



# ROGUE RETREAT NEWS

## Why Rogue Retreat Is Important To A Community

By Chad McComas

When Rogue Retreat was in the dream phase by a small group in 1998 they felt a need to create a program to serve people who fell between the cracks of society. At the time the focus was on people who were caught up in the quicksand of addiction, but as time passed the focus was redirected to serving those who fell into the well of homelessness.

But why was there a need for another organization to be developed to serve the homeless? Weren't there already many great organizations doing amazing work to serve the homeless?

Yes there were.

But there wasn't one organization focused on providing various types of housing and a clearly developed case management program to move people from homelessness to self-sufficiency.

Rogue Retreat leadership has never wanted to be only in the affordable and/or transitional housing business. Rather Rogue Retreat sees itself in business to restore people.

The Maslow Hierarchy of needs starts with the emergency needs of

food and shelter. Rogue Retreat is thankful it has been able to provide housing for nearly 250 a night right now. This is level one.

But, we are most proud of the five-level case management program which is the "secret sauce" of what we do. Helping people find hope and leave homelessness behind is by far the greatest thrill for our staff and board leadership. This is the highest level of the Maslow Hierarchy.

Why is this important to a community?

Helping homeless individuals get housed benefits a community financially, socially, morally and mentally.

**Financially**—because ignoring the homeless and just hoping they go away costs communities big dollars. We've shared some numbers in the past, but just ask any community leader and they can tell you the costs are significant.

**Socially**—homeless people feel totally ignored. Often the uneasiness of community people leads them to try to avoid and/or ignore the people living on the streets. They don't know what to do with them.

My wife, Debi, saw a homeless individual putting shopping carts in the cart corral in a shopping center. As she watched she was impressed and ended up thanking him for what he was doing. He seemed shocked she talked with him and as she was walking away

told her she was the first person to talk with him in three days.

**Morally**—taking care of people who can't take care of themselves is the right thing to do for any community. Even in ancient culture the widows, orphans, strangers and poor were to be taken care of. Societies who didn't take this responsibility on were quick to disintegrate and disappear.

**Mentally**—it isn't good for a community to see growing numbers of people living on the streets. It is

disheartening and can lead to some people questioning the leadership of the community and the quality of the community they live in. Seeing programs addressing the homeless and making headway on the challenge is good for the community.

If serving the homeless is so valuable to the community who's responsibility is it?

Kevin Stein, current President of the Medford City Council has often talked about the City not being in the non-profit business of taking care of the homeless. He suggests each community needs good non-profit organizations who will take up the work of serving the homeless for the good of the community. The City can help support these organizations.

Good organizations like Rogue Retreat exist to serve the homeless. It is good for their communities and good for the people who live in the communities.

To give credit for where it is due, organizations like Rogue Retreat can only exist when good community people get involved by serving on volunteer boards, subcommittees, steering committees and who give not only of their time, but their resources to support the work.

The more Rogue Retreat finds ways to serve the homeless the better our communities get.

Everyone benefits.



Local businesses like Little Ceasars have been so helpful along the way donating pizzas to feed the homeless at The Kelly Shelter. Their generosity is helping the community.



Groups like Rotary who have donated to Hope Village are helping the community by helping Rogue Retreat serve the homeless.

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# Why I Love Working At Rogue Retreat

By Joan Williamson, Finance Department

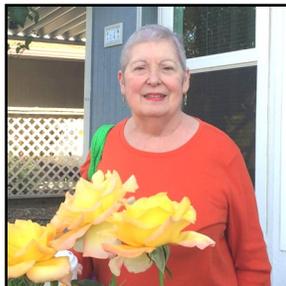
I consider myself very fortunate indeed that Rogue Retreat hired me over 1 1/2 years ago.

The job description said: "part time bookkeeper/billing specialist." even though I have an MBA in finance and over 40 years experience in accounting management, I wanted this job. Obviously, I didn't take it for the money, but for the opportunity to give back to our community and work for an organization whose purpose for being and goals for the future resonated with me. I remember telling Sarah (Finance Director) Chad (Executive Director) and David (Human Resources Consultant) the job reminded me of Rotary - giving back - service above self, which is what all Rotarians believe in. When I was offered the job I raised my hands and exclaimed "yippee." Chad got a kick out of this. I guess I didn't mention I was 77 years old when I got the job.

