



ShelterCare

*Hope is here.*

# Voices

*from ShelterCare Participants*  
Summer 2024

*"ShelterCare provides compassionate housing and behavioral health services for individuals and families wanting a safe and stable home in our community."*



Healing with Art group

**DISCLAIMER**

*Any stories that are works of fiction are just that. The persons and events portrayed are strictly from the authors' imaginations. VOICES is intended solely as a source of entertainment!*

## Growing through the Seasons

The increased sunlight that comes every year with Spring, along with intermittent showers, hail and rainbows, has quickly morphed into Summer heat.

Some ways people maintain personal stability through the ever changing seasons, is by managing gratitude, which sometimes involves taking part in traditional and alternative community celebrations, like Memorial Day, July 4th Celebrations, and Pride Celebrations, and sometimes involves developing new traditions, and more internal reflection, including things like meditation, writing, drawing and painting.

This issue of Voices newsletter contains an inspirational story about a retired colonial adjusting to a changing world, a spotlight on the Eugene Vet Center, an update on how to stay cool, a shoutout to Eugene Pride's upcoming event and transgender awareness week and plenty of inspirational art.



drawing by Lans

# Healing With Art Group



# Window Art by Healing with Art Group

"We're all trying to survive. Let's show kindness & grace." ~ SCBH (ShelterCare Behavioral Health)



### Short story by Jonathan W.

Corvo adjusts his sleep mask as it seems to swallow the nearby sunlight allowing the monarch to walk during the daytime. "Time for a family get together " Corvo sighs looking at the small tower stretching 5 stories tall and decorated in prismatic glass. "Wonder if Wilde is going to the so-called round table meeting" he strides toward the tower darting from shade to shade moving quickly. Meanwhile, Wilde struggles to not smash his head through the war room table as the other monarchs bicker. The two monarchs from the lands of sands were being incredibly obstinate. A man who glowed like the sun and a woman wrapped in so many bandages one would mistake her for a leper.

Corvo appears in the windowsill opening it "gods you are loud, you know this glass carries sound" Corvo's voice booms over the bickering sending some of the other monarchs into a startled jump. A woman who seemed split down the middle covered in mushrooms releases spores that smell sweet and a tall round man twists his large brown red beard taking a deep breath that seemed endless. The man with the blue skin and the golden lotus bun smiled, waving one of his many arms to Corvo. "Yes, as I was trying to say, we must not argue. If we fall into chaos, so too will the people we are meant to protect."

"Indeed the spiderfellow is correct, I came into the conversation late but good to see you used the glass well" Corvo takes a seat in the window smiling at the man "Please. I'm a proud oni of the Lotus Gardens. It would not do to compare me to a spider, no matter how glorious their creations may be." His eyes flashed with intricate sigils, hinting at his wrath while his tusked grin retained it's humor.

Corvo's grin widens, splitting along his jawline. "I heard from a little birdy some of your names, but I'll let you introduce yourselves. I am Corvo Blackmarrow lord of the underground and the raven father of fear" he bows. "My name is Yashiira Buddha, Sage of the six paths, eternal punk and protector of peace," the Lotus oni says posing like a Hercules statue.

The mushroom woman stood gently spreading spores around her as a soft voice seemed to echo in everyone's mind "be not afraid, I am Cleo mirasmus queen of the prismatic sporewilder" she curtsies.

The pirate captain sighed, sitting up, straightening his coat. "I am Admiral James Wilde, warden of the seas, protector of the Wilde Groves, and the Bloodstained Hunter." The woman sat as the round man floated gently upwards slowly rolling in mid air "I guide the wayward winds of the great collapse, I am Theodore gravitas. I haven't forgotten the destruction you caused dear black bird, tho your little accident gave me new life hohohoho" the man's presence suddenly seemed to cause the inside of the tower to feel intense gravity. "I suppose it's my turn~" a woman in a long red gown said, sipping from a wine goblet. "I am the Crimson Queen, goddess of vampires, and countess of slaughter," she says as the gravity returns to normal and he once again takes his seat. She grinned, waving dismissively. "Even if you had crushed the boy with that little pressure, it wouldn't amount to much when the wolf tears your throat out."

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The woman wrapped in bandages claps her hands on the table standing suddenly smiling like a lunatic "was that a threat?!"

