

OPTIONS FOR SOUTHERN OREGON offers consultation, training and innovative programs to serve low income individuals and people with psychiatric disabilities to inspire hope while supporting their participation as respected members of the community.

OUR MISSION
Options for Southern Oregon, 1215 SW G Street, Grants Pass, OR 97526

Mail with your tax deductible check to:

Thank You for your generous donation!
All contributions are tax deductible as allowed under IRS guidelines. To assure proper credit, please return this form with your gift.

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OR: Please send me an invoice once per month for \$ _____ each month for a period of one year as my response to the reduction in state funds for the disabled.

Yes, here is my contribution: \$25 \$50 \$100 or even more \$ _____
Your partnership is needed

**** Inspiring Hope While Supporting Participation in the Community ****



Options' spacious meeting room is available
to rent for community events, staff retreats or other gatherings.
For details, call 476-2373

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Return Service Requested

Options Planning

for Community Garden

We'd like to update our readers on the progress of Options' Community Garden. Over the past several months, Options staff have been getting the site ready for the community garden to open this Spring. Before anything is planted there is still much work to be done. Over the next three months we are adding soil amendments, fencing the garden site, planting permanent landscaping, constructing plots, and registering community members to be garden plot holders.

The Options Community Garden is in need of ongoing community support and volunteer labor. We need help constructing a handicap-accessible entry and building raised plots. On Friday, February 11th, we will be having our second volunteer "work party" at the garden where we will be working on constructing and separating individual garden plots.

We are extremely grateful for the support we have received from individuals and organizations including the Four Way Foundation, Chandler Pipeline Construction, Master Gardeners, Josephine County Juvenile Center, Barbara Steffey, Retired & Senior Volunteer Program and Grower's Market.

The garden will provide 30-35 plots, available to individuals and nonprofit organizations at a nominal annual fee of \$25. Registration for the Options Community Garden is open to the public and begins February 15th. You can register by contacting Options or by filling out the online registration form.

For more information regarding the community garden please contact Joe Serres, Programs Assistant at jserres@optionsonline.org, 541-476-2373 ext. 125, or visit www.optionsonline.org/CommunityGarden.htm

Miles Describes Recovery

Miles is a young man who has been working with Options' Case Management and Employment Works programs for the past two and a half years. While he has been making progress all along, Miles' life has changed significantly in the last year. On January 13th Miles was the first consumer to graduate from Dual Solutions drug and alcohol treatment program. Additionally, in the last six months Miles has returned to work. First he worked at Options washing the fleet of cars, then moved on to a catering/grounds keeping position at the Riverside Conference Center. Finally, Miles has received his GED from Rogue Community College and is considering attending college-level classes in the spring term. Crystal McMahon, Options Case Manager, sat down with Miles for a conversation regarding his recent successes.

Crystal: How did you manage to quit using drugs and alcohol?

Miles: By going into the Dual Solutions program, seeing a counselor there and attending groups. By attending AA meetings at the High-Lo Club. By obtaining and talking to a sponsor and by getting support from family, friends and the staff at Options. It has been a long struggle, but I kept on trying and this time it seems to be working.

Crystal: What would you say to others who are in the process of recovery?

Miles: I would have to say that belief in a higher power is very important. Developing a large support network is very helpful. Setting goals and accomplishing them has helped me to develop confidence- stop remembering yesterday and start thinking about tomorrow.

Crystal: Where do you plan to go from here?

Miles: I would like to acquire another part time job, get a car and attend classes at RCC. I'd like to obtain an AA degree. Maybe sometime in the future I will work at the Crisis Resolution Center or some other human service position. By personally going through the recovery process, both from mental illness and addiction, I feel I have something to offer people.

Crystal: We would agree that you have a lot to offer!

As you can imagine, there are a lot of people who are very proud of Miles' accomplishments to date and look forward to hearing about his future. Thank you, Miles.

GARDEN WISH LIST

Soil Amendments
Gardening Tools
Tool Shed
Hoses/Sprinklers
Picnic Tables & Benches
Standing Bulletin Board

GARDEN WORK PARTY!

Friday, February 11th,
2-5 p.m.

Please join us for a few hours of volunteer work to help build the Options Community Garden! Bring gloves, pizza & refreshments provided.

New Contracts and Funding

US Bank – US Bank recently donated \$1000 to Options in support of our service programs.

Community Development Block Grants–

Options was recently chosen as the Community Development Block Grant (CDBG) monitor for the construction of a Head Start child development center on the Rogue Community college campus. In addition, Options was awarded the CDBG grant administration contract for the Siskiyou Community Health Clinic in Cave Junction. For both of these projects, Options will provide monitoring to ensure that they comply with regulatory requirements and projected timelines.

A Fond “See You Later”

After 17 years with Options, Darrel Pearce has moved on. Darrel came to Options in 1988 and almost immediately began working on the projects that would define his legacy at Options – creating safe, affordable housing for people with low incomes and mental illness. Over the years, Darrel took the lead in the creation of the Willows, Blackberry Knoll, Starthistle, Red Oak Manor, and Westview Commons apartment buildings, as well as the remodeling of the Options building. In addition to these projects, Darrel participated in grant writing, consulting, and published the Options newsletter. In his spare time, Darrel helped start the Ashland Independent Film Festival and will now apply his considerable talents to the continued development of the festival, which is now in it's fourth year. Darrel is greatly missed at Options, but we wish him the best of luck and are very grateful for the warmth, vision, humor, and creativity that he shared with us over the years.

New Hires

We would like to announce the arrival of two new faces at Options:

*Gary Nelson has been hired to assist with the maintenance of Options' physical plant, including the main office building and apartment complexes. Gary will also coordinate Options Transportation Service and assist with website development. Gary's background in engineering and construction will surely be an asset to our agency.

*Monica Wickham is our new Housing Support Specialist. Monica will work in Options' Recovery Homes, the two clean and sober housing facilities recently acquired from LAMP, Inc. Monica will coordinate the programs and assist residents in their transition into sobriety and independent living. Monica works part time and is also pursuing a degree in Human Services.

Welcome to Gary and Monica!

This is the eleventh issue of the Options Newsletter and marks the beginning of our fourth year of publication. We wish to thank all the gracious donors who have utilized this avenue to support Options. We also wish to express our heartfelt appreciation to the Meyer Memorial Trust, from whom the grant originated to make this newsletter possible.

Email

If you would prefer to receive our newsletter by email, please give us a call, drop us a letter or email us. This will save Options money on paper and postage.

Phone: 541-476-2373 leave a message for Charlotte or Angela **Email:** cthompson@optionsonline.org

Check out our website: www.optionsonline.org

