

Project ABLE News

1599 State St. Salem, Or

6/7/2021

Editor, Julie Bochsler

Volunteer Spotlight: Anne Giffin

When Project ABLE was truly introduced to me was in 2020 from Polk Behavioral Health during treatment there. Way before I even realized what was being asked of me, I was asked to seek Peer Support and to do a few of Project ABLE's online groups. I worked hard that year to graduate treatment, overcome addiction, and graduate Peer Support Training. I, in fact try to be a part of much of Salem Oregon's many recovery meetings to maintain my sobriety.

Project ABLE has offered me a way to see the mental health attached to recovery and one's well-being. I, myself can soak in the benefits of the meeting's provided for the volunteers and share through experience of living it and the guidance of Project ABLE's variety of mental health topics, to be better aware of how to be alive in my Peer's life to better support them in their own life. I'm forever grateful in awareness to have the information.

The volunteers at Project ABLE have been a huge part of this past year guiding me and listening to me a service offered free to those in need of support. I have a Peer support as well as I myself have a few peers. Just picking up the phone can be tough, but the rewards of having someone on the other side of that phone outside of your own phone list, is worth the connection in my opinion.

I came from most of my entire life living on the streets, using drugs, and doing what I could to survive, but once I decided to let others in and just talk to them, allow my fears to become strengths, and see-through others in places like Project ABLE to feel freedom from my past, or what I was going through at that moment, or that day, I could get through that day! Through help of others like Project ABLE, I have been able to maintain, now 1 year 1 month and 17 days of sobriety. Thank you, Project ABLE for all you do for me and others. Anne Giffin

Resources

David Romprey Warm
Line

1-800-698-2392

National Alliance on
Mental Illness (NAMI)

(800) 343-6264

www.namior.org

National Crisis Line

1-800-273-TALK 98255)

Veteran's Program – RJ Navarro

Project ABLE's Veterans Program will be hosting our monthly Time in Nature event on the water this month. Veterans will learn the basics of kayaking while being in community with fellow Veterans. We'll have a short route for those only wanting to enjoy a short trip and a longer route for those wanting to have a little more time on the water. Kayaks will be provided for those who reserve their spot in advance. Veterans can sign up on Eventbrite at [Kayaking 101 w/Project ABLE and Keizer Riverkeepers Tickets, Sat, Jun 19, 2021 at 10:00 AM | Eventbrite](https://www.eventbrite.com/e/kayaking-101-w/project-able-and-keizer-riverkeepers-tickets-tickets-157702102233?fbclid=IwAR0sjeNIKnhpvHye2kV48Ct8oVcNzWzhneFdSsCAMlaoyXqUBicgpL_mbgg) We're still hosting our Virtual Veterans Coffee Events every Friday at 10am. That link can be found by clicking the blue bar on our activities page. If you're interested in signing up or know someone who'd like to sign up to receive Vet-to-Vet Peer Support, the link is <https://projectable.org/veteran-services/>. Hope to see you there and as always, Thank you for your service. "

June Is Pride Month!

Pride Month events in Marion County

, https://www.facebook.com/events/270932301393105?context=%7B%22event_action_history%22%3A%7B%22mechanism%22%3A%22calendar_tab_event%22%2C%22surface%22%3A%22bookmark_calendar%22%7D%7D
https://www.eventbrite.com/e/salem-pride-rally-tickets-157702102233?fbclid=IwAR0sjeNIKnhpvHye2kV48Ct8oVcNzWzhneFdSsCAMlaoyXqUBicgpL_mbgg

and Yamhill

County <https://www.winecountrypride.com/?fbclid=IwAR37qOagUfNQy7m1gC3ZesIYQOwbj7gjJVgAnnL9RVd-ZjfwHa6EMk76sIY>



[Salem Pride Rally](#)

Since Capital Pride is not hosting an event until August 2021, we have decided to step up and put something on for June 2021!

www.eventbrite.com

Join the CAC!

What is the CAC?

The Community Advisory Council (CAC) is a space where Oregon Health Plan Members can help make decisions about how local healthcare dollars are spent in Marion and Polk Counties. We share your opinions directly with healthcare service providers in order to make you and your family's experience even better.

Why join the Community Advisory Council?

On the CAC, your voice will help guide how to improve Oregon Health Plan services so our neighbors can live longer, healthier lives. Your opinions will also shape how OHP members of all identities can better access healthcare in their community. We value your time and energy. CAC members are compensated for the time they spend working with the Council.

How much of a time commitment is the CAC?

The only expectation for CAC members is that you come prepared and ready to respectfully share your thoughts at a monthly 2-hour meeting.

How do I sign up?

If you are an Oregon Health Plan Member or the parent, caretaker, or loved on of an Oregon Health Plan Member in Marion or Polk Counties, please contact Rachel at the Willamette Health Council

Email: rlakey@willamettehealthcouncil.org

Phone: 503-481-0834

Website: www.willamettehealthcouncil.org

Gardening At ABLE

Happening at both the Salem and McMinnville Campuses, we are growing flowers to beautify our spaces. These are groups to attend if you or your peers would like to participate. The McMinnville group is led by Tracy and occurs on Monday and Friday at 3pm. The Salem group is led by Arnie and happens on Fridays at 3pm.

Come on down and grow some plants!