

Catch-all Chronicle

Housing Authority of Clackamas County

April, May & June 2015



Upcoming Events

Seed to Supper Garden Workshops

Wednesday, April 8th
from 11 to 1pm at Hillside
Manor & Friday, April 10th
from 11 to 1pm at Clackamas
Heights.

Living Well With Chronic Conditions Workshop

Feel Better. Take Control.
Do the Things That You
Want To Do.

Starts Tuesday, April 28th at
3:30pm at OCVM. See page 2
for details.

Women In the Trades Career Fair

Saturday, May 16th from
10 to 3pm. More information
on back page.

Clackamas Heights & OCVM 2015 Yard Contests

Making the neighborhoods
more beautiful — one yard at a
time! Fliers to be posted soon
with details about registration,
incentives and prizes.

Looking for Work?

Valuable Community Resources for Employment and Training

During the Great Recession of 2008 to 2010, the highest unemployment rate that we saw in Oregon reached 12%. Five and a half years later, our unemployment rate has fallen to 5.8% which is below our average historical unemployment rate of 7.2%.

This is good news; it means that it should be a little easier to find work. But even so — finding a good job is still very challenging especially if you have been unemployed for a long time or have other barriers like not having a car, or not having someone who can help take care of your children.

Check out these some these up coming events, services and community organizations designed to help you

streamline your job search plan, find work and get the training you need to succeed.

ROSS Employment & Education Service Coordination

Contact Jemila Hart, HACC's ROSS Employment and Education Service Coordinator, to learn about available resources and to get support to reach your employment, career and education goals. Jemila can be reached at 503-702-1587.

Clackamas Community College Spring Career Fair

CCC and WorkSource Clackamas will host a Spring Career Fair on Tuesday, April 14th from 10am to 2pm in the Gregory Forum. *(continued on pg. 3)*

A Few Words of Farewell For 30 Years of Service

From Jane Brown — HACC's Human Service Coordinator

After 30 plus years of hard work, ups, downs, failures and achievements, it is time for me to bid farewell to my colleagues at the Housing Authority and public housing residents.

My retirement will begin mid June 2015. I have enjoyed the opportunity to get to know many of you, and am proud to have played a role in the development of the Resident Services Department.

While saying good-bye is somewhat sad, I am looking forward to starting this new phase of my life. I wish you all the best of everything as well as a successful future.



Ride on and live well in retirement Jane!
Thank you for your years of service and
dedication to the public housing communities
of Clackamas County.



Living Well with Chronic Conditions

Are you living with Diabetes, High Blood Pressure, Depression, Heart disease, Chronic Pain, PTSD, Anxiety, MS, Fibromyalgia, HIV/AIDS or other chronic conditions?

Join Us for the:

Living Well With Chronic Conditions Workshop

Beginning Tuesday,
April 28th to June 2nd
from 3:30 to 6 pm

At the Oregon City View Manor
Community Building @ 200 S.
Longview Way in Oregon City

This free six week workshop series, developed by Stanford University, has been proven to help improve the health of people with chronic conditions.

Full Dinner and Child Care is provided.

Please call Jemila Hart at 503-702-1587 to register.

Bringing Health Home with Concetta Branson

Hello everyone,

Happy Spring! Are you enjoying the warm weather, spring flowers and long hours of daylight?

I want to remind you that I am available to meet with residents who live in the Clackamas Heights, OCVM and Hillside public housing neighborhoods. If you have any concerns about the health of your body, mind or spirit you can call to schedule an appointment, or talk with me by phone. We can meet at the Resident Services office in Milwaukie or Oregon City or I can also come to your home.

In the last year I've had the pleasure of meeting and talking with almost two hundred residents about a range of issues and concerns. I have assisted families with getting medical insurance, and scheduling appointments. I've helped people learn how to use their medical equipment. (glucometers), and organize their medicines. Sometimes I help residents make calls to their doctor, or dentist. I weigh babies and do developmental screens to see how babies are growing and developing.

I can be reached at 971-563-3040 if you would like to make an appointment.

Hillside Walking Group – Getting Healthy, Getting Moving!

Join Concetta on Wednesdays at 10am at Hillside Manor for the Hillside Wellness Walking Group. In addition to the opportunity to walk with fun and supportive people, participants set health goals, receive a free pedometer and go on regularly scheduled fieldtrips.

On Tuesday, April 21st, the Hillside Walking Group fieldtrip is heading to the *Rhododendron Gardens*, a beautiful park in SE Portland, where we'll do some walking and enjoy a tasty lunch.



HM Resident, Chris, meets with Anya, a nutritionist interning with the Health Department, to discuss many ways to improve well-being through healthy eating.



Are you interested in improving your health through nutrition?



