# **June Resources 2023**



Junteenth; LGBTQ+ Pride Month, Men's Health
Awareness Month, Gun Violence Awareness Month,
Alzheimer's Awareness Month, Immigrant Heritage
Month, Cancer Survivors Month, Learning Disability
Week & Helen Keller Deafblind Awareness Week

- ★ HOUSING Section 8 Housing Choice Voucher waitlist next month, June 5th June 9th.
  - From 9:00 AM June 5, through 11:59 PM June 9, the waitlist application for the Section 8 Housing Choice Voucher waitlist will be open on our website at www.homeforward.org.
  - Please keep in mind that because Home Forwards receives too many applications to effectively handle, they will do a lottery and select 2000 names to actually go onto the waitlist for a voucher. It can also take several years for them to get through the waitlist once they accept the applications.
     NOTE: Applying is not a guarantee of receiving a voucher.
  - Applications will be accepted online at <u>www.homeforward.org</u> and applicants will need an email address to apply.

- More information about the Section 8 Housing Choice Voucher program can be found here:
  - https://www.homeforward.org/housing-choice-voucher/
- If you have questions please contact Home Forward's Section 8 hotline at 503-802-8333

#### **★** Busting Service Dog Myths

#### ★ Free parking day at Metro parks

- o When: Monday June 19th
- Get out and explore nature in 2023!
- Enjoy free parking at Oxbow and Blue Lake regional parks, Broughton Beach, M. James Gleason Memorial Boat Ramp and Chinook Landing Marine Park on 18 days in 2023

#### ★ The Big Red Safety Box

- 1) Our Booklet contains the following educational materials and tools:
  - o A caregiver checklist A Family Wandering Emergency Plan
  - o A first-responder profile form A wandering-prevention brochure
  - o A sample IEP Letter A Student Profile Form Emotion Identification Cards
  - Wandering Quick Tips
- 2) Two (2) GE Wireless Door/Window Alarms with batteries
- 3) One (1) RoadID Bracelet or Shoe ID tag\*
- 4) Five (5) Adhesive Stop Sign Visual Prompts for doors and windows
- 5) Two (2) Safety Alert Window Clings for car or home windows
- 6) One (1) Child ID Kit from the National Center for Missing and Exploited Children
- \* You will receive instructions in your Big Red Safety Box to submit a custom personalization order for your RoadID bracelet or shoe ID. Your ID will be quickly

engraved and mailed to you at no charge. For more information and ways to prevent wandering-related incidents, please visit <a href="http://awaare.org">http://awaare.org</a>

Those diagnosed with an Autism Spectrum Disorder, and who are at risk of wandering/bolting from a safe environment, qualify to receive a Big Red Safety Box while supplies allow. Limit one (1) box per family – previous recipients are not eligible. Please allow up to three weeks for your Big Red Safety Box request to be processed and delivered to you. NAA's Big Red Safety Boxes are packaged and shipped with care by a company employing adults with autism and other developmental disabilities.

#### **★** Summer is here and some people → TRAVEL

- TSA.gov TSA Cares Screening Travelers Autism Spectrum VIDEO
- Hidden Disabilities Store The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.
- Hidden Disabilities Store Insights: The Autistic Traveler
- Portland Airport Website Accessibility Page
  - At PDX, we partnered with a nonprofit named Kulture City as well as the Autism Society of Oregon and nearly a dozen other partners to develop the space at PDX. Our sensory room is located on Concourse D near gate D10. It's open and available to passengers 4 am - 12:30 am daily.
  - Lanyards are available at the following locations: All Airline Ticket
    Counters. Lanyards will also be available a minimum of 14 days'
    advance notice of future travel by contacting the Autism Society of
    Oregon by e-mail: Info@AutismSocietyOregon.org.

