

Southwest Hills Neighborhood Association

SHiNA Newsletter - May 2020

Hello Neighbors! The SHiNA Board wants to thank you for cooperating with the State's mandate to stay at home, keep a distance, wear a face covering/gloves and wash hands during this pandemic. We are learning a lot about the seriousness of this virus, the impacts that density plays and the need for emergency preparedness. We send our condolences to those who have lost loved ones and wish everyone good health. A cheer goes out to those working in the healthcare and safety fields.

All SHiNA General and Board Meetings have been canceled along with the Annual Picnic since the Wayne Morse Family Farm is closed to such activities. We will have zoom meetings on the scheduled meeting dates on the back page. Please join us in those conversations at those times.



CONNECTIONS



In this time of pandemic our minds shift to a global view. Thinking globally, we are faced with the idea that we are all connected, no longer separate nations battling with each other for the goods and resources of the planet. Now is the time to learn to share.

We are sharing a virus that arose from our global connection, let's learn to share in its solution. This unprecedented world epidemic is a clue, an outcome as to how we are overusing our home the Earth. It is only one of many results of our consumptive habits, using the resources of the planet and causing great pollution through that use, such as with our transportation. The heating of the Earth has increased the severity of many wildfires, tornadoes, hurricanes, sea level rise and diseases such as COVID-19. "Dr. Campbell-Lendrum (Head of the Climate Change and Health Program at the World Health Organization) explained that while climate change isn't directly correlated to the cause of coronavirus, it's very clear that the damage that we're doing to the natural world does make it more likely that these diseases will emerge." The Earth is sick with carbon and the virus may be a way it's healing itself. During this shut down we have greatly reduced moving around. By not using our cars we've had a 50% reduction in the carbon emitted into the atmosphere and the consequence is in the air being cleaner and clearer. The atmospheric result is less carbon and less global warming. It gives us a snapshot of what we need to do.

Thinking Globally, how can we Act Locally to maintain the pollution and climate benefits of this shutdown? We can travel by vehicle less and more sustainably by making the shift from petroleum vehicles to electric cars, to riding the bus or a bike and to walking more for our daily transportation needs. We can change our consumption habits toward sustainable and locally-produced products. Rather than pointing the finger at any national group, either political or corporate, we need to hold ourselves accountable for what we do and buy.

The coronavirus is only a symptom of a much larger issue which is human abuse of the Earth's environment. The damage to this balance in which all life exists and shares space is leading to mass extinctions and extreme weather events. The solution to these global human-caused problems begins with each of us taking responsibility for our own actions and daily choices about how we travel and what we consume. We need to make conscious efforts towards protecting the planetary habitat we share with all other living things.

by Fred Mallery, SHiNA Board Member



Physical Distance, Social Connection

COVID-19 has impacted all of us in sudden and new ways. There are a few bright sides, like the opportunity to connect with neighbors (from a 6' distance) and reduced CO2 emissions from people driving less. And there are serious and numerous down sides, like people being out of work, many businesses are struggling or shut down, and some neighbors are unable to access food or other necessities without fear of getting sick.

We are literally all in this together – whether working from home and doubling as a school teacher, going to work on the front lines with health care or in a grocery stores, or out of work and alone at home.



We have seen people step up to help others during this time of crisis. For those that have the capacity, ask yourselves if you can support your neighbors in need. Perhaps it's just a hello and sidewalk chat with the neighbor who lives alone. Or it could be picking up some groceries for someone who would be vulnerable going to the grocery store. You could even meet a neighbor's kids in the park and kick a soccer ball around or look for spring wildflowers to give the parent an hour's reprieve. Of course, make sure to keep your physical distance with these activities.

Individual neighbors are doing and can do so much for each other. We invite you to send us your stories of how you're coping, how you've been able to help or about a neighbor who has helped you during this crisis. **Let's work together.** Now is a time for enhancing the social health of our neighborhood while ensuring our collective physical health through distance.

by Clay Neal, SHiNA Board Member



South Eugene Inter-Neighborhood Coalition / Recovers

Many people want to help but don't know where to start. SHiNA has joined with 3-nearby neighborhoods (Southeast Neighbors, Friendly Area Neighbors & Amazon Neighborhood Association) using "Recovers," a free platform for communities to locally organize disaster relief. The 4-neighborhood Recovers page provides an easy process to privately request help, offer donations and sign up to volunteer. The site is monitored by volunteers from the four neighborhoods who make connections between those needing help and those willing to help.

The website SouthEugene.Recovers.org has up-to-date information from Lane County Public Health, the City of Eugene and other community organizations. For those seeking help that lack an internet connection, the telephone hotline 541-972-3867 is set up so you can speak to a trained volunteer or leave a message and get more information about how to get involved.

SHiNA is responding to this unprecedented pandemic with volunteers, we'd like you to join us, we need your help. We particularly need folks to form communication networks with their nearby neighbors. **Please check in with your nearby neighbors** and do what you can to help them stay home and stay healthy. Sign up on the Recovers page if you need help or can offer your assistance more widely. Encourage your neighbors to do so too. **We're all in this together!**

by Ron Bevirt, SHiNA Co-Chair

Help Southwest Hills Neighborhood Association Keep You Informed

Your SHiNA Board is committed to providing information on our website and through our printed and online newsletter about ways to get help, volunteer or stay safe right here in our neighborhood. SHiNA only sends out news and information relevant to our neighborhood and community, and our goal is to reach every neighborhood household either digitally or with a printed newsletter. The newsletters and postcards are infrequent and expensive to mail - So Please Help Us Reach You - by providing us with your email address at www.swhillseugene.com, Click on the CONTACT - NEWSLETTER button on the upper right.

