



# EASTERN OREGON COMMUNITY RESOURCE NETWORK

March 2025 Issue 51

## Items Waiting to Be Filled

3 Medical Transportation Needs

Toddler Bed and Frame

Household Items

Twin Mattress

Hotel Stay Medical Need

Blow Up Mattress

3 Washer / Dryer

Vacuum

Heavy Lifting Assistance

Dishwasher

Student Transportation

Rental Assistance

Car Repair

2 Housing/Rental Help

2 Stoves

Kitchen Table and Chairs

Garden Supplies

Craft Supplies

423 Members  
112 Organizations

## Requests Trending in the Past 6 Months

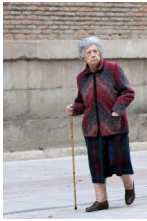
### Medical Needs 16 Requests

#### Transportation to Medical Services: 10 Requests

- 3 Waiting To Be Filled (Portland)
- 4 Fulfilled
- 3 Unfulfilled

#### Medical Supplies: 6 Requests

- 3 Waiting To Be Filled
- 3 Fulfilled



### Clothes/Personal Hygiene 15 Requests

- 3 Waiting To Be Filled
- 10 Fulfilled
- 1 Unfulfilled
- 1 Unknown



### Household Items 13 Requests

- 3 Waiting To Be Filled
- 8 Fulfilled
- 2 Unknown



**Housing/Motels/Utilities 10 Requests**

- 2 Waiting To Be Filled
- 5 Fulfilled
- 1 Unfulfilled
- 2 Withdrawn



**Appliances 11 Requests**

- 7 Waiting To Be Filled
- 2 Fulfilled
- 1 Unfulfilled
- 1 Withdrawn

**Beds 12 Requests**

- 4 Waiting To Be Filled
- 5 Fulfilled
- 2 Unfulfilled
- 1 Referred

**Misc. 11 Requests**

- 2 Waiting to Be Filled
- 7 Fulfilled
- 1 Unfulfilled
- 1 Withdrawn



**Transportation 8 Requests**

- 4 Waiting To Be Filled
- 3 Fulfilled
- 1 Unfulfilled

**Financial Assistance 3 Requests**

- 2 Unfulfilled
- 1 Unknown



**Pets 3 Request**

- 1 Waiting To Be Filled
- 1 Fulfilled
- 1 Withdrawn

*Find EOCRN at <https://eocrn.org>. Have questions or need more information, contact Susan at Building Healthy Families—541-426-9411 or [EOCRN@oregonbhf.org](mailto:EOCRN@oregonbhf.org)*

**<https://eocrn.org>**

# COMMUNITY PAGE



## Conscious Discipline<sup>®</sup> for **PARENTING TEENS**

### Learn how to:

- Manage emotions
- Build safety and connection
- Teach internal motivation
- Effectively apply consequences
- Help youth develop responsibility

**When:** Anytime. Videos are recorded.

**Where:** Online, in the comfort of your home.

For video links, call/text (541) 910-3267

**No cost to participant.**

**Free Family Meal from Chef Merlyn Catering.**

Made possible by the Oregon Parenting Education Collaborative, Union County Juvenile Department, and Union County Parenting Collaborative.

COMMUNITY PAGE

# Parenting



SUPPORT

**Connection. Care. Community.**

**Who:** Parents and caregivers

**What:** A safe place to talk about the successes and challenges of parenting.

**When:** Thursdays 5:30-6:30 pm

**Where:** 906 6th Street, La Grande

**\*STARTS MAY 23\***

For questions, text or call (541) 663-6643

**FREE Support Group**

**Resilience Building Childcare & Dinner included**

Made possible by the Union County Parenting Collaborative

# COMMUNITY PAGE

## COMMUNITY Child Safety CLOSET

Do you work with a low income family that has concerns regarding child safety in their home?

Home child safety items may be requested by an agency on behalf of families with young children. These items can be used for owned or rental property.

Requests will need to include the number of items needed, ensure that you have this information before starting the form. Families must live in Morrow, Umatilla or Union county.

Requestable items:

Baby gates

Door/cabinet latches, covers and locks

Window/sliding door stoppers

Electronic/plug covers

Stove/Fridge locks

and more



**To request materials:  
[bmelh.org/safetycloset](http://bmelh.org/safetycloset)**

[www.BlueMountainEarlyLearningHub.org](http://www.BlueMountainEarlyLearningHub.org)

# COMMUNITY PAGE

## Car Seats: How tight should the straps be?

**CORRECT:**



- ✓ Harness straps are snug with no slack in the straps. You can't pinch the straps between your fingers.

**INCORRECT:**



- ✗ Harness straps are too loose. You can pinch the straps between your fingers.

Always properly buckle children aged 12 and under in the back seat!



## Car Seats: Where does the chest clip go?

**CORRECT:**



- ✓ Chest clip is buckled and at armpit level.

**INCORRECT:**



- ✗ Chest clip is unbuckled or positioned too low or too high.

Always properly buckle children aged 12 and under in the back seat!  
Never place a rear-facing car seat in front of an active airbag.



**CERTIFIED CAR SEAT SAFETY TECHNICIANS  
SERVING WALLOWA & UNION COUNTIES  
TIARA ROBB 541-263-2894  
MEGAN GOLLER**

## Rear-facing Car Seat

Birth until age 2-4\*



- ✓ Child's head at least 1" below top of car seat.
- ✓ Harness straps are **at or below** child's shoulders.
- ✓ Chest clip is buckled and at armpit level.
- ✓ Harness straps are snug; you can't pinch them.

