

Escaping the Cycle of Abuse

The Salvation Army's Domestic Violence Financial Assistance Program

Sabrina and her five-year-old son had been living in an unhappy home. Sabrina's husband had abused her physically and emotionally. Finally finding the courage to escape from the abuse, Sabrina and her young son went to Sable House. There she found a safe place to stay – but it was temporary.



Sabrina needed permanent housing to bring stability to her little family.

After searching for a home, Sabrina found the perfect place. It was a cozy home, with plenty of room for her and her son. He was excited about the friends he would make at the nearby playground. But most importantly, it was in a safe location, away from her abusive husband.

Sadly, rental deposits are often the greatest barrier to obtaining housing. Despite being employed and having a moderate income, Sabrina did not have the money to pay her first month's rent of \$750 and a deposit of \$1550. Sable House was able to provide many vital services to her, but they do not have funding to help with direct financial support. Sable House referred Sabrina to The Salvation Army to see if there might be a way to overcome this financial barrier.

The Salvation Army had applied for a DCF grant to address this critical unmet need. They received \$2000 from the DCF to establish a financial assistance fund for victims of domestic violence in the Dallas community.

The Salvation Army Polk County Social Services Representative met with Sabrina to better understand her needs and financial situation. With \$200 from the DCF grant, the Salvation Army was able to leverage an additional \$2100 from community partners. Working together with Sable House, the State of Oregon Department of Human Services, the Dallas Service Integration Team, and a local church, The Salvation Army was able to provide the financial assistance Sabrina needed to move into her new home. They also partnered with the Salem St. Vincent de Paul to provide some furniture.

Because of the DCF grant, the Salvation Army has assisted 12 victims of domestic violence and their children this year, helping them transition to a safe living environment and escape the cycle of abuse.

Grant Funds Available

The Dallas Community Foundation will accept applications for the 2015 grant distribution beginning January 1, 2015.

The Foundation is seeking to fund projects that benefit the people of the Dallas area, with preference given to projects that serve urgent needs and have a broad and meaningful impact on the community. This year, the Foundation will distribute \$37,500 in grants. A portion of this amount will come from the Anthony and Pearl Proal fund which places a preference on projects that benefit senior citizens.

For more information, please contact Mia Mohr at the DCF office. Non-profit 501(c)(3) organizations or other qualified tax-exempt entities that serve the Dallas area are encouraged to apply. The application deadline is **January 30, 2015.**

Philanthropy Made Simple

In this season of giving, try this fun activity. As a family, talk about the various causes and needs in the Dallas community, and the organizations and people who work to address those needs. Which one(s) would you support and how much would you give? Do you have ideas on how to address the problem? Have your child(ren) choose a cause that they would like to designate a personal contribution, perhaps from their allowance. As parents, you match their contribution. A small gift becomes a bigger one! In the process, you've encouraged everyone to think about the needs in the community and how local charities function. And the take away? You don't have to be wealthy to be philanthropic. It feels good to give in whatever way you can!

*The mission of the
Dallas Community Foundation
is to build a culture of giving.*



Program Offers Resources for Managing Chronic Disease

Since opening its doors in 2011, the Polk Community Free Clinic at Trinity Lutheran Church has served the uninsured and underinsured in Polk County. In late 2013, the clinic developed a plan to target its most prevalent diagnoses: diabetes and hypertension. These are serious conditions, but people can still lead a long and healthy life if they are vigilant with their care. Taking prescription medication is just part of the process. The wHEE (with Healthcare, Education and Exercise) program is designed to offer patients quality healthcare, education for self-management, and feasible diet and exercise options for low to no income patients.

A DCF grant provided computers, supplies and staffing to help launch the wHEE program. A resource room has been set up at Trinity where the bi-monthly clinics are held. Patients have access to educational materials as well as blood testing supplies and blood pressure cuffs, items which some patients simply cannot afford.

