

NHA Resident Review



A NEWSLETTER FOR THE RESIDENTS OF
NORTHWEST HOUSING ALTERNATIVES

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LGBT Elder Hotline: 1-888-234-7243

No matter where you live, you have access to the LGBT Elder Hotline where you can call for peer counseling, information, and local resources. Operated by the GLBT National Help Center, the hotline provides gay, lesbian, bisexual, and transgender seniors the ability to talk with trained peer-counselor volunteers about issues including isolation, relationship concerns, bullying, HIV/AIDS, and much more. The folks on the hotline don't give advice, instead they listen and they care! The hotline is available Monday-Friday from 1:00p-9:00p PST and Saturday from 9:00a-2:00p PST. The hotline is broadly defined as inclusive of people ages 50 and over, and is always free and confidential. If you want more information before calling, you can email sage@GLBTHotline.org with questions.

Oregon Project Independence

Are you older and need in-home assistance or transportation help? OPI serves Oregonians older than age 60 who do not receive most Medicaid services. You may qualify if the state is paying your Medicare premiums or if you receive food stamps. Persons younger than age 60 who have a diagnosis of Alzheimer's disease or other dementia may also be eligible for OPI services. To qualify for OPI a person must need some type of in-home assistance based on an assessment done by a Department of Human Services (DHS) case manager. Call 1-866-535-8493

Cold Weather - Protect your pipes and pets

Frozen pipes can lead to a big mess and cost you a bundle. Here are a few tips on avoiding weather-related disasters at home:

- Allow a small trickle of water to run overnight, preferably through a faucet on an outside wall.
- Open kitchen and bathroom cabinets so warmer air can circulate below the sinks.
- Know the locations of your shut-off valves, in case a pipe bursts.

Pet owners should take special precautions with their animals during freezing temperatures. It's best to keep all pets indoors. Cats will curl up against almost anything to stay warm, including car engines. Before you turn your engine on, check beneath the car or make plenty of noise by honking the horn.

Some animals can safely remain outside longer in the winter than others. Long-haired breeds like huskies will do better in cold weather than short-haired breeds like dachshunds. Your pet's health also will affect how long the pet can stay out.

Conditions such as diabetes, heart disease, kidney disease and hormonal imbalances can compromise a pet's ability to regulate body heat. Consider dog sweaters during walks. When outside with your pets, watch them for signs of discomfort. If they whine, shiver, seem anxious, slow down or stop moving, or start to look for warm places to burrow, they're saying they want to get back someplace warm.

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Energy Assistance by County

Winter is coming! There are agencies that can provide utility assistance. As you can imagine, these funds are highly sought after. Most agencies require people to call and leave a message and/or schedule an appointment. Remember when leaving a message to include your full name, utility company name, utility account number and any disconnect or shut-off notices that are pending on your account. To find out which agencies are currently offering energy assistance call 211 or go to 211info.org, talk to your Resident Services Coordinator, or call one from the list below:

Multnomah County:

Self Enhancement Inc (SEI) Energy Assistance Line: 503-240-0828

SnowCAP Community Charities Phone: 503-674-8785

Impact Northwest: 503-294-7444 (energy assistance hotline)

Human Solutions, Inc.: Energy Assistance Hotline: 503-405-7877

St. Vincent De Paul Phone: (503) 235-7837

Clackamas County:

Energy Assistance of Clackamas County - 503-650-5640.

Energy Assistance by County (cont.)

Washington County:

Care to Share: 503-726-0407

Community Action Organization: Phone: 503-615-0771 (Beaverton) - 503-615-0771 (Hillsboro)

The Salvation Army: Phone: 503-640-4311

Marion/Polk County:

The Salvation Army: Phone: 503-585-6688

Community Action Energy Services: Salem Area (503) 588-9016

St. Vincent De Paul: Phone: 503.364.5672

Your Next Step: Phone: 503.330.7755

Congregations Helping People: Phone: 503-391-4365

Deschutes County:

Neighbor Impact: Phone: 541-504-2155

Jackson County:

Access: Phone: 541-779-9020

The Salvation Army: Phone: 541-772-8149

Lane County

Catholic Community Services of Lane County: Phone: 541-345-3642

Umatilla County:

Community Action Program: Phone: 1-800-214-4776

Harney County:

Harney County Senior & Community Services Center: Phone: 541-573-6024

A THANK YOU TO OUR PARTNER:



NHA would like to thank PDX Diaper Bank for providing diapering and incontinence supplies to families and adults living at NHA properties.

Did you know: PDX Diaper Bank offers **Kids**

Cloth Diapers & Covers? If you are interested in supplies provided free of charge, contact your resident services coordinator and provide them with the weight of your child(ren)!