\*As long as possible, until they reach the maximum weight or height limit of their rear-facing car seat.  
Always properly buckle children aged 12 and under in the back seat!  
Never place a rear-facing car seat in front of an active airbag.



## Booster Seats Make Seat Belts Fit Better

✗ **BAD** seat belt fit:



- ✗ The shoulder belt lays too close to or on the neck or face; or too far out on shoulder.
- ✗ The lap belt lays on the stomach.

✓ **GOOD** seat belt fit with booster seat:



- ✓ The shoulder belt lays across the middle of the chest and shoulder.
- ✓ The lap belt lays across the upper thighs.

Always properly buckle children aged 12 and under in the back seat!



# COMMUNITY PAGE



## RESILIENT PARENTING

Caring for children can be challenging! Join us in a virtual space to learn how to utilize empathy, respect, understanding, and healthy boundaries to promote positive connection. This is a curriculum-based group for caregivers of children of all ages.



Meet other  
parents



Get your questions  
answered



Gain education  
around discipline

Starting:  
**September 17th**  
at 4pm-5pm

Frequency:  
**1st & 3rd Tuesday**  
Each Month

Join here:



Join here: <https://meet.google.com/gve-hsnf-hdi>

Gift card giveaway each month for those who  
join! Questions? Call Tylee: (541)910-6380

**CHD**

# COMMUNITY PAGE



Motivational Interviewing can be particularly helpful in conversations about vaccines and other topics around which people may express ambivalence.

If you have conversations with families who are vaccine hesitant, this training is for you.

Participants will also have access to post training coaching, webinar and printed resources



May 8th: Good Shepherd-Hermiston

May 9th: EOU-La Grande

8:30am-3:30pm

Lunch Provided

[contact@bluemountainearlylearninghub.org](mailto:contact@bluemountainearlylearninghub.org)

Register Here



[bmelh.org/mitraining](http://bmelh.org/mitraining)



# COMMUNITY PAGE



## Oregon Early Learning Conference 2025

April 16-18, 2025

Sheraton Portland Airport Hotel



The goal of our conference is to serve PreK-2 programs in Oregon with presentations on cutting-edge research and best practices from educators throughout the state. Join teachers, coordinators, principals and other early learning professionals.

### Keynote Speakers

This year, the conference will host some exceptional keynote speakers! We are excited to have Dr. Lynne Kenney, Marisa Russo, Dr. Richard Solomon, and Dr. Anita L. Archer joining us.



### Wednesday Workshop Speakers

Phillip Strain  
Dr. Lynne Kenney  
Dr. Kathy Norwood  
Cindy Ryan

### Registration Open

Wednesday Workshops - April 16, 1pm-4pm | \$95  
Thursday & Friday - April 17-18 | \$265  
Wednesday-Friday - April 16-18 | \$295

### 2025 Sponsors



### Featured Topics for EL25

- Early Literacy and Effective Practices
- Understanding Student Behavior
- Developing Inclusive, Lasting, Parent Partnerships
- Including Autistic Students
- Reaching Diverse Learners
- Multilingual/Multicultural Learners Best Practices
- Professional Learning for Early Learning Providers
- Leadership Training, Providing Professional Development
- Integration of Pre-schools and Districts
- Developing Para Professional Staff that Supports Early Learning
- State and Systems of Support for Early Learning



scan to learn more about the conference

# COMMUNITY PAGE



## Child Care Resource & Referral Presents:

### Play, learn and grow--together!

Discover how early education activities can impact your child's future and yours as you explore with them in adventures of dancing with scarves, simple crafts, literature time and much more.

Date: February 27th  
Time: 10:00–11:00  
Where: Timber Ridge  
Community Room  
3002 East Q Avenue  
La Grande, Oregon



### Learn how we can support you in the following areas:

- Starting your own journey into early education to make a difference in the lives of children and families while running your own childcare business
- Needing help with locating childcare providers

Contact information: B. J. Goodnight 541.314.5148; [bgoodnight@umchs.org](mailto:bgoodnight@umchs.org)  
Rayanna Van Dine: 541. 910. 4390; [rvandine@umchs.org](mailto:rvandine@umchs.org)

# COMMUNITY PAGE

## HELPING CHILDREN COPE WITH DIVORCE AND SEPARATION

*Learn how divorce or separation impacts your children and what you can do to help them*

### WHEN

**Wednesday, March 19, 2025  
6:00pm – 9:00pm**

### WHERE

**Virtual via Zoom**

For instructions on how to download Zoom onto your computer or mobile device, go to [www.zoom.us/download](http://www.zoom.us/download)

### COST

**Free**

**TO REGISTER** \*\*class size is limited - registration required\*\*

Send email to [teala.sunderman@ojd.state.or.us](mailto:teala.sunderman@ojd.state.or.us) including your name, mailing address, phone number, and date of the class you are attending

*WITH*

**Mary Lu  
Pierce,  
Educator**



**QUESTIONS?**

Call Teala at  
(541) 962-9500 x 4,  
option 2

*Sponsored by  
Union Co. Family Law  
Advisory Committee*