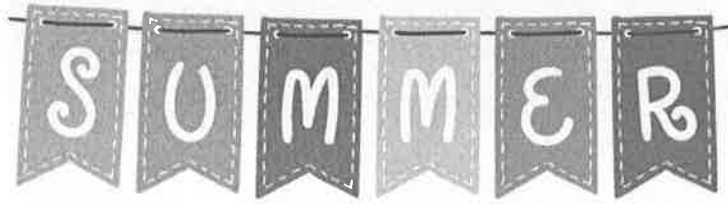


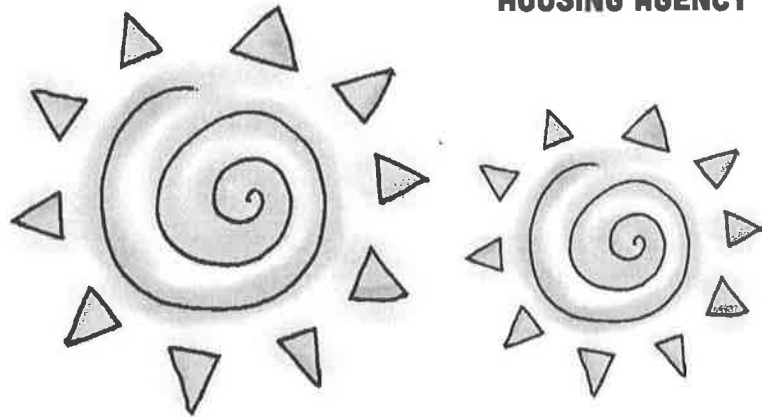
Springfield Scattered Sites Newsletter

Summer 2019



What's Inside?

- Nedco Classes
- National Night Out
- Important Reminders
- And MORE!



Welcome to Summer: 10 Tips to Keep you Going Strong Through the Hot Season!

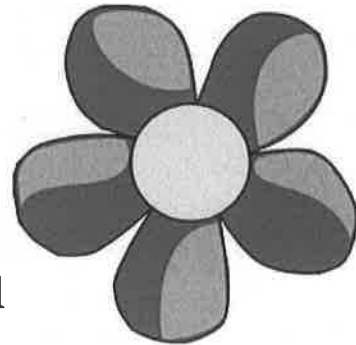
1. Wear your sunscreen. The UV light is strongest between 10am and 4pm.
2. Eat those delicious berries! They are full of antioxidants.
3. Get dirty! Plant a garden and play on the land. It lowers stress levels.
4. Floss daily. Oral hygiene helps reduce bacteria and increase your health.
5. Go outside to exercise. A brisk walk would do just fine!
6. Wear protective sunglasses that protect against UV rays A and B.
7. Sleep well. Maintain a consistent bedtime and wake-up time.
8. Hydrate ! Water is essential. Put in a pinch of sea salt for added electrolytes!
9. Check out your local library, they have activities that are FUN! And A/C!
10. Visit your local farmers market for fresh food, they even take SNAP!

NATIONAL NIGHT OUT IS COMING SOON!!!



*Hey there
friends and
neighbors!*

Homes for Good is putting on our 2nd Annual National Night Out Event at Alton Baker Park on August 6th from 4-6pm!



There will be all kinds of fun activities for everyone, *and we mean everyone!* Raffles, Prizes, Games, BBQ!

**VOLUNTEERS
NEEDED!**

**ALL HOMES FOR GOOD
RESIDENTS ARE INVITED AND
ENCOURAGED TO PARTICIPATE!**

Contact Resident Services if you may need assistance with bus fare or are interested in volunteering. Save the Date for this **AMAZING** and **FUN FILLED EVENT!!**



**TUESDAY, AUGUST 6TH @
ALTON BAKER PARK 4-6PM**

Friendly Reminders:

Grievance Policy Reminder

Grievance Definition– any dispute which a tenant may have with respect to PHA action or failure to act in accordance with the individual tenant's lease or PHA regulations which adversely affect the individual tenant's rights, duties, welfare or status

HUD regulations state that any grievance must be personally presented, either orally or in writing, to the PHA office or to the office of the housing development in which the complainant resides so that the grievance may be discussed informally and settled without a hearing.

Homes for Good Policy

Homes for Good will accept requests for an informal settlement of a grievance either orally or in writing, to the Homes for Good's office within 5 working days of the Homes for Good non-payment of rent notice, 5 working days for lease termination notice, and 14 calendar days for any other grievable event.

