O C B A
Community Newsletter

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Oregon Commission on Black Affairs

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Mission

To strengthen and unify the Black and African American Community by providing a medium for addressing important issues as well as disseminating useful information.

What is the OCBA?

The Oregon Commission on Black Affairs (OCBA) is the only statutory commission formed by the Governor of Oregon and authorized to work for the implementation and establishment of economic, social, legal and political equality for Oregon's African American and Black citizens.

What are the Commission's responsibilities?

The Commission's responsibilities are many. It is authorized by law to:

- Monitor existing programs and legislation designed to meet the needs of African Americans and Blacks;
- Identify and research concerns and issues affecting the African American and Black community, and to recommend actions to the governor and to the Legislative Assembly, Including recommendations on legislative programs;
- Act as a liaison between the African American, Black community

What is the OCBA continues on page 2

Bouncing Back: Being Resilient in the Face of Change

Have you considered the power that's packed into an ordinary rubber band? Modest yet mighty, it's able to stretch itself twice its length; creating the perfect fastener for the daily newspaper or tamer of an unruly ponytail. Most importantly, it snaps back when it's put to the test.

Are you as flexible when you're feeling stretched, and stressed?

In this issue of *OCBA Community Newsletter*, Best Care offer tips for how you can be more resilient and use resiliency as a resource to better cope with stress.

Protect Yourself

By definition, resiliency is "the ability to not just survive change, but to actually become stronger because of the challenges associated with it.

Bouncing Back: Being Resilient continues on page 3

Be Thankful

Contributed By Nadia Shaik

Be thankful that you don't already have everything you desire,
If you did, what would there be to look forward to?

Be thankful when you don't know something,
For it gives you the opportunity to learn.

Be thankful for the difficult times.
During those times you grow.

Be thankful for your limitations
Because they give you opportunities for improvement.

Be thankful for each new challenge
Because it will build your strength and character.

Be thankful for your mistakes,
They will teach you valuable lessons.

Be thankful when you're tired and weary
Because it means you've made a difference.

It is easy to be thankful for the good things.
A life of rich fulfillment comes to those who are
also thankful for the setbacks.

GRATITUDE can turn a negative into a positive.
Find a way to be thankful for your troubles
and they can become your blessings.

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and Oregon's government;

- Encourage African American and Black representation on state Boards and Commissions;
- Employ an Executive Director and other staff as necessary to carry out its responsibilities;
- Establish special committees as needed.

What does the Commission do for Oregon's citizens?

In carrying out its mission, the Commission on Black Affairs according to ORS 185.410, may serve as advocate, analyst, instructor, monitor, and advisor. Regardless of the role taken, our goal remains the same: To work for the equality of African Americans and Blacks and towards the betterment of all of Oregon's citizens. For more information about OCBA, please visit our website at www.oregon.gov/ocba.

Why is Education So Important?

By Commissioner Stephenson

Education is an essential component of life. Education is the key to eradicating poverty within our communities, decreasing the disproportionate number of minorities being sent to prison, preventing our innocent children from becoming victims of senseless killings by gangs and drug dealers, preventing unwanted teenage pregnancies, and diminishing the number of children in foster care because of abuse and neglect. From education stems critical thinking skills, social accountability, and financial independence.

Education is a self-enlightening process that brings about an awareness of the world around us. It develops our awareness of gaining knowledge, which opens up unlimited opportunities. So why is education so important? The answer is simply because it covers valuable life lessons and much more. As stated so eloquently by Aristotle, *"The roots of education are bitter, but the fruit is sweet."*

Being Resilient continued from page 1

Being resilient is one of the most important character strengths we can develop in ourselves, helping us through day to day situations and big events in our lives.

According to Donna Allen Cover, PhD, CHES, FAWHP and Certified Well Coach, resilience is also a protective factor and "something we need to nurture in both good and bad times." "The ability to be resilient protects our heart. It's our key to leading a really healthy life by being realistic with hope."

Build layers of resiliency. Being resilient doesn't always come naturally. But, even if your glass isn't always half full, you can take steps to create a resilient frame of mind. Create a strong network of friends, peers, and co-workers. Build your self-esteem. Develop a healthy sense of humor.