Wilde smiled. Venom dripped from his words like acid as he spoke. "There is no threat. It's a fact of nature. If you harm my brother, I consume you like a rare steak. And if harm befalls me, the raven will peck out your eyes. Of course if you had any sort of familial loyalty, you'd understand that." Corvo steps from his perch standing behind the seated captain "the raven and the wolf have always been two sides of the same coin" both their shadows stretched out from under them climbing the walls

The crimson queen smiled wider. "And the bats have always held an alliance with them as well, as too do the sages, if I recall."

Corvo's voice hollows "by all means make enemies of the friends before you," the budda sighs generating a small sun banishing the shadows without harming anyone "can we please be seated and talk like civilized people, the city has enough arrogant brats"

"Agreed," said Wilde. "Especially the newest Apollo."

"Speaking of new you two haven't introduced yourselves or the young eavesdropper outside the door." Corvo's voice returns to normal as he takes his seat, perching atop his chair balancing Wilde waved a hand, the wooden floor roiling like the sea, carrying a slender man in heavy desert robes into the room. The eldest of the trio stands "I am horus chronus eldest of the siblings who wander the sands of time" as he talks he stands between the young man and the monarchs. The woman stood proudly despite her decrepit appearance. "My name is Anubis Chronos, the one who waits for all to crumble to dust."

"And I'm chronos thoth youngest sibling. I came because I'm 3rd in line for my lands" the young man takes a breath steadying himself. Budda speaks again " There are 2 others that couldn't make it today."

"That was... the chimera, right?" Wilde mused. "And who is the other one?"

"The sun princess" Corvo mused irises turning orange. "Oh! Was that the lass you've been pining for?" Wilde grinned, ribbing Corvo lightly.

"Indeed good old story of icarus flying too close to the sun."

"Icarus wasn't made of wax like you, bluejay."

" Bah what's a little fire between lovers?" He smiles wide as Wilde chuckled, his talons clicking against the wood table. "In any case, speaking of matters of lust, this new Apollo is getting out of hand. He's abusing his power to rape young men and women, leaving them traumatized or worse..." Corvo's rage flared causing the air to ..... *to be continued*

# The Participant Advisory Council Returns!

Here is big thanks to all that have contributed to return of the Participant Advisory Council (PAC), formerly known as Consumer Council.

ShelterCare's PAC is a participant-led group that meets every third Thursday of the month, 2:00-3:30 pm, at 499 W. 4th Avenue in Eugene.

Meetings are open to anyone enrolled in ShelterCare programs, and provide participants with a collective platform to discuss their thoughts about ShelterCare programs, city-wide issues, community resources, and more. Every person receiving services from ShelterCare is considered a member of the PAC. PAC gives participants a voice in all levels of ShelterCare, assisting administration to provide the best possible programs, surroundings, and services. Meetings are conducted in a civil and respectful manner.

PAC provides a great opportunity for socialization among participants, and snacks are provided! Yum!

## **Participant Advisory Council Mission Statement:**

*The mission of the ShelterCare Participant Advisory Council is to increase the involvement of program participants in ShelterCare, and in the broader community, and to empower participants with a coordinated participant voice, in order to maximize their overall quality of life.*

Each meeting is conducted according to a written agenda which includes:

- introductions
- approval of the previous meeting minutes
- financial report
- announcements
- Voices Newsletter updates
- new business
- guest speakers
- other topics as planned

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An agenda planning meeting takes place the first week of the month, with the support from the Staff Participant Liaison.

Additions to the agenda can be suggested at the meeting by any participant present. Guest speakers, meeting activities, and agenda items will be developed by the group. Meeting facilitation will be shared. All participants in attendance are welcome to help facilitate. Decision making will be by consensus. When consensus cannot be reached, voting will be conducted by the meeting facilitator(s) with the outcome determined by the majority of the participants present. Meeting minutes will be taken and will be submitted for approval at the following meeting.

**Participant Advisory Council Non-Violent Statement:** ShelterCare is a non-violent community. As a community which strives to be safe and respectful, we do not support gossiping, talking about other people, making fun of other people, or sarcastic remarks. We make every effort to address our issues with other people directly and privately. If we're not able to do this, we seek support to improve our problem-solving skills. We are kind, caring and compassionate with each other. We do not support any acts of violence in our community, including swearing, yelling, harassing, threatening, hitting, hurting oneself or others, or making anyone a victim of our behavior. ShelterCare is a non-violent, safe, and respectful community.