#### ★ Sandcastle Contest - COME WATCH (ALL)

- June 10th & 11th, 2023, 59th Annual <u>Cannon Beach</u> Sandcastle Contest!
- CLICK HERE FOR MORE INFORMATION
- 2023 Sand Castle Contest and Singing Sands Tickets
- Schedule of Events:
  - Fri. June 9 | 7:30pm Bonfire, Music & Smores
- Sat. June 10 | 10am Sandcastle Contest building begins | 3:30pm Final
   Judging
- o Sun. June 11 | 9am Singing Sands 5K Fun Run/Walk

#### ★ Multnomah County Library Summer Reading Program

- June 16th through August 31st Reading colors your world!
- Output
  <p
  - Starting June 16, come to the library and pick up a game board or sign up online.
  - Mark one space for each day you read or listen to a book, or do any of the fun activities, between June 16 and August 31, 2023.
  - Each time you mark at least 15 days (they don't have to be in a row!), come to the library to receive a prize. If you play on paper, fill out one of the cards on your game board and bring it with you.
  - Once you've read 45 days total, you've completed the game! Come to the library (if you play on paper, bring your last card) on or after July 30 to receive a T-shirt (while supplies last) and an entry in the Grand Prize drawing for your age level. Claim your prizes by August 31, 2023.

#### **★** Training: Adapting Therapy for People with I/DD (Caregivers)

When: JUNE 2, 2023 from 9:00 AM -12:30 PM

- Where: CCMH- 58646 McNulty Way, St. Helens
- TO REGISTER CONTACT KASI DUNNING
- Email kasid@ccmh1.com or 503-438-2204
- This training will cover the following topics- Reasons people with IDD seek therapy. Ways to make therapy more accessible to people with IDD. The principles and benefits of DBT, CBT, and Individual/Group Therapy for people with IDD. How trauma affects people with IDD. Trauma treatment strategies and adaptations for IDD How to support a person in Positive Identity Development

#### ★ Northeast Cully Sunday Parkways - June 25, 2023 BIKE RIDING

- Celebrate community on June 25 between 11 a.m. and 4 p.m. at Portland Sunday Parkways Presented by Kaiser Permanente! On this page, you'll find information about the Southwest Portland route, what to expect at the event, and how to plan for the street closure.
- NE Cully Bike Fair June 2
- Get yourself ready to ride during the NE Cully Neighborhood Bike Fair!
- Join us at Rigler Elementary on June 2 for free activities.
- Learn-to-ride activities for children and adults
- Quick fix bike repair station
- Bike safety education
- Participants are welcome to bring their own bikes or borrow one during the
  event. For more information, visit bit.ly/cullybikefair23. For more
  information and downloadable graphics: Download PDF file NE Cully
  Bike Fair Promo Kit

#### ★ ASO's - Take Break Program for caregivers

- a \$25 gift certificate to a restaurant of your choice;
- 2 movie tickets to a theater of your choice, or a \$20 gift card to a streaming service; and up to 4 hours of respite care at \$18/hour (total \$72) for all of the children in the home under the parent/legal guardian's care
- Eligibility: Any parent/legal guardian/foster parent who is primary caregiver for an Autistic person anywhere in Oregon or SW Washington is eligible.
- To ensure as many parents as possible are given a chance to participate, we ask that each family wait for a year after enjoying "Take a Break on ASO" before applying again. (Note: if the parent qualifies for both *Take a Break on ASO* and "*Take a Breather on ASO*", please choose one program per year to participate in.)
- To Participate: Please contact the ASO office by phone at (503) 636-1676 or toll-free at: 1-888-AUTISM-1 (288-4761), or CLICK HERE TO EMAIL ASO from our Contact Page. Please be sure to check your "JUNK" or "SPAM" folder for responses.

#### **★** Transportation Services

#### ★ 14th Annual Latino Health Equity Conference (Caregivers)

- Building Climate Resilience <u>REGISTER HERE</u>
- Join us for a full day on <u>June 8th</u> 9AM 6PM at The Double Tree 1000 NE
   Multnomah Street
- Familias en Acción is proud to present our 14th annual Latino Health Equity
   Conference, focusing on the impacts of the climate crisis on Latino health,
   both now and for generations to come

 Scholarship Opportunities - We are committed to creating access for this conference. Scholarships are available to help with registration costs.