SHiNA volunteers are staying up to date on the local, regional, and federal resources and information that impacts our neighborhood. We are providing information to you through the SHiNA website and newsletter, Facebook www.facebook.com/SWHillsNeighborhood and Southwest Hills, Eugene Nextdoor: www.nextdoor.com/neighborhood/southwesthillsor1--eugene--or/

In addition to providing the **list and description of resources available to you below**, SHiNA board members are available to help connect neighbors with resources. Email: shina_board@googlegroups.com

- Lane County Public Health Non-Emergency Help Line: 541-682-1380 (8am-8pm daily)

Lane County Public Health can answer all kinds of COVID related questions and can be reached for any non-emergency related health questions, or when seeking social services support and information. www.lanecountyor.gov/coronavirus

- Food for Lane County: 541-343-2822 (9am-4pm, Monday - Friday), www.foodforlanecounty.org

Food help is available to a wide range of individuals in recognition that people of all incomes can struggle with food insecurity. Drive thru food pantries in operation now.

- White Bird Clinic: 541-342-8255 (9am-5pm daily), www.whitebirdclinic.org

Resources for individuals experiencing homelessness and information for volunteers and donations. Their COVID-19 Resource Distribution Center provides resources for individuals experiencing homelessness and information for donations and volunteers. The White Bird Shelter System Hub operates daily from 9AM to 5PM as a check-in point for temporary shelter-in-place locations, tent supplies, COVID-19 assessments, clothing, clean water, hand washing stations and porta-potties.

- CAHOOTS, Intervention Help in a Moment of Crisis: 541-682-5111 (24/7)

White Bird's CAHOOTS responds to a range of needs and situations, including mediation in disputes, threats of suicides, homelessness camp; substance abuse. www.whitebirdclinic.org/cahoots

- Senior Loneliness Lines: 503-200-1633 or 800-282-7035 (24/7), www.seniorlonelinessline.org

This service can provide ongoing support, connect callers with resources or just listen. Personal information is completely confidential, and no one will follow up with you unless you request a call back.

- United Way: Dial 211 (8am-6pm, Monday - Friday), www.unitedwaylane.org/covid-19

Specialists can connect you with nonprofit, government and faith-based services for needs related to child services, food, health, rent, utilities and more.

- City of Eugene Covid-19: www.eugene-or.gov/4333/COVID-19-Coronavirus

- Oregon Health Authority: www.govstatus.egov.com/OR-OHA-COVID-19

Serves as the lead agency for the public health response.

- Stay Home Save Lives: www.govstatus.egov.com/or-stay-home-save-lives

Facts and FAQ's for Oregonians about the importance of staying home to save lives.

- Eugene Chamber of Commerce: www.eugenechamber.com

Resources for businesses and the community regarding COVID-19, including a series of webinars featuring local experts regarding unemployment, the federal stimulus, business resiliency and more.

Southwest Hills Neighborhood Assoc

www.swHillsEugene.com

Be Engaged ... Know Your Neighbors & Volunteer

Be Informed ... Visit the SHiNA Website & Sign-Up for SHiNA eNews

Be Involved ... Discuss with Neighbors at SHiNA Meetings & Events
on Facebook & Nextdoor



Southwest Hills Neighborhood Assoc. - 2020 Calendar for Zoom Meetings

***** Mark Your Calendar & Join Us on Zoom! Visit the SHiNA website for more information about how to connect on Zoom and the Meeting's community agenda/topics to be presented/discussed. *****

Meetings	Date	Time	Speakers/Topics, Picnic Social Event & Elections
General	May 31st, Sun	3-5pm	Public Comments Welcomed , Agenda/Topics Online
Board	Jun 9th, Tues	6-8pm	Public Comments Welcomed, Agenda /Topics Online
Board	Jul 14th, Tues	6-8pm	Public Comments Welcomed, Agenda/ Topics Online
General: Social	Aug 30th, Sun	4-7pm	Public Comments Welcomed, Agenda/Topics Online , Online Social instead of the Annual Picnic , New Board Nominations
Board	Oct 13th, Tues	6-8pm	Public Comments Welcomed, Agenda/Topics Online, Board Nominations
General: Elections	Nov 15th, Sun	3-5pm	Public Comments Welcomed, Agenda/Topics Online, Voting for Board Members

SHiNA Website: www.swHillsEugene.com

SHiNA Board Email: SHiNA_Board@googlegroups.com

SHiNA Facebook: www.facebook.com/SWHillsNeighborhood

Nextdoor: www.nextdoor.com/neighborhood/southwesthillsor1--eugene--or/

Please Vote in the Upcoming City of Eugene Primary Elections by May 19th, 2020!
The SHiNA neighborhood is represented by Ward 1, Ward 2 and Ward 8 City Councilors.