Within 14 calendar days of receipt of the request Homes for Good will arrange a meeting with the tenant at a mutually agreeable time and confirm such meeting in writing to the tenant.

If a tenant fails to attend the scheduled meeting without prior notice, Homes for Good will reschedule the appointment only if the tenant can show good cause for failing to appear, or if it is needed as a reasonable accommodation for a person with disabilities.

Good cause is defined as an unavoidable conflict which seriously affects the health, safety or welfare of the family.

Our full Grievance Policy & Procedure can be found in the Admissions and Continued Occupancy Plan (ACOP) available on our website or in our administrative offices.

Summer Time and the Yard Sales Are Here!

While the weather is good, you may consider doing a yard sale! Please be aware that you may need a permit from your city and that you could be fined if you do not get one. Also, depending on your property, you may need a community space so check with your Property Manager before hosting one.



Want another idea? Community Yard sales can be loads of fun, and a great way to make a little extra cash for your resident group or yourself. Contact your Resident Services Specialist (on the back page of this newsletter) or your PM for more details!

Friendly Reminders Continued:



Have a Kitty? Please remember that all cats must remain indoors at all times, or on a leash when outside. They are not allowed to roam free in the neighborhood. For further questions about this policy and how it relates to your lease, contact your Property Manager. *Thank you for your understanding.*

RideSource



ADA Service

ADA service, required through the Americans With Disabilities, is an origin-to-destination transportation for people who are unable to use the bus due to a disability. The service operates within the Eugene/Springfield metropolitan area, and operates the same hours as the bus.

To learn more about or apply for ADA service, contact RideSource at 541-682-5566, toll free at 1-877-800-9899, or 7-1-1 (TTY) to request a transportation assessment. Staff from a partner agency will come to your home and discuss your transportation needs with you. You may be asked to take a walk, go up and down stairs, and answer questions on what you know about the bus. It can take up to twenty-one (21) days to determine what services you can use.

Once you have received an approval letter from RideSource you can call in to schedule a ride, let us know if you need to cancel a trip, or ask about the status of your ride. Rides can be scheduled Monday through Friday from 8am to 5pm, and on Saturday and Sunday from 11am to 5pm. You can request a trip up to 5pm the day before. **RideSource ADA service does not provide same day assistance.**

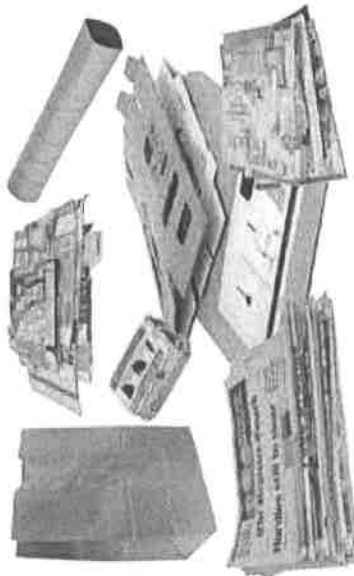
COMMINGLED RECYCLING INSTRUCTIONS

NO PLASTIC BAGS.

DEPOSIT MATERIALS LOOSE.

NO GLASS.

