

# MCHA NEWS



## Double Up Food Bucks | Did you know | Free Programs

### Power to the People

Community Action’s Energy Services assists eligible low-income residents of Marion and Polk Counties with their home energy and heating bills. This vital financial assistance helps households maintain the utilities that keep their homes safe and comfortable.

### Help w/ Resources

Call 211 or 211info.org

### How it works?

As Isaac Newton, you ever wonder how it works? Smoke detectors, or appliance (do’s and don’ts)

### Health & Wellness

Your Oregon Health Insurance Plan may include a free health club membership at Courthouse. Income-Based Memberships also available at YMCA locations

### Family Emergencies

Do we have your current contact info?

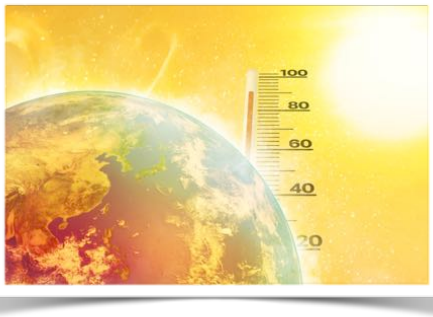


## How Double Up Food Bucks Works

Get more fruits and vegetables when you spend your Oregon Trail Card SNAP dollars at participating farmers markets.

It’s easy with Double Up Food Bucks! For example, if you spend \$20 of your SNAP dollars at a participating farmers market, we will give you another \$20 to buy more locally grown fruits and vegetables. At farmers markets, the Double Up Food Bucks benefit comes in the form of \$2 coupons that can be redeemed for fresh fruits and vegetables at any participating farmers market in Oregon! SNAP currency can usually only be redeemed at the market where you received it. Earning Double Up at





## Cooling Stations

### *Kindness Closet Grace Community Church*

4105 Lancaster Dr NE - Salem  
OR

### *Oak Park Church*

2990 Lancaster Dr NE - Salem OR  
503.364.3626

### *Stayton Library*

515 North 1st Ave - Stayton OR  
503.769.3313

### *Turner Christian Church*

7871 Marion Rd. SE - Turner OR  
503.743.2119

### *A Ray of Hope -NSUSN*

1560 Hardcastle Ave - Woodburn  
OR

Contact location or more  
information can be found on  
Marion County website [https://  
www.co.marion.or.us/Alerts](https://www.co.marion.or.us/Alerts)



Participating Farmers Markets. Go to the farmers market information tent. Swipe your Oregon Trail card for market SNAP tokens to buy SNAP eligible food and we'll match up to \$20 per day with Double Up Food Bucks for fresh fruits and vegetables. Spend your SNAP tokens and Double Up Food Bucks just like cash with eligible vendors.



## PARTICIPATING LOCATIONS

All Salem Community Markets  
Silverton Farmers Market

## Power for the People

**Low Income Home Energy Assistance Program (LIHEAP) and Oregon Energy Assistance Program (OEAP):** LIHEAP funding provides financial assistance for multiple heat types including electric, natural gas, propane, wood, and oil. Oregon Energy Assistance Program (OEAP) is available to Portland General Electric (PGE) and Pacific Power (PAC) customers.

**Northwest Natural (NWN) Assistance:** At Energy Services, NWN customers can access financial services for gas bills. NWN customers are encouraged to call or come into the Energy office to complete an application for assistance.

## Help with Resources - 211



## Cooling Stations (CONT)

Extreme and excessive heat can have devastating impacts on our health. Use the information below to keep yourself safe and cool:

Stay Cool

Stay Hydrated

Stay Informed

### Heat Exhaustion

Signs include:

- Faint or dizzy
- Excessive sweating
- Rapid, weak pulse
- Nausea or vomiting
- Cool, pale, clammy skin
- Muscle cramps

Help the person get to a cooler, air conditioned place. Encourage them to drink water if they are fully conscious.

### Heat Stroke

Signs include:

- Throbbing headache
- May lose consciousness
- Rapid, strong pulse
- Nausea or vomiting
- Body temperature above 103°F
- Red, hot, dry skin
- No sweating

Call 911. Take immediate action to help cool the person until help arrives.

## How it Works?

**SMOKE ALARMS**  
Did you know that scientists have spent many years working on smoke alarms to keep us safe? One of the most common types is an ionization smoke alarm. Here's how it works:

- 1 Inside the smoke alarm, there are two tiny metal plates called electrodes that are connected to a battery. This is called a circuit.
- 2 There is also a substance called Americium-241. Americium-241 converts air molecules into positive and negative ions. Because opposites attract, the negative ions move toward the positive plate and the positive ions move toward the negative plate. This movement creates a complete circuit or path of electricity.
- 3 When smoke enters the smoke alarm, the ions bond with the smoke, breaking the path of electricity.
- 4 When the flow of electricity is reduced, the alarm goes off.

## Garbage Disposal - Some Do's and Don'ts

### How to use disposal

- Make sure there are not forks, spoons or other objects inside of the garbage disposal.
- Turn on cold water for 20 to 30 seconds before grinding food waste.
- Turn on the switch for the disposal located on the right side of the sink for 5 to 10 seconds to grind food waste.
- Turn on cold water for 20 to 30 seconds after grinding food waste.



## Community Pools



### Jefferson Park and Jefferson Community Pool

1298 N 2nd Street -  
Jefferson OR

541.327.3581

### Silverton YMCA Community Swimming Pool

601 Miller Street -  
Silverton OR

503.873.6456

### Stayton Family Memorial Pool

333 W Burnett Street OR

503.767.7665

### Woodburn Aquatic Center

190 Oak Street -  
Woodburn OR

503.982.5288

## Garbage Disposal (CONT)

### Can go in disposal

- Cold water
- Dish soap
- Liquids and soft foods
- Chopped foods. If solid foods need to be disposed of chop them into small pieces before placing them into the disposal.
- Ice cubes. Ice cubes can help to clean and sharpen disposal blades.



### Not to go in disposal

Putting the wrong thing down the garbage disposal can break the device and cause need for repair. Dispose of the following food in the trash.

#### *Fats, Oil and Grease (FOGs)*

**FOG's must never be put down the sink nor garbage disposal. To properly dispose of FOG's follow these steps:**

- Cool hot fats, cooking oil and grease
- Pour into a lidded can or disposable container
- Place in the trash

#### *Fibrous Foods*

Celery, corn husks, onion skins, potato peelings, broccoli, lettuce, artichokes and other vegetables consisting of long strands must go in the trash.

#### *Uncooked Pasta and Rice*

Uncooked pasta and rice expand when it comes into contact with water. Place in trash.

#### *Coffee Grounds*

Coffee grounds get caught in the disposal's drain trap and may cause the drain to back up. Place in trash.

#### *Bones, eggshells, Fruit Pits*

Hard items like these must be placed in trash.