

Homeless count to kick off January 23

The Homeless Leadership Coalition (HLC) will be kicking off the annual Point-In-Time Count in Central Oregon on January 23. This event is a count of people who are homeless or in transitional housing in Deschutes, Crook, and Jefferson counties.

The count is a part of a state and national effort to identify the number of people struggling to find appropriate and adequate housing.

During the last week of January, there is a nationwide effort to count every person experiencing homelessness across the country. This Point-In-Time Count attempts to capture both sheltered and unsheltered homeless people to provide a snapshot of homelessness in the United States. Volunteers across our region conduct a street count of people considered to be unsheltered, meaning they are living outside, and collect data on the homeless population living in emergency shelters and transitional housing. In addition to the total number of sheltered and unsheltered homeless population, information is gathered on a wide range of characteristics of the homeless population including age, gender, race, ethnicity, veteran status and disability status.

Locally starting on

Wednesday, January 23, volunteers will be conducting confidential and anonymous surveys in La Pine, Bend, Sisters, Redmond, Prineville, Madras, and Warm Springs. This count will provide the most up-to-date information about the number of individuals in Central Oregon who are struggling to find adequate housing. Through this data, local agencies and programs will be able to better target support services and develop comprehensive plans to address poverty and homelessness in Central Oregon.

Individuals and families counted through this effort include people living in:

- Shelters.
- Transitional housing.
- “Doubled up” or precariously housed with families/friends.
- Camping, sleeping outdoors or in cars or RVs without full hookup.
- Other places not designed for human habitation.

Counts will be taking place January 23, January 24, and January 25, depending on location.

Additional agencies will survey clients seeking services and encourage anyone who wishes to participate and self-report to contact your local support agency or medical providers in your area.

Helping teens in troubled times

By Edie Jones
Correspondent

With recent reports of the rise in suicide, especially in the teen years, parents and teachers and all who care about the youth of our community are alarmed and concerned. Many efforts are springing up in hopes of counteracting situations that, for some young people, may seem overwhelming and impossible to navigate. One of these is a new approach to the adult-teen relationship; helping adults think differently about how they “show up” for teens with integrity.

This approach is being offered to parents, teachers, and anyone who cares for teens, by a couple of newcomers to our area. Kirstin Anglea, EdD and Phoenix Ries, MS both arrived in Sisters within the past nine months.

In addition to being a middle school teacher, administrator and college professor, Dr. Anglea has extensive international experience as a facilitator with Parker Palmer’s Center for Courage and Renewal. Ries’s background includes work as a mental-health counselor, a parent coach and educator, as well as a yoga and a mindfulness teacher.

After meeting with Joe Hosang, principal at Sisters High School, and Heather Johnson, the school’s health teacher, they decided to offer their expertise in what they

hope will be an integral piece of a solution to this growing problem. They are eager to share what they know with the Sisters community.

To do this they are offering Supporting Teens With Integrity, a series of workshops that will investigate the best possible ways to build connections with teens, the kind of relationships that allow adults to keep their sanity and young people to thrive and grow into amazing adults. Starting on February 6, the series of four Wednesday-night workshops will be held at life.love.yoga. in Sisters, 484 W. Washington Ave., from 6 to 8:30 p.m.

They define integrity as “the ability to show up with intention, aligned with one’s values, honoring the wholeness of self and others.” Being available for teens in this manner is what most desire. However, being able to do that is often difficult. The workshops will lead the participants in developing skills of integrity, helping them understand their stories and history and what helps or hinders progress in developing the kind of relationship needed to be supportive for this age group.

These soft skills are important in building trust in a family system that builds respect, and generates love and support. Trust is at the root of all healthy relationships. How do we build trusting relationships with teens that honor each person’s unique identity? How

does one engage teens in supportive and respectful ways while also maintaining their core values?

As trained facilitators, Anglea and Ries hope to create a trustworthy space where participants can be fully present, reconnect to “who” they are, learn techniques for building trust and tools for managing the daily hassles, while creating a supportive community that listens and connects as they explore the gifts and challenges inherent in the adult-teen relationship.

If you have a desire to be a strong support for a teen, are at a loss for words, saying and doing the “wrong” thing, or you want a positive relationship with the teens in your life, honoring who you and your teen are as unique, whole human beings, then you will likely benefit from the workshops.

INTEGRITY:
“the ability to show up with intention, aligned with one’s values, honoring the wholeness of self and others.”

To register, contact Kirstin Anglea at 414-550-9520 or kirstin@nourishcourage.com. The registration deadline is Wednesday, January 30. Registration is \$250 (\$400 per couple). Enrollment is limited to 20 and expected to fill up.

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4-week Workshop Series:
Wednesdays, 6 to 8:30 p.m.
February 6, 13, 20, 27 at life.love.yoga. in Sisters
Cost is only \$225/person, \$325/couple
For registration/questions contact Kirstin Anglea at 414-550-9520 or kirstin@nourishcourage.com