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To provide oral comments via electronic means, please contact the City Recorder's Office no later than 2:00 p.m. on the day of the meeting. Most regular City Council meetings are streamed live through www.KeizerTV.com and cable-cast on Comcast Channel 23 within the Keizer City limits.

KEIZER COMMUNITY DIVERSITY ENGAGEMENT COMMITTEE AGENDA

Thursday, February 6, 2025, 6:00 PM
Robert L. Simon Council Chambers

MISSION STATEMENT: 'Exists to foster justice, diversity, equity and inclusion and to strengthen our community through active listening in order to strengthen and encourage civic engagement, understanding and empowerment and to advise the City Council on issues that are critical to connecting our community.'

1. **CALL TO ORDER**

2. **ELECTION OF CHAIR & VICE CHAIR**

3. **APPROVAL OF MINUTES**

   a. **January 2025**

4. **APPEARANCE OF INTERESTED PERSONS**

5. **SELECTION OF NATIONAL OBSERVANCE MONTHS FOR COMMITTEE PRESENTATIONS TO COUNCIL**

   a. **See Attached List in Packet**

6. **SELECTION OF NEIGHBORHOOD ASSOCIATIONS FOR 2025**

   a. **See Current List in Packet**

7. **OTHER BUSINESS/STAFF LIAISON REPORT**

   a. **CDEC Definitions (Revised by Jane Titchenal)**

   b. **Discussion on Upcoming City Council Work Session on February 10th ~ Review Developed Documents in Packet**

8. **NEIGHBORHOOD ASSOCIATION REPORTS-OUT FROM COMMITTEE MEMBERS**

9. **COMMITTEE MEMBER REPORTS**

a. Report Submitted by Tammy Kunz

10. ADJOURN

EQUITY AGREEMENTS: Stay Engaged | Listen to Understand | Speak Truth Responsibly | Expect and Accept Non-closure | Be Willing to do Things Differently and Experience Discomfort | Practice Confidentiality | Be Committed To Hold People In Positive Regard | Recognize Intent vs. Impact.

"Agenda Management Services are being supported, in whole or in part, by federal award number 21.019 awarded to City of Keizer by the U.S. Department of the Treasury."

MINUTES
KEIZER COMMUNITY DIVERSITY ENGAGEMENT COMMITTEE
Thursday, January 2, 2025
Robert L. Simon Council Chambers

Call to Order

Vice Chair Benita Picazo called the meeting to order at 6:01 p.m. Attendance was noted as follows:

Present:
Benita Picazo, Vice Chair
Laura Reid
Tammy Kunz
Carrie Brown
Stephanie Cross
Shaney Starr
Jane Titchenal

Absent:
Open Position
Open Position - Youth Member

Staff:
Dawn Wilson, Deputy City Recorder
Tim Wood, Assistant City Manager

Election of Chair & Vice Chair

There was a consensus to postpone the elections to the next meeting because there would potentially be several new members on the Committee.

Approval of Minutes

a. November 2024

Councilor Reid moved for approval of the November 2024 Minutes. Tammy Kunz seconded. Motion passed as follows: Picazo, Kunz, Starr, Reid, Cross, Brown, and Titchenal in favor with two open positions.

Appearance of Interested Persons

Liam Stitt, Keizer and Youth Liaison on the Parks Advisory and Recreation Board, commented that he was on a quest to discover more on how the local government works and asked about the role of this Committee and how it executes plans.

Councilor Reid shared that the Community Diversity Engagement Committee (CDEC) was established to do the work of the Justice, Equity, Diversity, and Inclusion Initiative that was passed several years ago. Their job was to reach out to every member and group in the community to ensure that they were heard. Other Committees run matters by the CDEC as an advisory Committee so they could give input upon looking at them through the CDEC lens to make sure that Justice, Equity, Diversity, and Inclusion were being represented.

Committee Member Reports

There were no member reports.

Neighborhood Association Reports-Out from Committee Members

Member Tammy Kunz shared the semi-annual report for the Greater Northeast Keizer Neighborhood Association and spoke about their work on safety awareness in which they had a recent outreach and provided resources.

a. Safety Awareness by the Greater Northeast Keizer Neighborhood Association

March 11th Work Session Recommended Action Items

One of the key issues was to keep the direct appointments or to use the Volunteer Coordinating Committee (VCC) process. There would also be some questions for the VCC to ask for the CDEC when interviewing if the interview process was used.

The suggested definitions by Assistant City Manager Tim Wood and Jane Titchenal were discussed. Carrie Wood noted that she included a suggestion to Ms. Titchenal's definitions. The members agreed that Ms. Titchenal's suggestions were clear and consistent with the CDEC's purpose. It was suggested to forward the definitions to the City Council for their review and input at a work session. The members made a few changes to Ms. Titchenal's suggested definitions.

Mr. Wood commented that City staff and some external groups could review the definitions. He also offered to produce a survey. It was asked that staff consider if they want the word "equity" or "equality" to be used for the definition of Justice. It was noted that there would be a Council Work Session in March to discuss the definitions.

Other Business/Staff Liaison Report

Mr. Wood expressed appreciation for the feedback he received on the engagement matrix. He would run it by the Executive Leadership Team and push it through the organization for comments and questions. He hopes to have this feedback ready to report back to the CDEC at the next meeting with a final or near-final document.

Mr. Wood would be regenerating the Staff Report and materials from the December joint meeting because it was cancelled. He would present this information at the February CDEC meeting and make sure that everything was accurate so it could be discussed at a March Council meeting.

Councilor Reid expressed appreciation for this Committee's hard work, camaraderie, diligent effort, and sincere desire to serve the community, and she enjoyed serving on the CDEC.

Adjourn ~ Next Meeting: February 6th

Meeting adjourned: 6:35 p.m. Minutes approved: _____

"Agenda Management Services are being supported, in whole or in part, by federal award number 21.019 awarded to City of Keizer by the U.S. Department of the Treasury."

COMMUNITY DIVERSITY ENGAGEMENT COMMITTEE PRESENTATION ASSIGNMENTS

Updated January 14, 2025

Month/Council Meeting Date 6pm	**Observance**	**CDE Committee Member**
February 3rd	Black History Month	
March 17th	Women's History Month	
April 7th	Child Abuse Prevention Month *	
May 5th	Older Americans Month	
May 5th	Asian Pacific Heritage Month	
May 5th	Jewish American Heritage Month	
June 2nd	Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Month/Pride Month	
June 16th	Juneteenth	
Sept 15th	Constitution Week * (Sept. 17-23)	Daughters of the American Revolution
Sept 15th	National Hispanic Heritage Month (Sept. 15 – Oct. 15)	
October 6th	National Disability Employment Awareness Month	
October 6th	Indigenous People's Day	
November 3rd	Native American Heritage Month *(invite Tribal Council Confederated Tribes of Siletz Indians - Chair Delores Pigsley again?)*	
December 1st	Human Rights Day	

* Members will present or invite an organization to present on their behalf—and to be sure and check with Mayor Clark to see who she may have already invited to be present.

COMMUNITY DIVERSITY ENGAGEMENT
Neighborhood Association Meetings
Updated January 3, 2025

Neighborhood Association	When (monthly meetings) & Time	CDE Committee Member to Attend Meeting
Southeast Keizer Neighborhood Association (**SEKNA**) Chair: Ken Gierloff kengierloff@hotmail.com, 503-400-0801	**1st Thursday** **6:30 pm** (*doesn't meet in June/July/Aug/Dec*)	Carrie Brown
Greater Gubser Neighborhood Association (**GGNA**) President: Patti Tischer patische@aol.com 503-949-4129	**2nd Tuesday** **6:30 pm** (*doesn't meet in June/July/Aug/Dec*)	Shaney Starr
West Keizer Neighborhood Association (**WKNA**) President: Rhonda Rich rhondarich9@aol.com	**2nd Thursday** **7:00 pm** (*doesn't meet in June/July/Aug/Dec*)	Thais Rodick Laura Reid
Northwest Keizer Neighborhood Association (**NWKNA**) Chair: Hersch Sangster info@northwestkeizer.org	**3rd Wednesday** **7:00 p.m.**	Tammy Kunz Stephanie Cross
Greater Northeast Keizer Neighborhood Association (**GNEKNA**) President: Tammy Kunz t_kunz@yahoo.com 503-991-1671	**1st Tuesday** **6:30 p.m.**	Tammy Kunz Laura Reid Benita Picazo

Diversity: the presence of different characteristics, experiences, and backgrounds within a group or community, including differences in race, gender, age, culture, religion, and more. It promotes inclusion, respect, and the value of varied perspectives.

Diversity: The presence of a **wide range of unique** characteristics, experiences, and perspectives within a group or community. This includes differences in race, gender, age, culture, religion, **socioeconomic status, abilities,** and more. Diversity fosters inclusion, respect, and the appreciation of varied viewpoints.

Inclusion: is the practice of creating environments where everyone feels valued, respected, and supported, regardless of their differences. It ensures equal access to opportunities and participation, removing barriers for people from diverse backgrounds to thrive and contribute. Inclusion fosters a sense of belonging for all individuals.

Inclusion: No reqs. This sounds great. Really hits home that inclusion is a feeling and not a place.

