



50th anniversary marked

John and Joyce LaFollette celebrate their 50th wedding anniversary on Saturday, Oct. 24.

Grant supports distance learning

The Hood River County Education Foundation (HRCEF) board approved a \$20,000 gift to Hood River County School District (HRCSD) to support distance learning efforts in its Monday, Sept. 14, meeting.

This gift will support distance learning expenses such as headphones and digital pencils for Hood River County students, according to a district press release.

Board member of HRCEF, Dr. Pat Evenson Brady, said one important part of the foundation's purpose is to support the school district so it can leverage more resources from around the state. HRCSD received state funds for increasing internet access for K-12 distance learning in unserved and underserved areas in response to the COVID-19 public health emergency.

As students learn remotely this fall, headphones are necessary for students who are using a learning space with other students where additional sound may become a distraction. Digital pencils are important for students who are using iPads for their coursework.

After recognizing these

challenges, the HRCEF board started raising funds and launched a match challenge due to an anonymous \$12,500 pledge in spring 2020. Donors exceeded the match challenge, and HRCEF was able to grant HRCSD approximately \$33,000 for COVID-19-related distance learning technology.

The recent gift is a combination of funds raised through the spring match challenge as well as an emergency fund that was established to help in these types of unique circumstances.

HRCEF Executive Director Laurie Stephens said, "The HRCEF board felt compelled to help in any way it could. Donors have been generous in their response."

HRCEF is a 501c3 Oregon nonprofit organization with an 18-member board composed of community members, teachers, principals and former district administrators. Donations may be made online at www.hrcef.org or by check (pay to the order of "HRCEF" and send to HRCEF, 1011 Eugene Street, Hood River, OR 97031). Designate the "COVID-19 Fund" to support COVID-related expenses.

SNAP benefits increased for October

The Oregon Department of Human Services (ODHS) has received approval from Food and Nutrition Services to disburse increased food benefits in October.

This additional \$30 million for eligible Supplemental Nutrition Assistance Program (SNAP) recipients will bring the total increased benefits to \$180 million.

SNAP households will automatically receive the additional allotment in the same way they receive their current benefits. For most customers, this is an Oregon EBT card. The additional benefit amount will be disbursed on the schedule below to all eligible SNAP households. Some recipients may not see it until the following day.

On Oct. 13, this effects current SNAP households receiving the SNAP maximum allotment.

On Oct. 30, this effects new SNAP customers who did not receive the Oct. 13 allotment and are not receiving the maximum benefit.

Oregonians already enrolled in SNAP do not need to take any additional action. The increase brings all households to the maximum SNAP benefit. Households that already receive the maximum benefit will not receive any additional benefits.

This allotment will not permanently change a household's monthly benefit

amount. It is a temporary supplement to help during the current health crisis. ODHS will not be sending individual notices to households about the emergency allotments.

To determine the maximum allotment for your household and view the FAQ, visit www.oregon.gov/dhs/assistance/food-benefits/pages/about-snap.aspx.

SNAP customers can contact their local SSP, APD, or AAA office for more information. Find a local office at oregon.gov/DHS/Offices/Pages/index.aspx

Administered by ODHS, SNAP is a federal program that provides food assistance to approximately 1 million eligible, low-income families and individuals in Oregon, including many older adults and people with disabilities. Oregonians in need can apply for benefits, including SNAP, child care, cash assistance, and Medicaid. Learn more at govstatus.egov.com/or-dhs-benefits.

Columbia Basin Care hosts Pet Photo Contest

Got a good looking dog, a flashy fish, a charming turtle? Columbia Basin Care's first-ever Pet Photo Contest is open to anyone who lives in The Dalles, or has ties to Columbia Basin Care, a long-term care facility located in The Dalles. Dogs, cats, hamsters, snakes — all animals are eligible.

To participate, send a

photo of your pet, and include your pet's name and type of animal, along with your name, phone, address, email. If you are related to a resident of Columbia Basin Care, include that, too. Photos must be received by Nov. 1. Send your photo by mail or email to Columbia Basin Care, 1015 Webber St, The Dalles, Oregon 97058

or cbcare1015@gmail.com. Photos will not be returned.

Residents of Columbia Basin Care will view photos and choose winners. Contest winners will be announced and prizes awarded in November.

"So many of our residents love animals," said Priscilla Heimsoth, Resident Care Manager at Columbia Basin

Care. "This contest is a way to get our residents involved in a fun community project. They'll review the photos and pick the top pets."