Chad said I wasn't a senior but a seasoned worker. I loved it.

Some of the friendships I've formed here are with former addicts and alcoholics. Who would have thought? I have the utmost respect for everyone here who has overcome addictions and turned their lives around and enjoying successful careers. I consider it an honor and a privilege to be an employee here. I've worked for the owners of the San Francisco Giants and Los Angeles Chargers, but this job is the highlight of my career.

All great organizations have a great leader and Chad McComas is definitely a great leader who inspires, recognizes achievements and the achievers. I can't imagine anyone more perfectly suited to lead us.



## Rogue Retreat Believes In Taking Great Care Of Its Property

One part of the Rogue Retreat Case Management program is weekly inspections of their apartments, rooms in the Havens, the tiny houses and even the beds at The Kelly Shelter.

It is all part of teaching people how to take care of their living space and prepare them for eventual home ownership. But, it also allows Rogue Retreat staff to keep an eye on the various properties to keep them well-maintained. We believe when people have a nice place to live it affects their entire life attitude.

Over the years as Rogue Retreat has done building and/or remodeling it has chosen to use good materials and not the cheapest. The remodel of 525 N Riverside in 2009-2010 was more costly than expected, but the apartments were built with quality materials like tile counter tops and hard-wood floors.

Needless to say there

has been little maintenance needed to be done since then. When apartments are turned over Rogue Retreat is quick to replace whatever needs to be done so the next renter has a clean place to live. With the weekly inspections maintenance and replacements are kept to a minimum.



Here is a new floor in a restroom for an apartment



New carpet in a bedroom



A kitchen gets a new floor which will last for a long time

## Phil 'Buckshot' Cunningham

By Charlie Hale,  
Hope Village Case Manager

Phil, also known as Buckshot, began using drugs and alcohol at the age of eight. His use spiraled to 'out of control' by the age of 16 and remained so for the next 36 years. Phil's wife of 18 years lost her battle with cancer in 2015. Just before his son committed suicide. Phil's use of substances increased and "took me over." He states he drank a fifth or more daily as well as using different substances. "I continued to drink even though I knew it was killing me. I had no reason to live." Buckshot became homeless. "Being homeless made it easier for me to stay loaded, nevertheless it was a hard life."

Buckshot began a search for help which led him to On-Track who referred him to Rogue Retreat to address his homelessness. Although Buckshot continued to drink, use drugs and abuse his medications he also attended counseling and group therapy at On Track. "After eight months I received a call from Rogue Retreat. I entered Hope Village on October 10, 2019.

"My desire to achieve another chance at life and the freedom of Hope Village convinced me to give sobriety a try. I quit using drugs, quit drinking, quit cussing and began being responsible with my medications. I have grown spiritually and now have a relationship with God. I've gained 40 pounds and I now eat my meals instead of drinking them. Hope Village has instilled a belief in me that things can be better and enabled me to regain my self-confidence."

But that is not all. Phil has also continued in school, enrolled in OSHA and became engaged to Katrina whom he says "is the first sober relationship I've been in." Phil has also reestablished relationships with his family. "After 2 1/2

years of feeling ashamed of myself and isolating, I now have open communication with my family. I have a sister who is in recovery for 30+ years and is an inspiration to me. I've learned how to accept disappointments as well as victories. Hope Village has allowed me to get my head back on straight."

Phil's Dr. is now willing to operate on his back. The operation will stop/reduce the pain in his back. It could result in Phil's return to the workforce. Phil has aggressively pursued the difficult task of finding affordable housing. He has applied for countless apartments. His efforts are paying off. He has recently been interviewed for an apartment in White City, near his sister.

"There is a lot of Hope here at Hope Village. Dreams become reality. They are for me."



# Effective Homeless Case Management

By Harold Nelson, Rogue Retreat Case Manager

The fight against homelessness means supporting families and individuals who face multiple challenges.