Contact Crys for more info @ 541-497-0650 or Rebecca @ 541-686-0359



art from Healing with Art group

## In The Mist

In the mist to the visions of many.  
visions of the past, visions of the present  
visions of the memory that's in our thoughts  
The mist is the visions of our dreams, our  
nightmares, our loves and our beginnings and our  
ends.

In the mist the shadows of time  
takes me on many journey's and the mystery  
becomes unfold and the memories reveal the  
pain, the cries of what visit, I will take  
and remain

The mist is the spiral that goes on and on.  
any direction I'll never know, it will  
lead me until I come to a stop, sometimes  
I stop for a moment, sometimes I just  
jump one memory after another

I'll travel some dimension, some period  
that becomes my peaceful place  
and sanctuary, to rest, to dream, to remember

Written By Owen Lyle Oshald

Retired Colonel Nicole Malachowski knows about adjusting to a changing world. Her successful military career ended prematurely due to the impact of late stage, neurological, Tick Borne Illness. When she was no longer able to pursue her career as mission ready fighter pilot and serving in the U.S. General Services Administration she focused her energy on becoming officially certified as both a Mentor and Ambassador in the Air Force Wounded Warrior Program and became a motivational speaker at local, state, and national events. In January, 2018, she founded Nicole Malachowski and Associates, LLC, a business dedicated to professional speaking and consulting. In this role, Nicole shows audiences and clients what it takes to break barriers and overcome adversity. Below is a great article that has great suggestions to create stability. Thank you, Nicole, for your service!

## **Future Proofing: How to Remain Stable in an Unstable World**

If there's a lesson that the last few years have taught us, it's that the world can be incredibly unstable. It's not just our own lives and jobs that we must manage, but we are also affected as a global community by health, financial, infrastructure, and political turmoil. Even while coping with our own personal challenges (like my battle with chronic Tick-Borne Illness), we can be thrust into an array of issues from the world around us. It can be difficult to maintain a forward-looking mindset when so much seems out of our control—but we can't allow ourselves to get bogged down. So, how can we look to the future and maintain a stable mindset in an unstable world?

Here are a few things you can do to maintain a healthy mindset even when your situation is less than ideal:

### **Acknowledge**

Be real about the situation. If something is upsetting, disappointing, or hard, it's good to acknowledge that the situation is not what you hoped it would be. It's not healthy to pretend that everything is great when it's not. Hard times happen, even to good people.

### **Step away or unplug**

If you have a small issue that's starting to overwhelm you, step away for a bit and take some time to clear your mind. Sometimes just getting a cup of coffee or a walk around the block can help you see a solution or a different path. If it's something bigger that's all over the news, it might be a good idea to unplug from your devices. Receiving constant notifications and updates can be a burden, and doom scrolling has never helped anyone.



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### **Stay active**

Go for a walk, take a bike ride or practice some yoga or mindful breathing. Staying active, at whatever level you are capable of, has a host of benefits for both the body and mind and helps support good mental health. This is also a way to carve out some self-care time. Schedule your active time on your calendar and stick to your commitment to yourself.

### **Set goals**

Have an idea of what you want for your future. In an ideal world, what does it look like? Make short-term and long-term goals for both your personal and professional life. It's hard to look to the future and have a positive mindset if you're unclear on what it is you want.

### **Act based on what is in your control**

So much is out of our control. It can be hard to navigate a situation that is so far removed from our own actions. Understand that those things are out of your control and make decisions based on what is in your power. Choose to be efficient in the use of your limited time, talent, and treasure.

### **Practice gratitude**

Identify those things for which you are grateful. This could be your family or friends, your home, your hobbies, or something as simple as a new season of your favorite TV show. Be thankful for what is going well, even when not everything is headed in the right direction.

### **Ask for help**

If you need help, ask for it! Don't let yourself drown in a problem when someone could help you. It might be something that a person can do for you, or it might just be asking a friend to let you vent about some concerns. If you're really struggling, consider speaking to a therapist or your doctor.

