

Veneta Sites Newsletter

Winter, 2018

What's Inside?

- 2018 FREE Tax Services
- SNAP updates
- Education Scholarship
- Agency Highlight

Wondering why HACSA changed names to Homes For Good?? Learn more by checking out our video at www.homesforgood.org



HEY, We have a new Resident Services Director!



Hello, my name is Wakan Alferes and I am excited to be joining the Homes for Good team as the new Resident Services Director.

If you were a super hero, who would you be? I would want the ability to fly or teleport wherever I wanted to go so I didn't have to spend so much time in my car!

What should residents know about you? I have been working in affordable housing and resident services for the past 8 years, and I get a lot of joy from working with residents to make their communities the best they can be. Although I have spent the past decade in Portland and living internationally, I grew up in Eugene and am excited to be back. I also speak fluent Spanish.

What is your favorite quote? "To laugh often and much; to win the respect of intelligent people and affection of children; to learn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a little better, whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded."

-Ralph Waldo Emerson

Newsletter Reminder:



Homes For Good will be moving to a quarterly newsletter for most sites starting this February. Your next newsletter will come out in May. This change is due to changes in staff time, as well as increased interest in saving paper and the hope of moving some resources online to our new website. Please know that if you ever need information about resources in the community or support from Resident Services, that you can call us anytime!

Sincerely, *Resident Services.*

Resident Services Director: Wakan Alferes 541-682-2530 Se Habla Español

Resident Services Assistant: Frankie LeeJohnson 541-682-2538 Se Habla Español

Local Activities and Events:

February, March and April

EUGENE/SPRINGFIELD:

- **1st Fridays- Museum of Natural and Cultural History** lets you take advantage of **FREE admission!** Located at 1680 E 15th Ave, Eugene open from **11am-5pm**.
- **March 23rd to March 25th**– Eugene's **Gem Faire** held at the **Lane County Events Center** is filled with fine jewelry, precious and semi precious gemstones, millions of beads, crystals, gold and silver, minerals and much more at manufacturer's prices. **Cost is \$7** for a weekend pass. For more detailed information please call 503-252-8300.
- **Mar 30th– Engineer It! Ancient Technologies:** Join the neighborhood library at 225 Fifth Street in Springfield from **2:30– 3:30** and delve into Oregon's history through a variety of hands-on engineering challenges. This is a **FREE** family event!!

CRESWELL:

- **Recurring on Wednesdays**– Come check out the **Creswell Over 40 Social Club** throughout the year **from 10am-1pm** at the Creswell Community Center. Activities can include chair yoga, art, puzzles, coloring, potlucks, and much more! Free coffee and snacks are served!
- **Feb 10th and March 3rd**–Enjoy a **Family Movie Night** at the Cobalt Activity Center located at 364 Cobalt Ln in Creswell. Movie starts at 6:30 and Admission is **FREE!**

For more activities in your area, check out www.eugenecascadescoast.org

COOK'S CORNER

February Steak Fajitas! (meat optional)

How to Make It: (tsp = teaspoon)

Ingredients: 2 tsp. smoked paprika 2 tsp. dried oregano, 1 1/2 tsp. garlic powder, 1 1/2 tsp. ground cumin, 1 tsp. brown sugar, 1/4 tsp. kosher salt, 1/4 tsp. freshly ground black pepper, 1/8 tsp. ground red pepper, 1 (1-pound) flank steak, trimmed, Cooking spray, 1 sm. red onion, cut into 1/4-inch slices, 1 red bell pepper, cut into 1/2-inch slices, 1 yellow bell pepper, cut into 1/2-inch slices, 8 corn tortillas, 1/4 cup chopped cilantro, 8 lime wedges



Step 1: Combine paprika, oregano, garlic powder, cumin, brown sugar, salt, black pepper, and red pepper in a small bowl. Rub 2 tablespoons spice mixture evenly over steak.

Step 2: Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add steak to pan; grill 5 minutes on each side or until desired degree of doneness. Place steak on a cutting board; let stand 10 minutes. Cut across the grain into thin slices.