Equity: is the principle of fairness, providing people with the resources and opportunities they need based on their unique circumstances to achieve fair outcomes. It focuses on addressing disparities and supporting those who face disadvantages.

Equity: is a principle of fairness **that provides support based on a person's** unique circumstances **to achieve outcomes similar to those of individuals with greater advantages.** It focuses on addressing **systemic** disparities, removing barriers, and **ensuring that individuals facing disadvantages receive the necessary resources and opportunities to succeed.**

Justice: is the pursuit of fairness and equity,* ensuring that all individuals are treated fairly, their rights are protected, and wrongs are addressed. It involves upholding laws, developing and executing policy, holding people accountable for their actions, and striving to create a society where everyone has equal access to opportunities and resources.

"Equity" fits better here because it's about making sure people get what they need to succeed, based on their individual circumstances. "Equality" is more about treating everyone the same, no matter their situation. Since the statement focuses on addressing differences and making sure everyone has access to opportunities and resources, "equity" is the right choice to describe justice in this case.

Volunteer Coordinating Committee's Interview Questions for the Community Diversity Engagement Committee (CDEC)

CDEC Mission Statement:
To act in an advisory capacity to the Keizer City Council and to advise on action for community engagement by:

1. Listening to understand. Keizer wants to let everyone know we are all included when we talk about the Keizer community and are important for our community to thrive holistically.

2. Using what is heard to create recommendations for action plan(s) for increasing community engagement and communication on progress in civic processes.

3. Acting on the values included in the Resolution for Justice, Equity, Diversity and Inclusion.

Name: _____
Last First Middle

Date: _____

Address: _____

City/ State/Zip: _____

Telephone No.: _____ _____ _____
Home Work Cell/Mobile

E-Mail Address: _____

Present Occupation: _____

Keizer Resident: ? ☐ **No** ☐ **Yes – since year:** _____

1. Please provide personal, professional, and volunteer background or perspective you would bring to the efforts of promoting community engagement, diversity, and inclusion, to the committee:

2. How do you describe community engagement, diversity, equity, inclusion, and/or justice?

3. Please provide an example of a time you worked with someone with a different background or viewpoint. What was the outcome and how did you contribute to it?

4. What do you envision for Keizer in the future related to community engagement?

5. What do you hope the committee will accomplish? What specific ideas do you hope to implement during your time on the Committee?

Signature: _____ **Date:** _____

For office use only:

Date Received:	Deputy City Recorder's Office 930 Chemawa Rd NE Keizer, OR 97303 503-856-3418 503-393-9437 (FAX) wilsond@keizer.org
Date Considered:	
Action by Council:	
Term Expires:	

Please return this form to:

Volunteer Coordinating Committee
Interview Questions & Scoring Rubric
for the Community Diversity Engagement Committee (CDEC)

CDEC Mission Statement:
To act in an advisory capacity to the Keizer City Council and to advise on action for community engagement by:

1. Listening to understand. Keizer wants to let everyone know we are all included when we talk about the Keizer community and are important for our community to thrive holistically.

2. Using what is heard to create recommendations for action plan(s) for increasing community engagement and communication on progress in civic processes.

3. Acting on the values included in the Resolution for Justice, Equity, Diversity and Inclusion.

Name: _____

Selected Position: CDE Committee

Interviewer's Name: _____ Date: _____

Numeric Scoring Guide:
1 = Responses were too vague and/or didn't answer questions.
2 = Answered the questions with general concepts or examples.
3 = Outstanding, thoughtful response with specific and relevant examples

The numeric score should take into consideration the applicants for the work of the CDEC. Responses should be appropriate within the context of the committee work and should highlight personal strengths and qualities for the CDEC.

Interviewer Comments Guide: Please use the space provided to give specific feedback to the Volunteer Coordinating Committee.

PART 1 – Interview Questions:

1. **Please provide personal, professional, and volunteer background or perspective you would bring to the efforts of promoting community engagement, diversity, and inclusion, to the committee.** Did applicant provide specific examples in their answers?
Circle Numeric Score: 1 2 3 Interviewer Comments

_____

_____

2**. How do you describe community engagement, diversity, equity, inclusion, and/or justice?** Circle Numeric Score: 1 2 3 Interviewer Comments (Did applicant specifically explain their answer?):

_____

_____

3. **Please provide an example of a time you worked with someone with a different background or viewpoint. What was the outcome and how did you contribute to it?** Circle Numeric Score: 1 2 3 Interviewer Comments (Did applicant provide clear example and explain the outcome and their contributions?):

_____

_____

4. **What do you envision for Keizer in the future related to community diversity engagement?**
Circle Numeric Score: 1 2 3 Interviewer Comments (Did the applicant demonstrate inclusion and have a vision for a more inclusive Keizer?

_____

_____

5. **What do you hope the committee will accomplish? What specific ideas do you hope to implement during your time on the Committee?** Circle Numeric Score: 1 2 3 Interviewer Comments (Did applicant answer both questions?)

_____

_____

Score: _____/15

PART 2 – Skills:

Demonstrated knowledge and understanding of CDEC role and requirements
Shared information about personal skills/experience to demonstrate qualification for committee
Demonstrated through stories self-awareness of personal experiences

PART 3 – Interviewer Comments:

Please write additional feedback that you believe will help the council in their decision-making. For example, if you had a recommendation as to why you rated them as you did.

Thank you for sharing your time and expertise!

CDEC report for February 2025

Tammy Kunz

[redacted]

[redacted]

On a personal note, as I have reached out to some of our community Partners, they shared it was great to have someone show an interest in what is going on and being willing to share this in the community. If we can go back to each of sharing some of what we do and meeting or community engagement we do it would really help get us back to our goals and function as this is part of what this group core was about.

So, I get back on track here is some of what I have been doing to support Keizer and bring information back to this group and to our city Council.

Keizer United; November 18, 2024

- Hersch Sangster and the Greater Northwest Keizer Neighborhood Association are partnering with McNary High School's JROTC program to clean up graffiti around Keizer. They will work also with KPD and City of Keizer.
- Claggett Creek Middle School is collecting pennies to donate to FBB so they can buy diapers

No meeting held in Dec of 2024, Jan 13th 2025

We met at the Keizer Event Center and had lunch and a Presentation by Salem Health Chec Center (Community Education Center)

This was very informational and I brought some of the information to share with you all, Dawn will be sure to include this in our Packets. GNEKNA shared with the good News in Keizer about the Safety Awareness Gathering, and some of the ways we have used our Engagement in our community.

Keizer Chamber

Leadership Keizer program is back and there are 20 participants in the course this session. Leadership 2.0 is starting in the new year. This will be in addition to Leadership Keizer.

Parks for Dec 10th meeting / Keizer Parks & Recreation Advisory Board AGENDA Minutes

Parks was given a proposal for the Carlson Skatepark which is part of Chalmers Jones Park; This is an improvement project to help provide a covered area for those whom use the park.

Lighting is another part of the project, with also looking at an expansion to allow more users s they support skate boarders, Scooters and other for this recreation. This would open up more space, and add safety zones for our community.

This is being looked at as a 3 to 4-phase project should this be moved forward. $650,000 for the estimated cost of this project to take off.

Paul Willam Massey, Salem and Co-founder of KP Crew, presented a three-tiered plan for the Carlson Skate Park. He expressed appreciation for the skate park, which attracts 400,000 people from the community because it's the only safe and comfortable skate park in the area. He shared that they posted their proposed plan on Instagram and received overwhelming responses.

Mr. Massey summarized that the first proposal was for a covered structure over the bowl to protect the skateboarders from the rainy weather. They would also like lighting for the skate park because it gets dark so early during three seasons. If they had to choose one proposal, they would choose the covering.

He stated that the main purpose of adding an extension was for additional obstacles and a street section for a generic quality of life feature that a lot of other skate parks have. The park wasn't built by skate park professionals so a lot of obstacles were left out. He explained how he arrived at the estimated costs. He shared that he was personally and aggressively open to looking for grants. Mr. Massey felt that Keizer's community was special with all of the people who cared about the skate park and wanted to communicate.

Chair Lawyer complimented KP Crew on their courage to bring forward their well-thought-out, researched, and articulate proposal. He agreed that their timeline was very accomplishable. He shared options for various grants and commended the KP Crew for all of the work they had done.

Jacob Motley, Keizer, expressed the importance of having the cover and lighting of the skate park would greatly improve the quality of life for those using the skate park.

Yufan Nguida, Aumsville, responded to a question about the skate park in Wilsonville because the bowl was gray, lacked creativity, and didn't engage with skateboarding. He likes to use the Keizer because of its community and felt that all the people were an added safety measure in case of an injury. He explained how Oregon skateboarding with concrete skate parks was very different from California. He has interacted with the Deer Park folks in Salem by offering to volunteer to make improvements, but they were not very receptive to the ideas.

Carlson Skatepark, Proposal shares information to express the, expressed appreciation of the Keizer Parks and Recreational Advisory Board and for KP Crew's work in preparing the proposal. They shared that the mini-bowl was his holy grail and that skateboarding makes for a hard-working person. He agrees that the covering was essential. They prefer to skate with the KP Crew. GNEKNA is going to be writing a letter of support to help move this long-term project forward. This is in the early stages and is going to be needing some fundraising and other ways to get this project covered. More information for the Dec 10th Parks Agenda.