YES

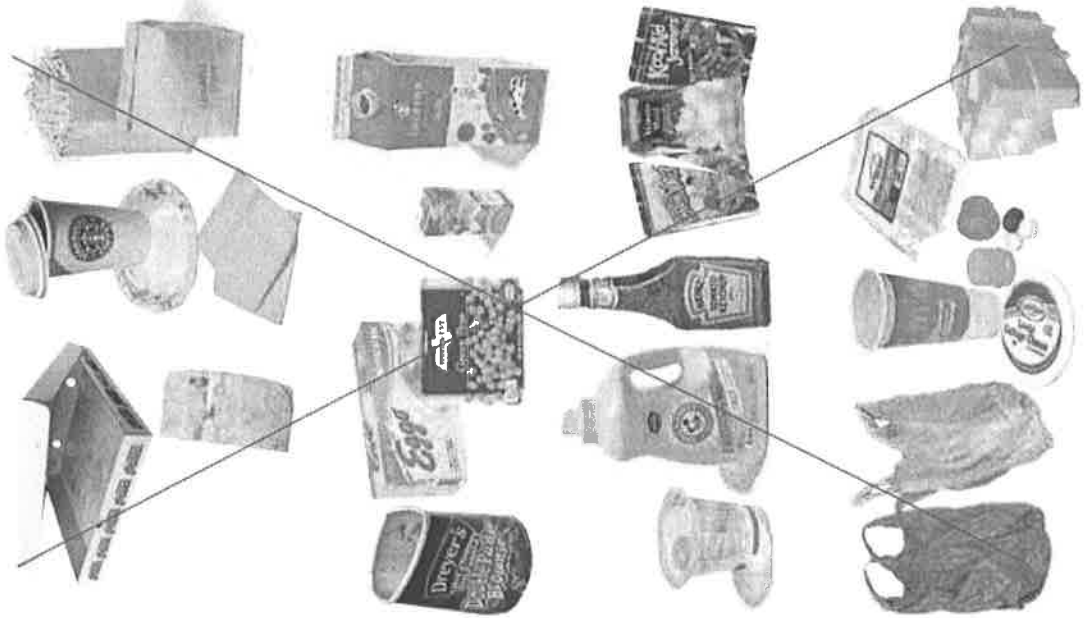


Cardboard boxes
Misc. paper
Junk mail
Magazines & catalogs
Phone books
Newspaper
Paper egg cartons
Paper bags



Aluminum foil & cans
Tin cans
Lids attached
Milk Jugs
Drink Bottles

NO



NO

Cups
Food to go boxes
Napkins
Paper towels
Shredded paper
Tissues
Diapers
Waxed cardboard

NO

Aseptic containers
Milk cartons
Frozen food & ice cream containers

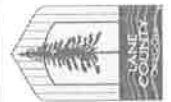
NO

Shiny flexible plastic pouches
Loose lids

NO

Styrofoam like material
Packaging materials
Plastic bags of any kind
Plastic wrap
Lids

All commingled materials must be clean



For more info. call your collection service provider
or Lane County Waste Management (541) 682-4339
www.lanecounty.org/comminglerecycling

FOUNDATIONS

C L A S S E S

FINANCIAL FOUNDATIONS

Everyone can benefit from being smart about managing money. In this class series, you will build systems to tackle debt, strengthen credit, plan for the future and make your money work for you and your goals.

Required for all IDAs

Tues/Wed, June 18/19, 25/26, 6-8pm, 212 Main St, Springfield

Saturday, July 20, 9am-5pm, 212 Main St., Springfield

Tues/Wed, August 6/7, 13/14, 6-8pm, 212 Main St, Springfield

Tues/Wed, September 4/5, 11/12, 6-8pm, 212 Main St, Springfield

Tues/Wed, October 1/2, 8/9, 6-8pm, 212 Main St., Springfield

Saturday, November 16, 9am-5pm, 212 Main St, Springfield

ABCS OF HOMEBUYING

Explore the ins and outs of financial preparation, mortgages, real estate, home inspection, insurance and the closing process from vetted industry professionals.

Required for Homeownership IDAs, and DPA

Saturday, June 22, 9am-5pm, 212 Main St, Springfield

Saturday, August 17, 9am-5pm, 212 Main St., Springfield

Saturday, September 21, 9am-5pm, 212 Main St., Springfield

Saturday, November 2, 9am-5pm, 212 Main St., Springfield

YOUTH FINANCIAL FOUNDATIONS

Are you saving for a car, education or a rental deposit? This class will give youth age 16+ tools to make smart decisions around managing money.

Required for Youth IDAs.

Mon-Thurs, July 15, 16, 17, 18, 4-6pm, 212 Main St., Springfield

Mon-Thurs, October 21, 22, 23, 24, 4-6pm, 212 Main St., Springfield

★ Call Your

Resident Services

Specialist for a

referral!

HOMEOWNERSHIP

T R A C K

Register and start with...

ABCS OF HOMEBUYING or HOMEOWNERSHIP COACHING

Continue with topical workshops...

FINANCIAL FOUNDATIONS

Preparing to buy a house is the perfect time to focus on planning your entire financial picture and future.

Offered monthly; see left side panel for dates/times

TACKLING STUDENT LOANS FOR HOMEBUYERS

Learn strategies you can implement today that will help your financial capability and your loan-readiness.

Tuesday, September 24, 6-8pm, 212 Main St., Springfield

Tuesday, September 24, 6-8pm, online workshop

HOMEBUYER LETTERWRITING

NEDCO's grant writer will lead you in composing a letter to the seller to stand out in a competitive market.