Individual nutrition counseling is available to HACC residents on Wednesdays at Hillside Manor.

Learn more about weight loss tips, eating healthy on a budget, managing high blood pressure, eating well with diabetes, managing your blood sugar, improving your cholesterol and much more.

Sign up for an appointment on the sign-up sheet posted next to the Hillside Manor Resident Services door or call Concetta at 971-563-3040.

Employment Resources (Continued from page 1)

More than 40 employers will be on site to hire for open full-time and part-time positions as well as internship opportunities. Industries represented at the fair include health care, manufacturing, business, education, human services, retail, agricultural, automotive and more. For more information, please contact Kara Leonard at 503-594-3096.

Oregon Employment Department 506 High St. in Oregon City

If you are looking for work, the Oregon Employment Department is a good place to start. The first step is to go through their Welcome Process Registration. You will meet with a staff person individually who will help you complete your iMatch profile and show you the tools available and resources available to help you be a successful job seeker.

In addition, there are specialized programs for youth, for seniors, for veterans and for people with disabilities. Part of the Welcome Registration will be to match you with those resources depending on your specific situation. Call 971-673-6400 for more information. The office is open Monday to Friday from 8am to 5pm.



WorkSource Annex 104 11th St in downtown Oregon City

For support with your resume, job leads and computer access, the WorkSource Annex and computer lab is open to job seekers:

- Mondays from 8:30am to 4:30pm + Tuesdays, Wednesdays & Thursdays from 8:30am to 12.

Do you know a Veteran who needs Housing?

HACC was awarded twenty-one new Section 8 housing vouchers for homeless and disabled Veterans.

If you know a Veteran in need, have them go to Our Father's Heart Ministry at 603 12th St. in Oregon City on Fridays at 10am to meet with the Veterans Intake Counselor. The intake counselor will be able to tell them how to apply to for the housing vouchers that are available and will be able to tell them about other resources as well.

Call Our Father's Heart Ministry
at 503-722-9780 if you have questions.

Goodwill Job Connections 1809 Molalla Ave in Oregon City

At Goodwill Job Connections, their goal is to help you find employment within 30 days. Complete a simple application and meet with one of their employment specialists. Goodwill has a long standing employment program with strong ties to the local business community. Contact Penny Tompkins at 503-212-2203 to make an appointment or for more information.



C-TEC Youth Services 19600 Molalla Ave. McLoughlin Hall 113 at Clackamas Community College in Oregon City

Whether you need help to complete a high school diploma or a GED, start college or a training program, find a job, or figure out what to do with your life, CTEC is here for you! Call Jamie Adams at 503-594-3962 for questions and to enroll in the program.

PHC Northwest

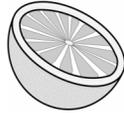
PHC Northwest offers paid training and job placement opportunities for people with disabilities in the Janitorial and Building Maintenance fields. You must have documented proof of disability and be able to pass a criminal and drug test to apply. Call Thomas Reed at 503-261-1266 x 181 to find out more.



Stand Up for Mental Health comics Lorayn Dille and Shaun Wright present a certificate of appreciation to HACC staff, Rich Malloy and Chuck Robbins, during February's Heart to Heart Regalia at Hillside Manor. Special thanks to all who supported the comics and the event.

Green Cleaners

Some Simple Cleaning Recipes
for a Safer Home



Many products that we buy to care for our homes include ingredients that can be harmful to people and the environment. What can you do? Here are some less-toxic products that are cheap and easy to make yourself.

All-purpose cleaner

Dissolve 4 tablespoons of baking soda in one quart of warm water.

Glass cleaner

Combine 1 quart warm water with 1/4 cup of white distilled vinegar or 2 tablespoons of lemon juice. Put in a spray bottle.

Crayon mark remover

To remove crayon marks from walls, floors, counters, cabinets and furniture, rub area with toothpaste and a damp cloth.

Carpet odor remover

To neutralize carpet odors, sprinkle baking soda over the entire carpet. Leave on for one hour or overnight. Vacuum up baking soda.

Go to www.oregonmetro.gov/greencleaners for more recipes and information.



Welcome Nick Johnson when you see him! Nick is the newest edition to HACC Maintenance Staff and will be working as a Maintenance Assistant at the Clackamas Heights and OCVM properties.

HACC Property Management

Updates, Issues and Concerns in Your Neighborhood

How do I call in a work order to get something fixed?

Call 503-650-3535 and leave a message on the maintenance work order message line. Be sure to listen for the prompts to get your message to the designated Property Manager.

- 1 for Hillside Park and Manor
- 2 for Clackamas Heights and OCVM
- 3 for Scattered Sites

Please leave your name, address, your phone number, the nature of the repair and whether maintenance has permission to enter.