Notes taken from Minutes to share for information. This is a park that is park of the GNEKNA and we like the idea of offering this kind quality care of serve to the community and the folks whom use this park.

Parks meeting Jan 14th 2025 for the GNEKNA

GNEKNA shares with Parks some items from the Project and Goals list being updated;

Keizer Little League: has some items that need to be addressed.

- ADA Access, Parking for the park, Fences in need of repairs, Seating in need of repairs
- Trash needs to be pick-up around parking lot and fences, Places for trash spread out more
- Wood benches in need of repairs, better access to walk paths for ADA
- Building in need of repairs, Bike lock station & repair station
- Walking path pot holes needs some repairs for safety reasons

For one of the other parks items shared; **Whitman Park: Garden Area**

- Needs restroom, adding an Unfenced Garden area section for the community to use
- Fenced area needs better care. From weeding, Better Walk paths and better weeding in walk paths

Mike Whitman Park:

- Trails from Mike Whitman's Park to Keizer Little League Park, look at Adding a section for a dog park. To include some of the following; Neighbors would like a 6-foot fence, and add a section for benches with a place to add a picnic area for families.

This was something they would like to see a plan put together for and have some community engagement on the design, and care for this project. The other projects for other parks will be covered soon, as they are working through the Park Master plan. Community engagement as we walk in the community and ask questions has been amazing.

Jan 2025, meeting we covered a number of different items from

- Spoke about the Carlson Skate Park improvements project placed before Parks Dec 10th 2024.

Parks had a presentation on the Gold medal Monument and shared an update on the progress being made on this and Community support. Parks has agreed to a matching Grant for $10,000 as long as City Council approves.

We heard from another member of Keizer who is interested in supporting parks with hosting Pickleball tournaments in the community as he plays 5 to 6 days a week. He will continue to provide support and share his time.

Greater Northeast Keizer Neighborhood Association (GNEKNA)

Safety Awareness update;

Safety Awareness update;

We had 15 people attend with teams, Zoom results shared 1 to 25 depending on speakers. In person we had about 40 people and resources tables we host 20 community partners.

We have taken a survey this time to see how this event would affect our community and heard personal feedback as well. I spent some time talking with Liberty House and they have been able to connect with more partners and families since this training they have set up 4 additional trainings.

We have strengthened some of the safety concerns with the neighborhood Associations. We worked closely attending Salem and Keizer meeting to share on this event. I (Tammy Kunz) presented at 5 Salem community meetings, while Jacqueline Green shared with 3 Salem community meetings for neighborhood Associations.

The one thing I learned from Salem is the City Council does not play a large roll in this meeting; I met with a number of the Presidents and Chairs for each group who have shared a number of concerns. These vary from feeling of forgotten, to Salem just does care about us or what we need. They vary from building safer parks, adding lighting to streets, gaining more support for safer communities to help with theft, gang activities, Abuse from neighbors to seeing drugs be sold around the blocks in which they live.

I worked with Virgina Stapleton, and Linda Nishioka, Linda shared with me she would not be able to attend the meeting one of the Associations was holding elections, and had some urgent items to be handled for this group. The chair of this group shared with me on some of the hardships of hosting a meeting in the evenings and how this would impact travels for her folks. Most of them are older and don't go out at night as it is not safe for them.

Keizer does not seem to have a lot of these same concerns; we just heard need more help with speeding, Gangs and tagging. More people getting involved and how we can increase the numbers outreach in the community. GGNA for Keizer is not able to attend as they are working the Keizer lights and working hard with this project. The project helps to fund our Keizer food Bank and also serves Keizer as a whole.

Jacqueline and I sent out 329 emails and made several calls for this event. We partnered with Keizer United who provided the support for the deposit which was returned, and provided funding allowing us to jump through the hoops to bring this event. From insurance and catering snacks which was required by the City event team.

I want to say thank you to Jenn who worked on this us and for each community Partner who shown up and provided support for the community.

I want to also say Thank you to Lisa Carignan who Helped Greater Northeast Keizer Neighborhood Association meet a need for Bus passes in our community We served 25 families for Christmas 9 of them went to families to help them get to work, 8 went to students who have jobs and are not eligible for the free rides since the changes of school ID have been added. The others just went to other families in need of support. We provided 25 food boxes to the same families this was a great project, and we are truly blessed.

These are just a few Highlights of some of what we have been able to do. None of this came from our budget this was all donations by our community and neighbors, we were able to help work with WinCo (by Ware Mart) for a special deal on Turkeys for each of these families. Special thank you for all who shared resources and gifts to make this happen.

Keizer Lunch and learn 1/15/2025

Keizer hosted a lunch and learn opportunity for the community to learn more about the Emeral Ash trees and how to care for these trees. Alison Herrell presented information on how we can save some of

these trees and fight the impending infestation that is killing these trees in our State as well as some of the other states.

Part of the information shared was Oregon response to help save and replace trees that face this problem with the beetles. That Bores it way into the tree and kills the tress from the inside out. We talked about EAB signs and responses and learned what to look for as well as ways management can help save trees. For information Keizer .org look under environmental or reach out to Jenny Ammon or Alison Herrell @ Ailison.E.Herrell@odf.Oregon.gov

Can meetings; Wednesday Jan 8th 2025

Salem/Keizer Public schools Chris Moore presented a slide show on Equality of Mental and emotional health in our schools. Inner peace from outer impact was the title Chris Moore is the director of Mental and social health in our schools.

Some of the information shared was using a 2 word check in in our classrooms, my word for that day Was hopefulistic for hopeful and enthusiastic which described how I was feeling this morning. We talked about the breathing methods they teach student and staff to help engage our children better, breathe in for 4 holds for 7 and breathe out for 8. This is only one of the mindful ways he is helping student and staff engage when over load is present.

Quote for the day was “When little people are overwhelmed by big emotions, its our job to shar our Calm not join in the chaos”. L.R. KNOST

We talked about the window of tolerance, and what is the most likely to be pushed out in our window of tolerance. Things like Hyperarousal or mindset when this occurs and how we can teach as well as model what kind of behaviors we want to see. This is just a snap shot of the amazing things that take place. Great meeting and building community.

West Keizer Neighborhood Association;

Chief Copeland shared on some of the department needs and items going on in the community. Election took place, Rhonda Rich is President, Vice chair is Robb Whitters, Secretary is Carolyn Holman and Board is Kris Adams, Brenda Lamb, Carol Phelps.

Robust conversation on what is going on in the community and lost of new folks joined the meeting tonight to see how this works, and what is going on. Reports given for Parks, city Council, Planning, Library and others.

Claggett Creek water shed Council;

We talked about a number of items after holding elections; Chair Jeff Anderson, Vice Chair Mark Caillier, Secretary Matt Lawyer, other Board members Roy Price, Jacqueline Green, and Tammy Kunz

- Scheduled events; Keizer City Hall Civic Center clean up March 15th from 9 am to 1pm or until we are done.

- Soggy Day at the park is going to be in May near Memorial Day week end as this has shown to have the most community involvement.
- Upcoming meeting are March, May, June, September, and November unless one is needed for event prep. Second Thursday of month.

  Many other scheduled meetings but this gives a good Idea of what is going on in the community.

Claggett Creek Watershed Council

Meeting Agenda
General Meeting
6:00 pm – 7:00 pm, Thursday, January 9th, 2025
Keizer City Hall Community Center

1. Call to Order

2. Introductions

3. Meeting Summary for Dec 12, 2024 meeting to be distributed..

4. Treasurer's Report

5. Public Comment

6. Old Business, Willamette Valley Watershed Alliance was dissolved with the vote of four Watershed Coucil's voting to shutdown the alliance by Dec 31, 2024. Remaining funds will be equally distributed to the councils, Claggett Creek Watershed will receive about $1000 to be designated for watershed/stream side planting projects.

7. New Business: A) Schedule Officer Elections for May Meeting.B) extend a invite for a Keizer City Council member to be a non voting member of the council.

8. Upcoming Events: Keizer Community Center Cleanup – Saturday March 15th, 9:00 am – 12 Noon; Keizer Fest Claggett Creek Booth; May Soggy Day in the park…….; Aug/Sept Robust Clean up on Claggett Creek TBA.

9. Good of the Order: Remaining Watershed council meetings for 2025 is March, May, June, Sept, and November. 2nd Thursday at the 6:00pm. Additional meetings may be called as needed.

