




# EL Family Cafe

October 21, 2021



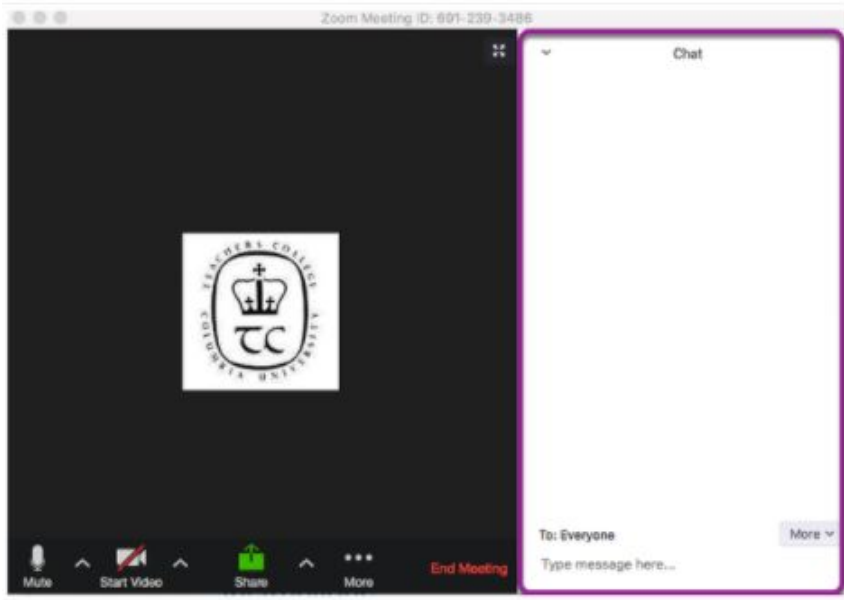
Cómo  
cambiar tu  
nombre en  
zoom

# *How to use chat:* *Cómo usar el chat:*

- While in a meeting, click **Chat** in the meeting controls.



- This will open the **Chat** on the right. You can **type a message** into the **Chat** box to send a message to everyone. Or, use the drop-down and choose a participant to send a private message to.



- Please **RENAME** with name and school district **AND** put in the chat.
- Por favor ponga su nombre y distrito escolar en el chat.



Coos Elderly Services  
390 S 2nd St  
Coos Bay, Or 97420  
(541) 756-1202

**Bringing Lives Into Balance**

**Erlette Upshaw**  
**Executive Director**  
[erletteu@cooselderly.org](mailto:erletteu@cooselderly.org)

Oregon Health Authority Wrap Around Services



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Bringing Lives Into Balance

**Got Covid? Need help paying your bills? We are here to help!**

**Coos Elderly Services is working with Coos Health and Wellness to help pay for your rent and utilities while you are in quarantine!**

**Contact: Rick or Wrap Around Services**

- **Email address: [CESinfo@cooselderly.org](mailto:CESinfo@cooselderly.org)**
- **Phone number: 541-756-1202 ext. 202**

- If you are in quarantine due to Covid either because of a positive test or due to close contact, you may qualify for assistance.
- We can help pay up to 1 month rent / mortgage payment and basic utilities (electric, water/sewer, garbage and cell phone).
- We can help with food / groceries for shut-ins during the time in quarantine.
- We can provide referral assistance to resources or agencies in our area.
- If you are contacting Coos Elderly Services to “Self Report” your Covid quarantine situation, a note from your doctor or other health care provider is needed.
- The note will need to include number of days you are or were in quarantine.

- Si está en cuarentena debido a Covid, ya sea debido a una prueba positiva o debido a un contacto cercano, puede calificar para recibir asistencia.
- Podemos ayudar a pagar hasta 1 mes de alquiler / pago de hipoteca y servicios básicos (electricidad, agua / alcantarillado, basura y teléfono celular).
- Podemos ayudar con alimentos / comestibles para encerrados durante el tiempo en cuarentena.
- Podemos proporcionar asistencia de referencia a recursos o agencias en nuestra área.
- Si se comunica con Coos Elderly Services para "autoinformar" su situación de cuarentena por Covid, se necesita una nota de su médico u otro proveedor de atención médica.
- La nota deberá incluir el número de días que está o es de vida encuarentena.



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Bringing Lives Into Balance

**¿Tienes Covid? ¿Necesita ayuda para pagar sus facturas? ¡Estamos aquí para ayudarte!**

**¡Coos Elderly Services está trabajando con Coos Health and Wellness para ayudarlo a pagar su alquiler y servicios públicos mientras está en cuarentena!**

**Contacto: Rick o Wrap Around Services**

- **Dirección de correo electrónico: [CESinfo@cooselderly.org](mailto:CESinfo@cooselderly.org)**
- **Teléfono: 541-756-1202 ext. 202**



- Primary Care
- Women's & Reproductive Health
- Mental Health
  - Counseling and crisis services
- Social Health
  - Resource navigation & financial assistance
- On Site Pharmacy
- Sliding Scale Fees & 340b Discount Pharmacy

Collaborated with Coos Hispanic Allies on two grants to assist local Hispanic Families with sliding scale fees and financial assistance

Contact us: 541-756-6232

# Access Medical & Mental Health

- With or without insurance
  - All ages



<https://www.wfall.org/>  
541-756-6232



<https://www.coastcommunityhealth.org/>

Outreach & Enrollment

Bandon 541-347-2529 x 3

Port Orford 541-332-1114





Dr. Jessica Serrano

M.D., M.P.H.