Step 3: Combine remaining 2 1/2 teaspoons spice mixture, onion, and bell peppers in a bowl; toss to coat. Arrange onions and peppers on pan; grill 5 minutes on each side or until lightly charred. Remove vegetables from pan. Add tortillas to pan; grill 30 seconds on each side or until lightly browned.

Step 4: Divide steak and bell pepper mixture evenly among tortillas. Top with chopped cilantro. Serve with lime wedges, if desired.

TAX SERVICES

Free Tax Help

Free tax help is available during tax season beginning in February.

Come Prepared! Taxpayers are required to bring government issued photo ID and the Social Security cards for everyone listed on their tax return. Social Security statements or Medicare cards are also acceptable. It is highly recommended that taxpayers bring in last year's tax return as well.



You can see a more thorough list of FREE tax help sites throughout Lane County at <https://secure.aarp.org/applications/VMISLocator/searchTaxAideLocations.action>

You may also do your taxes online through United Way If your household earned less than \$66,000 in 2017, you can file both your federal and state returns for free using www.MyFreeTaxes.com. This is the only free, national, online tax filing product offered by a nonprofit. United Way has made it available to over 100 million U.S. taxpayers as part of their fight for the financial stability of every person in every community.

CHEAP TRICKS OF THE MONTH

1. Cut Laundry Detergent and Dryer Sheet Use In Half!

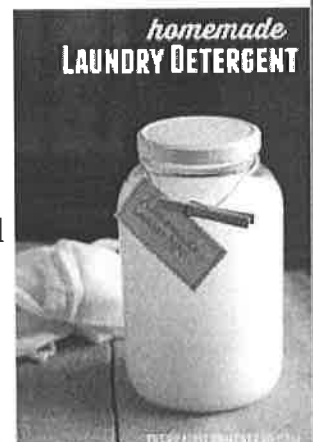
The laundry detergent sold today is usually highly concentrated and powerful. Use the smallest suggested amount, and often you can use less than what's on the bottle and still get clean clothes. In many cases, using less actually washes more effectively because there's no leftover soap in your clothes. And tearing your dryer sheets in half gives the same result for half the price.

2. This recipe costs 15 cents per load!! :: Homemade Chemical Free Laundry Detergent

- 3 Tbsp Castile Soap {such as Dr. Bronner's}
- 6 Tbsp Oxi Clean for Baby
- 6 Tbsp Washing Soda

Pour 4 cups of HOT water into a gallon container. Add Castile soap and shake it up to dissolve the soap. Add the Oxi Clean for Baby and washing soda. Fill the container to the one gallon mark. Shake to mix.

To use: Pour 1/2 cup into the washer for a normal load of laundry.



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Distance: 4.32 mile(s)
Center Name: EDUCATION CENTER
Address: 1540 E ST, SPRINGFIELD, OR 97477-4142
Phone No: (458) 209-9870
Dates Open: 2/1/2018 - 4/17/2018
Site Schedule: TU: 10:00 AM - 3:00 PM
WE: 10:00 AM - 3:00 PM
TH: 10:00 AM - 3:00 PM
Comments: SIGN UPS BEGIN 30 MINUTES BEFORE START TIME USE EAST PARKING LOT ON E ST NEAR 16TH. (541) 636-8163 or 2-1-1
Appointment: Walk-ins Welcome
Handicap Accessible: Yes

8

Distance: 4.66 mile(s)
Center Name: LANE COMM COLL- MAIN CAMPUS
Address: 4000 E 30TH AVE. EUGENE, OR 97405-0640
Dates Open: 2/1/2018 - 4/17/2018
Site Schedule: WE: 9:00 AM - 02:30 PM
TH: 9:00 AM - 02:30 PM
FR: 9:00 AM - 02:30 PM
Comments: Central Building, 2nd Floor, NW Commons WALK IN/SIGN UP
Appointment: Walk-ins Welcome
Languages: English
Handicap Accessible: Yes