10. Next Meeting: 6:00 pm, Thursday, March 13th, 2025 Keizer Community Center, 930 Chemawa Rd. NE Keizer OR 97303

11. Adjourn

Claggett Creek Watershed Council

Meeting Summary
General Meeting
6:00 pm – 7:00 pm, Thursday, December 12th 2024
Keizer City Hall and also on Zoom

https://us02web.zoom.us/j/86390036172?pwd=L2xGM0NRU0pXSy93eXVLbWZwaHNvQT09
Meeting ID: 863 9003 6172
Passcode: CCWC2024

1. Call to Order 6:02pm
2. Introductions Dan Koehler, Roy Price, Jeff Anderson
3. Meeting Summary distributed from the October 2024 meeting
4. Treasurer's Report $3,527.71
5. Public Comment-None
6. Old Business-Claggett Park plantings on Nov 2nd 2024 had about 12 volunteers, good weather and planted about 250 plants and trees in the wetland area.
7. New Business - Willamette Valley Watershed Alliance will disband by Dec 31, 2024.our council will have Jeff Anderson and Matt Lawyer represent our council on signing the closure document for the Alliance. The council will recieve one fourth of the funds in their account or about $1000, we will dedicate these funds as a line item in our account dedicated watershed/stream side planting projects. With only 2 voting members in attendance, both supporting the motion it was felt a vote of the executive committee was appropriate, the executive committee supported the motion, Anderon, lawyer and Busch in support.
8. The 2025 schedule for general meetings will be as follows, January, March, May, June, September, and November. Meetings may be called if needed.
9. Upcoming Events. Earth Day and Soggy Day in The Park –
10. Good of the Order, Dan Koehler announced his last meeting as Liason from the City, moving to other committees.
11. Next Meeting: 6:00 pm, Thursday, January 9th, 2024, Keizer Community Center, 930 Chemawa Rd. NE Keizer OR 97303
12. Adjourn 6:30pm

Churches as Neighborhood (CaN)
Center Meeting
Wednesday, January 8, 2025
Court Street Christian Church

Meeting Agenda:

- 11:30am: Gather, begin eating, and get to know someone new
- 11:40: Welcome and Introductions (Kyle Dickinson / SLF)
- 11:55am: Share & Pray (Dani Daly / Court Street Christian Church)
- 12:00pm: Quiz Show (Isaiah Burrell / SLF)
- 12:10pm: CaN Kudo (Dani Daly / Court Street Christian Church & Rian Rasubala / SLF)
- 12:20pm – Presentation (Chris Moore / Salem Keizer Public Schools)
- 12:40pm – Dialogue (Dwayne Hilty / SLF)
- 12:50pm: Announcements & Benediction (Claude Alley / Capital Park Wesleyan Church)

This Month…Presentation on Shalom With Ourselves

With *shalom* as our focus this year, we're eager to welcome Chris Moore and a presentation on Shalom With Ourselves. As Director of Mental Health & Social-Emotional Learning for Salem-Keizer Public Schools, Chris guides a holistic, equity-centered approach to providing access to the right social-emotional support at the right time for every student. He has also been a teacher, basketball coach, school psychologist, and an adjunct instructor at the Graduate School Counseling program at Oregon State University. Chris is an unapologetic hope-slinger and shameless finder of bright spots.

Registration and Learning More about Salem Leadership Foundation (SLF)

Please take a minute to sign-in on the Table Registration sheet at your table. It not only lets us know that you're here, but we'll make sure to add you to our monthly Churches as Neighborhood (CaN) Centers Newsletter with information about our next lunch.

And if you're new to SLF and our CaN Centers Network, welcome! Our monthly CaN Centers lunches are designed to be an open table for leaders from a wide array of spaces (churches, nonprofits, schools, government, businesses, neighborhoods) with a focus on creating environments of shalom (peace) in our city. If you'd like to learn more about SLF and engaging in our CaN Centers Network, just drop Dwayne Hilty (CaN Centers Director) a quick email (dwayne@salemlf.org) for more information.

Thank you for being a gift to our city!

SALEM LEADERSHIP FOUNDATION

JOIN US FOR OUR

Neurofeedback information & Brain Paint Training

TUESDAY
JANUARY 14, 2025
544 FERRY ST SE
SALEM, OR 97301
(971) 707-4673
6:30PM-8:00PM

Volunteering in SKPS

Together in Education

Become a Volunteer!

Some schools are looking for volunteers to serve as greeters, assist with lunchtime activities, supervise hallways or help keep common areas tidy. Sign up to become a volunteer today and join us in supporting student success!

Scan here

OR

Follow the URL here

bit.ly/SKPSVolunteer

LEARNING FOR A LIFETIME
SALEM•KEIZER PUBLIC SCHOOLS

MID-WILLAMETTE VALLEY HOMELESS ALLIANCE
MOVING TO END AND PREVENT HOMELESSNESS

2025 Point-in-Time Count
Marion & Polk Counties

The 2025 PIT Count in Marion and Polk Counties is part of a national effort to count people experiencing homelessness on a given night in late January.

DONATIONS NEEDED

Your donations will directly provide homeless individuals who are counted during the 2025 PIT count with a few basic needs to help them through Oregon's winter months.

SCAN THE QR CODE BELOW FOR ACCESS TO 2025 PIT COUNT WISHLIST (AMAZON)

OR

DELIVER DONATIONS TO:

UNITED WAY, 455 BLILER AVE. NE., SALEM, OR 97301

9:00 am - 4:00 pm

December 16, 17, 19, 20, 27 and January 6 - 17

Surveying for the Marion-Polk County Point-in-Time Count

January 23-29, 2025

Getting Started

How to Register as a Surveyor and Download the Mobile App

Step 1: Register As a Surveyor

Visit marion-polk.pointintime.info or scan the QR Code to the right with your mobile device.
After registration, you will receive a confirmation email and directions to set a password to your account.

Surveyor Registration Portal

Step 2: Download the App

Scan the QR Code to the right, visit the direct link, or search for *Counting Us* in your device's App Store.

Google Play:
https://bit.ly/Counting_Us_Google

Apple Store:
https://bit.ly/Counting_Us_Apple

Step 3: Attend Training on Zoom

All volunteers who will conduct PIT Count surveys need to attend a one-hour training session on zoom. The training will include information about how to engage vulnerable populations and how to complete surveys via the mobile app. There are three training sessions to choose from:

- 12/16 (Monday) at noon
- 1/8 (Wednesday) at 5:30pm
- 1/21 (Tuesday) at noon

If you have any questions, please use "PIT Count" in the subject line and email them to: staff@mwvhomelessalliance.org.

Thank you for your help in ensuring that every individual experiencing homelessness counts!

SimtechSolutions, inc.

JOIN US FOR OUR

Neurofeedback information & Brain Paint Training

TUESDAY

JANUARY 14, 2025

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SALEM, OR 97301

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Scan here

OR

Follow the URL here

bit.ly/SKPSVolunteer

LEARNING FOR A LIFETIME

SALEM•KEIZER PUBLIC SCHOOLS

West Keizer Neighborhood Association
Annual General Meeting Agenda
Thursday, January 9th, 2025 at 7:00pm

Call to Order & Introductions- Rhonda
Approval of Minutes - November 14th, 2024
Budget Report July 2024- July 2025— Rhonda
$141.44 for 150 copies December newsletter- Rhonda
Total spent $574.97. Remaining balance $625.03

Speakers:
Chief Copeland, Keizer Police Department

Elections for WKNA Board of Directors
The Association Board of Directors, referred to as the Board shall consist of four (4) Directors and three (3) Officers of the Board: President, Vice President, and Secretary. All positions will be for a term of one year.
Nominations for all seven (7) positions on the Board may be submitted by the general membership from the floor at the annual general membership meeting.

Reports-
City Council Liaison report- Councilor Marlene Parsons

Food Barrels: Year End Totals - Dennis and Carol
BiMart 908 lbs.
Copper Creek 1914 lbs. $414 cash,
Keizer Fire Dept. 338lbs
Total 3,160 lbs. and $414 cash

Cummings School-
-Neighborhood Family Council and PTA - Kris
-School ground's plantings - Carol

Parks Board & West Keizer Parks update- Carol

Traffic Safety Bikeways Pedestrian Committee update- Brenda

Planning Commission update- Robb

Keizer Community Library & WKNA Little Library -Kris

Open Discussion - Other Reports

City Committee Meetings

Subscription to receive information of city meetings

www.keizer.org/add-to-distribution-list for City of Keizer

****

Other Meetings & Events

January 8th, 6:00pm, (second Wednesday) Planning Commission

January 13th, noon, Keizer United (second Monday)

January 14th, Parks Board (second Tuesday)

January 16th at 6:00pm TSBP Meeting (third Thursday)

January 21st at 6:00pm- City Council Meeting

****

Emergency Preparedness classes will be the first Tuesday of each month at 6:30pm at the Keizer Fire Station. Go to keizerfire.com to register. You can still attend any of the classes below.

January 7th – Part 1: An introduction to Emergency Preparedness – 6:30pm

February 4th– Part 2: 3-30 days: How to prepare for longer – 6:30pm

March 4th – Part 3: Kids, Pets and other considerations – 6:30pm

April 1st– Part 4: First Aid – 6:30pm

****

WKNA Meetings - Speakers & Topics 2025

February 6th WKNA Board Meeting

February 13th-Keizer Community Library/Keizer Heritage Museum/Keizer Art

March 6th- WKNA Board Meeting

March 13th - "State of the City"- Mayor Clark

****

Go to www.westkeizerna.org for more up to date information and visit our Facebook page

WKNA General Meeting
Nov. 14T,Thh 2024 7 p.m.
At Keizer Civic Center
Submitted by Carolyn Homan, WKNA Secretary
About 25 people attending, including guest speakers

Call to Order: President Rhonda Rich called the meeting order at 7:05 p.m. Introductions were made.

Approval of Oct. 10, 2024 minutes – Art Mauer moved approval as submitted; Kris Adams seconded. Motion carried unanimously.