Founded in 1964, Columbia Basin Care is the region's only independent, nonprofit facility for long-term care and short-term rehabilitation. To learn more, go to colbasin.com.

COMPREHENSIVE HEALTHCARE

COMMUNITY REPORT

FALL 2020

A Time to Lead with Compassion

Jodi Daly, Ph.D.
President and CEO, Comprehensive Healthcare

To someone who is struggling right now, please know that you are not alone, and that it is possible to move past the pain that you are feeling and to once again feel joy. That is the beauty of behavioral health recovery – there is hope. Courage is critical, but we, your community, your family, your neighbor and all of us at Comprehensive Healthcare urge you to be cognizant of your emotions and to reach out for support.

We are ready and able to help you work through what you are experiencing. *Comprehensive Healthcare is currently accepting new clients, and offering appointments via telehealth, over the phone, or safely in person.* It is also important to remember that our crisis services are free and available 24/7.

We stand with you in this challenging time, and together we will create resilient, more vibrant communities.

To schedule an appointment:
White Salmon Center
(509) 493-3400

24/7 CRISIS LINE
(833) 407-9286

Whatever you're going through, you are not alone.

Comprehensive Healthcare School-Based Services in 2020

Helpful Tips for Parents and Families

It is important to note that during the past few months, our school-based therapists and our crisis response teams have noticed that calls for crisis services from teachers and educators have been decreasing, but crisis calls from parents are increasing.

As the pandemic continues and school instruction continues at home, parents are likely to see the types of concerning behaviors that are typically noticed by teachers. It is important for parents and guardians to communicate with their children about how they are feeling, and come up with ways they can practice self-care, or how to manage stress and create a family wellness plan.

If a parent is interested in school-based behavioral health services for their child, they are encouraged to contact their child's school regarding any concerns, and ask about what behavioral health services are available.

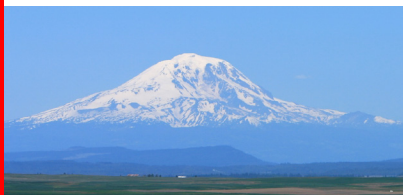
We know the more the family can be included in the treatment services, the better the outcome. Our school-based therapists encourage their families participating in services to:



MENTALLY HEALTHY STUDENTS ARE MORE LIKELY TO:

- Go to school ready to learn
- Actively engage in activities
- Have supportive and caring connections with peers and adults
- Use appropriate problem-solving skills
- Exhibit non-aggressive behaviors
- Create a positive school culture

- Ask to be involved in treatment, in nearly all cases, your involvement in therapy provides the best chance for your child's recovery.
- Ask about and research the evidence-based practices that are being utilized. Evidenced-based practice allows for effective and well-researched interventions to be provided appropriately. Nearly all evidence-based practices have a family component.
- Explore options for where and how the services can be provided such as telehealth, at home, at the school or in our offices.



Comprehensive Healthcare Cultural Competency Liaison



Maryrose Gonzalez
Cultural Competency Liaison
Comprehensive Healthcare

Through the Certified Community Behavioral Health Clinic (CCBHC) Grant, Comprehensive Healthcare was provided with the opportunity to hire a Cultural Competency Liaison. This individual's primary role is to assist us with ensuring the behavioral health treatment that we are providing is culturally-appropriate for all of our diverse communities. This new position will also focus on our relationship with, and support of, local tribal communities as we expand our services.

The position was posted in early June, and fortunately, it has been filled by Maryrose Gonzalez. Maryrose will be instrumental in developing and maintaining collaborative relationships with local tribal members and community organizations as we work together to resolve issues, and expand the reach of our services.

Maryrose grew up on the Yakama Nation, attended school in Granger, and has lived in the Yakima Valley for most her life. She holds a Bachelor of Arts degree in Criminal Justice, and a Master of Business Administration. Prior to Comprehensive Healthcare, Maryrose presided as a tribal court judge for eight years. She also worked for the Parent Child Assistance Program as an advocate for mothers on their recovery journey.



I like helping people, that's what I liked about working for the courts, and that's what I'm excited to be able to do here.

Maryrose Gonzalez

Comprehensive HEALTHCARE

Healthy mind, healthy body, vibrant community.

White Salmon Center (509) 493-3400 | WHITE SALMON AREA CRISIS LINE (833) 407-9286

To read the full report, visit www.comphc.org



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