

# WELCOME TO FALL, THE LAST SEASON OF 2020



It's been a rough year, and Homes for Good wants to support our residents in any way possible. Many parents have become homeschool teachers, kids are on screen more than ever, there is unrest in our justice systems, and stress is high. As if COVID wasn't enough, we have been faced with forest fires and extremely smoky conditions. Even more people are struggling to find housing. While we are all trying to keep it together, remember **we are in this together**. Please reach out to your Resident Services Specialist (listed on page 4) for any resources or additional help we may be able to provide or refer you to during this time. We wish you a safe and healthy Fall of 2020. This is a reminder to stay present, care for those you love, and to give yourself and others grace. We all handle stress in different ways, and inside you can find some positive and healthy ways to de-stress from 2020.

For updates and current, reliable information regarding COVID-19, go to:

[www.cdc.gov](http://www.cdc.gov)

<https://govstatus.egov.com/OR-OHA-COVID-19>

[www.lanecounty.org/coronavirus](http://www.lanecounty.org/coronavirus)



## **What's Inside:**

- Resident Meetings Online
- Opportunities for Learning
  - Ways to Connect
- Property Manager's Corner
- Community Resources
- COVID Stress Tips
- Information on Eviction Moratorium
  - Low Risk Alternatives to the Fall Holidays
- A Yummy Recipe and MORE!

**Happy Fall!**  
**Free Laundry**  
**has been**  
**extended**  
**through**  
**October 21st**



# Homes. People. Partnerships. Good.

## Resident Meetings coming to ZOOM!

*Do you want some updates from Property Management?*

*Do you have ideas or input about what is happening at your site?*

*Do you want to learn more and meet your neighbors?*

Join the conversation!

At Homes for Good we are social distancing and avoiding in person meetings during the COVID-19 Pandemic. Flyers will be posted at sites with more information soon.

We hope to see you there!

### ***Need access to a device?***

Computers will be on loan for anyone wanting to attend the meeting. More information about the rental process will be included on future resident meeting flyers. If you have any questions, feel free to call our general line at (541) 682-2580



## Virtual Office Hours

Our office hours will take place weekly online until further notice. You may attend whichever office hours best suit your schedule. You may use ZOOM to video chat or dial in from any phone.

**Serving you is our top priority!**

Allie Gay - Every Friday from 10am - 12pm

Dial in: 1-253-215-8782

ZOOM Meeting ID: 524 761 6066

Passcode (video): ag2020

Passcode (dial in): 948987

José Zarate- Every Monday from 8am - 10am

Dial in: 1-253-215-8782

ZOOM Meeting ID: 524 761 6066

Passcode (video): jz2020

Passcode (dial in): 592462

**hablo español**

# Food Update



Below is the current Extra Helping schedule for our sites.

If you are unable to make the program or your site currently does not have one, please call the Resident Services Line to request food and food resources.

**(541) 682-2580**

## Village Oaks

Every Monday | 5:15pm - 6:15pm  
Community Room (next to office)

## Parkview

Every Thursday | 2:30pm - 3:30pm  
Community Room

## McKenzie Village

2nd & 4th Tuesdays | 4:00pm - 5:00pm  
Community Room

## Riverview

2nd & 4th Friday | 2:30pm - 3:30pm  
Community Room (next to office)



# Food Update



## Need help accessing school meals?

Home delivery for families in need begins in October.



Request delivery:  
[surveymonkey.com/r/4Jmealdelivery](https://surveymonkey.com/r/4Jmealdelivery)  
or call 541-790-7654

Learn more: [4j.lane.edu](https://4j.lane.edu)

## Springfield Public Schools

SPS meal delivery service for children 0-18.