Budget report -- Rhonda reported no change from September, with expenditures of $433.53 and a balance of $766.47 from the city-approved $1,200 budget.

Community Updates
Guest Hector Blanco, Assistant Fire Chief, Keizer Fire District – He updated the group on the Community Home Safety effort under way and said information will be available on the KFD website within a week.

Keizer Chamber – Corrie Falardeau, Chamber Director, presented a run-down on community holiday events:
Holiday Giving Basket Program – gift tags are available at various Keizer businesses. Chamber is organizing community donations of toys and clothing; partnering with Keizer Elks for the food baskets.
Turkey Dash – Will be held Nov. 29
Christmas tree lighting – 6 p.m. Dec. 3
Holiday Lights parade, 7 p.m., Dec. 14
Christmas pancake breakfast at Keizer Fire District – Dec. 15

Special recognitions – Rhonda began by thanking any Veterans in attendance for their service to the country.
Thank you to Councilors Laura Reid and Kyle Juran – Their terms are ending as Council liaisons to WKNA and Rhonda thanked them for keeping us updated on City news. WKNA presented Laura with a flower arrangement, as it was her last meeting before she retires from her Council position.
Thank you to Carol Phipps, WKNA Board member – Carol will be honored at the Nov. 18 Council meeting as Volunteer of the Quarter for her instrumental role in organizing a project to stabilize the hillside at Willamette Manor Park and for ongoing beautification efforts at Cummings Elementary School. She also received a flower arrangement.

GUEST SPEAKERS

Fraud protection, Willamette Valley Bank -- Daylee Howard, Community Engagement and Outreach specialist, presented information on fraud awareness. Americans last year lost $10 billion to various scams: home repair, foreclosure relief, loan modification, various telephone/credit card approaches, phishing emails, payment app scams and more.

Most all use pressure, urgency and fear to make people react. The advice is to read documents and emails carefully, looking for misspellings, bad grammar, etc.; don't open any unsolicited links; check with your bank directly before you act on some financial "offer"; never give out sensitive information (your PIN, password, Social Security number, etc.); don't respond to an unexpected request without double-checking with your bank or the "source" as to the legitimacy; don't rely on caller ID (scammers are good at fakes); don't respond to request to send money back (you were sent $$ accidentally and

BE PREPARED FOR A WINTER STORM

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

FEMA

FEMA V-1014/June 2018

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.

Greater risk

Can last a few hours or several days

Can knock out heat, power, and communication services

IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.

Use generators outside only.

Stay indoors and dress warmly.

Listen for emergency information and alerts.

Prepare for power outages.

Look for signs of hypothermia and frostbite.

Check on neighbors.

HOW TO STAY SAFE
WHEN A WINTER STORM THREATENS

Know your area's risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.

Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

Learn the signs of and basic treatments for frostbite and hypothermia. For more information, visit: www.cdc.gov/disasters/winter/staysafe/index.html.

Stay off roads if at all possible. If trapped in your car, stay inside.

Limit your time outside. If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.

Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.

Watch for signs of frostbite and hypothermia and begin treatment right away.

Check on neighbors. Older adults and young children are more at risk in extreme cold.

Frostbite causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Take an Active Role in Your Safety

Go to **Ready.gov** and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**.

FEMA

FEMA V-1014
Catalog No. 17233-15

December 2024

WKNA TODAY

West Keizer NEIGHBORHOOD ASSOCIATION

West Keizer Neighborhood Association Newsletter

In this issue:

- Raingarden Event at Keizer Rapids
- Community Safety Awareness Event
- Volunteer of the Quarter
- Keizer Fire District Trainings and Tips
- Wallace House Park Clean-up
- Keizer Happenings
- Upcoming Meetings
- Neighborhood Meeting Info

Raingarden Event at Keizer Rapids

The City of Keizer's Environmental and Technical Division, a part of Public Works, sponsored a Raingarden workshop at Keizer Rapids Park on Saturday, Nov. 2. Thirty-one participants worked at three educational stations: Siting and sizing; soil infiltration; and texture; and plant selection and planting in the rain garden.

Over 500 plants were placed in the raingarden area along the boat ramp parking area. Environmental and Technical Division Director Jenny Ammon said more plantings are needed but the workshop made a great start on this new feature at KRP.

Keizer worked with many partners to sponsor the workshop: Marion Soil and Water Conservation District, Natural Resources Conservation Service, Oregon State University Extension Service, OSU Master Gardeners, Marion County and City of Salem.

Over 30 participants helped create the first phase of a raingarden at Keizer Rapids Park Nov. 2.

Community Safety Awareness Event

Would you like a voice in safety issues in your city and neighborhood? Then come to the Community Safety Awareness event, 6-8:30 p.m., Dec. 10 at Keizer Civic Center, 930 Chemawa Road NE. Organized by the Greater Northeast Keizer Neighborhood Association, this event will bring together transportation representatives, emergency response folks and other neighborhood associations to discuss ways to raise awareness and help citizens across Keizer and Salem feel safe and connected.

Among the goals is to share Neighborhood Watch programs as a way to improve community safety and forge collaborations between businesses, schools, communities, neighborhoods and citizens to promote and maintain a safe environment for all.

West Keizer
NEIGHBORHOOD ASSOCIATION

Upcoming Meetings

Keizer City Meetings:

- Please visit the official website for the City of Keizer and look under "Meeting Materials" or Subscribe to receive information of city meetings, www.keizer.org/add-to-distribution-list.

WKNA Meetings

- **1/09/2024—Chief Copeland to be WKNA's January guest speaker**
  - Board members election will occur during the January WKNA meeting
- **2/13/2024—Keizer Community Library**
- **3/13/2024—Mayor Cathy Clark, State of the City**

Neighborhood Meetings Times and Places

Do you have questions about the happenings in our neighborhood, but don't know whom to ask? Perhaps you would like to know what Keizer has planned for the next fiscal year.

You will find the agenda leading up to each meeting, news of the neighborhood, past meeting minutes and reports, along with information regarding your West Keizer Neighborhood Association board posted at www.westkeizerna.org.

Please feel free to bring your questions, and insights, to the next WKNA meeting. Our regularly scheduled meetings occur each second Thursday of the month except December, June, July & August, at 7:00pm. The meetings are at Keizer Civic Center, 930 Chemawa Rd NE.

We are happy to meet you!

The West Keizer Neighborhood Association is supported by the following Sponsors:

- Pronto Signs
- Sherwin/Williams Paint
- Copper Creek Mercantile
- BiMart
- City of Keizer
- Keizer Parks Foundation
- Men of Action in Keizer
- Salem/Keizer School District 24
- T-Shirt World, Terry Storm
- Keizer Fire District

Please join us at the Northwest Oregon Chapter

Salem Office Open House

Date: January 18th, 2025
Time: 9:30am - 12:30pm

1860 Hawthorne Ave NE
Salem, OR 97301

Food and drinks will be provided.

Join us at the Salem office for an open house! Get to know and make connections with other members of your community, learn about what the American Red Cross does, and (if you're interested) learn how YOU can get involved!

Hear from volunteers on both the humanitarian and biomedical sides of the Red Cross, whom can share countless ways in which we assist those in need.

Our goal is to strengthen community ties, so we'd love to see you there and hope you can make it!

For questions or more info, please contact Jaime Adams at jaime.adams@redcross.org

American Red Cross

H21096B

CHERRIOTS

CHERRIOTS NEWS

JANUARY 2025

HOLIDAY SERVICE LEVELS

Martin Luther King Jr. Day - Mon., Jan. 20
- Saturday service level

COMMUNITY CONNECTIONS

Cherriots now has an exciting opportunity for agencies to take advantage of our space at the Downtown Transit Center! Once a month we are inviting an agency into our lobby to host a resource table. Cherriots Staff will also be on hand to assist and answer questions about public transportation. We typically host these from 1-4pm, but the specific day in the month is open to whatever day works best for your agency!

If you or your agency are interested, reach out to **Bryan McCown.**
bryan.mccown@cherriots.org
971-719-6478

CHERRIOTS IN THE COMMUNITY

Community Connections with Punx with Purpose
Jan. 23, 2025 from 1:30 p.m - 5 p.m.
Customer Service Lobby at the Downtown Transit Center
220 High St NE Salem, OR 97301

Upcoming Cherriots Board Meetings:

Cherriots Board of Directors Meetings are open to the public. Come in-person or attend online.

- **Thur., Jan. 9** at 5:30 p.m. - Cherriots Board of Directors Work Session
- **Thur., Jan. 23** at 5:30 p.m. - Cherriots Board of Directors Board Meeting

For meeting agendas and other information visit:
Cherriots.org/meetings

Winter Weather

Be prepared for winter weather! Cherriots typically posts updates on our website and our X account for social media. If you are looking to use the bus during a winter event, double check the resources listed before heading out to the bus stop! Cherriots also provide free rides to and from warming shelters when they are activated, just let the driver know you need to get to a warming shelter!

https://www.cherriots.org/wintertravel/
https://x.com/Cherriots

Route Highlight

Route 22 is our newest route serving the South Salem area. Also known as the Kuebler Link, this route connects Commercial Street and Lancaster Drive!