Deal with change. The one thing we can count on in life is that things won't stay the same. True, some of those changes are the kind we don't want to face. However, if you make change part of your everyday life, it will be easier to handle unexpected or difficult events when they come.

"Our greatest glory is not in never falling, but in rising every time we fall."
-Confucius

Take care of yourself. Your physical and emotional well-being are two of the most valuable things in your life. Protect them by exercising your body and by setting aside a few minutes a day to pray, meditate or simply take some deep breaths.

Resilient People Are:

***Positive** that success is possible. ***Focused** on the objectives associated with change. ***Flexible** about how to proceed when their initial efforts are blocked. ***Organized** to avoid being overwhelmed by information. ***Proactive** in implementing change, anticipating problems and developing solutions.

Community Resource Links

STATEWIDE

Department of Human Services Healthy Kids: Health care for children 18 and younger.
www.oregonhealthykids.gov

Department of Human Services/ Oregon Health Plan: Information and application for various health plans.
http://www.oregon.gov/DHS/healthplan/app_benefits/main.shtml

Department of Human Services/Oregon Health Plan: Provides a listing of various health care coverage resources.
http://www.oregon.gov/DHS/healthplan/app_benefits/other_res.shtml

Department of Human Services: Health Care Safety Net Clinics that provides medical, dental and vision services.
http://www.oregon.gov/DHS/ph/hsp/safetynet/index.shtml

Free Medical Clinics and Free Dental Clinics throughout Oregon
http://www.freemedicalcamps.com/vcity.php?stateid=OR

Prescription Assistance Programs
http://www.oregon.gov/DHS/healthplan/rxsites.shtml

Women, Infants, and Children (WIC) is the Special Supplemental Nutrition Program for Women, Infants and Children
http://www.oregon.gov/DHS/ph/wic/countyinfo.shtml#county

Supplemental Nutrition Assistance Program (SNAP) formerly known as the Food Stamp Program
http://www.oregon.gov/DHS/assistance/foodstamps/foodstamps.shtml

BEAVERTON METRO

Care to Share: Provides emergency assistance with food, utilities, rent, heat and water.
http://caretosharehelp.org/Our_Services.html

Essential Health Clinic: Free urgent healthcare, no appt. needed.
Call 503-846-4919
http://essentialhealthclinic.org

EUGENE

Children's Dental Center: Provides dental care to children of low income familes. (541) 687-3232

Community Sharing Program of Cottage Grove: Provides emergency assistance to low income familes. (541) 942-2176

EUGENE

Volunteers in Medicine (VIM) Clinic: Primary health needs for the uninsured in Lane County, Monroe and Harrisburg.
(541) 685-1800 or (541) 686-7046
http://www.vim-clinic.org/

White Bird Medical and Dental Clinics: Provides low cost and free medical treatment for those with financial need. (541)484-4800 [medical] (541) 344-8302 [dental]
www.whitebirdclinic.org/

PORTLAND METRO

Coalition of Community Health Clinics: Provides medical, dental and prescription services.
http://www.coalitionclinics.org/

Outside In: Provides medical care to individuals under 30 and homeless.
http://www.outsidein.org/clinic.htm

National College of Natural Health: Offers alternative health care by Naturopathic ad Traditional Chinese Medicine (TCM) physicians.
[Provides reduced fee services for medical care]
http://www.ncnm.edu/ncnm-teaching-clinic/make-an-appointment.php

Home Weatherization and Lead Prevention Workshops
http://communityenergyproject.org/calendar.html

EDUCATIONAL

Federal Head Start Program Directory
http://eclkc.ohs.acf.hhs.gov/hslc/hslc_grantee_directory

Oregon Head Start Pre-K Directory
http://www.ode.state.or.us/gradelevel/pre_k/opkhsdirectory.doc

Saturday Academy: Offers classes and workshops that provide adventures for the curious mind in grades 2-12.
[Tuition Assistance available to those who qualify.]
www.saturdayacademy.org

Free Application for Federal Student Aid (FAFSA)
http://www.fafsa.ed.gov/

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OCBA Public Meeting Dates

HTTP://WWW.OREGON.GOV/OCBA/MEETINGS.SHTML

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