*Participants do not need to be SPS students to utilize this service.*

**Request Lunches:**

[bit.ly/36s74iU](https://bit.ly/36s74iU)

**Questions? call or email us:**

**541.744.3263, or**  
**[schoolbus@springfield.k12.or.us](mailto:schoolbus@springfield.k12.or.us)**

## Siuslaw School District

**Walk Up / Pick Up Locations**  
& Time of Service

**Siuslaw Middle School**

11:30am - 11:45pm

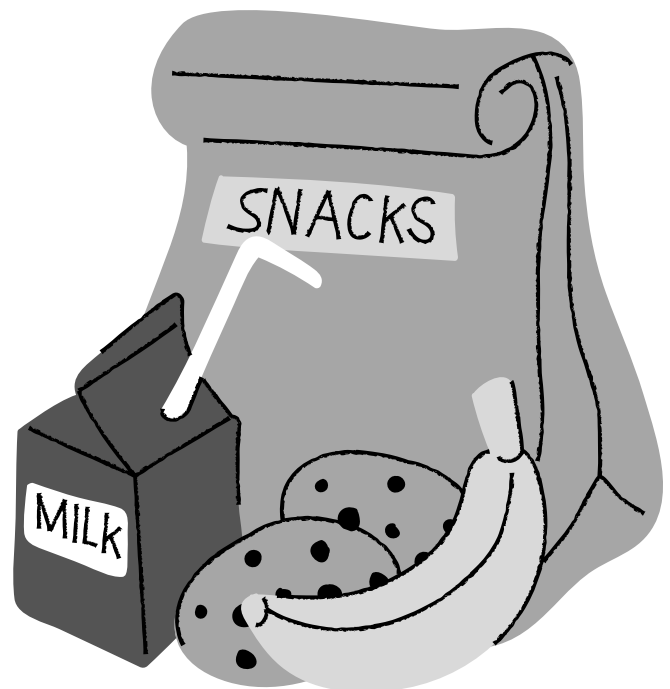
**Siuslaw Elementary School Breezeway**

11:45am - 12:40pm

**Siuslaw High School – Parking Lot**

12:40pm - 12:50pm

*For more information, visit*  
*[siuslaw.k12.or.us/](https://siuslaw.k12.or.us/)*





# COVID-19 Resources for School



For teens, summer usually means hanging out with friends, going to camp, family BBQs or a summer job. A lot of things have been different this year. As the new school year approaches, these resources for teens can help them stay well by reaching out.

**Sources of Strength** offers resources to help teens stay strong, practice self-care and practice gratitude. <https://matchstickpdx.com/sources-of-strength-oregon>

**YouthLine** is a teen-to-teen crisis, support and help line open daily from 4 to 10 p.m. PST via call, text and chat. Adults answer phone calls at all other times, so teens have support 24/7. Text teen2teen to 839863, Call 877.968.8491 or e mail Teen2Teen@LinesforLife.org. <https://oregonyouthline.org/>

**Youth ERA** offers several ways for youth and young adults to meet online, get support and talk through life. <https://www.youthera.org/virtual-support>

**FOR PARENTS: The Reach Out Oregon warmline** can help you talk through this unique time with other parents who “get it.” Available for parents and caregivers. 1-833-REACH-OR / 1-833-732-2467 <https://www.reachoutoregon.org/>

## How to help kids stay healthy during remote learning



**Stay active.** Regular physical activity is good for our mental health and well-being. It not only makes you feel good, it also regulates stress and can help you get a better night's sleep.



**Check in.** It's important for children to know we care, so check in during your child's school day to see how they're doing and offer help (or a hug!) if needed.



**Keep to a routine.** Showing that we control our schedule and our lives, even if we are stuck at home, can help give children a better sense of calm during this confusing time.



**Reach out to friends and family.** Whether online, over the phone or six feet apart, reconnecting with friends can be a way to de-stress and help each other feel less lonely.

For more information visit [healthoregon.org/coronavirus](https://healthoregon.org/coronavirus) or call 211



## COVID-19 GUIDELINES FOR COLLEGES AND UNIVERSITIES

Each college has the flexibility to determine whether and how to open their campus within state guidelines and work with their local public health authority. **Across Oregon, institutions must follow the current COVID-19 guidelines for higher education.** [oregon.gov/highered/about/Pages/COVID19.aspx](https://oregon.gov/highered/about/Pages/COVID19.aspx)


This includes:

- Requiring face coverings
- Measures to control spread of the virus, such as increased cleaning and physical distancing.
- Increased protections for higher-risk populations
- Limiting public access to campus
- Limiting the number of people in dorm rooms

But what will keep schools and their communities safest is if everyone, including students, make smart choices to best protect themselves and others, and make them over and over.

