requested Items Waiting to Be Filled:

- ◆ Recliner
- ◆ Couch/Sofa
- ◆ Shelving
- ◆ Vacuum
- ◆ Shower Chair
- ◆ Car Seats
- ◆ Microwave
- ◆ Cell Phone
- ◆ Roofing Metal
- ◆ Car Insurance
- ◆ Car Repair
- ◆ Furniture
- ◆ Computer



## How to Submit a Successful Request

EOCRN wants all requests to be successfully filled. Here are a few suggestions when submitting a request:

1. Put the specific need in the request title. Be really clear on what you are asking for.
2. Try to limit your request to one item. If one item is filled and closed, any additional items needed are no longer visible.
3. In the description, remember to protect your client's confidentiality. Leave out any factors that could lead to identification.
4. Close out your request as soon as it is filled. This helps keep the site updated.

Keep posting those requests and helping the community get their needs met. Any questions, reach out to [EOCRN@oregonbhf.org](mailto:EOCRN@oregonbhf.org).

## Upcoming Events? EOCRN Can Help!

Have an event coming up? You can now post trainings, meetings, workshops, etc. under *Non-Emergency Events* in EOCRN. Just go to *My New Events*, *Submit Event* and fill out the information.

Events, classes and workshops can also be sent to Susan to be posted in the monthly newsletter. Email the information to [spolumsky@oregonbhf.org](mailto:spolumsky@oregonbhf.org). EOCRN is a great way to get out information about your organization, including general information about the services and programs offered by your organization.



*"Building Stronger Communities"*

# COMMUNITY RESOURCE

CHASTAIN  
CONSULTING  
SERVICES,  
LLC



## WELLNESS IN EARLY LIFE

## LEARNING COLLABORATIVE MEETING

### Meeting Topic: Rapport Building

Please join as we learn about building rapport. In this training we will learn the basics of building rapport and how to use that in our everyday interactions with clients. The training material is prepared with home visitors and direct service providers in mind, but anyone is welcome to attend. We eagerly anticipate the valuable experiences and discussions that each of you will contribute.

### MEETING DETAILS

Monday: March 4th,  
2024  
10 a.m.-12 p.m.

**No registration required!**

Email Emily Hurd at  
[ehurd@neonoregon.org](mailto:ehurd@neonoregon.org) for a calendar invite!

Zoom Link:

[https://us02web.zoom.us/j/81462638958?  
pwd=SzhQVlpjb3lCcURUb29pWW12Y0xvQT09](https://us02web.zoom.us/j/81462638958?pwd=SzhQVlpjb3lCcURUb29pWW12Y0xvQT09)

### CONTACT US

Emily Hurd  
541-910-4891  
[ehurd@neonoregon.org](mailto:ehurd@neonoregon.org)

**Wellness in Early Life (WEL)** is a program that strives to support families with young children who may be experiencing depression or mental health concerns. WEL Learning Collaborative meetings are hosted by NEON and Annette Chastain, LCSW to offer helpful tools for the maternal & child health workforce across Union, Baker, Wallowa, Umatilla, Malheur, Morrow, and Grant Counties

Find EOCRN at <https://eocrn.org>. Have questions or need more information, contact Susan at Building Healthy Families—541-426-9411 or [EOCRN@oregonbhf.org](mailto:EOCRN@oregonbhf.org)



# Living Well

## Diabetes Self-Management Program

Sponsored by Community Connection of Northeast Oregon



Learn how to:

- Problem solve
- Maintain a healthy diet
- Manage blood glucose
- Exercise safely
- Manage medication
- Make decisions
- Communicate effectively

**Classes are free for those 60 or older.**



zoom

**March 19 - April 23**

**Every Tuesday**

**1:30pm - 4pm**

**Must register by**  
**March 14**

**Call Kathy at 541-963-3186**  
**or email [kathyg@ccno.org](mailto:kathyg@ccno.org)**

**Community Connection**  
**of Northeast Oregon, Inc.**





# COMMUNITY RESOURCE

## MILITARY & FAMILY Readiness Program



The Oregon National Guard Military and Family Readiness Program serves as the foundation of support for the Service Members and Families of the Oregon National Guard.

Our goal is to prepare and empower our Total Military Family to meet the challenges of military and civilian life by providing resources and services to enhance knowledge, life skills, well-being, and retention.

The Military and Family Readiness Specialists (MFRS) coordinate and provide Service Members and Families with a wide variety of services related to:

- Soldier & Family Readiness Groups
- Crisis Intervention
- Financial Assistance & Literacy
- Employment
- Legal
- Tricare
- Community Information & Outreach
- Exceptional Family Member Program
- Emergency Family Assistance Center
- ID Cards & Defense Enrollment Eligibility Reporting System (DEERS)

### VISION

The Service Member & Family Support (SMFS) branch supports the *ALWAYS READY* operational force through the collaboration of internal resources while seeking external partnerships that directly support and improve the quality of life for our Service Members and Families.