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Distance: 13.28 mile(s)
Center Name: FERN RIDGE LIBRARY
Address: 88026 TERRITORIAL RD, VENETA, OR 97487-9723
Phone No: (541) 954-7941
Dates Open: 2/3/2018 - 4/16/2018
Site Schedule: MO: 9:00 AM - 2:00 PM
SA: 9:00 AM - 2:00 PM
Comments: APPOINTMENT SITE ONLY. . . CLOSED SATURDAY FEBRUARY 10, 2018.
Appointment: Appointment Required
Languages: English
Handicap Accessible: Yes

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Distance: 13.93 mile(s)
Center Name: JUNCTION CITY COMMUNITY CTR
Address: 175 W 7TH AVE PO BOX 250, JUNCTION CITY, OR 97448-0250
Phone No: (541) 998-4767
Dates Open: 2/1/2018 - 4/17/2018
Site Schedule: FR: 9:00 AM - 1:00 PM
SA: 9:00 AM - 2:00 PM
Comments: CALL FOR APPOINTMENT 541 998-4767
Appointment: Appointment Required
Languages: English, Spanish
Handicap Accessible: Yes

Tax Service Near You Aarp.

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Distance: 18.75 mile(s)
Center Name: COTTAGE GROVE COMM CTR
Address: 700 E GIBBS AVE. COTTAGE GROVE, OR 97424-1640
Dates Open: 2/1/2018 - 4/17/2018
Site Schedule: WE: 10:30 AM - 02:30 PM
Comments: You may call 211 for more information. WALK-IN SIGN UP.
Appointment: Walk-ins Welcome 
Languages: English
Handicap Accessible: Yes

BLACK HISTORY MONTH PUZZLE

K	E	E	W	Y	R	O	T	S	I	H	O	R	G	E	N	T	T	N	N	N	C	G	A
A	T	M	X	S	Y	F	S	T	H	G	I	R	L	I	V	I	C	O	L	O	U	I	D
K	K	Y	Q	J	H	Z	R	D	I	C	V	F	D	H	O	D	J	I	O	I	L	T	V
C	A	Q	R	C	A	R	T	E	R	G	W	O	O	D	S	O	N	T	C	T	T	H	A
M	E	T	P	T	D	O	Q	B	D	O	S	H	I	O	V	O	C	A	N	A	U	E	N
C	X	G	A	C	S	K	X	G	Y	E	F	G	H	S	M	V	H	P	I	G	R	B	C
A	C	H	I	E	V	E	M	E	N	T	R	R	E	J	U	H	I	I	L	E	A	L	E
H	L	N	S	A	X	F	C	K	J	I	F	I	D	E	A	N	C	C	M	R	L	A	M
E	D	U	C	A	T	I	O	N	R	I	H	E	C	L	M	Q	A	N	A	G	H	C	E
F	N	Z	B	E	Y	R	A	J	A	O	R	C	B	K	A	T	G	A	H	E	E	K	N
S	N	O	I	T	U	B	I	R	T	N	O	C	N	R	D	R	O	M	A	S	R	C	T
H	T	O	A	Y	M	F	U	V	L	R	A	T	F	Y	U	O	E	E	R	S	I	H	R
W	U	M	E	H	W	K	H	E	Q	G	G	C	T	G	L	A	U	G	B	I	T	U	J
T	S	C	Z	K	D	R	G	A	G	B	B	W	I	E	J	I	R	G	A	Z	A	R	L
K	E	N	T	S	T	A	T	E	U	N	I	V	E	R	S	I	T	Y	L	H	G	C	S
H	V	O	W	D	C	R	B	N	X	F	D	L	B	J	F	B	N	N	J	A	E	H	E
X	L	I	I	Y	O	K	Y	E	B	C	Q	V	C	C	L	A	N	C	A	E	S	K	I
Z	F	K	W	R	G	C	S	S	Q	Y	Q	X	N	W	D	Q	V	X	P	Y	A	S	B

