

Groups in the Grove

A look at local events, achievements and things to know in Cottage Grove

Community health advocate Ana Maria Dudley receives Excellence in Public Health award

PeaceHealth community health worker Ana-Maria Dudley has received an Excellence in Public Health Award in recognition of her exceptional work in south Lane County.

This award is bestowed annually by the Lane County Board of Commissioners, also acting as the Lane County Board of Health.

Dudley was honored for her more than two decades of service within south Lane County, including her support and advocacy for Cottage Grove's Guatemalan community.

An immigrant herself, Dudley moved to the United States from war-torn El Salvador in 1980.

She was hired as an interpreter at PeaceHealth Cottage Grove Community Medical Center almost 15 years ago and previously was a hospital volunteer.

"If a community had a guardian angel, it would be Ana-Maria Dudley," said Tim Herrmann, chief administrative officer of Cottage Grove Community Medical Center (CGCMC).

"She's a phenomenal person. She has done so much, and she has done it with such grace. She really pops up everywhere. She knows so much about this community and how to weave together a safety net for people."

Dudley works half-time as a community health worker at the hospital and half time with the South Lane School District Family Resource Center.

As a community health worker, Dudley reaches out to and advocates for families who need healthcare but, for a variety of reasons, struggle to obtain it.

Additionally, Dudley supports children and families at the school district's Family Resource Center, also known as Peggy's Primary Connection. Dudley describes the center as the "port of entry" for immigrant families.

The center, located in the Cottage Grove Lane Community College building at 1275 S. River Road, offers parent education, early education, homework tutoring, dental health services and many other services.

"Ana-Maria is truly a pillar of her community, striving to give mothers a place to feel supported and loved through Peggy's Primary Connection at the South Lane School District's Family Resource Center," according to the Lane County Board of Commissioners proclamation announcing the award. "Ana-Maria welcomes everyone with love and warmth. She works very closely with the Guatemalan community and Peggy's center has become a place where the Guatemalan community feels safe visiting for resources."

Dudley also supports Lane County's "I'm healthy!/¡Soy Sano!" program and works with the county and other partners to boost immunization in the Guatemalan community.

Dudley received the PeaceHealth Spirit of Healing Award in recognition of her support of Social Justice - a core PeaceHealth Value - in 2015.

Dudley was the individual honored this year



with an Excellence in Public Health Award. Lane County Commissioners also bestowed the award on an organization: Crisis Assistance Helping Out on the Streets (CAHOOTS) service of White Bird Clinic. CAHOOTS often is the first responder assisting people experiencing mental health crises or behavioral issues.

From the city of Cottage Grove

Spring is Finally Here?

According to Punxsutawney Phil, winter was supposed to end several weeks ago but apparently someone forgot to tell winter. It seems that winter has finally gotten the message and more spring-like weather has finally begun to arrive. The spring sunshine is finally opening up the blossoms and the potholes. The blossoms are beautiful and wonderful to see, the potholes not so beautiful. So remember we love to see the potholes disappear and everyone can help us make those holes vanish. The Pothole Spotter is a great way to help the crew know the location of the blossoming potholes. Last year over 80 responses were received. The Pothole Spotter is available on the city's webpage and is mobile friendly.

Regional Solutions Team Meeting

Wednesday, the Governor's Regional Solutions Team met with representatives from the city council, business owners, Economic Business Improvement District, Community Development Corporation, real estate, and city staff. The meeting was coordinated by Len Blackstone with the intent to share the great work taking place in Cottage Grove and some of the challenges we're facing to develop needed housing and jobs. Twenty-three people participated in the meeting. The meeting was a great opportunity for everyone to learn how the State can assist with our challenges and created connections to the services the State provides and its employees. A big "thank you" goes out to Len for setting up this important and informative meeting.

Art Walk

The 2018 Cottage Grove Art Walk will kick off on Friday, April 27 from 6 p.m. to 8 p.m. Art Walk will be held on the last Friday of the month through October in downtown Cottage Grove.

Bird-watching opportunity



Join the Coast Fork Birders at Lakeside Park on Saturday, April 28 at 8 a.m. for a spring bird walk along Cottage Grove Reservoir. Julie Parker will lead the group in looking for waterfowl, raptors and songbirds. The terrain at Lakeside Park is varied and will include paved, unpaved, uneven and potentially muddy surfaces. Be sure to bring weather appropriate clothing and footwear, binoculars and bird identification book

if you have them (we have some spares in case you don't), and your own snacks and water. Park in the Lakeside Park parking lot (there is no parking fee). RSVP to the Coast Fork Office (541) 767-9717 or email maggie@coastfork.org.

Tai Chi and Qigong celebration

PeaceHealth's 14th annual World Tai Chi & Qigong Day celebration will be held on Saturday, April 28, 10 a.m. to noon, by the gazebo on the south end of the PeaceHealth Sacred Heart Medical Center at RiverBend campus, 3333 RiverBend Dr. in Springfield.

The free, all-ages event, presented by PeaceHealth's Sensei Suman Barkhas, will include tai chi and qigong demonstrations and group participation. The celebration aims to highlight the physical and mental health benefits of these ancient forms of martial arts and body movement.

For information, call 541-222-7216.

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