### CONNECT

Soldier and Family Readiness Groups (SFRG) are a command-sponsored organization of Service Members, civilian employees, Family members (immediate and extended), and volunteers appointed to a unit. SFRGs provide mutual support and assistance, and a network of communications among the Family members, the chain of command, and community resources. SFRGs assist unit commanders in meeting military and personal deployment preparedness and enhance the Family Readiness and Resilience.

### GET INVOLVED

Contact your local MFRS for information on how to connect with your unit's Soldier & Family Readiness Group, and for volunteer opportunities!



### STAY UP-TO-DATE

For resources, events, and information connect with us on Facebook at:  
[www.facebook.com/orngsmfs](http://www.facebook.com/orngsmfs)

### CONTACT

**Lead Military & Family Readiness Specialist**

**Tara Howie**  
(971) 355-3070 (o)  
(541) 321-3055 (c)  
[tara.j.howie.civ@army.mil](mailto:tara.j.howie.civ@army.mil)

### Regional Military & Family Readiness Specialists

**Anthony Barboza**  
(971) 355-8427 (o)  
(541) 321-3051 (c)  
[anthony.w.barboza.civ@army.mil](mailto:anthony.w.barboza.civ@army.mil)

**Cathy Connor**  
(971) 355-7308 (o)  
(503) 932-3264 (c)  
[catherine.j.connor2.civ@army.mil](mailto:catherine.j.connor2.civ@army.mil)

**Claudia Banda - Bi-lingual**  
(971) 355-3072 (o)  
(541) 321-3052 (c)  
[claudia.m.banda.civ@army.mil](mailto:claudia.m.banda.civ@army.mil)

**Darlene Strupith**  
(971) 355-7631 (o)  
(541) 321-3050 (c)  
[darlene.o.strupith.civ@army.mil](mailto:darlene.o.strupith.civ@army.mil)

**Jill Behunin**  
(971) 355-1931 (o)  
(541) 321-3053 (c)  
[jilletta.d.behunin.civ@army.mil](mailto:jilletta.d.behunin.civ@army.mil)

**Meghan McIntire**  
(971) 355-3073 (o)  
(503) 884-0130 (c)  
[meghan.e.mcintire.civ@army.mil](mailto:meghan.e.mcintire.civ@army.mil)

**Stacey Vasquez**  
(971) 355-7560 (o)  
(971) 719-3744 (c)  
[stacey.a.vasquez.civ@army.mil](mailto:stacey.a.vasquez.civ@army.mil)

**Stephanie Torres - Bi-lingual**  
(971) 355-3071 (o)  
(541) 321-3056 (c)  
[stephanie.s.torrestorres2.civ@army.mil](mailto:stephanie.s.torrestorres2.civ@army.mil)

# COMMUNITY RESOURCE

## LEARN ABOUT HOMEOWNERSHIP BEFORE YOU BUY!



January 20<sup>th</sup>, 2024  
& March 9<sup>th</sup>, 2024  
9:00am – 3:30pm  
Online Via Zoom

Presented by:  
**Debbie MacBaker**  
& **Susy McBride**  
From the Housing Resource Center  
at Community Connection of  
Northeast Oregon, Inc.

Register At [www.ccno.org](http://www.ccno.org)  
Email [susy@ccno.org](mailto:susy@ccno.org) or [adina@ccno.org](mailto:adina@ccno.org)  
or call 541-963-3186

**FIND OUT HOW YOU CAN SAVE UP TO  
\$21,600 FOR DOWN PAYMENT AND  
CLOSING COSTS**

This workshop is FREE!



Community Connection  
of Northeast Oregon Inc.



Division of  
Financial  
Regulation

Department of Consumer  
and Business Services

## COMMUNITY RESOURCE

# LEARN ABOUT HOMEOWNERSHIP BEFORE YOU BUY!



April 27<sup>th</sup>, 2024  
& June 1<sup>st</sup>, 2024  
9:00am – 3:30pm  
Online Via Zoom

Presented by:  
**Debbie MacBaker**  
& **Susy McBride**  
From the Housing Resource Center  
at Community Connection of  
Northeast Oregon, Inc.

Register At [www.ccno.org](http://www.ccno.org)  
Email [susy@ccno.org](mailto:susy@ccno.org) or [adina@ccno.org](mailto:adina@ccno.org)  
or call 541-963-3186

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Division of  
Financial  
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Department of Consumer  
and Business Services

## COMMUNITY RESOURCE

# *MASTER YOUR MONEY AND ACHIEVE YOUR FINANCIAL GOALS!*



**Two Part Series**  
**May 22<sup>nd</sup>, 2024**  
**Online Via Zoom**

*Presented by:*

**Debbie MacBaker**

**Susy McBride**

**& Adina Flower**

*CCNO Housing Resource Center*

**Part I: BUILDING BUDGETING SKILLS – 10:00am to 12:00pm**

In this foundational budgeting class, you will learn ways to save money without making more money, how to pay down debt and much more.