### **Recharge**

Everyone recharges in a different way, but make time to feed your soul. Hang out with friends. Read a book with a cup of tea. Soak in a hot bath. Take a run. Meditate. Just find something that helps you feel refreshed and allow yourself the opportunity to recharge.

Our world can be an unstable place, and that instability can cause uncertainty within us. Practice these tips to help future-proof your life and find a positive mindset and stability in an unstable world.



by Leslie

# In the spotlight at Eugene Vet Center

We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in VA and your community.

## **New Vet Centers and Satellite Locations Announced**

To improve access to counseling, we are adding three Vet Centers and six satellite locations across the US and its territories. The new Vet Centers and Vet Center Outstations will be located in Arizona, California, Minnesota, New Jersey, Tennessee, the U.S. Virgin Islands, and the Commonwealth of Northern Mariana Islands. We will continue to expand our program to meet Veteran demand and provide local support to those who served.

## **Weekly Groups**

Groups include: Afghanistan/Iraq, Aging Veterans, All Era Veterans, Anger Management, Interactive Coping Skills, GWOT, Taking Service, Veteran Senior, Vietnam Veterans, Wellness & Fitness, and Women's Veterans.

## **The Mobile Vet Center**

If your organization is holding a Veterans event, we can potentially help schedule a Mobile Vet Center (MVC) to attend. Call us and we can talk about your event.



## **“More Alike Than Different”**



Here's the result of the collaborative art project created at the ShelterCare table at Eugene Pride in 2022. A detailed description on the following page.

# MORE ALIKE PAINTING

We are more alike than different - this painting focuses on statistics related to homelessness and demonstrates how we each know someone who has had a similar experience. Homelessness is an experience, not an identity.

**Each color represents a different statistic related to homelessness. This painting was done at Eugene Pride, in 2022. Each person painted a heart that corresponded to an experience they related to.**



**Paint a PURPLE heart if you, or someone you love, has experienced...**

Intimate Partner Violence (38% of people who survive intimate partner violence will become homeless at some point in their life)



**Paint a TEAL heart if you, or someone you love, has a...**

Mental Disability (National stats say 20-25% of those experiencing homelessness live with a chronic mental illness, a Portland study found it to be as high as 38%.)



**Paint a GREY heart if you, or someone you love, has experienced a...**

Lack of housing (In Lane County, 54% of renters are cost-burdened by their housing with one in three households severely burdened, meaning they pay more than 50% of their gross income for housing. One in three homeowners is cost-burdened.)



**Paint a PINK heart if you, or someone you love, has experienced...**

Oppression & discrimination (The housing market has intentionally and systematically denied homeownership opportunities to people of color, people living with disabilities, immigrants, and other minority groups. Things like redlining, discriminatory lending practices, and displacement through gentrification have created generations of poor people of color without any accumulation and transfer of wealth between generations. The average white family transfers \$140,000 between generations, while the average black family only \$9,300.)



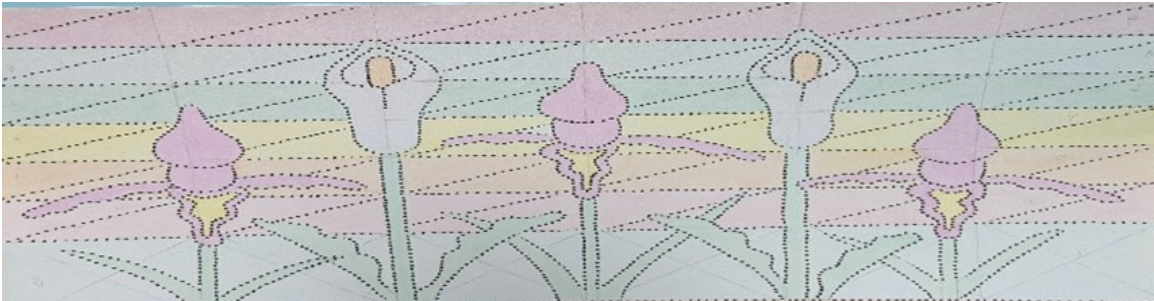
**Paint a GREEN heart if you, or someone you love, has experienced...**

Housing instability due to their sexual orientation or gender identity. (LGBT+ youth are 120% more likely to experience homelessness than non-LGBT+ youth.)