#### ★ Oregon ZOO Events Calendar (ALL)

- o June 16, 2023 06:30 pm
- Grupo Masato is a multi-ethnic Portland-based band that plays highly irresistible danceable music from Latin America! Powerful combinations of Chicha, Cumbia, and Afro-Peruvian music explore and celebrate diversity with a show that will make you want to dance.
- Live music will begin on the lawn at 6:30 pm and activities from 5:30 pm on. Food and snacks from local food trucks will be available, plus the ever-popular elephant ears, and selection of local beer and wine for adults.
- Zoo Nights is a special event and is not included in regular daytime admission. Tickets must be purchased online in advance.
- Three ticket options will be available starting May 10:
- Adult (12 and up): \$24 (\$19.20 for Members) Child (2-11): \$19 (\$15.20 for Members) Infant (0-1): \$0

## **SEPARATELY** >-< <u>Oregon ZOO discounts</u>

- The Oregon Zoo offers discounted admission for Oregon and Washington individuals and families who qualify for a variety of income assistance programs.
- If you have an Oregon or Washington photo ID and documentation showing that you participate in an eligible program, you qualify to buy up to four tickets for \$12 each for you and your immediate family members.
- <u>Eligible programs</u>: Oregon Trail card, Washington Quest card
   Medicaid/CHIP, WIC eWIC card TANF, Temporary Assistance for Needy
   Families

#### **★ PROFESSIONAL DEVELOPMENT WORKSHOPS** – (Caregivers)

- Torri and the <u>BEHCA</u> team are excited to host a continued series of Masterclass workshops in June and July! These workshops are ideal for teams supporting those with complex needs. Upcoming online workshop classes include:
- Bringing The Calm to Work 2hr Live Class June 7 @ 4:30pm (PST) This course addresses underlying concepts behind what it means to self-regulate, examines how our unconscious coping habits impact our lives & those around us, and attaining positive change from direct action.
- Trauma Responsive Plans (Developing and Supporting) 2.5hr Live Class June 12 @ 5pm (PST) Join a meaningful and concise live training course on helping teams develop comprehensive, trauma-responsive, and true person-centered plans (FBA's, BSP's/BIP's, IEP's, ISPs, and more!) with a lens directly looking at how trauma impacts behavior.
- See Beyond Care Giving: A Master Class in Care Giving 4.5hr Live Class July 12 @ 3pm (PST) See Beyond Care Giving covers the themes of Trauma Responsiveness, Understanding Human Behavior and Co-Regulation while providing tangible takeaways that will apply to all participants.
- Use the code **ohsur1** when signing up for any classes or workshops to receive an exclusive discount.

#### **★ RESURGENCE SCHOOL - 2023 CAMP**

- Students in this program will enjoy both indoor and outdoor education, go
  on guided hikes to natural areas, and seek to answer the question
  "Through what lenses do we see ourselves and the world?" Credit
  obtainment will be eligible in English, Art, Physical Education, Science,
  Health and Math through proficiency based grading.
- Program dates: TBD

Cost: There is no cost to students.

Eligibility: High School Students \*All school districts welcome\* (incoming 9th graders are welcome)

CONTACT - Principal Lisa Otero <u>lisao@nayapdx.org</u> 503.288.8177, ext
 258

#### ★ Oregon Renaissance Faire June 3-4 & 10-11 & 17-18, 2023

- 694 NE 4th Ave, Canby, OR 97013
- Oregon Faire WEBSITE
- Tickets are available online ONLY. No tickets will be sold at the Towne
   Gate. Tickets are also "date-specific" so you MUST choose which days you
   will attend as attendance is capped this year to avoid overcrowding.

#### ★ Affordable STUDIOS available at- 1024 SW Main St (Housing)

- Pinehurst Management has a few studio units available in their St Francis building in downtown Portland renting for \$415 each. If you or a client are interested in applying, check out this link. The application fee is \$20, and you can apply online!
- Contact 503) 484-7564 <u>info@pinehurstmanagement.com</u>
- Another WEBSITE LINK for Affordable Living

#### ★ Affordable Connectivity Program ACP- (ALL ) ONGOING resource

- The Affordable Connectivity Program is a federal program that connects you to the Internet. The program offers a \$30/month *discount* for internet service. Need a computer?
- The Affordable Connectivity Program also provides a one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

ACP Website ; Application (English) & \$30 off monthly internet for
 Medicaid Eligible Households

#### **\*** ROSE CITY BOOK & PAPER FAIR

- When: June 16-17, 2023; Friday 2-8 pm & Saturday 10 am-5 pm
- o Where: 1000 NE Multnomah Portland, Oregon
- Admission \$5 at the door. Advance tickets may be purchased through Eventbrite.
- Follow @rosecitybookfair on Facebook and Instagram for previews & special information.

