

# Newsletter

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**Community  
meeting  
& pantry:  
Wednesday  
August 9  
August 23**



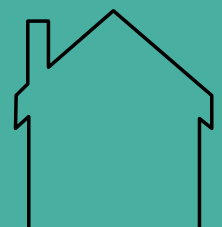
## Changes!

We are changing Community Meeting and Pantry dates again. Our Food Share pick up day and time on Tuesday afternoons made it hard for Community meetings to start on time. We had some great conversation during our last community meeting about the possible changes. We decided that the 2nd and 4th weeks would work better. Also some residents also attend another event on Tuesdays, so Wednesdays worked better.

This should be the last changes to Community meeting and Pantry times and dates. Thank you all for your patience. And extra thank you for those that gave input.

## SHA to Attend Community Meetings

Salem Housing Authorities Valacity Miller and Bennet Teal came to our last community meeting and will be attending the 4th Wednesday of the month's community meeting. Get your voucher questions answered. Jodi Vanderwall will be attending the community meetings on second Wednesday of the month.



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## THINGS TO GET OUT AND DO IN AUGUST

### Local Free events

8/1 Intro to Zen Meditation from 7pm-9pm at 5090 Center St NE,  
Salem Zen Center

8/3 Advance Directives Class 10am-11am at Community Health  
Education Center - Building D, Support Group Room, 939 Oak Street  
Southeast

8/5 Gusto Brothers (Music) Salem Saturday Market 9:30am-1:30pm at  
865 Marion Street NE

8/6 RiverCity Royals & Surfer Rose (Music) 6pm-8:30pm outside The  
Kitchen on Court Street

8/11 Movies in the Park: Bad Guys, Starting at 8pm in Riverfront Park

8/16-8/17 Battle of the Badges, Blood donation 8am-1:30pm 333  
Division Street NE

8/17 Zucchini 500 Race-Salem Saturday Market, 10am to 4 pm at 865  
Marion Street NE

8/21 Capitol Pride in the Park, at 8 am, Riverfront Park

8/21 SHA: Saving and Budgeting, 9am-10, 1998 Lansing Ave NE

8/25 Movies in the Park: Rise of Gru, starting at 8pm in Riverfront Park

Tuesdays: free admission, the Hallie Ford Museum, 700 State ST N 12-5

Wednesdays: farmer market at Chemeketa Community College 3-7 PM

## REDWOOD CROSSING EVENTS

### Movie Night 8/18



### Movie and Popcorn

Residents are planning a movie night on August 18. They have reserved the Community Room from 5-11.

There will be puffed corn for those that don't chew well. Come join your community.

## ESSENTIAL SKILLS CLASSES

Redwood Crossing is starting Essential Skills classes. Essential skills are things that both enrich your life and help you be more successful. Cooking, cleaning, balancing a budget are essential skills along with things like self-awareness, critical thinking, and empathy. These classes will be held intermittently with at least one a month. Most classes will require signing up and some may have limited space. If you have questions, please make an appointment to see the Resident Services Coordinator.

For our first class, we are starting off with cooking. Want to know what to do with the beans that you get in a food box? Learn how to cook beans and flavor them and about the many ways to use cooked beans. It will be Thursday, August 17 at 3 pm, in the community kitchen. Space is limited to ten so sign up with the front desk ASAP.

### Cooking Class 8/17



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## REDWOOD CROSSING EVENTS CONTINUED...



**Birthday  
Celebration  
8/30**

### August Birthday: Tropical Beach

Come celebrate and have pineapple cupcakes with us. We maybe having pulled pork sandwiches... come join us to find out. 8/30 at 3pm in the community room

## COMMUNITY PARTNER SPOTLIGHT:

Project ABLE provides peer-to-peer services and supports for individuals recovering from mental health and co-occurring issues. These supports and services embrace human dignity, recognize the capacity for individuals to recover, and promote life-long empowerment.

They are on site every Tuesday from 12:30-2:30. They also host groups and activities at 1599 State ST NE. See the Calendar posted on the resident's board.

**Project ABLE**

***Did you know that Moda Transport, which used to be known as Logisticare, can transport you to groups at project ABLE?***

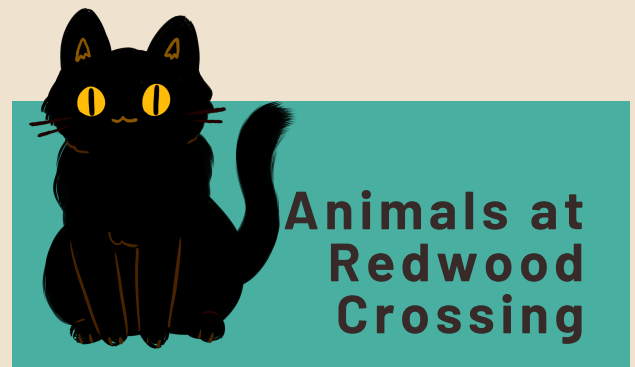
## Meeting topics



## August Community Meeting Topics

This month we have are going to be discussing emotional support animals at our first community meeting on the 9th. We will be discussing the pod foyer space on the 23rd.

