

MCHA NEWS

Spook-tacular | Moving | CDC



Trunk or Treat
is a spook-tacular event
Downtown Woodburn
Plaza each year
N 1st St. between Garfield
St. and Grant St.
Saturday, Oct 26th at
4-6:30pm

Contact here at
MCHA

When you have recertification,
general questions. Or you need
to submit a work order. Contact
a case manager below:

Case Manager:
Sammy Hadaller
shadaller@mchaor.org
503.798.4178 OFFICE

Senior Case Manager:
Gaby Garibay
GGaribay@mchaor.org
503.798.4185 OFFICE

Property Manager:
Alice Garcia
ARGarcia@mchaor.org
503.798.4170 MAIN



2645 Portland Rd NE STE 200
Salem OR 97301

FAMILY NIGHT
CORN
MAZE

COST: 0-5 FREE
6 & UP \$5.25
DATES:
THU, OCTOBER 10
THU, OCTOBER 17
THU, OCTOBER 24

FORDYCE 7023 Sunnyview Rd NE - Salem, OR 97305

What is Hoarding?

TACKLING CLUTTER: HOW WE CAN HELP KEEP YOUR SPACE
COMFORTABLE AND SAFE

Living in a cozy apartment means making the most of your space, but sometimes things can pile up quicker than we expect. If you're finding that clutter is taking over, you're not alone. Many people struggle with managing their belongings, and it's easy to feel overwhelmed. But don't worry, help is available, and there are simple steps you can take to regain control of your living space.

HOARDING CAN BE SIMPLY DEFINED AS WHEN THE AMOUNT OF CLUTTER IN A HOME PREVENTS ITS FUNCTIONAL USE. THIS MEANS THAT SPACES LIKE KITCHENS, BATHROOMS, BEDROOMS, AND DINING



ROOMS ARE SO FILLED WITH ITEMS THAT THEY CAN'T BE USED FOR THEIR INTENDED PURPOSES. HOARDING OCCURS IN DIFFERENT STAGES, WITH FIVE DISTINCT LEVELS:

- Level 1: Minor clutter, which is manageable and doesn't disrupt the use of the home.
- Level 2: More noticeable clutter, but the home is still functional.
- Level 3: Rooms begin to lose their functionality, and clutter starts to obstruct pathways.
- Level 4: Significant clutter that blocks rooms, creates hazards, and impacts hygiene.
- Level 5: Severe hoarding where rooms are fully blocked, pathways are obstructed, and there may be animal or human waste present, making the home unsafe.

It's important to remember that Level 5 hoarding situations don't happen overnight. A Level 2 or 3 situation can quickly escalate without the right intervention and prevention strategies.

WHY HOARDING IS A CONCERN

Beyond the visual impact, hoarding can lead to serious safety risks. Blocked exits, fire hazards, and even pest infestations are common issues in more severe hoarding cases. These conditions not only affect the individual but can also pose risks to neighbors and the broader community.

HOW TO PREVENT ESCALATION

If you're concerned about clutter in your home, here are some helpful strategies to start with:

Regular Cleanups: Commit to decluttering your space regularly. Even 15 minutes a day can make a difference.

Salem Community Markets



Protect Yourself

"It's not to late!"

Get Your COVID-19 and Flu

October air, complete
with dancing leaves and
sighing wind...

By Jaime Allison Parker

STAY ORGANIZED: INVEST IN STORAGE SOLUTIONS OR USE LABELING SYSTEMS TO HELP KEEP THINGS IN ORDER.

ASK FOR HELP: WHETHER IT'S A FRIEND, FAMILY MEMBER, OR PROFESSIONAL SERVICE, GETTING ASSISTANCE CAN PREVENT THINGS FROM GETTING OUT OF CONTROL.

SUPPORT IS AVAILABLE

If clutter is becoming unmanageable, know that there are resources to help. You can join an online Hoarding Support Group that provides a safe and anonymous space to connect with others who understand what you're going through. This group is open to anyone dealing with hoarding, as well as loved ones and friends who want to offer support. Meetings take place online, and everything is done through typed messages to ensure privacy.

ONLINE SUPPORT GROUP MEETING AT WWW.HOARDINGCLEANUP.COM/CHAT_ROOM

Sunday Night Support Group

Time: 5:00 pm

Duration: 2 to 3 hours

What to Expect: A supportive environment where you can discuss clutter-related challenges and learn helpful tips.

Tuesday Night Peer-to-Peer Support Group

Time: 6:00 pm

Duration: 2 to 3 hours

What to Expect: A peer-led space to connect with others who are facing similar struggles. Share experiences and find encouragement from those who understand.

For more information on managing clutter or to seek professional assistance, visit hoarders.com or call 1-800-HOARDERS.



**Aumsville's Annual POP-UP
Pumpkin Patch**

October 19, 2024
Noon-2 pm
at Porter-Boone Park

Thurs, Oct 10
6:00-7:30 pm

FREE & VIRTUAL

CELL PHONES & CHILDREN, BEST PRACTICES

About the Training:
Explore the digital world through the eyes of young users via fun videos and interactive discussion.

Learn the 3 best practices you and your children can implement TODAY to stay safe and have healthy relationships with cell phones.

Children encouraged to attend with their parents!

Questions?
Max Gutfreund
MGutfreund@LibertyHouseCenter.org
Cell: 503-510-0299
Office: 971-599-5876

Register

or rebrand.ly/162uyfd

Stayton

Bulky Waste Event

Sustainability in Action

Date: October 26th, 2024
Location: Stayton Community Center
Time: 9:00AM to 2:00PM

FREE

Stayton's Bulky Waste Event accepts many items otherwise hard to dispose of, including dishwashers, stoves, dryers, water heaters, couches, mattresses, scrap metal, tables and chairs, and clean, untreated wood.

The program does not accept appliances with freon, construction debris of any type, propane bottles or canisters, paint, batteries, solvents, thinners, household garbage or car tires.

No Trash

Image courtesy of AT

MOVING

Moving? Here's What You Should Know

When moving within Oregon, the rates and services of moving companies are regulated by ODOT's Commerce and Compliance Division. Below is helpful information and resources to ensure you're an informed consumer before, during, and after your household move. This is especially important for seniors, as some moving companies or individuals may try to take advantage of them.

For more information and to look up moving companies, visit ODOT's website www.oregon.gov/odot/MCT/Pages/HouseholdGoodsMoving.aspx