WORD LIST

- | | |
|-----------------------|---------------------------|
| 1. ABRAHAM LINCOLN | 12. EDUCATION |
| 2. ACHIEVEMENT | 13. EMANCIPATION |
| 3. ADVANCEMENT | 14. FEBRUARY |
| 4. AFRICAN ANCESTRY | 15. FREDERICK DOUGLASS |
| 5. ASNLH | 16. GERALD R FORD |
| 6. ANTI-LYNCHING | 17. KENT STATE UNIVERSITY |
| 7. CARTER G WOODSON | 18. LEGACY |
| 8. CHICAGO | 19. NEGRO HISTORY WEEK |
| 9. CIVIL RIGHTS | 20. SEGREGATION |
| 10. CONTRIBUTIONS | 21. THE BLACK CHURCH |
| 11. CULTURAL HERITAGE | |



Our mission is to assist residents of affordable housing as they strive to enhance their lives, job opportunities and children's futures.

NAHMA Educational Foundation

Scholarship

2018 application available on
2/5/18

<https://nahma.communityforce.com>

How to enter your application for an education scholarship

ELIGIBILITY

Must be a resident of an AHMA member community

High School Senior or Hold either a High School Diploma or GED and

You are pursuing higher education at an accredited college, community college, university, or trade/professional school or institute

The program requires that an applicant be a resident in good standing at an AHMA affiliated apartment community and be either a high school senior or a matriculated student at an accredited college or trade/technical school. High school seniors must have a minimum of a 2.5 grade point average and matriculated post-secondary students must be maintaining at least a 2.3 grade point average in order to apply.

APPLICATION

The process requires applicants to provide online an application form, an essay, two references and a Certification of Residency in Good Standing form. A current grade transcript is also necessary and is the only application component sent via U.S. Mail to the foundation. All necessary forms are provided within the web-based application and no hard copies are needed.

DEADLINE

Application must be completed by:
May 25, 2018

- Work on the application weekly
The dashboard will provide you with a visual of the completeness of the application
- Pick good references
Selecting a reliable references will help insure your application is complete.
Suggested references:
Teachers of subjects that you excel at
Volunteer Supervisors
Coaches
Work supervisors
Property Manager
Church minister or priest
- If do not have access to a computer
Use a computer at your local Library or YMCA
- Scholarship administrator who can help you with your questions every step of the way:
Dr. Bruce W. Johnson
Phone #: 215-262-4230
Email: bjohnson@tmo.com

A FUTURE OF HOPE

Are you interested in saving money on utilities?

Do you want to be more environmentally friendly (“Go Green”)?

Homes for Good (formerly known as HACSA) will begin Energy Conservation Projects at all of our Pubic Housing complexes in 2018.

What should you expect?

Each complex will be getting different water or electric saving measures based on the audits that were done in 2017.

As we finalize the specific improvements for your housing complex and our project schedule, we will provide you further updates, as well as host an on-site resident meeting to explain more about what to expect. We hope you are as excited as we are about these upcoming improvements.

Stay tuned for more information.



New SNAP Time Limits

UNDERSTANDING THE BASICS



This is the amount of time individuals may access SNAP benefits - *unless* the person meets an exemption or complies with certain work requirements.



Time limits will kick in on January 1, 2018 for Lane County which means many "able-bodied adults without dependents" (ABAWDs) could be *without* SNAP benefits after March 31, 2018.

WHO IS AFFECTED?

Anyone who can answer "yes" to all of the following questions:

- Currently receiving SNAP benefits?**
- Live in Lane County?**
- Between the ages of 18 and 49?**
- Do NOT have a child under the age of 18 on your SNAP case?**

Questions? Please call the numbers below for more information:

Cottage Grove: 541-942-9186
 Florence: 541-997-8251
 McKenzie Center: 541-686-7878
 Springfield: 541-726-3525
 West Eugene: 541-686-7722

HOW CAN I KEEP MY BENEFITS?

Individuals can stay eligible for SNAP by doing **work-related activities for 20 hours a week**, or an average of 80 hours a month. Activities include:

- Work for pay**
- Work in exchange for goods or services**
- Work as an unpaid volunteer**
- Participate in an approved employment and training program**

ARE THERE EXEMPTIONS?

