



Marion County Housing Authority
Affordable Housing. Building Community.



YOUR SEASONAL WELCOME



Hello, FALL!

Cooler days, warm meals, and helpful connections. Inside, find local food resources, seasonal outings, and simple ways to keep your home safe and comfortable.

INSIDE THIS ISSUE

Food help close to home
Prepare your home for cooler weather
Local activities and community support

FEATURE STORY

Good food, close to home

Need help with groceries this fall? Start with AWARE Food Bank in Woodburn, Stayton Community Food Bank, Silverton Area Community Aid (SACA), Mission Benedict in Mount Angel, Aumsville Community Food Pantry, or Jefferson Community Food Pantry.

Call 211 for contact information and help finding an option near you. Confirm distribution hours and service areas before visiting

THE TAKEAWAY Find your nearest pantry and call before you go.



TAKE THE NEXT STEP

211info.org/get-help/food

Call 211 for food resources.



WELCOME

A note from Program Manager

Hello, Neighbors!

Fall is a good time to enjoy familiar comforts and make room for a few new connections. A warm meal, a conversation with a neighbor, or an afternoon at a local event can be a welcome addition to the week.

In this issue, we have gathered food assistance information, a simple pasta-and-bean dinner, and October activities for different ages and interests. We hope you find something useful to try or share. Keep the food-resource information handy, and take a look at the calendar for an opportunity to get out and enjoy your community.

As you prepare your home for cooler weather, please review the heater-safety reminder in this issue. Take a few minutes to check your living space before turning on the heat or adding seasonal decorations.

Wishing you a safe and enjoyable fall. Watch for our next newsletter in November!



Thank you for being part of our community



COMMUNITY CALENDAR

- OCT 15

The Art in Making Memories
Stayton Public Library, 515 N. 1st Ave | THU at 11am

Explore stories, keepsakes, and memories that connect people and communities. Call 503-769-3313 for details
- OCT 17

Aumsville Holiday Bazaar
Maude's at Porter-Boone Park | 1105 Main St. | SAT 10am - 2pm

Take a fall outing to Aumsville's Saturday Market Holiday Bazaar. Admission is free for visitors
- OCT 28

Book Club Discussion
Stayton Public Library, 515 N. 1st Ave, WED at 4pm

Enjoy a casual conversation about books. Call 503-769-3313 to ask about the selected book and participation details.

<https://co.marion.or.us/HA>

At home & around the community

Practical ideas, local connections, and a little fun.

HOME MATTERS

Give your heater some room

Before switching on your heat, check for chairs, curtains, blankets, or baskets near the heater. Keep anything that can burn at least 3 feet away, including holiday decorations and Christmas trees. Report heating problems to Property Manager.

Need help? Contact our property manager through your usual maintenance process

HEALTHY LIVING

One-Pot Pasta & White Beans

A warm, simple dinner with pantry staples.
Makes 4 servings - In about 30 minutes - 420 Calories, 18g Protein, 14g Fiber



Full page recipe included (below) and ingredient list

SMART LIVING

Think before you click

Unexpected messages demanding payment may be scams. Do not click the link or send money. Contact the company using a phone number or website you already know is genuine, not the information in the message.



THINGS TO DO THIS SEASON

A fall morning at the

Silverton Farmers Market

Saturdays through mid-October | 9 a.m.–1 p.m.
203 W/ Main Street, Silverton
Browse local produce and handmade goods. Check the website before visiting, because the winter market uses a different location and schedule

<https://www.silvertonfarmersmarket.com/>

KIDS CORNER

Trunk-or-Treat



Costumes, Candy & Fun!
SAT October 31 | 3–5 p.m.
Downtown Woodburn, N. Front Street between Arthur and Lincoln streets.

Put on your costume and bring a treat bag! Woodburn's Trunk-or-Treat features candy from local businesses, crafts, and a costume contest. Catch a free showing of Coco at 3:15 p.m. at the Bungalow Theatre, 455 N. Front Street. Bring the family for an afternoon of Halloween fun!

COMMUNITY PARTNER



Community Response Team (CRT)

503-585-4949

Available 24/7



Need help during a mental health or substance-use crisis? Call 503-585-4949 and ask for CRT. Support is available 24 hours a day, seven days a week. For immediate danger, call 911.

AROUND MCHA

News & reminder

OFFICE NOTICE

Keep your information current with us

Changed your phone number or email? Please let the office know.

PROPERTY UPDATE

Prepare for cooler weather

Report heating problems, leaks, or outdoor lighting concerns through your usual maintenance process.

LOOKING AHEAD

Next issue: November 2026

Watch for more seasonal resources, community news, and winter reminders.

We're here for you!

Questions or language assistance

CASE MANAGER

Angelo Reyes

PH: 503.798.4710

Email: areyes@mchaor.org

CASE MANAGER

Sammy Hadaller

PH: 503.798.4718

Email: sammy@mchaor.org

PROPERTY MANAGER

Alice R. Garcia

PH: 503.798.4710

Email: ARGarcia@mchaor.org

OFFICE HOURS

Monday - Friday
8 AM - 4:30 PM

Main Office: 503.798.4710

<https://co.marion.or.us/HA>



Thank you for being part of our community



One-Pot Pasta & White Beans

A warm, simple dinner with pantry staples.

MAKES 4 SERVINGS
ABOUT 30 MINUTES



Serving suggestion with spinach and optional cheese. AI-generated image.

INGREDIENTS

- 8 ounces dry small pasta, such as elbows
- 2 cans (15 ounces each) white beans, drained and rinsed
- 1 can (14.5 ounces) diced tomatoes, with juice
- ½ medium onion, chopped
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 3 cups water, plus more as needed
- 2 cups fresh baby spinach (optional)
- Salt and pepper, to taste

USING FRESH SPINACH?

Yes! Add it during the last 2 minutes of cooking. Rinse loose leaves under running water, remove tough stems, and chop large leaves. Spinach labeled “prewashed” or “ready-to-eat” does not need another wash. [1]

LET’S COOK

- 1. Get ready.**
Wash your hands. Drain and rinse the beans, chop the onion, and prepare the optional spinach as described at left.
- 2. Soften the onion.**
Heat the oil in a large pot over medium heat. Cook the onion for about 5 minutes, until softened. Add the beans and mash about ½ cup against the side of the pot with a spoon.
- 3. Add the liquid.**
Stir in the tomatoes with their juice, 3 cups water, garlic powder, and Italian seasoning. Bring to a boil.
- 4. Cook the pasta.**
Add the dry pasta. Reduce the heat and simmer uncovered, stirring often, for about 10–15 minutes or until tender. Add water ¼ cup at a time if the mixture becomes too thick before the pasta is cooked.
- 5. Add the spinach.**
Stir in the optional fresh spinach during the last 2 minutes, cooking until wilted and the pasta is tender. Season to taste. Serve as is or with a little grated cheese.

ESTIMATED NUTRITION / PER SERVING [3]

420	18 g	74 g	14 g	6 g	400 mg
Calories	Protein	Carbohydrate	Fiber	Total fat	Sodium

Per ¼ of the recipe, including 2 cups (about 85 g) fresh spinach; no added salt or cheese. Assumes 510 g beans after draining. Values vary by brand and portion.

SAVE SOME FOR LATER

Refrigerate in shallow containers within 2 hours, or within 1 hour above 90°F. Eat within 3–4 days or freeze. Reheat leftovers to 165°F. [2]

Sources: [1] FDA produce safety · [2] USDA leftovers · [3] USDA bean data via FoodData Explorer · Barilla · Hunt’s label via ShopRite · Bertolli · National Onion Association · Taylor Farms