# ★ Come out to support NW Disability!!

- Oregon City Brewing Company Tuesday Night Pints for NW Disability
   Support
- Come raise a pint to the end of the school year, kick off to summer, or simply to our mission to create and nurture a loving and inclusive community celebrating every person with a disability!
- \$1 donated for every OCB pint, taster, soda, crawler, and growler purchased. <u>Minors allowed in taproom until 9pm</u>, on patio until close.
- Feel free to share our event flyer far and wide!
- o RSVP not required. Hope to see you there!
- When: Tuesday, June 13, 2023 5:00 PM 10:00 PM
- Where: Oregon City Brewing Company 1401 Washington StOregon City

## **★** PDX Parent- Family Festival

Our 2023 Family Festival presented by Xfinity will be held on <u>June 24</u>,
 2023, at <u>Topaz Farm</u> on <u>Sauvie Island</u>. We can't wait to see you there!

 Each year more than 2,000 kids and grown-ups come to party with us at our Family Festival for a day of family fun, music, and community spirit. If you're a business or performer and you'd like to join us, click here to learn more.

 Through the generosity of sponsors, we are able to make this event free for families. Thanks to our sponsors for sponsoring this year's event.

 If you are interested in participating in our festival, please see this page for space registration, swag bag stuffers, giveaways and sponsorship opportunities.

#### **★** Jurassic World Live Tour Tickets

When: June 23-25th, 2023 11am, 3pm and 7pm showings

Where: MODA Center

Cost: \$20 and Up

#### ★ CareOregon Starlight Parade

o When: Saturday June 3rd, 2023

Starlight Parade is the one of the Rose Festival's most popular events offering electrified funky fun for everyone. From traditional marching bands and flood-lit floats, to glow-in-the-dark umbrellas and unique hand-built entries, you'll see representation from Portland's diverse community groups (and the surrounding Pacific Northwest region), creating a vibe like no other on Portland's downtown streets. Events like the Starlight Parade are essential to a vibrant and healthy community.

#### o You may also like the following events from Portland Rose Festival:

- June, 7th June, 01:00 pm, Fred Meyer Junior Parade in Portland
  - Rose Festival Events website 2023

■ June, 9th June, 11:00 am, <u>Queen's Coronation</u> Presented by Unitus Community Credit Union in Portland

#### ★ Exceptional Parents RESOURCES DIRECTORY

#### EXAMPLES of resources and links to NATIONAL agencies & websites

 Adaptive sports and recreational activities, adaptive technology, directory of early intervention, toddler programs, and preschool special education resources for children with disabilities.

#### ★ Southwire Portland E-Prix - Portland International Raceway

- 2023 Southwire Portland E-Prix in the ABB FIA Formula E World
   Championship on Saturday, 24 June
- Tickets starting at \$35

#### **★** Free COVID Tests

- Every home in the U.S. is eligible to order 2 sets of 4 free at-home tests. If you already ordered your first set, order a second today.
- Need help placing an order for your at-home tests?
- Call 1-800-232-0233 (TTY 1-888-720-7489)
- ★ The ARC presents: Positive Behavior Support (PBS) It Starts with You!

  Date: June 7, 2023 Time: 10:00am 11:30am
  - o During our time together we will learn:
  - o A framework to understand behavior and the need(s) it is communicating
  - The overarching goals of PBS
  - Tools to help us respond instead of react when someone is escalating or engaging in dangerous behaviors

- Strategies that support regulation of the nervous system and help people build new skills.
- The training includes resources and strategies designed for service providers supporting people who experience intellectual and developmental disabilities. However, the content is applicable to anyone who is in a role where they are providing direct services to others.
- Meeting Type: Virtual Training via Zoom. Cost: \$30.00 Registration
   Information: Register online here. Email: training@TheArcOregon.org or call: 503-581-2726
- ADDITIONALLY There are MORE JUNE 2023 training events →
   The ARC's CALENDAR can be seen HERE

