

## COVID-19 / GET READY GORGE

By Belinda Ballah, Director, Hood River County Prevention Department  
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It is difficult to not be worrying about this virus day and night. Knowledge about resources in our county will help to put your mind at ease.

Hood River County has activated an Emergency Operation Center (EOC) with Hood River County Public Health as the lead agency. This group will come together to plan, prepare, and respond to needs in our community, and will be aiding the recovery of the community once the pandemic has passed. Some of the people working the EOC are county staff, while others are volunteers and representatives of other Hood River County agencies.

Weekly informational sharing calls with these partners strategize and address needs in the community. Constant communication between regional, state and federal agencies is mandatory because the pandemic is continually evolving, and guidelines along with it.

The [www.getreadygorge.com](http://www.getreadygorge.com) website helps to address the need for factual up-to-date information and resources, in both Spanish and English. Tabs that provide links to agencies in our region

that can assist with food, housing, medical, behavioral health, business loans, and unemployment. There is also a link for volunteers.

Residents can access basic information on the public call in line. This will be updated if conditions change. Those numbers are: ENGLISH 541.399.8022 and SPANISH 541.399.8023.

The outpouring of resources, creativity and willingness to collaborate across many agencies is heartwarming. Please remember to take care of yourself. Practice Social Distancing. Reach out to friends, family, and neighbors. We will get through this together.



# REGIONAL RESOURCE DIRECTORY

By Kathy Smith, HRCPD Office Manager  
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Over the years many of our organizations in the community have contacted us about updating the 2008-2010 Gorge Resource Directory. Last November our office received a small grant from Ford Family Foundation to help us put together a committee to work on getting the directory updated and re-printed.

With Heidi Venture as the coordinator, we gathered together a committee of community partners from each of the five counties in the Columbia River Gorge: Hood River, Klickitat, Sherman, Skamania, and Wasco. Heidi also got a commitment from the Hood River News to print the directory.

Three workgroups were formed: Content, Articles, and Design. Our partners in each county shared their resources and we all, over the winter, gathered other resources from various different agencies.

The Content group, which includes our office, began to pull together all of the resources. The Articles group reached out to agencies for articles on parenting, family services, youth activities, and

others. The design group worked on how to 'package' the directory.

Our office, following the COVID-19 procedures, is all working from home. This gives us the opportunity to spend more time working on the directory. We appreciate all of our partners who continue to provide their resource lists and are adding any new information.

The goal of the committee is to have the Regional Resource Directory printed and ready for distribution by June. We are very excited about the prospect of having this valuable resource again available for all of the communities in the Gorge.

Our next goal is to work towards making the Regional Resource Directory available online. We are looking forward to working with our community partners to make this happen.

## THINGS TO DO

### APRIL:

1 - Alcohol, Tobacco & Other Drug Coalition Meeting (ZOOM electronic meeting @3:30pm)  
All April long, live stream tours of Hood River's art spaces! Join us at @hoodriveroregon.  
Visit the Hood River Library: <https://hoodriverlibrary.org/>  
For a schedule of community events visit: <https://gorgecurrent.com/>

### MAY:

6 - Alcohol, Tobacco & Other Drug Coalition Meeting (ZOOM electronic meeting @3:30pm)  
Visit the Hood River Library: <https://hoodriverlibrary.org/>  
For a schedule of community events visit: <https://gorgecurrent.com/>

### JUNE:

3 - Alcohol, Tobacco & Other Drug Coalition Meeting (ZOOM electronic meeting @3:30pm)  
Visit the Hood River Library: <https://hoodriverlibrary.org/>  
For a schedule of community events visit: <https://gorgecurrent.com/>

## WEBSITE AND HEALTH MEDIA

By Nubia Contreras, Prevention Specialist, Health Media Club Coordinator  
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We want to start off by saying that we miss our Health Media Club members and hope to see them soon. We are taking this time to work on a few projects that will be useful to everyone once they are completed.

The first project is revamping our “*Hood River Prevents*” website. There is lots of helpful information and resources for the community. We want to make sure that the [website](#) is structured in a way that is easy for the community to use. Which is why we made short surveys in English and Spanish so you can let us know what you think and give us suggestions.

<https://www.surveymonkey.com/r/HoodRiverPreventsSite-Eng>

<https://www.surveymonkey.com/r/SitoHoodRiverPrevent-Spa>

Thank you for taking the time to help us provide information in a way that meets your needs.

Another project we are working on is our Health Media Club Curriculum. The Health Media Clubs have been in the high school for ten years, and with time some of the activities and topics we covered have been outgrown by the club members. So, even though we do miss our members, we are using this as a positive and constructive time, so we can come back in the fall with an even better club. A club full of new and, of course, some old activities, but most importantly some new topics that the students will enjoy. We will try to reach out to the students via text during this process to get feedback as this is intended for them; we want them to have a say in it.