# Community Resources






*You are not alone*




**Substance Abuse and Mental Health Services Administration**  
(SAMHSA) Disaster Distress Helpline:  
1-800-985-5990  
text TalkWithUs to 66746  
(TTY 1-800-846-8517)





**ENERGY ASSISTANCE FUNDS AVAILABLE**

  
[www.lanecounty.org/LIHEAPCares](http://www.lanecounty.org/LIHEAPCares)

*You are not alone*



**Addiction Treatment**  
Serenity Lane 541-687-1110  
Willamette Family 541-762-4300  
Centro Latino Americano 541-687-2667



**Get care without leaving home**



**Oregon Health Plan members:**  
You can have appointments and get care without leaving your home. Get care for medical, mental health, addictions treatment and dental, too.



You may be able to use video chat, texting, email, phone calls, or an online portal. It's free. Talk to your doctor or provider about what will work for you. Ask for an interpreter if you need one.



Need to refill a prescription? Ask your pharmacy if you can get yours by mail. You can also ask your CCO plan for help.

Learn more at [ohp.oregon.gov](http://ohp.oregon.gov) or call 211



## OREGON CARES FUND

The members of the Oregon Legislature's Black, Indigenous and People of Color Caucus worked to create the Oregon Cares Fund. The fund invests in Black people, Black-owned businesses and Black-led community-based organizations.

The Oregon Cares Fund is a sub-grant of the Coronavirus Aid, Relief and Economic Security (CARES) Act. Grants will vary in size for individuals, families, businesses and nonprofits.

Individuals and families may be eligible to receive grants of \$1,000, \$2000 or \$3,000, depending on financial impacts of COVID-19 and family size.

Learn more and apply: [thecontingent.org/oregon-cares](http://thecontingent.org/oregon-cares)



Homes for Good is now offering Rent Well courses online through ZOOM.

In this class we will talk about:

- Tenant/Landlord relationship
- How to be a good tenant and neighbor
- Conflict resolution and communication
- Fair Housing Laws
- Oregon Landlord Guarantee Fund
- Overcoming housing barriers
- Credit and background repair
- AND MUCH MORE!

Our first course will begin October 12th thru November 20th on Mondays and Fridays from 3-4:30pm. Registration is required. Space is limited. We will also have another class starting in January.

For questions, to register or be put on the waitlist for the next course, please contact Frankie LeeJohnson at 541-682-2538 or e mail at [fleejohnson@homesforgood.org](mailto:fleejohnson@homesforgood.org).

## Homes for Good

### Resident Advisory Board Meeting

Join our next RAB Meeting to learn how you can get involved in decision making processes that affect YOU! Our next meeting will be on ZOOM **Thursday, October 8th from 4-6pm**

**Join Zoom Meeting ID: 988 9671 3371**

Can't access us from a computer?

Call in: **253 215 8782** and enter the Meeting ID from above.

The Homes for Good Resident Advisory Board meets monthly and reviews agency policy and procedures. They are a vital group of residents that advise Homes for Good staff on policy changes, resident and property needs, and events.