For a maintenance emergency that occurs after hours or on the weekend please call 503-780-3896. Maintenance emergencies are anything that jeopardizes your security or could cause damage to the property. Emergencies include things such as getting locked out of your unit, beeping smoke alarms, broken water pipes, broken windows, malfunctioning heaters or a plugged or over flowing toilet or a roof leak.

Mowing Season Is Here Again!

Please help us mow efficiently by keeping your lawn clear of toys, hoses or other items.



It's spring and the grass is growing and HACC maintenance will start mowing lawns regularly – but does not have a set mowing schedule for mowing specific areas. Therefore, please be sure to pick up all items such as toys, skateboards, bikes, pools from your lawn on a daily basis. Hoses should be rolled up and kept off the lawn as well.

If you have items on your lawn that need to be removed, your lawn will not be mowed. When Maintenance returns to remove items from your lawn and to complete the mowing, you will be charged a fine. If any item left on your lawn that causes damage to a mower or causes injury to a staff person, the tenant will be held liable.



Do Not Use Patio Space for Storage

Please do not use your patio space as a storage area. Clutter can make the neighborhood feel less attractive.

Limit what you keep on you patio to the following kinds of items: patio furniture designed for the outdoors, potted plants, barbeque equipment, bikes and other outside toys.

Do not store things like indoor couches or arm chairs, mattresses, collections of cardboard boxes outside. Storing these kinds of items on your patio will result in a lease violation.

Protect Your Pet!

A Dog License is Your Pet's Ticket Home



Your dog can become separated from you very quickly. Fireworks, car backfires, an accidentally-left- open gate, door or window are all ways pets can begin an adventure that too often ends up as a stay at a local shelter.

If your pet ends up at our shelter, Clackamas County Dog Services, the license your dog wears tells us they have a home and provides information needed to reunite you with your pet. The license also helps to eliminate the need for stressful searches and allows us to provide emergency care if your pet arrives at the shelter injured.

To make protecting your dog easier, Clackamas County Dog Services, is providing services and offering discounts on licensing, vaccinating and micro-chipping every 4th Saturday of the month from 9 to 11am.

- License your pet or micro-chip your pet and get a FREE rabies vaccine and FREE health exam.
- Receive a \$5 discount on licensing if your dog is micro-chipped and you present the micro-chip # at the clinic.

Dogs Can Not Be Tethered Outside

Per the HACC lease agreement, dogs or any other animals are not allowed to be chained or tethered outside your unit.

Summer Water Resource Management



In an effort to conserve water and financial resources, we ask residents to not water their lawns during the summer. We also ask that you use a local car wash rather than your driveway to wash your car.

Watering your flowers and potted plants and washing your windows, however, is just fine.

Electric Scooters In the Neighborhood

HACC has received a number of complaints from Oregon City residents about young people riding electric

Housing Authority Phone Numbers

Administration —

Administration Office	(503) 655-8267
Administration FAX #	(503) 655-8676
Chuck Robbins <i>Executive Director</i>	(503) 650-5666

Property Managers —

Rich Malloy <i>Housing Asset Manager</i>	(503) 650-3128
Allison Coe <i>OCVM & Clackamas Heights PM</i>	(503) 650-3134
Sonja Souder <i>Hillside Park & Hillside Manor PM</i>	(503) 794-8079
Craig Beals <i>Scattered sites PM</i>	(503) 650-3100

Maintenance Office —

Work orders	(503) 650-3535
Emergency #	(503) 780-3896
FAX #	(503) 650-3538
TDD #	(503) 655-8639

Resident Services Staff —

Jane Brown <i>Human Services Coordinator</i>	(503) 650-3133
Jemila Hart <i>Resident Services Specialist</i>	(503) 702-1587

Resident Commissioner —

Paul Reynolds <i>HACC Resident Commissioner</i>	(503) 228-3995
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scooters too fast through the neighborhood. These young people were also often not wearing helmets which is very dangerous and the scooter motors are very noisy. Please be aware of the impact scooters can have on your neighbors.





**Housing Authority of
Clackamas County**

13900 South Gain Street

Oregon City, Oregon 97045-1284

Phone: 503-655-8267

Fax: 503-655-8676

HACC

Equal Housing
Opportunity

Health, Housing
& Human Services 
CLACKAMAS COUNTY



**Do you like working with your hands, taking on a challenge and working outdoors? Would you like to earn a living wage doing something you enjoy?
Consider a career in the trades !**

Women in the Trades 2015 Career Fair

**@ the NECA/IBEW Electrical Training Center,
16021 NE Airport Way in Portland**

Saturday, May 16th from 10 to 3pm

Meet Employers & Tradeswomen
Learn About Training Opportunities
Participate in Hands-On Workshops & Demonstrations

No registration required.

Free Admission, Free Parking, Free Childcare!