**Paint a BLUE heart if you, or someone you love, has experienced...**

Childhood trauma (90% of homeless adults had experience childhood trauma.)



by Patricia C.

## Want to become a better ally?

Learn about trans people by educating yourself with credible resources about community, language, issues, stories, and actions. Don't forget to come out for Eugene Pride.

AUGUST 10, 2024, 10 AM - 7 PM, Alton Baker park



A celebration of all that makes our community great, featuring: live entertainment, delicious food and drinks, community partners, local vendors, family activities and more.

Resource for support and services:



### ALL AGES

#### ▲ BOOK CLUB

- Tuesdays @ 5-6p
- Google Meet

#### ▲ QUEER FAMILY YOGA

- Wednesdays @ 6-7p
- Sheldon Community Center

### TEEN+

#### ▲ QTBIPOC GROUP

- 4th Tuesday @ 6-7p
- Contact us for the location

#### ▲ GENDER DIVERSE YOGA

- Wednesdays @ 7-8p
- Sheldon Community Center

#### ▲ QUEER, TRANS & DISABILITY GROUP

- Thursdays @ 7-8p
- Google Meet

#### ▲ WE/US/OURS SOCIAL HOUR

- Last Wednesday @ 6-8p
- Public House in Springfield
  - Alcohol present

#### ▲ TRANS & ALLIES SOCIAL HOUR

- 1st Saturday @ 10a - 12p
- Theo's Coffee House

#### ▲ TRANS COMMUNITY SUPPORT GROUP

- 2nd Saturday @ 11a - 12:30p
  - Contact us for the location
- 4th Saturday @ 3:30-5p
  - Google Meet

#### ▲ TRANSPARENT SUPPORT GROUP

- 2nd & 4th Saturday @ 11a - 12p
  - Theo's Coffee House
- 3rd Saturday @ 11a - 12:30p
  - Google Meet

All events are FREE ▲ All times are Pacific Time ▲ Visit [TransPonderOregon.org](https://TransPonderOregon.org) for details.  
Email [info@transponderoregon.org](mailto:info@transponderoregon.org) for links & locations.

[The GLAAD Media Reference Guide: Focus on Transgender People](#)

GLAAD's [Media Reference Guide: Transgender Terms](#)

GLAAD's [Media Reference Guide: Transgender People and Issues](#)

GLAAD's [Tips for Allies of Transgender People](#)

For more resources to learn about transgender people, check out: <https://glaad.org/transgender/>

And don't forget!

**TRANSGENDER  
AWARENESS  
WEEK** NOVEMBER 13-19

# Stay Cool!

For updated resources and places to cool off, visit: <http://lanecountyor.gov/cooling>

Eugene: All water fountains and splash pads in Eugene are turned on for summer. Splash pads are on 7 days a week, including holidays, from 10 AM - 7 PM at:

- Fairmount Park (E. 15th Ave. and Fairmount Blvd., Eugene)
- Oakmont Park (2295 Oakmont Way, Eugene)
- Skinner Butte Park (248 Cheshire Ave., Eugene)
- Washington Park (2025 Washington St., Eugene)
- Striker Field Park (Grand Cayman Dr. N. Antigua Dr., Eugene)

Eugene Community Centers are open for regular hours:

- Amazon and Petersen Barn Community Centers, 9 AM – 5:00PM, M - F
- Hilyard Community Center, 9 AM – 5:30 PM, M - F (limited capacity)
- Sheldon Community Center, 8 AM – 6:00 PM, M - F
- Campbell Community Center, 8:30 AM - 4:30 PM, M - F

Springfield City Hall fountain running during the heatwave

Lane Events Center: 796 W 13th Avenue, Eugene Performance Hall Meeting Room 1 (northwest corner of building); pedestrian access on 13th Avenue across from Monroe St.

Oregon Dept. Human Services: 2885 Chad Drive, Eugene; Open M - F: 8 AM - 5 PM, SAT-SUN Closed

Oregon Dept. Human Services: 2101 W 11 Ave, Eugene; Open M - F: 8 AM - 5 PM, SAT-SUN Closed

Downtown Eugene Library: 100 W. 10th Avenue, Eugene; Open M - TH: 10 AM-8 PM & F - SUN: 10 AM-6 PM. For the Heat Wave the Bascom/Tykeson Room will be open as a separate cooling center. Pets allowed.