One last thing to mention is that due to COVID-19, the Gorge Youth Prevention Summit has been postponed until next April. We are still working on the exact date, but it will be the last weeks of April and Hoan Do, former Ninja Warrior, will still be the keynote speaker. This extra time also allows for some new additions to the Summit. We will keep everyone posted as the date approaches.

## SRCH GRANT

By Jane Palmer, Contractor

Sustainable Relationships for Community Health

Spring 2020, a time that will go down in the history books as the Covid-19 pandemic changed the world. While we are all having to redefine “normal” one thing hasn’t changed, we are still community and we care for each other.

SRCH Grant work has taken a back seat on the priority list. Our personal priorities must include ways to weave prevention into our social distancing and “Stay Home, Stay Safe” lifestyle. Planning each day to include selfcare and order is important.

Taking time to focus on the good and sharing that good and care with others will be helpful.

Soon we will return to taking charge of other health prevention actions such as: making and keeping our “well person” medical appointment, asking our health provider about screening for cancer, managing stress without using substances that are harmful, like alcohol, drugs, and tobacco.

The days are getting longer and warmer, the spring flowers are in bloom and we have a community that is united in getting through these challenging times together. I’m grateful to live in the beautiful Columbia Gorge, where people care about each other and we all work to make this the best place to live, work and grow! Stay well!

# POSITIVE PARENTING: 10 TIPS TO HELP KEEP THE CALM AT HOME

By Belinda Ballah, Director, Hood River County Prevention Department  
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With schools closing and many parents working at home or facing job uncertainty, it's more important than ever to use positive parenting and healthy approaches to [discipline](#). Some examples:

- 1. Prevent boredom.** Bored or frustrated children are more likely to act out. Many U.S. children have had their lives disrupted - they are out of school, and they can't play with their friends. Try to keep kids busy with a [healthy and productive schedule](#) at home.
- 2. Address fears.** Children who are old enough to follow the news may be afraid, for example, that they or their parents are going to die. The medical research about COVID-19 shows that healthy people under 60 are unlikely to get very sick or die. Talk with children about any [frightening news](#) they hear.
- 3. Use time-outs.** This discipline tool works best by warning children they will get a [time-out](#) if they don't stop. Remind them what they did wrong in as few words and with as little emotion as possible. Then, remove them from the situation for a pre-set length of time (1 minute per year of age is a good guide).
- 4. Redirect bad behavior.** Sometimes children misbehave because they don't know any better and need some guidance. Find something else for your child to do.
- 5. Know when not to respond.** As long as your child isn't doing something dangerous and gets plenty of attention for good behavior, ignoring bad behavior can be an effective way of stopping it. Ignoring bad behavior also can teach children natural consequences of their actions. For example, if your child keeps dropping food on purpose, there will be nothing left to eat.
- 6. Praise success.** Children need to know when they do something bad – and when they do something good. Notice good behavior and point it out, praising success and good tries. This is particularly important in these difficult times, when children are separated from their friends and usual routines.
- 7. Allow time for attention.** The most powerful tool for effective discipline is [attention](#) – to reinforce good behaviors and discourage others. When parents are trying to work at home with children who are out of school or childcare, this can be tough. Clear communication and setting up expectations, particularly with [older children](#), can help with this.
- 8. Avoid physical punishment.** The Academy reminds parents that spanking, hitting, and other forms of physical or “corporal” punishment risks injury and isn't effective. Physical punishment can increase aggression in children long-term, and fails to teach children to

behave or practice self-control. In fact, research shows it may harm the child and inhibit normal brain development. Corporal punishment may take away a child's sense of safety and security at home, which are especially needed now.

**9. Take care of yourself.** Caregivers also should be sure to take care of themselves physically: eat healthy, exercise and get enough **sleep**. Find ways to decompress and take breaks. If more than one parent is home, take turns watching the children if possible.

**10. Remember to take a breath.** In addition to reaching out to others for help, the AAP recommends parents **feeling overwhelmed** or especially stressed try to take just a few seconds to ask themselves:

- Does the problem represent an immediate danger?
- How will I feel about this problem tomorrow?
- Is this situation permanent?

In many cases, the answers will deflate the panic and the impulse to lash out physically or verbally at children.

Links to resources:

[www.healthychildren.org](http://www.healthychildren.org)

[https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19\\_10-Tips.aspx](https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Positive-Parenting-and-COVID-19_10-Tips.aspx)

[https://www.healthychildren.org/spanish/family-life/family-dynamics/communication-discipline/paginas/positive-parenting-and-covid-19\\_10-tips.aspx](https://www.healthychildren.org/spanish/family-life/family-dynamics/communication-discipline/paginas/positive-parenting-and-covid-19_10-tips.aspx)



**Please reach out to our office with any questions, comments, suggestions, or concerns. You can reach our main office line at 541-386-2500.**

**We look forward to connecting with you!**