Increasingly, social service organizations and entities are recognizing the need for effective case management as a tool for providing the most effective and coordinated services.

At Rogue Retreat, I am the point of contact for the men and their families who are battling unemployment, addiction, medical or mental health challenges and other family issues. We refer participants to service providers who are experts in those areas.



Rogue Retreat provides transitional housing, permanent supportive housing and housing first such as Hope Village and The Kelly Shelter. Case Managers provide effective and coordinated services to ensure a stable living environment that supports recovery and success.

A Case Manager for the homeless is responsible for effective and comprehensive holistic services and individual interventions to the participants on assigned caseloads.

The case manager acts as a coach and trainer for assigned clients. Essential Duties and Responsibilities include:

**Conducting** a comprehensive client assessment and establishing individual goals and plans for success.

**Creating goals and plans** based on the needs of the participant recognized via the result of the assessment.

**Assisting to support** the participant preparedness for Sustainable Self Sufficiency and transition back into the community, via Job Readiness, found New Housing, and has established Sustainable Recovery.

**Providing personalized coaching** in everyday life and family life skills and regularly assessing progress toward set goals and plans. This includes regular follow-up meetings with participants according to establish schedules to provide advice, coaching, and crisis intervention.

**Tracks services delivered** to a participant via internal and external providers and documents participants interactions, interventions, and activities via established protocols.

**Tools we use** include Self-Sufficiency



Outcomes Assessment; Self-Sufficiency Matrix Definitions; and Rogue Retreat Progress Levels. 1. Immediate Needs (apply for health insurance, etc) 2. Foundational Needs (Knows appropriate channels for healthcare-related issues, etc) 3. Skill Building (Education Path, Employment Path, Benefits Path, etc) 4. Financial Literacy (Has a stable job or enough income to meet monthly bills and begin to rebuild credit) 5. Preparing to Move on (Actively looking for new housing, 365 days clean/sober)

Case management, to me, is the human connection built on respect and a trusting relationship. It is about tapping into a participant's desires and motivations and allowing them to see the possibilities for themselves while developing a plan of action. I have found by focusing on strengths, abilities, and positive outcomes indeed encourages and reinforce a participant's belief in himself.

## Kelly Shelter Makes Changes To Protect Participants

The staff at The Kelly Shelter have been working hard to make sure the shelter is clean and safe for all shelter participants.

There have been around the clock cleanings of all surfaces. Masks are being worn by both staff and participants. A handwashing station is at the front door and all who enter have to wash their hands.

Temporary dividers have been put between bunks to protect those sleeping and social distancing is being practiced in the dining room and in the line for meals.

The back lot behind The Kelly Shelter has been fenced off to create a recreational safe place to be as a shelter-in-place was started on Saturday, April 18 to make sure

all shelter participants stay at the shelter except for medical appointments, work or other important appointments such as recovery outpatient, etc.

*"We take caring for the shelter and those living here very seriously,"* says Margarita Moody, Kelly Shelter manager. *"Shelter guests are like family and very important to us."*

Our staff is on the front lines of this COVID-19 Crisis, but they love their work and make the shelter a great place to live.

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Everyone washes their hands when they enter The Kelly Shelter



Temporary dividers between bunks at The Kelly Shelter create separation for safety at this time

# Rogue Retreat Helped Change My Life

By Jamie Langdon

Rogue Retreat helped change my life. Before coming to Rogue Retreat in 2011 I was in and out of shelters due to drugs, abusive relationships, and evictions.

I had my two girls who were 11 1/2 and 1 1/2 at the time. We were living in a women's mission in Roseburg after leaving my abusive husband. I applied for Rogue Retreat and they called me to come in for an interview in Medford.

When I was accepted into the program, I had to make a choice to leave everything and everyone I've known for so long and start fresh in a new town. This was very scary for me at first, but I knew I had to do something, because everything I have done in the past was not working for me or for my girls. I didn't want them to grow up resenting me, so I need to make this change.



Jamie (right) with her children Kendra (left) and Calliana (middle)

Rogue Retreat's unique program taught me more than any other program I had gone through. From simple things like how to keep your house clean, paying bills on time, and budgeting, etc. to helping me build

confidence in myself to be successful in life and the confidence to want something better out of life for both my girls and myself. I embraced all of my personal case manager's suggestions and started to rebuild my life AGAIN.