**Part II: ADVANCED MONEY MANAGEMENT– 1:00pm to 3:00pm**

We will show you ways to improve your credit score, discuss banking and investment options as well as retirement strategies and income taxes.

To register go to [ccno.org](http://ccno.org)

Contact Susy or Adina at 541-963-3186

[susy@ccno.org](mailto:susy@ccno.org) or [adina@ccno.org](mailto:adina@ccno.org)



**Community Connection  
of Northeast Oregon Inc.**



Department of Consumer  
and Business Services



## USDA

### NON-DISCRIMINATION STATEMENT

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.



**Community Connection**  
of Northeast Oregon, Inc.

GUIDE UPDATED SEPTEMBER 2023

## ADDITIONAL RESOURCES

### Haven From Hunger

Appointment Only

Call 541-786-3663

Monday - Friday, 8am - 5pm

(Income guidelines do not apply)

### Senior Meals and Meals on Wheels\*

Call 541-963-7532

1504 N. Albany St., La Grande, 97850

### OSU Extension

#### Cooking and Gardening Courses

Call 541-963-1010

### To Apply for...

#### SNAP\*

Call DHS at 541-963-7276

1607 Gekeler Lane, La Grande, 97850

Apply online at

<https://apps.state.or.us/onlineApplication/>

#### WIC\*

Call CHD at 541-962-8829

2301 Cove Ave., La Grande, 97850

More information available at

<https://www.oregon.gov/OHA/PH/HealthyPeopleFamilies/wic/pages/index.aspx>

NORTHEAST OREGON REGIONAL  
FOOD BANK PRESENTS

# FOOD RESOURCE GUIDE



## UNION COUNTY

Food resources available in  
Union County, Oregon

## LA GRANDE AREA

Income guidelines apply for food boxes.  
Income guidelines do not apply for the Fresh Alliance program.

Individuals who attend Fresh Alliance can expect grocery rescue items which include dairy, produce, frozen food, and bread products.

### Neighbors Together\*

Food Boxes - Last Tuesday, 10am-12pm  
Fresh Alliance - Tuesdays, 10am-11am  
10700 Walton Rd, Island City, 97850  
(At Mountain Life Church)  
541-805-0073

### Salvation Army\*

Food Boxes - Tuesday, Wednesday, Thursday,  
9am-12pm  
Fresh Alliance - Thursdays, 9am-12pm  
1114 Y Avenue, La Grande, 97850  
(At Grace Bible Church)  
541-963-4829

### Shelter From The Storm\*

Food Boxes - Tues, Wed, Thurs  
1pm-4pm  
10901 Island Avenue, Island City, 97850  
541-963-7226

\*These institutions are equal-opportunity providers and comply with the USDA non-discrimination policy

## OUTLYING AREAS

Income guidelines apply for food boxes.  
Income guidelines do not apply for the Fresh Alliance program.

Individuals who attend Fresh Alliance can expect grocery rescue items which include dairy, produce, frozen food, and bread products.

### Cove Food Pantry\*

Food Boxes - 4th Saturday, 9am-11am  
Fresh Alliance - Tuesdays, 10am-11am  
1708 Jasper Street, Cove, 97824  
541-910-1810

### Elgin Food Bank\*

Food Boxes - 4th Saturday, 9:30am-11:30am  
Fresh Alliance - Wednesday, 2pm-3pm  
850 Alder Street, Elgin, 97827  
541-910-4585

### North Powder Food Bank\*

Food Boxes - 3rd Friday, 2pm-4pm  
390 E. Street, North Powder  
Fresh Alliance - Thursday, 2:00pm-3pm  
At the Grange, 390 E. St, North Powder  
541-709-1045

### Catherine Creek Community Center -Union\*

Food Boxes - 3rd Friday, 10am-11:00am  
Community Meals - 2nd Fri 11:30am to 1:30pm  
667 N. Main St, Union, 97883  
541-562-2038

## HARVEST SHARE

Expect a variety of seasonal fresh produce and occasionally bread products. Please bring your own bags.

### Senior Center\*

Mon, Tues, Wed & Fri 8am - 4pm  
Thurs 8am -12pm, and 3:30-4pm  
1504 N. Albany St., La Grande, 97850  
541-963-7532

## PANTRIES FOR HOUSELESS FOLKS

These pantries have easy prep foods for folks with limited or no access to cooking facilities

### Senior Center Houseless Pantry\*

Please see office staff to access pantry.  
Monday - Friday  
9am-12pm and 1pm-4:30pm  
1504 N. Albany St., La Grande 97850  
541-963-7532

### Union County Warming Station Pantry\*

Call for current hours/services  
501 3rd St. La Grande  
541-910-6265

We recognize the basic rights of individuals who seek food assistance. Concern for personal dignity is of great importance. At the same time, staff and volunteers expect responsible behavior.

Remember that many of the people you encounter at food pantries are volunteers, or are staff who's primary responsibility is not just the food pantry. Individuals that are creating an unsafe environment will be removed, and can be banned from using services at a particular pantry