Wednesday, August 28, 6-8pm, 212 Main St., Springfield

FIRST INVESTMENT PROPERTY

Local investors share how they started building slow wealth through real estate as first-time homebuyers.

Saturday, October 26, 9am-2:30pm, 212 Main St., Springfield

HOME MAINTENANCE

From roof shingles to the foundation, a local contractor will guide you through how to protect your home.

Tuesday, August 20, 6-8pm, 212 Main St., Springfield

HOME ENERGY EFFICIENCY

Learn low cost tips to use less energy in your home and save money from a local energy professional.

Wednesday, August 21, 6-8pm 212 Main St. Springfield

FINANCIAL WELLNESS

T R A C K

Register and start with...

FINANCIAL FOUNDATIONS or FINANCIAL COACHING

Continue with topical workshops...

YOUR FIRST SIDE HUSTLE

Explore how to test and turn your passion into an income generating side project.

Thursday, June 20, 6-8pm, 212 Main St., Springfield

DIY INVESTING

Explore basic considerations when getting started researching and choosing stocks, bonds and index funds.

Tuesday, October 15, 6-8pm, 212 Main St., Springfield

ESTATE PLANNING FOR EVERYONE

Explore wills, beneficiary designations, durable power of attorney & advanced directives with a local attorney.

Tuesday, November 5, 6-8pm, 212 Main St., Springfield

SOCIAL SECURITY PLANNING

A Certified Financial Planner will walk you through strategies and filing options given the current laws.

Tuesday, September 17, 6-8pm, 212 Main St., Springfield

FINANCIAL INDEPENDENCE

Build a perpetual asset-building machine by living a slightly more optimized lifestyle. You will leave this

workshop with a working understanding of how middle income Americans are reaching FI in as little as 10

years.

Tuesday, July 30, 6-8pm, 212 Main St., Springfield

LOVE & MONEY

This workshop will stretch couples in collaborative ways with tools to work towards shared financial goals.