Bethel Branch Library: 1990 Echo Hollow Road, Eugene; Open M, W, TH, F, SAT: 10 AM-6 PM, TU: 12-8 PM, SUN: Closed

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Sheldon Branch Library: 1566 Coburg Road, Eugene; Open M, W, TH, F, SAT: 10 AM-6 PM, TU: 12-8 PM, SUN: Closed

Eugene City of Eugene Recreation Centers, including pools. Check <https://www.eugeneor.gov/2482/> for locations for hours and locations.

First Baptist Church of Eugene: 3550 Fox Meadow Rd, Eugene; Open M 9AM - 5PM, TU -TH 8:30 AM - 5PM, F 8:30AM-12PM, SAT Closed, SUN 8:30 AM-1 PM

Nurturely Lounge: 56 E 15th Ave, Eugene; Changing table, snacks, water, lactation lounge, family-friendly; Open for drop-in M-Th 9 AM - 5PM Updated hours here: <https://nurturely.org/lounge/> and follow on Instagram @nurturelylounge. Hours will be extended depending on the need and severity of the weather.

Saint Vincent de Paul's Eugene Service Station: 456 Hwy 99N, Eugene Open per usual and all are welcome 8 AM to 4:30 PM.

Looking Glass Youth Sites New Roads (Ages 16 to 24): 941 W 7th Ave, Eugene NEW HOURS OF OPERATION: 7 days a week, 8:30AM to 7PM.

Station 7: (Ages 11 to 20): 931 W 7th, Eugene Hours of operation: 24 hours a day/7 days a week.

First Place Family Center (Families with Children Only): 4060 W. Amazon Drive, Eugene Open 9 AM to 5 PM daily.

First Christian Church: 1166 Oak St, Eugene will have a shade tent and misting available from 11 am to 2 pm Tues/Thurs.

HIV Alliance: 1195 City View St, Eugene has Patio Drop In Services from 10 am to 2 pm Mon, Tues, Friday. Needle exchange, clothing, food and coffee available. Standing space only.

Springfield City Hall building lobby: 225 5th Street, Springfield Monday 7/8 Extended Hours 8 am until 8 pm, Tuesday 7/9, 8 am to 8 pm. City Hall fountain will also be running during the heatwave.

Bob Keefer Center: 250 S. 32nd St, Springfield; Open 7AM-8 PM M-F, SAT 8 AM - 5 PM, and SUN 12 PM - 5 PM Signing into the facility is required. Coburg

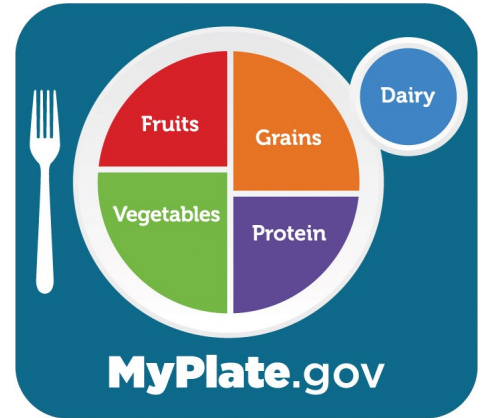
Willamalane Adult Activity Center: 215 W. C St, Springfield; Open 8AM-4PM M-F.

Oregon Dept. Human Services: 101 30th Street, Springfield M-F: 8 AM - 5 PM, SAT. Closed SUN.

# Avocado and Corn Salsa

## Ingredients

1 avocado, diced  
3/4 cup fresh, frozen and thawed or canned corn kernels  
1/2 cup grape tomatoes, quartered  
1 tablespoon fresh cilantro, chopped  
2 teaspoons lime juice  
1/4 teaspoon salt



## Directions

- Wash hands with soap and water.
- Toss avocado, corn, tomatoes, cilantro, lime juice, and salt in a medium bowl.
- Chill one hour and then serve.





[www.lunarbaboon.com](http://www.lunarbaboon.com)

## Thank you to this issue's contributors:

Jonathan, Lans, Leonie, Leslie, Lizzy, Oliver, Patricia, and the Healing with Art group

To make a submission to the next issue, please contact  
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