## Animals and Fair Housing

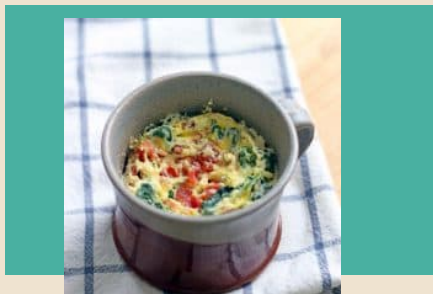


This is a no pet building, so any dog or cat in the building is either an assistance animal or an emotional support animal (ESA). Guests can not bring pets into the building. It is a lease violation.

The Fair Housing Act (FHA) protects your right, as a disabled person, to have a assistance animal or an ESA. You need to have a letter from either a doctor or a mental health professional and a reasonable accommodation that has been approved.

You, as the owner, are responsible for providing for and cleaning up after your animal. You will get a lease violation for not cleaning up after your animal. You will get a lease violation if your animal causes damage or is a safety concern.

Please bring any questions or concerns to our community meeting on the 9th.



## Spinach and Cheddar Microwave Quiche in a Mug

A healthy meal for one that can be adapted to what you have

### Ingredients

- 1/2 cup chopped frozen spinach thawed and drained (or 1/2 cup packed fresh spinach)
- 1 egg
- 1/3 cup milk
- 1/3 cup shredded cheddar cheese
- 1 slice cooked bacon chopped (optional)
- salt and pepper to taste

### Instructions

- If using fresh spinach, place it in mug with 2 tablespoons of water. Cover with a paper towel and microwave on high for one minute. Remove from microwave and drain the water and liquid from spinach thoroughly.
- If using frozen spinach, make sure it is completely thawed and drained and add it to the mug. (If there is too much liquid, the quiche will be runny. I like to put the thawed spinach in a mesh sieve and press firmly with a wooden spoon to do remove as much liquid as possible.)
- Crack the egg into the mug with the spinach and add the milk, cheese, bacon (if using), and salt and pepper. Mix until thoroughly combined.
- Cover with a paper towel and microwave on high for 3 minutes (see note on timing below), or until fully cooked.

### Notes

- If you have a powerful microwave, you may need less time. If you are unsure, check it at 2 minutes, then again at 2 1/2 minutes. If the eggs seem watery, they need more time. But if they are solid, then you're good to go!
- Sometimes, even a paper towel isn't enough to prevent a microwave mess. If you find that your eggs have a tendency to pop and make a mess, you can dampen the paper towel to weigh it down a bit or even cover it with a small plate.
- The provided nutrition information does not include any added sodium from seasoning to taste, any optional ingredients, and it does not take brands into account.

### Nutrition

Serving: 1 quiche | Calories: 259kcal | Carbohydrates: 5.4g | Protein: 18g | Fat: 18.6g | Saturated Fat: 10.3g | Cholesterol: 210mg | Sodium: 346mg | Fiber: 0.3g | Sugar: 4.3g

# August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	01 <b>Project ABLE 12:30- 2:30</b>	02 <b>Pop up Library 2-3</b>	03	04 <b>ROCC 11:30- 2:30</b>	05 <b>Bridgeway 11-1</b>
06	07	08 <b>Project ABLE 12:30- 2:30</b>	09 <b>Community meeting 2-3 Pantry 3-4</b>	10 <b>Take one/Give one Event 2-5</b>	11 <b>ROCC 11:30- 2:30</b>	12 <b>Bridgeway 11-1</b>
13	14	15 <b>Project ABLE 12:30- 2:30</b>	16 <b>Pop up Library 2-3</b>	17 <b>Essential Skills Class: cooking 3-5</b>	18 <b>ROCC 11:30- 2:30  Resident Movie Night 5-11</b>	19 <b>Bridgeway 11-1</b>
20	21	22 <b>Project ABLE 12:30- 2:30</b>	23 <b>Community meeting 2-3 Pantry 3-4</b>	24	25 <b>ROCC 11:30- 2:30</b>	26 <b>Bridgeway 11-1</b>
27	28	29 <b>Project ABLE 12:30- 2:30</b>	30 <b>Pop up Library 2-3  Monthly Birthday party 3-4</b>	31	01	02



SESAME GRILLED  
SEEDS FAST FOOD  
TOMATO KETCHUP  
VEGGIE CHIPS MEDIUM  
TURKEY BEEF  
RARE PATTIES RELISH  
RARE PATTIES RELISH