- Provides service every 20 minutes (weekdays/ Saturdays - peak service times)
- Operates seven days a week
- Serves key destinations along the Kuebler corridor
- Connects with Cherriots Routes 6, 11, and 21

Facebook.com/Cherriots Twitter.com/Cherriots Instagram.com/Cherriots

Sign up for our monthly newsletter at Cherriots.org/news

GO RED HEALTH SCREENING

Tuesday, February 4

- 8 - 10 A.M.
- Center 50+
  2615 Portland Rd NE, Salem, OR 97301

Saturday, February 15

- 9 - 11 A.M.
- Salem Health Medical Clinic- Woodburn
  105 N Arney Rd #130, Woodburn, OR 97071

Tuesday, February 18

- 6:30 - 9:30 A.M.
- Salem Hospital, Building D
  Community Health Education Center
  939 Oak St SE, Salem, OR 97302

BY APPOINTMENT ONLY

SCREENING TESTS AVAILABLE INCLUDE:

cholesterol, glucose, and blood pressure.

Cost: Free

Register: Online at SalemHealth.org/CHEC or call 503-814-2432

IMPORTANT:

If you plan on getting screened please do not eat any food or drink any beverages other than water ("fast") for at least 9 hours prior to your test appointment for more accurate biometric numbers.

Salem Health® Hospitals & Clinics

GO RED

EXÁMENES DE SALUD

Martes, 4 de febrero

- 8 - 10 A.M.
- Center 50+
  2615 Portland Rd NE, Salem, OR 97301

Sabado, 15 de febrero

- 9 - 11 A.M.
- Clínica Médica Salem Health- Woodburn
  105 N Arney Rd #130, Woodburn, OR 97071

Martes, 18 de febrero

- 6:30 - 9:30 a.m.
- Hospital de Salem, Edificio D 1er piso
  Centro Educacional de la Salud Comunitaria
  939 Oak St SE, Salem, OR 97302

LOS EXAMENES DE DETECCIÓN DISPONIBLES INCLUYEN:

colesterol, glucosa y presión arterial.

Costo: Gratis

Registrate:
Llendo a SalemHealth.org/CHEC o llamando al 503-814-2432

ATENCIÓN:

Si planea hacerse un examen, no coma ningún alimento ni beba ninguna bebida que no sea agua ("ayune") durante al menos 9 horas antes de la cita de la prueba para obtener números biométricos más precisos.

Salem Health® Hospitals & Clinics

WELCOME TO MEDICARE

2025 DATES

THURSDAYS

February 20

- 10:00-11:30 a.m.

May 15

- 1:00-2:30 p.m.

September 18

- 10:00-11:30 a.m.

November 6

- 1:00-2:30 p.m.

Almost 65 years old?

You are invited to a free Welcome to Medicare presentation.

The presentation will cover:

- How Medicare works
- Supplemental insurance options
- Assistance for people with low income and resources
- How the Affordable Care Act improves Medicare
- How to prevent, detect and report Medicare fraud and abuse

This session is led by a Certified Senior Health Insurance Benefits (SHIBA) Counselor. If you are unable to attend or want personal one-on-one assistance, you may call our local SHIBA program office at 503-304-3479.

Register: Online at SalemHealth.org/CHEC or call 503-814-2432

Cost: Free

Location: Salem Hospital, Building D Community Health Education Center-Classroom 1

Salem Health® Hospitals & Clinics

garten

RIBBON *cutting*

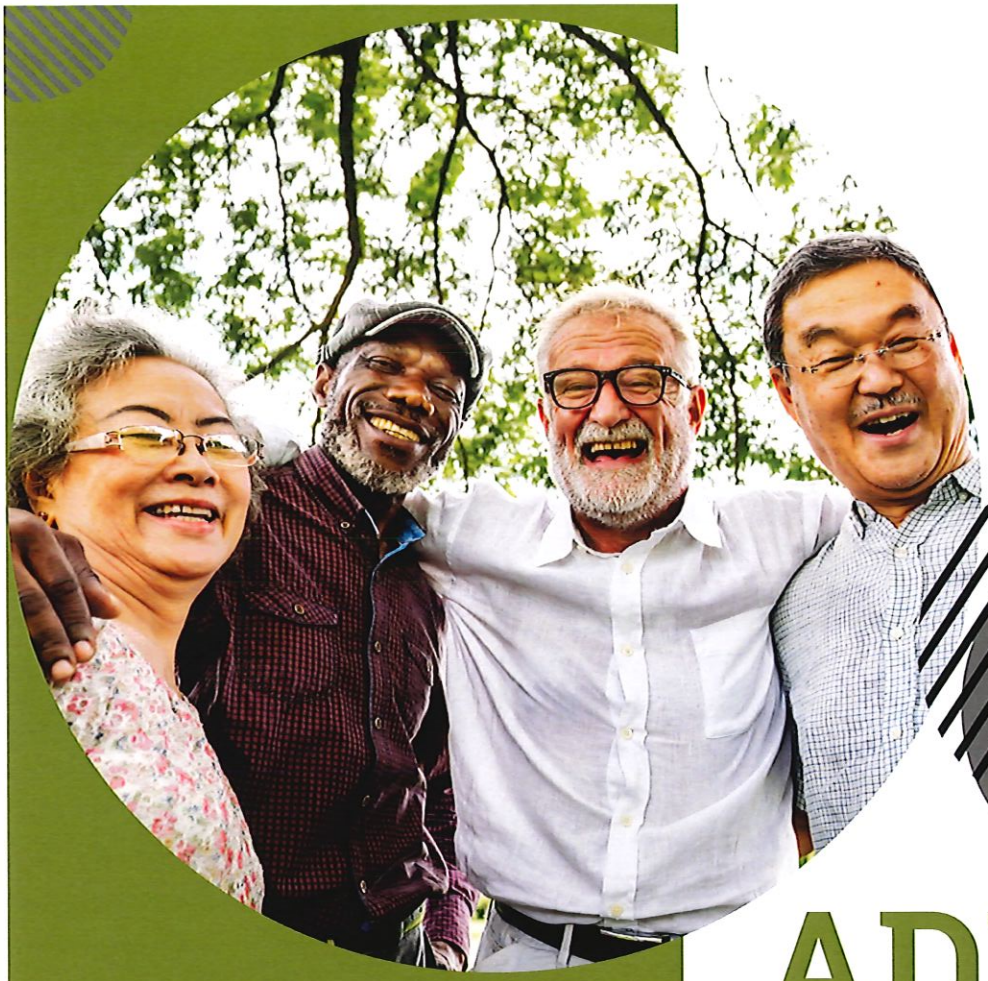
FRIDAY
JANUARY 31ST
11 AM - 1 PM

HAVE LUNCH ON US AND TOUR OUR NEW

DAYBREAK BUILDING

200 Hawthorne Ave SE Ste. B240

Scan here to RSVP or visit
garten.org/daybreakrsvp



ADVANCE DIRECTIVES

2025 DATES

THURSDAYS, 10 TO 11 A.M.

January 2
February 6
March 6
April 3
May 1
June 5
July 10
August 7
September 4
October 2
November 6
December 4

Join us for this free class and receive a planning guide to help you:

- Talk with your loved ones about end-of-life decisions
- Better understand the medical decisions you may one day face
- Understand Oregon's legal form- the Advance Directive

Family members are encouraged to attend together.

Register: Online at SalemHealth.org/CHEC
or call 503-814-2432

Cost: Free

Location:
Salem Hospital, Building D
Community Health Education Center
Wellness Kitchen

Salem Health®
Hospitals & Clinics

Liberty House Prevention Trainings

Liberty House

Liberty House is our local child advocacy center serving Marion and Polk counties. We offer a safe and comfortable environment for children and families facing concerns of abuse, neglect, trauma, or grief. Through our Prevention Department, we provide trainings in English and Spanish to help communities keep children safe.

TRAINING OVERVIEW

Providing awareness and tools, our trainings are designed to empower parents, caregivers, and other adults to protect children from child abuse, sexual abuse, and digital abuse. All courses are offered in English and Spanish. We use Darkness to Light as our foundational trainings for the prevention of child sexual abuse. Other trainings are created in response to the needs of the communities we serve.

WHO TAKES OUR TRAININGS?

Anyone who cares about children; Parents, Caregivers, Youth-Serving Organizations, Teachers, Coaches, Health Professionals, Community Members, Faith Based Organizations and Ministries, Businesses, Mandatory Reporters and more.

COST, FORMAT, AND MORE

Trainings are free, but there is a suggested $10 donation per person to help cover the cost of materials. Minimum class size of 5 adults for a virtual training or 10 adults for an in-person training. In addition to community trainings, we are available for private trainings. Courses include videos, discussion, interactive materials, and a Certificate of Completion.

ABOUT OUR PARTNER:

DARKNESS TO LIGHT®
END CHILD SEXUAL ABUSE

Darkness to Light is the only nationally available program proven to increase knowledge, improve attitudes, and change child-protective behaviors.

CELL PHONES AND CHILDREN: BEST PRACTICES (1.5 hours)

Learn the connections between cell phone use and mental health. Explore our best practices and actionable tools you can implement with your family to stay safe and have healthy relationships with cell phones and devices.