Being in Rogue Retreat's program triggered something inside me to want to do better for girls and I.

I now have almost nine years clean and have an outstanding rental history. I have even begun working on rebuilding my credit several years ago and was able to finance my first vehicle.

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**Rogue Retreat Wants to Thank The Oregon Community Foundation for all their support over the years!**

## Creating Exponential Impact

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My oldest daughter (now age 20) is a straight A student in college. She graduated High School with honors despite what I put her through before. She has turned into such an amazing woman. She is going to school for criminal justice and wants to be in the FBI.

My youngest daughter (now age 10) is such a fire cracker and one of the most caring kids I have ever met. She's pretty hilarious too. Fortunately, the only life she knows is the one we live now. She gets to see me work hard each day to provide for her and her sister, so we can keep what we have instead of living in fear of losing everything.

I get to be a role model for both of them and this is all thanks to Rogue Retreat. I don't know where we would be if I didn't get the call from Rogue Retreat all those years

## What Can You Do While FFR Is Closed?

At FFR, we have a great volunteer staff! But right now, many of our people are struggling with the COVID-19 implications for their health and their recovery. On March 23, 2020, we made the tough decision to temporarily close our doors.

We want our community to know that this closure is not permanent! We will be back when this crisis has passed, and we are anxious to see you all once again! Our Peer Support Specialist training has been postponed, but when the restrictions lift, we will be rescheduling as soon as possible. We have been in contact with our volunteer coaches as well as many of our participants.

Overwhelmingly, they all say they can't wait to come back! Here are some comments we have heard:

*"I am doing okay. I miss my life! I am still clean. I am coming up on 90 days! Let me know when the Tuesday coffee starts*

*again."*

*"I am still pretty nervous-I don't want to get this- but we are staying home and trusting our Higher Power!"*

*"Thank you for checking on me and I hope we will be back at FFR as soon as possible! I am so anxious to be at 110 N Ivy (FFR's location) you would not even*

*understand how anxious I am! You and the whole crew are in my thoughts and prayers. Thanks for reaching out!"*  
*"I miss Foundations for Recovery so much! This is pretty hard, but I am staying safe, staying clean. All I got is my Higher Power! Thank you for reaching out to me."*

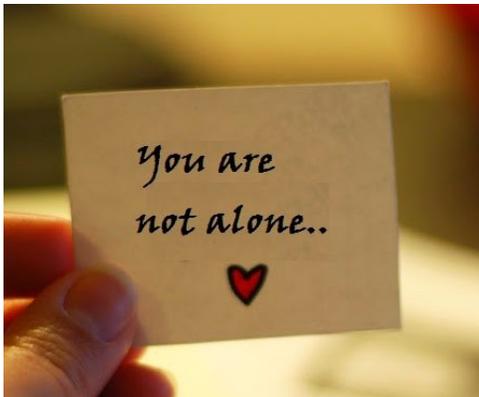
We know that "social distancing" does not mean that we should disconnect from the world, but for many it is easy to find ourselves isolating.

If you are having a hard time being restricted from moving about as you normally do, and are struggling with

isolation, here are some helpful thoughts for "such a time as this:"

- ⇒ Stay grounded spiritually by continuing your spiritual practices; whatever you were doing before, keep doing it-you may find you have even more time to spend on these endeavors. Use the time to grow in your spiritual life.
- ⇒ Stay encouraged through online recovery meetings, phone calls with your sponsor, and social media platforms-people are getting really creative out there, and the humor is contagious! Laughter is great medicine!
- ⇒ Stay focused on what you have rather than what has changed. There are so many resources out there to help us get through this, so don't let your mind swirl around with fear and doubt. When we're stressed, we start thinking with our emotional brain and not our logical brain. Use your tools of recovery to fight the fear and anxiety that is barking at your heels (and mine!)

We are, as always, working to transform our community one recovery at a time! Remember that we are in this together, and we WILL get through this! If you need extra support, we are here for you! Call 541-499-0880 and get connected!