Thursday, June 27, 6-8pm, 212 Main St., Springfield

 <p>SUMMER FOOD PROGRAM FOOD FOR LANE COUNTY</p>	<p align="center">COTTAGE GROVE June 25-August 23</p>	<p align="center">SPRINGFIELD June 24 – August 16</p>
	<p>BOHEMIA ELEMENTARY SCHOOL 721 S. R Street Breakfast: 8:30-9:00 Lunch: 11:30-12:30</p>	<p>BRATTAIN HOUSE 1030 G Street Lunch: 12:00-12:45</p>
	<p>COTTAGE GROVE HIGH SCHOOL 1375 River Road Breakfast: 8:00-8:30 Lunch: 11:30-12:30</p>	<p>CENTENNIAL ELEMENTARY 1315 Aspen Street Lunch: 12:00-12:45</p>
	<p>GATEWAY APARTMENTS 125 Gateway Blvd. Lunch:12:00 – 12:30</p>	<p>DOUGLAS GARDENS PARK 3455 S. Redwood Drive Lunch: 12:00-12:45</p>
<p align="center">EUGENE/BETHEL June 24 – August 16</p>	<p>HARRISON ELEMENTARY 1000 Taylor Avenue Lunch: 11:30-12:30</p>	<p>GAMEBIRD PARK Mallard & Grouse Streets Lunch: 12:00-12:45</p>
<p>AMAZON PARK 2700 Hilyard Lunch: 12:00-12:45</p>	<p align="center">CRESWELL June 25-August 23</p>	<p>GUY LEE PARK 890 Darlene Street Lunch: 12:00-12:45</p>
<p>BOYS & GIRLS CLUB EMERALD VALLEY 1545 W. 22nd Ave Lunch: 12:00-1:00</p>	<p>CAMAS COURT APARTMENTS 420 S. 2nd St. Lunch: 12:00-12:30</p>	<p>JASPER MEADOWS PARK S. 57th Place at Mt. Vernon Lunch: 12:00-12:45</p>
<p>BREWER PARK 1877 Brewer Avenue Lunch: 12:00-12:30</p>	<p>HOLT PARK 4th & A Streets Lunch: 12:00-1:00</p>	<p>JESSE MAINE PARK S. 69th Place Lunch: 12:00-12:30</p>
<p>CHURCHILL YOUTH PARK 2120 Baily Hill Rd Lunch: 12:30-1:15</p>	<p>RIVERWOOD MOBILE HOME PARK 33838 E. River Drive Lunch: 11:15 – 11:45</p>	<p>MAPLE ELEMENTARY SCHOOL 2109 J Street Lunch: 12:00-12:30</p>
<p>EUGENE DOWNTOWN LIBRARY 100 W. 10th Avenue 12:00 – 1:00</p>	<p align="center">DORENA June 25-August 23</p>	<p>MEADOW PARK 851 Mill Street Lunch: 12:00 – 12:45</p>
<p>MANGAN PARK Wagner & Mangan Streets Lunch: 12:00-12:45</p>	<p>DORENA POST OFFICE 75694 Wick Road Lunch: 12:00-12:30</p>	<p>PACIFIC PARK 2220 Shadylane Drive Lunch: 12:00-12:45</p>
<p>MONROE PARK 10th Avenue & Monroe Lunch: 12:00-12:30</p>	<p align="center">OAKRIDGE June 24 – August 15</p>	<p>PAGE PARK 1300 Hayden Bridge Road Lunch: 12:00-12:45</p>
<p>PETERSEN BARN PARK 870 Berntzen Lunch: 12:00-1:00</p>	<p>DIAMOND VIEW PEAK Commercial Street Lunch: 11:45-12:15</p>	<p>PRIDE PARK 34th & Oregon Streets Lunch: 12:00-12:45</p>
<p>PRAIRIE VIEW 584 N. Danebo Lunch: 12:00-12:45 pm</p>	<p>SALMON CREEK PARK 48400 Hills Street Lunch: 12:30-1:00</p>	<p>RIVERBEND ELEMENTARY 320 51st Street Lunch: 12:00-12:45</p>
<p>RIVER ROAD PARK aka EMERALD PARK 1400 Lake Drive Lunch: 12:00-1:00</p>	<p>WILLAMETTE ACTIVITY CENTER 47674 School Road Lunch: 12:00-12:30</p>	<p>SPRINGFIELD LIBRARY 225 5th Street Lunch: 12:00-12:45</p>
<p>TRAINSONG PARK Edison St. off Bethel Drive Lunch: 12:00-12:45</p>	<p align="center">VENETA/ELMIRA June 24 – August 16</p>	<p>THURSTON PARK 6329 F Street Lunch: 12:00-12:45</p>
<p>For a complete map of sites across Oregon, visit www.summerfoodoregon.org</p>	<p>ELMIRA OPEN BIBLE CHURCH 88899 Territorial Hwy *Aug 12-16 only Lunch: 12:00-1:00</p>	<p>TYSON PARK 3405 E. Street Lunch: 12:00-12:45</p>
<p>To find a location near you, text FOOD to 877877 and follow the prompts</p>	<p>VENETA CITY PARK 25192 Broadway Lunch: 12:00-12:45</p>	<p>WILLAMALANE PARK 1276 G Street Lunch: 12:00-12:45</p>
<p>The USDA, State of Oregon & FOOD for Lane County are equal opportunity employers & providers.</p>		<p>VOLUNTEER PARK 4350 Mt. Vernon Road Lunch: 12:00-12:45</p>
<p align="center">Locations and dates often change. Updates at www.foodforlanecounty.org Updated 5/31/2019</p>		<p align="center">All sites closed July 4th</p>

Food Sites Sponsored by 4J in Eugene:

Holt Elementary, 770 Calvin St., Mon-Thurs, July 1 – July 25. Breakfast 8:30 -9:15, Lunch 11:45-12:30
 Howard Elementary: 700 Howard St., Tues-Thurs, July 9 – Aug 1. Breakfast 8:00-9:00, Lunch 11:15 – 12:30
 Sheldon High School: 2455 Willakenzie Rd., Mon-Thurs, July 8-Aug 16. Breakfast 8:30-9:15, Lunch 12:30-1:15
 River Road/El Camino del Rio Elementary: Mon-Thurs, 120 West Hilliard Ln., July 8-Aug 1, Breakfast 8:30-9:15, Lunch 11:45-12:30

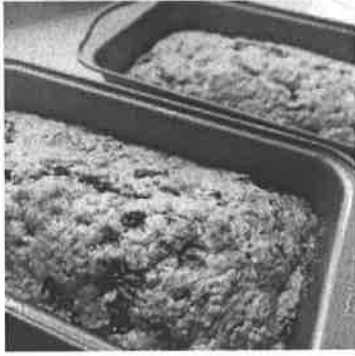
Food Sites Sponsored by Bethel School District in Eugene/Bethel:

Irwin Park: Mon-Fri, June 24 - Aug 23. Lunch 11:15-11:45
 State Street Park: Mon-Fri, June 24 – Aug 23. Lunch 12:00 – 12:45
 Willamette High School: 1801 Echo Hollow Rd., Mon – Fri, Aug 5 – Aug 23. Breakfast 9:00-9:15, Lunch 12:00 – 12:30
 Kalapuya High School: 1200 N Terry St., Mon – Fri, Jun 24 – July 12. Breakfast 10:00 – 10:20, Lunch 2:00 – 2:20
 Prarie Mountain School/Bethel Farm: 5305 Royal, Mon – Fri, Jul 15 – Jul 28, Aug 3 – Aug 12. Lunch 11:30-12:30
 Cascade Middle School: 1525 Echo Hollow Rd., Tuesdays only, June 25 – Aug 20. Supper 2:30 – 4:30

SUMMER \$1 MOVIES in Eugene / Springfield

Cinemark Summer Movie Clubhouse 2019		
Date	Movie	Time
June 5 th	Despicable Me 3	Wednesdays at 9:30am Cinemark 17 Gateway Mall <u>COST</u> \$1 each OR Pre-purchase \$5 pass for ten movies
June 12 th	Peter Rabbit	
June 19 th	Dr. Seuss' The Grinch	
June 26 th	How to Train Your Dragon	
July 3 rd	Small Foot	
July 10 th	Kung Fu Panda	
July 17 th	The LEGO Movie	
July 24 th	The SpongeBob Movie: Sponge Out of Water	
July 31 st	Sherlock Gnomes	
August 7 th	Hotel Transylvania 3: Summer Vacation	

2019 Regal Summer Movie Express		
Date	Movie	Time
June 18 th & 19 th	LEGO Batman Movie House with a Clock in its Walls	Tuesdays & Wednesdays All showings @ 10:00am Regal Valley River Center <u>COST</u> \$1 each
June 25 th & 26 th	Teen Titans Go! To The Movies Paddington 2	
July 2 nd & 3 rd	Despicable Me 3 Dr. Seuss' The Grinch	
July 9 th & 10 th	LEGO Movie 2 How to Train your Dragon 2: The Hidden World	
July 16 th & 17 th	Smallfoot Secret Life of Pets	
July 23 rd & 24 th	LEGO Movie Captain Underpants: The First Epic Movie	
July 30 th & 31 st	Sing How to Train you Dragon 2	
Aug 6 th & 7 th	Penguins of Madagascar Boss Baby	
Aug 13 th & 14 th	Kung Fu Panda 3 LEGO Ninjago Movie	
Aug 20 th & 21 st	Trolls Minions	
Aug 27 th & 28 th	Madagascar Shrek 2	
Sept 3 rd & 4 th	How to Train you Dragon Storks	



Blueberry Zucchini Bread

Prep- 15 minutes

Cook - 50 minutes

Ready in -- 1 hour 15 minutes

Recipe By: Laura Moody

"Blueberries and zucchini baked up into delicious little summertime bread loaves!"

Ingredients

- 3 eggs, lightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2 1/4 cups white sugar
- 2 cups shredded zucchini
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon ground cinnamon
- 1 pint fresh blueberries

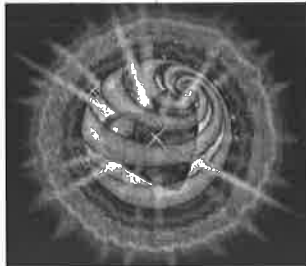
Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease 4 mini-loaf pans.
2. In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans.
3. Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

Hey There!

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

Agency Spotlight



The Trauma Healing Project Improving individual and community health and wellbeing

Our Vision and Work

Unhealed trauma within individuals, families and whole communities is at the root of some of the worlds most difficult challenges, yet we know more about healing than ever before. We envision a vibrant and connected community where anyone impacted by violence, abuse or other trauma receives the support and attention they need to fully recover and to reach their highest potential. We work with community members, professionals and organizations to raise awareness and to identify, develop, support and promote many options for healing and for preventing trauma. To this end, we provide:

Community and Professional Education
Consulting and Technical Assistance

Contact:

1100 Charnelton Street
Eugene, Or 97402
(541) 687-9447
info@healingattention.org

Public Housing Front Desk

541-682-4090

Property Manager

Jon Wild 541-682-2595

jwild@homesforgood.org

Assistant Property Manager

Maryanne Bussey 541-682-2569

mbussey@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

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