#### ★ Oregon Special Needs GRANT PROGRAM -

- Open to any person with a disability for home or vehicle modifications, adaptive equipment or technology, communication devices or durable medical equipment needed to increase accessibility at home, work, school or in their community. The maximum Accessibility Grant award is \$2,000.
- ★ SAMPLE for MAY 2023- Cheap & Easy Portland Events Looking for things to do in Portland on a budget? Check this page each Friday for our top affordable weekend picks, or keep scrolling for a comprehensive breakdown of \$15-and-under events every day of the week

#### ★ Airway Science for Kids Free After School Programs

- Airway Science for Kids will be offering free after school programs for students ages 11-14, Monday through Friday 3:00pm to 6:00pm during the school year.
- Flight simulators, <u>Kerbal Space Program</u>, STEAM activities, and homework help will be available to begin with and additional programming will be added as the program expands.
- A one time registration is required: <u>Register here.</u> After registration students are welcome to drop in any day Portland Portland Public Schools are in session.
- Here are all the details:
- Free
- Aerospace Training Center (ATC), 3710 N Mississippi Ave. Portland
- Serving Portland Metro Middle Schools
- One time registration required
- Students *must* be picked up by **6:00pm**

**Dates:** 1/3/23-6/13/23. Every day that Portland Public Schools are in session from 3pm-6pm.

#### ★ Tending Together Parent Group

- A free monthly opportunity to join with other parents and caregivers in exploring respectful, intentional care in a supportive, facilitated group. Each month we'll dive into an article or podcast episode. I will facilitate our conversation with prepared prompts to spur contemplation and discussion.
- You are welcome to bring your own "wonderings" or just listen to the discussion. Participate at whatever level feels comfortable to you.
- The primary intention is to create a space for regular reflection, discussion, and connection.
- When: 2nd Tuesday and 2nd Saturday of each month at 12:00pm -1:00pm

#### Register here

# ★ SUMMER is COMING - Stay Cool @ Cooling Locations in Multnomah County

- Staying healthy requires more than good health care, especially during extreme heat events. If you don't have access to transportation, our partners may be able to help you get to a cooling shelter. You can call Ride to Care directly at 855-321-4899. TriMet also offers free rides to cooling centers when it is very hot.
- For future extreme heat events, Health Share may be able to help you stay
  cool or keep your indoor air clean. <u>If you are in need of a fan, air</u>
  conditioner, air purifier, or other items, give our customer service team a
  call.
- To learn more, please contact the Health Share Customer Service team at 503-416-8090 or contact your health plan directly: • CareOregon:

503-416-4100 • Kaiser Permanente: 503-721-6435 • Legacy |

PacificSource: 888-675-0350 • OHSU Health: 844-827-6572 • Providence:

503-574-7247 . Email: info@healthshareoregon.org

# ★ Open Saturday at Pearson Field Education Center

- Open by reservation each Saturday from 10am-4pm, the Pearson Field Education Center is the ideal location for youth of all ages to experience STEM education through aviation. We feature a flight simulator lab, vertical wind table, glider building, historic airplanes and collections on display, and various educational programs.
- Entry fee is \$7 for each individual age 6 and above. Thanks to a donation from iQ for Kids, iQ Credit Union's non-profit fund, admission is free for those currently receiving SNAP food assistance benefits. Simply make your

- reservation and show your valid EBT card and photo ID at the front desk when you arrive. Valid for up to four individuals per EBT card.
- To make a reservation by phone contact 360-992-1818

#### ★ My People's Market 12 (all)

- Connect with friends old and new for an experience only My People's
   Market can deliver. 100+ BIPOC businesses, food, music, & performances
- o When: Saturday June 3 12pm-6pm
- Where: Redd East Event Space 831 SE Salmon St Portland

#### ★ Portland Parks & Rec: Stay and Play Video Series

- Check out the entire series on the Portland Parks & Recreation YouTube channel
- Portland Parks & Recreation's new Stay and Play video series presents content for you and your family on fun subjects like performing arts, preschool, visual arts, nature, sports, fitness, and swimming.