Questions? Contact Emily Yates at 541-682-2541 or [eyates@homesforgoo.org](mailto:eyates@homesforgoo.org)



## DHP - WHAT IS IT?

**Ductless Heat Pump – the heating / cooling system in some of our units.**

**If you have one, here are some tips  
to help you care for the air quality in your home.**

**The recent wildfires have created unhealthy air conditions,  
which can affect the air quality inside your home.**

**DHP filters should be cleaned once a month at minimum.  
You can clean these by gently washing the filters with soap and water  
and letting them dry before reinstalling.**

- **Pull the plastic tab (near the bottom of the filter), pull out then down. They should pull out easily.**
- **To reinstall, slide the filter along the tracks inside the head and then click into place.**



**If you are unable to change your  
filter due to a disability or other reason, see  
if a friend or family member can help you  
clean them. If not, call in a work order to  
(541) 682-4010.**

**Reminder: you will need to call in a work  
order each month to request this  
assistance with cleaning your filters.**



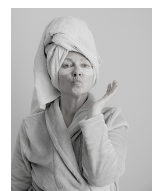
# 10 Ways to De-Stress During COVID-19



*Article tips exerted from Psychology Today*

We must take care of our minds, bodies and souls and protect those around us. Our world is hurting. We have never seen anything like this in modern history; scientists and government agencies are fighting to find a vaccine, doctors are struggling to save lives, and we as a collective society are uncertain of the future. Not everyone is infected, but everyone is affected by this pandemic. It is important to take care of ourselves by making our physical and mental health a priority during this time.

1. **Limit your News Consumption:** We must stay informed, but we also must be cognizant of how we are staying informed. Limit your news intake to one hour a day and choose your news source wisely.
2. **Stay Connected:** Use Zoom, Facetime, write letters to loved ones, send care packages, talk on the phone. Social distancing and quarantine can seem lonely, but we have so many ways to stay connected, we have to use technology and think outside the box.
3. **Learn to Cook:** Cooking is not only a great way to keep your body strong and healthy, but it is also a creative outlet to feed your soul and can drastically lighten the burden on your wallet.
4. **Read a Book:** Reading can be an excellent stress reliever and a creative outlet. Books sharpen our minds, keep us informed and are great conversation starters.
5. **Pick up a New Hobby:** Whether it's learning to bake homemade bread, starting an indoor garden, learning to knit or sew or speak a new language, learning a new hobby is a great way to pass the time, get creative and destress.
6. **Pamper Yourself:** Make a DIY face mask, take a hot bath, soak your feet in some Epsom salts. Relax with aromatherapy like lavender or citrus while listening to calming music.
7. **Sleep:** Sleep in, go to bed early, take naps, and enjoy the comfort of your bed. We live in a world where we are told we must be productive, we must always multitask, and we must always be "connected", and as a result, we are sleep deprived and stressed.
8. **Physical Exercise:** Exercise is one of the best stress relievers and a necessary outlet to keep our physical bodies and minds healthy. Exercise does not need to be strenuous to be beneficial!
9. **Cuddle a Pet:** Animal therapy is a great way to help with depression and anxiety, and there is no better way to calm your nerves than cuddling a kitty or walking a dog outside.
10. **Stay in Therapy:** If we are attending treatment for a mental health or substance use disorder before this pandemic started, this is not the time to stop. This trying time can be especially triggering and it is essential to stay connected to your treatment team.



# Understanding the Oregon Eviction Moratorium



## Eviction Moratorium Extended Through December 31, 2020

The Governor has issued a new Executive Order on Monday, ensuring that Oregon renters are protected from nonpayment of rent evictions until December 31, 2020.

- Landlords cannot evict tenants for nonpayment during this time. Landlords also cannot use most kinds of no-cause notices until the end of the moratorium.
- Landlords cannot charge late fees or other charges based on nonpayment of rent between April 1 and December 31, 2020.
- Landlords cannot report nonpayment of rent or fees to credit agencies. Landlords also cannot give notices of termination without cause (unless the landlord has sold the property or intends to move into the property) or file for an eviction based on a termination without cause between April 1 and December 31.

**Tenants continue to have a grace period (until March 31, 2021)** to pay back rent that came due between April 1, 2020 and September 30, 2020. The grace period does not apply to rent that came due between October 1, 2020, and December 31, 2020. Unless a new law is passed between now and the end of December, that rent will have to be paid all at once in January.

**Tenants do NOT need to file a declaration in order to qualify for this relief.** Any rent that came due between April 1, 2020, and September 30, 2020, must be paid by March 31, 2021. Starting on January 1, 2021, tenants need to pay their rent each month under the terms of the rental agreement. But tenants still have until the end of March, 2021, to pay back rent that built up between April and October.

