

NEWSLETTER

BE INVOLVED

Community meetings

The best way to be in the know is to come to community meetings. Have questions or ideas, bring them up at the community meeting. Every first and third Tuesday at 2pm



UP COMING CHANGES

The Covid Emergency period has lifted. Because of this change, we will now be doing pantry twice a month. This will be the first and third Tuesday of the month after the community meeting. Afternoons seem to be best for most residents. This change is to bring us in alignment with other emergency food pantries. If you are in need of additional assistance, please see a case manager for other resources.



Pantry Changes

DOUBLE YOUR FOOD DOLLARS



Great news, SNAP users - Double-Up Food Bucks are coming to Salem Community Markets!

That means you can use your Oregon Trail card to purchase fresh produce at the Saturday Market and receive \$1 credit for every dollar spent to use on more fresh, local produce, plant starts, seeds and more!

You can also double up at the Monday markets at Salem Health Hospital, the new Wednesday market at Chemeketa Community College,

BENEFITS OF JOURNALING

There are countless benefits to journaling on a regular basis. It gives you a chance to process your thoughts and feelings about what's going on in your life (including those negative thoughts we try to hide from).

It allows you to work through your problems in a healthy and constructive way, without bottling everything up inside.

Journaling can also help boost your mood and improve your mental health.

According to one study, people who wrote about their deepest thoughts and feelings for 20 minutes three times per week over the course of three months felt better and reported fewer symptoms of illness than those who didn't write in their journals.

In addition to its mental health benefits, journaling can also improve your physical health.

One study found that people with arthritis who wrote about their feelings had less pain and swelling in their joints than those who didn't write in their journals.



Write it out

FREE THINGS TO DO IN JUNE

This month there is a variety of things going on to get you out into the community

6/2 The Gut Car Show
1330 Hall St NE starts at 9

6/2 First Friday Concert Series
Royals and Bluesmind
8-10 PM at Riverfront park

6/9 SHA: Paying off Debt and Credit
1998 Lansing AVE Ne at 9AM

6/17 Pride March and Salem Pride
Downtown Salem starts at 10

6/19 Juneteenth Celebration at Bush House Museum 5:30-7:30
600 Mission St SE

6/23-25 World Beat Festival
Riverfront park
Free with SNAP card

6/24 Diabetes & Cholesterol Screening
Salem Free Clinic from 8-10
1300 Broadway ST NE, Suite 104

6/30 Movies in the Park
will be playing Strange World from 8-10 at Riverfront park

Things to Do



If you are interested in other types of free events, let us know and we can try to include them in next month's newsletter

TAKE ONE/LEAVE ONE EVENT

How it works:

- bring some to trade or donate
- trade for something or leave it or someone else

What can be traded or donated:

- clean, usable clothing
- extra household items such as dishes
- home decor

When and Where:

- Sunday, June 4
- 2-5 pm
- Community room

Arches staff will be available in the community during the event if you have any questions.

Share your extras



RENT WELL CLASS AT REDWOODS

Times: 9:30am-12:00pm

Session dates: Tuesday, June 20th

Thursday June 22nd

Friday June 23rd

Monday June 26th

Wednesday, June 28th

Thursday, June 29



Entrance into the Rent Well Program is achieved by completing the following:

- 1.) Completing the ARCHES Assessment, completed by the applicant and member of Assessment Team.
- 2.) Submitting a Rent Well Program specific application packet that has been given at time of assessment.
- 3.) To be considered for participation in this class, completed applications must be received by June 9th , 2023 (ARCHES Assessment and intake appointment required prior to class start date, see a case manager if you have questions on this.)

Deliver applications to:

Jada Rojas or Pearl Dunn

If you have questions please call (503) 399-9080.ext.4006

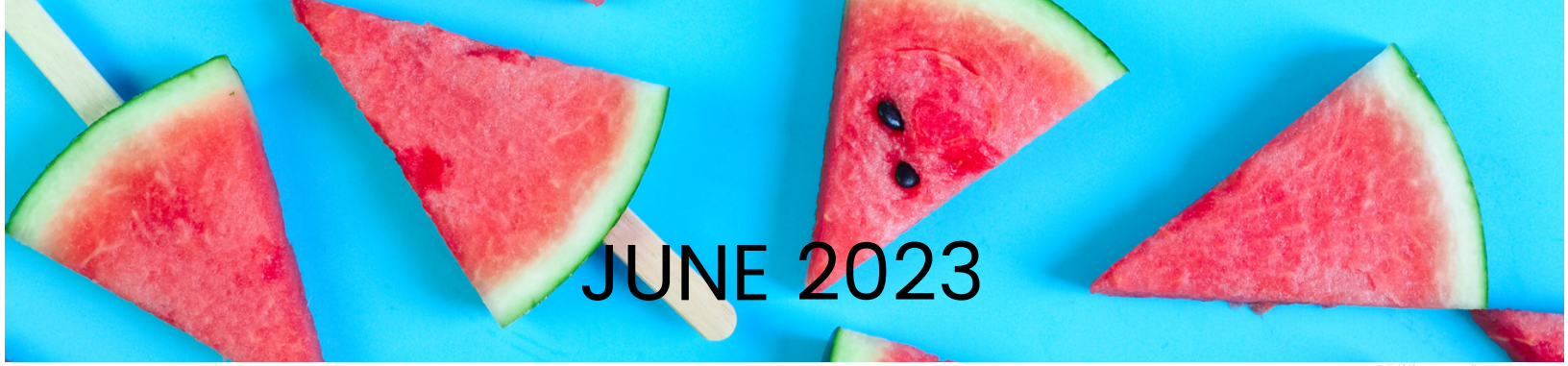
To be eligible to participate, individuals must:

- Be homeless, which can include homeless at the time of program admission or be at imminent risk of homelessness
- Have barriers to accessing housing, including poor rental, credit, and/or criminal histories
- Have household income not greater than 80% of median family income
- Be ready to make the changes necessary to be successful in future housing

MWVCAA staff has been trained on the Rent Well Tenant Education curriculum. In addition, landlords, lawyers and financial program representatives may be involved in presenting specific components of the training. The six -session curriculum is designed to teach participants the skills necessary to be good tenants, including goal setting, tenant/landlord rights and responsibilities, money management, cleaning and home maintenance, and moving in/moving out of rental housing. The training is experientially based, with numerous exercises and homework assignments to complete. Participants are evaluated at the end of the course to determine what level of certificate they will be awarded.

The highest level of achievement is the Rent Well Certificate of Completion. It is this certificate that local property managers have agreed to honor when presented by a prospective tenant. Even though the individual may have a bad rental history or bad credit history, participating property managers have indicated a willingness to rent to individuals who have been awarded a Rent Well Certificate of Completion. It should be noted, however, that the certificate is not a PROMISE that the individual will obtain housing and the certificate does not represent any type of rental assistance from the Agency. Rather, the Certificate may provide an opportunity for the individual that would not exist otherwise.

In order to preserve housing opportunities for future tenants, it is critical that high standards are maintained to guarantee the credibility of the Certificate of Completion. Therefore, the Rent Well Certificate of Completion will be awarded only to participants who meet the following criteria: (1) attend all class sessions; (2) complete all homework assignments; (3) participate in all classroom exercises; (4) demonstrate a satisfactory understanding of the principles of being a good tenant; (5) demonstrate a willingness to practice what they have learned in class



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					ROCC 12-2PM	
4 Journaling 2pm	5 Mega foods shuttle 12:30 pm	6 Community Meeting 2pm Pantry 3pm Project ABLE 1pm	7 Pop-up Library 2pm	8	9 RENT WELL packet due ROCC 12-2PM	10
11 Journaling 2pm	12	13 Project ABLE 1pm	14 Pop-up Library 2pm		16 ROCC 12-2PM	17
18	19 Juneteenth Mega foods shuttle 12:30 pm	20 Community Meeting 2pm Pantry 3pm RENT WELL class	21 First day of Summer Pop-up Library 2pm	22 RENT WELL class	23 RENT WELL class ROCC 12-2PM	24
25	26 RENT WELL class	27 Project ABLE 1pm	28 RENT WELL class Pop-up Library 2pm Birthday Celebration 3pm	29 RENT WELL class	30 ROCC 12-2PM	

Rent Well classes are 9:30 to 12:00 in the Community room

Random June Holidays

- June 2 Donut day
- June 4 National Cancer Survivor's Day
- June 4 National Cheese Day
- June 8 World's Oceans day
- June 12 Superman day
- June 13 Call our doctor day
- June 14 Flag Day
- June 16 Fresh Veggies Day
- June 18 Father's day
- June 18 international Picnic Day
- June 21 World peace day
- June 27 National Bingo day



BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing



STAY COOL

Stay somewhere with air-conditioning



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses



EAT LIGHT

Avoid hot foods and heavy meals

STAY SAFE

Never leave infants, pets or children in parked cars



USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar



COOL DOWN

Take a cool shower or bath