# Educating The Homeless In Grants Pass

By Phil Johncock, Manager of the Warming Center in Grants Pass

With the rapid spread of COVID-19 our homeless are often the last to learn real facts and important steps they need to take to protect themselves from becoming infected, create safety for themselves and others, and get essential services they need to move along a continuum of care onto a path of self-sufficiency.

The new Warming Center (now operating 7-nights a week since April 1) in Grants Pass has taken a proactive approach to educating the homeless in the community.

## Model Preventative Behaviors

We start by “modelling behaviors for COVID-19 protection” such as everyone:

- Washes hands in a hand washing machine outside before entering
- Puts 6 feet of “social distance” between each other while waiting to enter (blue tape has been placed on the sidewalk around the building indicating 6 feet of

- distance)
- Is screened for symptoms before entering (in fact, most guests have memorized the



Warming Center Volunteers and Staff (l-r). Mark, Chad, Tom and Marci

3 main symptoms to watch for... 1) fever/temperature, 2) coughing/sneezing, 3) shallow breathing)

- Has their temperature taken with a digital thermometer
- Reviews posters, signs and educational materials posted inside and outside the Center
- Sits in chairs spaced 6 feet apart for coffee in the morning they vacate the building and property at 7 am.
- With minor symptoms are isolated in rooms apart from others

- Has their mats sanitized every morning
- Enjoys surfaces, knobs, switches, etc. sanitized frequently

## Follow Community Rules

To keep the “drop in” warming center safe for everyone, all guests agree to 12 community rules as:

- #2 No drugs, alcohol or weapons are allowed on the property at any time
- #3 No disorderly conduct
- #4 No threatening or abusive language
- #5 Be a good neighbor
- #11 You may only use provided bedding
- #12 You must remain “off the property” when the warming center is not in operation (we open at 6 pm and guests leave at 7 am). Failure to comply with these and other community rules may disqualify individuals from future stays.

**Six Essential Services**  
We believe there are six

essential services every unhoused neighbor should have, especially in this time of the COVID-19 pandemic:

- 1) A mailing address
- 2) Health insurance (Oregon Health Plan)
- 3) SNAP food stamps
- 4) Identification (i.e., birth certificates, driver’s licenses, etc.)
- 5) A bus pass
- 6) A phone

Educating the homeless on how to obtain and maintain these “game changing” benefits is important, yet challenging at this time with limited public access to services, reduced hours and virtual navigation required in many cases.

With the help of Jessica Ramirez of the United Community Action Network (UCAN), all but two of the homeless guests at the Warming Center who wanted a mailbox, had one. Then, Rogue River Church stepped up and agreed to give mailboxes to these two guests, so that 100% of the homeless at the Warming Center who want a mailing address now have one!

A “mailing address” was the “essential service focus” of week #1 of COVID-19 expansion of the Warming Center to 7-nights-a-week (April 1-7). In fact, one of the guests got mail from his mailbox at UCAN delivered to him at the Warming Center. In his mail was an approval letter for social security and a renewal application for health insurance. He was beaming ear-to-ear.

During Week #2 (April 8-14) of the expansion, we focused on “full medical coverage” for 100% of warming center guests, or at least for all who want it.

Week #3 (April 15-21) was “SNAP food stamps” week.

Weeks #4-5 (April 22 - May 5) focus on “ID’s” and “free phones.”

All 6 essential services will have been covered in the first 6 weeks of 7-nights-a-week Warming Center!

NOTE: “Bus passes” are covered throughout the first 6 weeks since busses are free at this time, although they now require masks, which we pass out so that the homeless can take advantage of this




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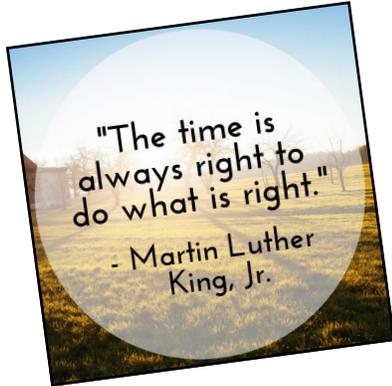
# Why Should Grants Pass Help The Homeless?