DIGITAL DANGERS & INTERNET SAFETY FOR YOUTH (1.5 hours)

Understand the types of digital dangers (including sexting and cyberbullying) youth can be exposed to online. Learn strategies to help reduce risk and empower youth to make healthy choices.

SOCIAL MEDIA SAFETY (45 minutes)

Learn about parental controls and other ways to support safer social media and technology use.

HEALTHY TOUCH FOR CHILDREN & YOUTH (1 hour)

Learn how to balance children's needs for warmth and affection with safe, respectful ways of interacting. Understand guidelines for healthy touch and how to identify normal and abnormal touching behaviors.

LET'S TALK! (1.5 hours)

Talking with children about sex and sexual abuse is an important step in protecting and empowering children. Learn how to talk about difficult topics and participate in practice conversations so you can feel confident talking with your children.

BYSTANDERS PROTECTING CHILDREN (1.5 hours)

An introduction to how bystanders play an important role in protecting children from boundary violations and sexual abuse. Learn new skills for intervening when someone has crossed a safe boundary with a child.

REPORTING CONCERNS OF CHILD ABUSE (1.5 HOURS)

Learn about the dynamics and prevalence of child abuse as well as how to recognize and react responsibly when there's reasonable suspicion. Review common concerns and understand the importance of reporting suspected child abuse.

View our monthly calendar of trainings in English and Spanish.
Click on a date and register to attend for FREE!

iRespectAndProtect.com/Trainings

FOR QUESTIONS OR TO SCHEDULE A PRIVATE TRAINING...

Kyle Tarr, Prevention Program Director
KTarr@LibertyHouseCenter.org or 503-428-3876

iRespect & Protect

EXPLORE OUR WEBSITE!

Our tools and resources can help younger kids, teens, parents/caregivers, community members, and organizations!

- List of apps to be aware of
- Customizable digital media contracts
- Conversation starters for difficult topics
- Interactive tools, device use assessment quizzes, and downloadable worksheets
- Online support resources for bullying, online cruelty, sexting, and safe relationships

iRespect&Protect is a community campaign dedicated to supporting the lives of youth, families, and communities by fostering positive self-worth, promoting healthy online choices, and encouraging safe relationships.

Our 10 Foundational Principles

1) There is something **incredibly** special about being human!

2) We all need and desire to be **liked and loved**.

3) We do things **every day** to be liked or loved.

4) **We may not always be aware** of when those things we do–choices we make–could harm us or others.

5) There is an opportunity to **increase awareness** of how certain actions could hurt us or others.

6) Nobody should ever feel that they have to do anything to be liked or loved; **love isn't a transaction**; safe people will like and love you just because you are you.

7) Each person has the **power to choose**; pressure to do things doesn't mean we have to do them.

8) **Each human has 100% worth** just by virtue of the fact they are alive. We all have unique talents and traits to be cherished and celebrated, and we are all deserving of our hopes and dreams.

9) If you have engaged in doing something harmful to yourself or others, recognize that it is likely because you also wanted to be liked and loved, and **there is support for you**.

10) We can create a **community movement** to empower youth and adults to choose safe social media and device habits and honor the humanity in ourselves and others!

Respond to the Call: Being Safe and Healthy Online

1) Educate: **Learn about the influences of social media, device, and screen use.**
- "60% of teens would rather spend time with friends and family online than spend time with them in real life." — Pew Research

2) Assess: **Examine your personal, family, and organizational social media, device, and screen habits.**
- How much screen time do I allow myself each day?
- How much screen time do I allow my kids each day?
- When do I use my devices?
- Are my devices defining me?

3) Choose: **Use your family values to decide your priorities; make choices about who or what is influencing your time.**
- What values are most important to you and your family?
- Do you control your time, or does your phone?

4) Plan: **Create and follow a healthy digital media contract for you, your family, and organization.**

5) Encourage: **Initiate the conversation and invite others to join.**

Salem Health
Hospitals & Clinics

Enero de 2025

Recursos de CHEC

¡Feliz Año Nuevo!

¡Mira lo que tenemos para ofrecer en el 2025!

Visite nuestro sitio web para ver nuestra lista completa de próximas clases.

El cuidado de su salud mental

A medida que terminan las vacaciones y el clima comienza a cambiar, es importante de cuidar nuestra salud mental. El Instituto Nacional de Salud dice que el Trastorno Afectivo Estacional (TAE) es un tipo de depresión que ocurre durante el otoño o invierno. Muchas personas se sienten deprimidas o tienen tristeza invernal cuando los días se cambían. Para ayudar, el Centro Educacional de la Salud Comunitaria tendra una clase de Manejo de la Ansiedad este mes. Una clase de apoyo para discutir diferentes aspectos de qué es la ansiedad y cómo abordarla de manera efectiva. Algunas formas de ayudar con su salud mental y combatir los síntomas del TAE, son practicando el cuidado de su salud mental, física, emocional y social. Aquí hay algunos consejos.

- Practique la gratitud
- Centre su atención el las cosas positivas
- Establezca metas y prioridades
- Manténgase activo
- Dele prioridad al sueño
- Consuma alimentos saludables y manténgase hidratado
- Intente practicar una actividad relajante
- Socializarse
- Pida ayuda y apoyo (988 - la Línea de Prevnción del Suicidio y Crisis)

Enfoque en el *Bienestar*

Cultivar una rutina

Una rutina diaria se empieza creando buenos hábitos. Crear y mantener una rutina diaria puede ayudarte a integrar un estilo de vida saludable y cambios positivos en tu comportamiento.

¿Qué hábito te gustaría cultivar? Escríbelo y marcalo por 10 días! ☑

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Aprenda más en salemhealth.org/chec o llámanos al 503-814-2432.

Registrese para las clases en salemhealth.org/chec o llamando al 503-814-2432.

Libertad de fumar

Fecha: Los Lunes, 13 de enero al 24 de febrero
Hora: 5:30 a 7 p.m.
Lugar: Hospital de Salem, Edificio D, Salon 1
Costo: $25

Ya has dado el primer paso si te estás planteando dejar de fumar. Ahora es el momento de dar el siguiente paso e inscribirse en un programa para dejar de fumar.

El programa de la asociacíon del pulmón ha ayudado a miles de fumadores a dejar de fumar para siempre y disfrutar de energia y vitalidad renovadas. En esta serie de seis semanas, aprenderá cómo:

- Prepararse para dejar de fumar
- Obtener el apoyo y la atención personal que necesita para dejar de fumar
- Mantenerse libre de fumar

QPR: Preguntar, Persuadir, Referir

Fecha: Jueves, 16 de enero
Hora: 5 a 7 p.m.
Lugar: Hospital de Salem, Edificio D, Salon 1
Costo: Gratis

Cualquier persona mayor de 13 años puede ser entrenado y es bienvenido. Durante este entrenamiento de dos horas los participantes aprenderán:

- Mitos y realidades sobre el suicidio
- Cómo reconocer los signos de que una persona puede ser suicida
- Cómo hacer preguntas para evaluar la situación
- Cómo persuadir a la persona para que siga con vida el tiempo suficiente para obtener ayuda
- Cómo referirlos a un profesional para que los ayude a superar la crisis y tratar una enfermedad mental.

El Duelo: La sanación después de una pérdida

Fecha: Los Martes, 14 de enero al 18 de febrero
Hora: 5 a 6:30 p.m.
Lugar: Hospital de Salem, Edificio D, Sala de grupo de apoyo
Costo: $20

Si está luchando contra el duelo y necesita apoyo, considere esta clase de apoyo en el hospital de Salem. En esta serie de seis semanas, un facilitador experimentado y hábil le ayudará a navegar a través del proceso interno del duelo y los desafíos de apego que lo acompañan.

El número límite de participantes por clase es de 12 personas. Esta clase íntimo es un lugar seguro donde podrá compartir sus vivencias y comenzar el proceso de sanación. No está solo.

Clase para cuidadores: Apoyando la independencia

Fecha: Miércoles, 5 de febrero
Hora: 1 a 2:30 p.m.
Lugar: Hospital de Salem, Edificio D, Salon 1
Costo: Gratis

Esta clase se enfoca en ayudar a la persona que vive con demencia a participar en las actividades diarias, así como en brindar la cantidad adecuada de apoyo y equilibrar la seguridad y la independencia mientras se manejan las expectativas. Esta presentación es presentada por la Asociación de Alzheimer.

Esta clase es parte de una serie. Los cuidadores pueden tomar cursos individuales o completar la serie completa.

!Recibe actualizaciones por correo electronico!

Registrese en salemhealth.org/CHEC

Meditation to Boost *Your Well-Being*

BREATHE, RELAX, FOCUS

Meditation is a type of mind-body complementary medicine. It can help you relax deeply and calm your mind. During meditation, you focus on one thing. You get rid of the stream of thoughts that may be crowding your mind and causing stress.

Along with healthy eating and regular physical activity, practicing meditation or mindfulness may help you manage stress, anxiety, and high blood pressure. It may also help you sleep better, feel more balanced and connected. In this class participants will be guided through appropriate meditation exercises and learn how this process can lead to better physical and emotional well-being.

Note: First session is one hour, all other sessions will be 30-minutes.