Assistant Professor of Pediatrics

Division of Adolescent Health School of Medicine

Expertise: Adolescent Medicine



281 LaClair Street  
Coos Bay, OR 97420  
541-266-6700

Office Hours  
Monday – Friday  
8:00 a.m. – 5:00 p.m.

**Katrinka McReynolds**

[katrinka.mcreynolds@chw.coos.or.us](mailto:katrinka.mcreynolds@chw.coos.or.us)

# Oregon Health Authority Resources

Unidos+  
Fuertes

TRADUCIR

ESPAÑOL

Haz un plan

Podría tener COVID-19

Recibe apoyo



**TODO  
POR  
AMOR**

Quédate cerca.  
Sin olvidar tu  
distancia de  
seis pies.



¿Necesitas ayuda para la salud mental ahora? Si tú o un ser querido tiene dificultades, no estás solo. Llama a la línea de ayuda de Unidos + Fuertes: [Llama al 1-800-923-HELP \(4357\)](tel:1-800-923-HELP).

Safe + Strong

Oregon Health Authority  
**Coronavirus Update**  
[healthoregon.org/coronavirus](https://healthoregon.org/coronavirus)

[OHA website](#)

[Covid-19 Health Talking Points](#)

# PAPER - Online Tutoring (Spanish/Chinese)

## Unlimited 24/7 academic support



### Homework help

Instant help with any homework problem, large or small

Homework

### Writing feedback

Comprehensive feedback that develops strong writing skills

Writing Feedback

### Study support

Expert coaching that makes it easier to grasp new concepts

Study support

Reply in Chat or POLL:

1. Will your students use online platform? [Student Link](#)
2. Will your students use a HS student tutor? Best time/day?



# JUNTOS



- Is workshop for parents and teens
  - More information about what a student needs to do to graduate high school
  - Learn more about what options there is after high school
  - Have people you can ask questions about high school or what happens after high school
  - We will be meeting Oct 27 at 5:30pm for an hour
  - It will be every wednesday for five workshops
  - Call Itzel at 541-266-1611 ext 2905 to register or ask questions
- Es un taller para padres y adolescentes.
  - Más información sobre lo que un estudiante debe hacer para graduarse de la escuela secundaria
  - Obtenga más información sobre las opciones que existen después de la escuela secundaria.
  - Nos reuniremos el 27 de octubre a las 5:30 pm durante una hora.
  - Será cada miércoles por cinco talleres
  - Llame a Itzel al 541-266-1611 ext 2905 para registrarse o si tiene preguntas

# Survey Results future topics:

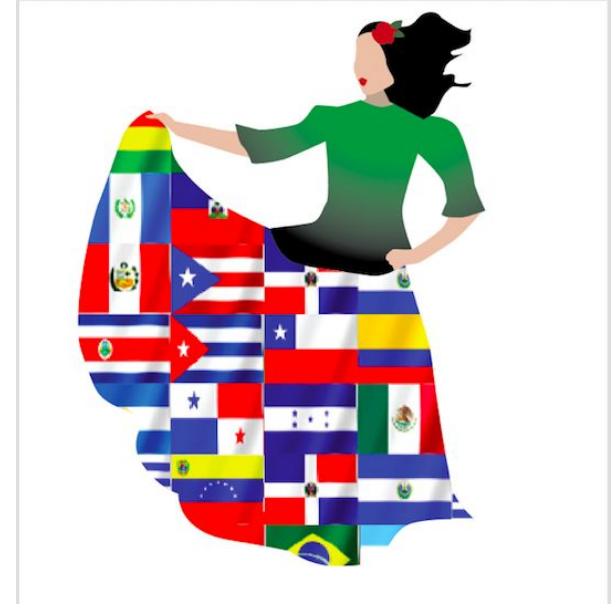
1. Tutoring -
2. Graduation & Career Readiness - Juntos coming up -  
6 online meetings-Oct 27 at 5:30pm
3. Confidence Building for students - Working w/ Parenting Hub

In chat:

Please reply to the following questions in the chat AND add any other ideas that you may have for future family cafes

NATIONAL  
**HISPANIC**  
HERITAGE MONTH  
SEPTEMBER 15 - OCTOBER 15

- Coos Hispanic Allies has bags full of resources and books at the Coos Bay Library for you to pick up
  - Coos Hispanic Allies tiene bolsas llenas de recursos y libros en la biblioteca de Coos Bay para que las recojas



# Resources

<https://www.hispanicheritage month.gov/>

<https://asianpacificheritage.gov/about/>

<https://nationaltoday.com/asian-american-and-pacific-islander-heritage-month/>

Racial Equity Support Line: 503-575-3764

<https://www.linesforlife.org/racial-equity-support-line/>





## Next Meeting:

Nov. 18th

Dec. 16th

Jan. 20th

Feb. 17th

Mar. 17th

Apr. 21st

May 19th

June 16th

- Ann Rodrigues  
[annr@coos-bay.k12.or.us](mailto:annr@coos-bay.k12.or.us)
- Shane Brown  
[shaneb@scesd.k12.or.us](mailto:shaneb@scesd.k12.or.us)
- Gina Castro Brandt  
[ginacb@scesd.k12.or.us](mailto:ginacb@scesd.k12.or.us)



Topic: Parent Cafe

Time: Third Thursday of each month at 530 PM

Join Zoom Meeting

<https://sces-k12-or-us.zoom.us/j/82368067504>

Meeting ID: 823 6806 7504