MCHA NEWS



Back to School | Come Celebrate | CDC



For the Love of Reading
Dolly is gifting books free of
charge to children

imaginationlibrary.com

Contact here at MCHA

When you have recertification, general questions. Or you need to submit a work order. Contact a case manager below:

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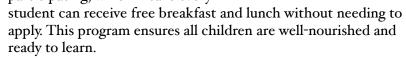


2645 Portland Rd NE STE 200 Salem OR 97301



School is back in session, and that means new routines for many families. As students adjust to their schedules, please be mindful when using common areas in our communities. Children are going to bed earlier to get enough rest for their school days.

This is also a great opportunity to take advantage of the Community Eligibility Provision (CEP) program. All schools in the area are participating, which means every



As we transition into fall, let's focus on staying healthy with flu season approaching and COVID-19 still around. Keeping up with vaccinations, practicing good hygiene, and staying home when feeling unwell are simple but effective ways to protect ourselves and others.

Stay connected with your healthcare provider and local resources for the latest health updates and support. Together, let's stay healthy and make the most of the season ahead!



Speed Limits: Most school zones have a reduced speed limit, typically between 15 to 25 mph, during specific hours when children are likely to be arriving or leaving school.

No Passing: In many school

zones, passing other vehicles is prohibited to reduce the risk of accidents.

Fines: Fines for traffic violations, such as speeding or failing to yield to pedestrians in a crosswalk, are often doubled in school zones.



Residence Services News Sept 2024



Protect Yourself This Fall

Get Your COVID-19 and Flu Shots!

The CDC recommends everyone aged 6 months and older, especially those 65 and older, get the updated 2024-2025 COVID-19 and flu vaccines to protect against severe illness this fall and winter. Most people need only one dose of the flu vaccine each season. September and October are the best times to get vaccinated.

Most insurance plans cover the cost of flu and COVID-19 shots at local pharmacies.

"Our top recommendation for protecting yourself and your loved ones from respiratory illness is to get vaccinated," says CDC Director Dr. Mandy



Autumn Equinox
typically occurs around
September 22nd or 23rd in
the Northern Hemisphere.
This marks the beginning of
fall, where day and night are
almost equal in length. It's a
time of harvest festivals and
celebrating the change of
seasons across many
cultures!

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Safety Tips for Drivers:

Stay Alert: Watch for children crossing the street, especially near crosswalks and school entrances. Children may not always be aware of traffic rules.

Follow Crossing Guards: Always obey the signals of crossing guards and stop when directed.

No Cell Phones: Avoid using your phone or other distractions while driving in a school zone.

Be Patient: Expect delays during school start and end times, and allow extra time for your commute.



Tips for Parents and Guardians:

Teach Children Safety: Educate children on the importance of using crosswalks, looking both ways before crossing, and not running across the street.



Senior Grocery Program -

Receive a Free Monthly Box of food

The Senior Grocery Program, also known as the Commodity Supplemental Food Program (CSFP), works to improve the health of low-income elderly people by supplementing their diets with nutritious USDA Foods.

This program is open to people over the age of 60 and on a limited income.

If you or someone you know is interested in receiving a senior grocery box, please apply today.

Please contact Marion Polk Food Share Meals on Wheels with questions at 503-364-2856 or info@foodsharemealsonwheels.org