The wHEE program currently serves 24 patients. On a clinic day, they

have the opportunity to work with the various nurses, educators and medical providers. Gail Saxowsky, RN Patient Care Coordinator explains, "We are finding our patients enthusiastic about how much support and care they receive when they have an appointment with PCFC staff." She described the impact this program has had for one patient, a young woman diagnosed with diabetes. The clinic's diabetic educators worked with her to set goals and identify changes to her lifestyle and diet. On a subsequent visit, her lab results showed positive improvements. "She now has very good control of her diabetes. She reports that she has been able to get more consistent exercise, and has lost over 10lbs. Her children want to take walks with her now."

Despite the Affordable Care Act implementation, there is still demand for the clinic. The percentage of uninsured in Polk County has dropped from 14% to 5%, but that still represents approximately 4,000 people without insurance. At a recent clinic, they exceeded capacity, but thanks to gracious doctors and volunteers, no one was turned away.

The wHEE program is critical to the well-being of the patients it serves, aiding and encouraging them to take control of their health. The DCF is pleased to support this program that provides valuable and necessary health resources to those that need it most.



Patient education has become a major part of PCFC patient care.

Enhancing Education for Dallas Students



Technology in the classroom enhances students' ability to learn.

Once again, the Dallas Community Foundation has partnered with the Dallas Education Foundation in support of their Grants for Teachers program. A \$3000 DCF grant matched DEF funds for a total of \$6,000 which will fund 20 projects to enhance the learning experiences for students in the Dallas school district. Grants were awarded last month to teachers at Whitworth, Oakdale, Lyle, LaCreole and Dallas High School for a variety of needs, primarily technology equipment and books. We are looking forward to hearing how these grants are making a positive impact.

Earlier this year, Jen Reinhardt, a teacher from Oakdale Elementary, described the difference a grant had made in her classroom. She had received funds to purchase a flash drive loaded with materials for a reading program that is used on a daily basis. "I have seen improvement in reading skills in 10-12 students with significant special needs. The really nice part is that before, when a student didn't master the content, the protocol was to have them repeat the same lesson with the same materials. Some students had to do this three to four times, which can really take a toll on their excitement toward the material. Now that we have access to so many more activities on the flash drive, we are able to go deeper into each lesson instead of just repeating the same thing. Students are therefore going through more quickly than before, and we are not seeing the negative behaviors that come along with repetition from doing things the old way."

A small grant can make a really big difference!

Growing Fresh Produce to Feed the Hungry

“Life’s a garden, DYG it!” reads the t-shirts worn by youth interns working in the Dallas Youth Garden. This past summer, eight Dallas teens gained real job skills, learned about food production and harvested over two tons of fresh produce for a local food assistance program serving 300 families.

In addition to planning, planting and maintaining their gardens, learning to overcome challenges brought by weather and pests, interns also completed three projects. Garden projects were designed to directly improve production, such as building mason bee lodges to improve pollination and building bat houses to reduce garden pests. Education projects increased their understanding of how market gardening meets community food needs. Through communication projects, interns made presentations at the county fair and to community groups about the garden. Interns were successful ribbon winners for produce exhibits at both the Polk County Fair and Oregon State Fair.

The Dallas Community Foundation is a proud supporter of this fantastic program which has successfully addressed multiple community needs.



Clover's produce earned blue ribbons at the Polk County Fair and the Oregon State Fair.

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21st Century Estate Planning- Do you have a plan in place?

DCF was pleased to bring Estate and Legacy Planning Attorney Eden Rose Brown to Dallas for a free workshop in November. Her engaging presentation highlighted estate planning, wills vs. trusts and planning for incapacity and after death. While many people disregard the need for an estate plan because they assume they lack sufficient wealth, Ms. Brown stressed the importance of having one in place to protect assets and family during their lifetime, as well as after death. She discussed how societal changes such as divorce and blended families, and the potential for incapacity have affected the greater need for estate planning. She also explained how people can accomplish charitable goals now and leave a legacy once they pass on, all through an estate plan.



Dallas Community Foundation

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Dallas Community
Foundation

PO Box 1001
Dallas, OR 97338

(503) 798-7847

[info@dallascommunity
foundation.com](mailto:info@dallascommunityfoundation.com)

[www.dallascommunity
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