#### **★** Oaks Park Specials

- o May 31 June 2 & June 7-10 & 10 AM-2 PM; May 28-30, 11 AM-7 PM
- Three (3) full days of family fun including competitive exhibits, musical and stage performances, a car show, pioneer village, as well as small animal activities. Fair Exhibit Admission: FREE
- Oaks Park attractions are open from 12-7 PM every day of the fair.
   ATTRACTION FEES apply to rides, roller skating, mini golf, etc.

# **★** OHSU Edu University Center Excellence Development Disability Resources

- Links attached for each of these categories
- Staying healthy
- Communication
- Transition
- Resources for families

- Community connections
- Employment

#### ★ Familias En Accion - Mental Health Latinx Community Resources

#### ★ Be Like Buddy.com Oregon (KIDS)

- Click the link for SOCIAL STORY VIDEOS
- PLEASE NOTE- It MAY be too late to register as 2023 CAMPS may be FULL.
- 2023 Summer Camp: NE Portland July 17 August 11 Rose City Park
   Methodist 5830 NE Alameda St
- Northwest Children's Theater and School offers financial aid in the form of scholarships and payment plans.
- No child will be turned away due to the inability to pay!
- NOTE the date for the North East Site for this camp July 17 August 11

# ★ Providence's Swindell's - Help that Helps

- June 26, 2023 from 5:30 pm -7:00 pm On-Line
- Tracy Hanson, Perinatal Educator with BirthPlace, Providence Medford
   Presents <u>Help that Helps</u>
  - Raising children is a full-time job and can be stressful. Join us for a free, virtual 2-part parenting series to learn about:
  - Tools for parents and caregivers of children (0-18)
  - Brain science that can help families thrive
  - Build resiliency, sense of safety and regulation
- Neurodiverse Queer Portland Dating Event (for 21 yrs+)

- Where: The Living Room Coffeehouse 8524 Southeast 17th Avenue Portland
- o When: Thursday June 8th from 7:15 pm-9:00 pm
- Neurodiverse Dating Event for Portland Area Neurodiverse People (21 yrs+)
  - Where: The Living Room Coffeehouse 8524 Southeast 17th Avenue
     Portland
  - When: Thursday June 15h 7:00 pm 9:00 pm
- ★ 2023 Portland Sports & Ent. Career Fair (hosted by Portland Thorns)
  - When: MAY 31 5:30 pm 7:30 pm
  - Where: Providence Park 1844 SW Morrison Portland
  - Looking for a career in sports? On Wednesday, May 31st, top sports organizations in the Pacific Northwest will be at the Pacific Northwest Sports & Entertainment Career Fair, and they want to meet you!
  - Take advantage of this opportunity to meet face-to-face with hiring managers from teams across the region that are looking for talented individuals like yourself. After making a great first impression you can stay and enjoy the fun of a Portland Thorns match – access to this event comes with a match ticket!
- ★ Schedule of Events: Wednesday, May 31st
  - 5:30pm 7:00pm Career Expo Begins
  - o 7:00pm-7:30pm Sports & Entertainment Panel
  - o 7:30pm Career Expo + Panel Concludes + Portland Thorns Kick-Off
  - 2023 Organizations Attending:
- Portland Thorns

- Portland Timbers
- Portland Trailblazers
- Hillsboro Hops
- RevelXP
- Sports Management WorldWide
- University of Washington Intercollegiate Athletic Leadership M.Ed. Program



#### **Midsummer Extravaganza at the Nordic Northwest Campus**

- What: 2-Day Midsummer Extravaganza at the Nordic Northwest Campus in SW Portland! Tickets grant access to both Friday evening and Saturday festivities.
- O When: Friday, June 23rd: 5pm 10pm & Saturday, June 24th: 10am 5pm
- O Where: Nordic Northwest, 8800 SW Oleson Rd, Portland, OR 97223
- O Bask in the warmth of the midnight sun as we commemorate the end of the cold winter months with the Oregon Midsummer Festival a delightful fusion of friendship, food, and drinks, transcending the boundaries of Scandinavian ancestry. This family-friendly celebration, steeped in centuries-old traditions, extends a warm welcome to all!
- The Oregon Midsummer Festival is proud to host The League of Swedish Society's 96th annual raising of the Portland Midsummer pole, an Oregon Heritage Tradition.