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.

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.
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)!

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.

**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