Register: Online at SalemHealth.org/CHEC or call 503-814-2432

Cost: $20

Location: Salem Hospital, Building D
Community Health Education Center

2025 Classes
Time: 10 - 11 a.m.

Wednesdays, February 12 – March 19

Tuesdays, May 6 – June 10

Tuesdays, September 16 – October 21

Salem Health® Hospitals & Clinics

ROLE OF FOOD AND YOUR HEALTH:

BLOOD PRESSURE

Blood pressure is a critical factor in maintaining good health. Join us to learn how food can positively impact your numbers. The instructor will prepare a simple and budget-friendly low-sodium recipe while you watch and enjoy samples.

Receive guidance to help you set goals to improve your health.

THURSDAY, FEBRUARY 26
5:30 - 6:30 P.M.

Register:

Online at SalemHealth.org/CHEC or call 503-814-2432

Cost:

$20

Location:

Salem Hospital, Building D

Community Health Education Center-Wellness Kitchen

EL PAPEL DE LOS ALIMENTOS Y SU SALUD:

PRESIÓN ARTERIAL

La presión arterial es un factor crítico para mantener una buena salud. Únase a nosotros para aprender cómo los alimentos pueden impactar positivamente sus números. La instructora preparará una receta baja en sodio sencilla y económica mientras usted observa y disfruta de muestras.

Reciba ayuda mientras planea sus metas de salud para mejorar su vida.

JUEVES,
26 DE FEBRERO
5:30 A 6:30 P.M.

Registrese:

Por línea en salemhealth.org/CHEC

o llamando al 503-814-2432

Costo:

$20

Ubicación:

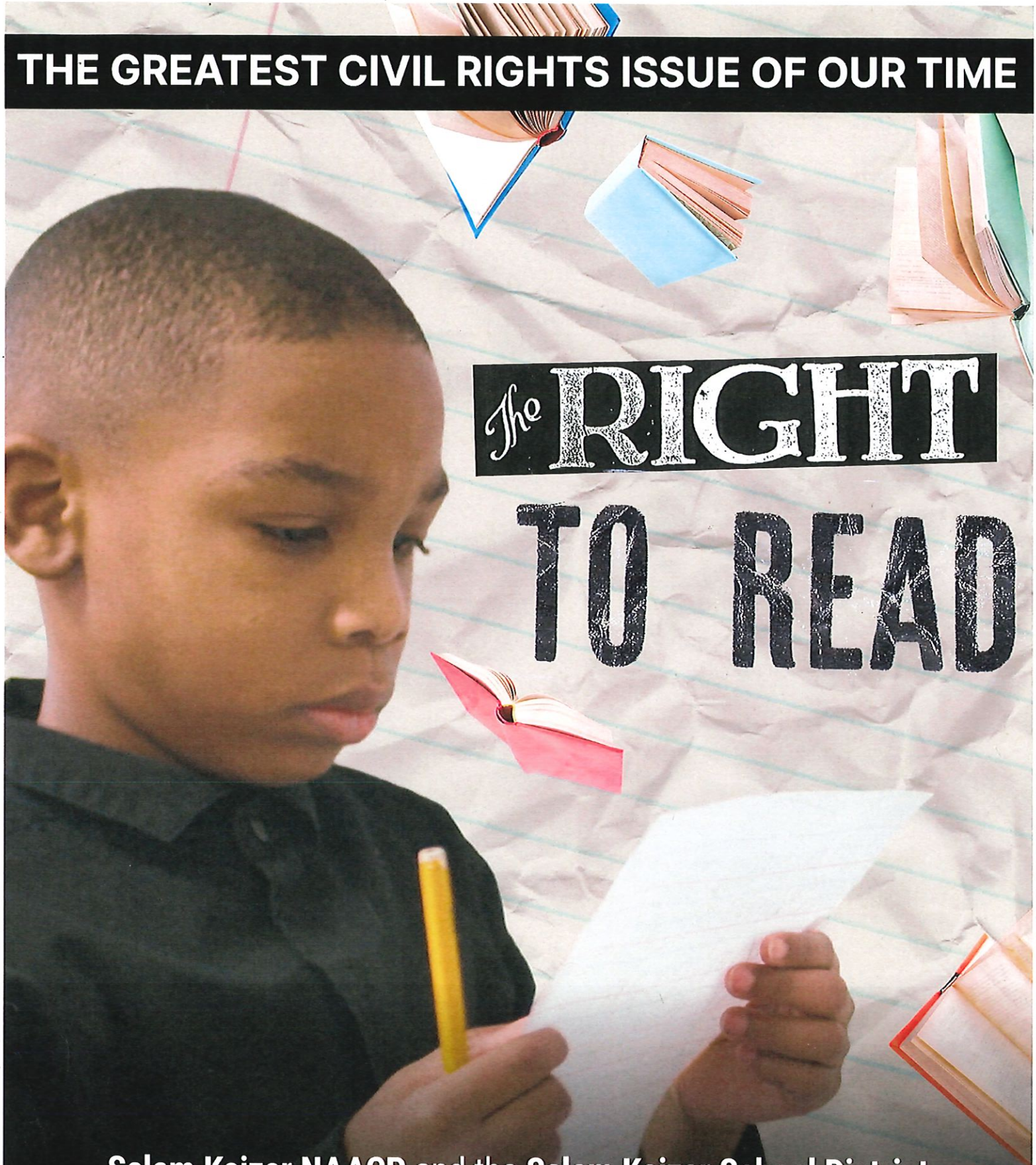
Hospital de Salem, edificio D

Centro Educacional de la Salud Communitaria-

Cocina de bienestar

Salem Health Hospitals & Clinics

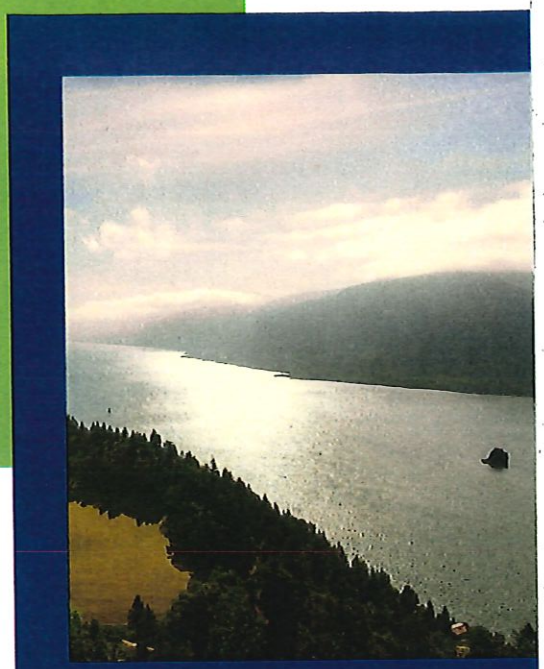
THE GREATEST CIVIL RIGHTS ISSUE OF OUR TIME



The RIGHT TO READ

Salem Keizer NAACP and the **Salem Keizer School District**
present the showing of the **"Right to Read."**
January 25th at 2:45, at the **Salem Public Libraries Loucks Auditorium.**

Question and Answer session to follow the showing.



MID-VALLEY
SUICIDE PREVENTION COALITION

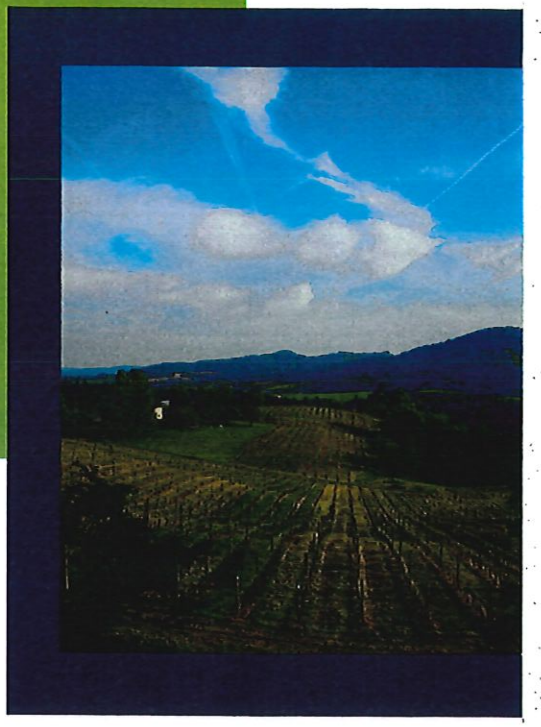
The Mid-Valley Suicide Prevention Coalition brings together partners from Marion, Polk and Yamhill counties to collaborate on suicide prevention efforts.

The MVSPC coordinates:

- Community Training/Education
- Messaging and awareness campaigns
- Regular coalition meetings

Check out the website to learn more
www.mvsuicideprevention.com

Mid-Valley Suicide Prevention Coalition



MID-VALLEY
SUICIDE PREVENTION COALITION

National Crisis Lifeline
Call or text 988

YouthLine Peer Crisis Support
Text "teen2teen" to 839-863

Alcohol and Drug Helpline
Call 1-800-923-4357

The Trevor Project LGBTQIA+ Support
Call 1-866-488-7386 or text 678-678

Military Helpline
1-888-457-4838

Check out the website for more resources
www.mvsuicideprevention.com

Mid-Valley Suicide Prevention Coalition