**Homes for Good** wants to take this opportunity to remind you of the resources and supports available to you as residents and participants of our programs:

- If you are a participant in a subsidized housing program (Public Housing, HUD Multifamily or Section 8), **report any income changes** immediately to your Housing Specialist so that we can adjust your rent accordingly. Staff can be reached by calling our main office at (541) 682-3755.
- If you are currently rent burdened (paying more than 30% of your income towards your rent) and have experienced financial impacts related to COVID-19, **you may qualify for rent assistance** through Homes for Good. Contact Resident Services at (541) 682-2580 for more information.
- Contact Amber Garrett at (541) 682-2534 if you have an outstanding unpaid rent and need to **discuss options for a payment plan**. As stated above, you will have through March 31, 2021 to repay any balances accrued during the initial emergency (April 1 - Sept 30).
- For assistance **connecting to other local resources** such as energy assistance, rent assistance, emergency food support, remote learning resources or other emergent needs, contact Resident Services at (541) 682-2580.

*Information from Oregon Law Center Eviction Moratorium FAQ [www.oregonlawcenter.org](http://www.oregonlawcenter.org)*



(information directly from [www.cdc.gov](http://www.cdc.gov))

Rosh Hashanah, Yom Kippur, Halloween, Día de Los Muertos, Navratri, Diwali, and Thanksgiving will likely need to be different this fall to prevent the spread of the virus that causes COVID-19. Avoid activities that are higher risk for spread. Consider fun alternatives that pose lower risk of spreading the virus that causes COVID-19.

## Halloween

*These lower risk activities can be safe alternatives:*

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house

## Día de los Muertos

*These lower risk activities can be safe alternatives:*

- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Playing music in your home that your deceased loved ones enjoyed
- Making and decorating masks or making an altar for the deceased
- Setting out pillows and blankets in your home for the deceased
- Joining a virtual get-together celebration



## Thanksgiving

*These lower risk activities can be safe alternatives:*

- Having a small dinner with only people who live in your household
- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
  - Watching Sports events, parades and movies from home.

# Apple Cider Floats

**These Apple Cider Floats are made from special fall ingredients & are a perfect way to enjoy the flavors of fall as the weather begins to cool!**

## INGREDIENTS

Sparkling Apple Cider  
Fresh Local Apple Cider  
French Vanilla Ice Cream  
Whipped Cream – Optional  
Apple Slice – Optional  
Ground Cinnamon – Optional  
Cinnamon Stick – Optional  
Caramel Sauce - Optional

## INSTRUCTIONS

Scoop ice cream into a cup & pour equal parts sparkling apple cider & fresh local apple cider.  
Top with whipped cream, an apple slice, a sprinkle of ground cinnamon, a cinnamon stick, & caramel sauce.

Enjoy!

**Note:** To keep your drink cooler longer, freeze the glass for 15 minutes before making the drink.

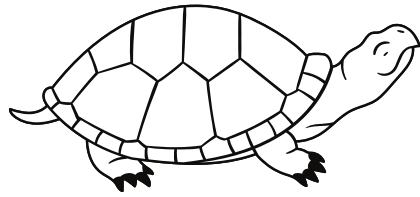


Just a laugh

**What did the  
buffalo say when his  
son left for college?**

**Bison.**





Can you believe how the wildlife in our own backyard are able reclaim the spaces that were once discarded?

For example, Golden Gardens Park, the ponds in the center of Golden Gardens Park were originally pits created by the excavation of gravel for use in construction of Beltline Road.

In the same fashion the Delta Ponds were formed by gravel extraction operations that took place in the 1950's and 60's that provided much of the gravel for the construction of Interstate 105 and other local roadways.

If you love turtles as much as I do, check out this video about the restoration efforts at Golden Gardens Park in West Eugene.

**<http://www.longtom.org/turtletales/>**





I AM  
ENOUGH