Yes. **But you must call DHS to verify.** If you qualify for one of the exemptions* below you may not have to do the work-related activities to keep getting food assistance.

- Physical or mental health needs limit your ability to work
- Pregnant
- Receiving unemployment
- In an alcohol or drug treatment program (in or out patient)
- A student (at least half-time)
- Taking care of a disabled person & unable to both care for them and maintain employment

There are additional exemptions that you may meet. Please discuss with your worker.

Productive Self-Talk

When an upset, surprise or uncomfortable moment occurs, before speaking or taking action – stop and take a deep breath, and talk to yourself in a positive manner. Why? Because resentful or negative self-talk fuels anger and tension, which can escalate your emotions and lead to greater upset. Use productive self-talk to calm your system and enable you to better handle life's upsets.

The following is a list of self-talk statements. Find one that feels right for you.

Parenting Tip: Put a copy of this on your refrigerator. When you find yourself getting upset and are about to let loose with language that negatively impacts your children and home atmosphere, go to this list and read one or two of the statements out loud. Not only will you help the situation, but also your children will learn new ways to handle tense moments.

- Relax... It's okay...
- I can deal with this...
- I'll figure it out... We'll figure it out...
- Yes, it's uncomfortable... and I can manage...
- I can choose my thoughts... I can direct my thinking...
- I can be my best, even now...
- Something good can come of this...
- I have faith this will work out...
- What am I learning? What are we learning?
- I can find the humor here... Really, it's kind of funny...
- I can feel myself calming down...
- I can hear myself think...
- I'm strong.. I can deal with this...
- I'm in control of myself...
- I'm bigger than this. .
- We're bigger than this...
- I trust myself...
- I can choose...
- I can be generous right now...
- I hear my voice calming down...
- I can find my personal balance...
- We can work with this...
- We'll see our way through this...
- I have the ability to handle this...
- What do I want to model to my kids right now?
- I can be patient in this moment...
- Good time to count to ten... or 100...
- Time out... I'm taking a walk...
- I'm letting this one go - it's not worth the toxins...
- This, too, shall pass...

Hey There!

What do you think of the Veneta Sites newsletter? Have an idea for the next issue? Let us know your thoughts! Contact Frankie at 541-682-2538

AGENCY SPOTLIGHT



*Did you know that FFLC has job training programs? Homes For Good has a wonderful partnership with FFLC who provides many of our sites with food donated from grocery stores and helps supply many of our senior residents with nutritious food through the Senior Grocery Program. Food For Lane County works to *alleviate hunger by creating access to food.**

Currently FFLC offers two Job Training Programs:

- 1) **Warehouse Training**– Provides basic skills for careers in warehouse operations. Session 4 is happening between April 2 and June 22nd. Applications are due March 2nd.
- 2) **Fresh Start**– Provides basic food service skills for careers in the restaurant or food provider business. Session 2 of this training program will be from July 13– October 18th 2018. Applications for Session 2 are due June 15th.

Note: These Job Training Programs are unpaid and are not employment with FOOD for Lane County.

For more information visit

foodforlanecounty.org or call 541-343-2822

Public Housing Front Desk

541-682-4090

Property Manager

Ron Glover 541-682-2616

rglover@homesforgood.org

Assistant Property Manager

Gloria Estrada 541-682-3834

gestrada@homesforgood.org

Property Management Division Director

Darlene Kelly 541-682-2599

dkelly@homesforgood.org

Work Order Line 541-682-4010

(Submit a work order online at

www.homesforgood.org)

After Hours Emergency:

541-359-8874

Resident Services Manager

Wakan Alferes 541-682-2508

walferes@homesforgood.org

Resident Services Assistant (Se habla Español)

Frankie LeeJohnson 541-682-2538

fleejohnson@homesforgood.org

RAB Representative for Veneta

Linda Jackson 541-653-1497

FSS Information

Suzanne Gatch 541-682-2548

sgatch@homesforgood.org

Member, Board of Commissioners

Michelle Thurston 541-682-3409

thurston.mn@gmail.com

Char Reavis 541-682-3410

charreavis@charter.net