By Doug Walker, Foundry Village Co-Founder

Why should Grants Pass help the homeless?

Interesting question. I have been working on housing issues in the Grants Pass area for many years now. And during that time have answered this type of question with, what I thought was, the correct method, using logic, facts and data:

- Pointing out to people how the countries with the strongest social safety net systems are the most successful and the countries with the least help for the poor are the ones we send our soldiers and our bombs to.
- How we are intimately connected to each other and thus when we lift up those around us, our own lives become easier and all around better.
- Or I might point out that when a person feels secure in their lives, (housing, food, health, future possibilities) they



are much more likely to be engaged, entrepreneurial, inventive, caring, thoughtful people. People who have the space to take care of themselves and their families.

But I've slowly come to realize that the answer to this question "should I help?" is not about logic, data, statistics or facts. It's about morality. We should help others because we can, because we are one of the richest countries in the world, and we have the ability and the resources to help. To those who are given much, much is expected. Every religion of the world tells us to help

those less fortunate than ourselves.

Grants Pass has been a "pull yourself up by your boot straps," "individualism is best" type of town since its inception. We have had one of the lowest tax rates in Oregon since the inception of Grants Pass

and Josephine County. And has that led to our success? Do we have a better economy than other cities in Oregon? Do we have less homelessness than other cities in Oregon? Are we better at attracting or retaining young engaged, entrepreneurial, inventive, caring, thoughtful people?

Nope.

Perhaps we should try something new, helping others.

Will we, will I, will you, be inconvenienced? Of course, we will. It is a burdened to help others, especially in the field of housing. Creating housing is hard and expensive work. It will be in your back yard. It will add traffic to your neighborhood. Providing housing will be a burden. But we can shoulder that load. Because it's moral, it's the right thing to do.



# I'm A Food Donor For The Kelly Shelter

By Kande McClain

It started with a tugging feeling that nudged our curiosity. Then, it continued with a tugging at our conscience and, finally, a full-out pull at our heartstrings. My husband, Mike McClain, and I were ready to find out about this program called Rogue Retreat. After some phone calls, emails and then a visit to Hope Village, we were ready to become more involved.

In fact, we felt so interested that we encouraged a few friends to visit and learn about Hope Village also. That led to some hands-on work on the houses. Hanging insulation and painting were rewarding experiences but now that the houses are completed that need is not an option.

Mike is very at home in meetings and enjoys the challenges of goal-setting, decision making and financial planning. I do not enjoy those gifts as much, so I did not elect to become a Rogue Retreat Board member. Still, I wanted to be a part of the Rogue Retreat family and realized a hands-on project would be best.

When I discovered meals were needed each evening at Kelly Shelter it answered that question. Mike and I were blessed to have access to our church's commercial kitchen and a friendly church friend as advisor and instructor for us first-timers. We have often prepared our favorite "tater-tot casserole" for church family members in need of a meal but this was the first time we had tackled a meal for sixty. With some simple math and several large pans for transporting and serving, it turned out



Another happy, generous family sponsoring a meal at The Kelly Shelter

to be much easier than we had thought. We will be encouraging friends to get involved now and would be willing to assist them in getting started. Other church or

## How To Be A Food Donor

If you'd like your family, group of friends or your business to sponsor one meal a month for The Kelly Shelter for the 54 people living there contact Shannon Holland at 541-821-1434 or by email at: [Shannon@rogueretreat.com](mailto:Shannon@rogueretreat.com)

families would enjoy this as a way to help others. Mike and I have always thought projects are a way to get to know others and to bond with friends and family.

Providing a dinner for the Kelly Shelter as often as necessary will allow me to help in an enjoyable, worthwhile way. When we arrived with a meal and were greeted so warmly and enthusiastically, I knew I'd made the right choice.





**HEARTS  
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MISSION**



## Every Child Deserves A Home

### HEARTS WITH A MISSION

Hearts With A Mission serves homeless and at-risk youth, ages 0 - 22 by providing shelter, educational support, mentoring, and transition planning with a faith-based approach in Jackson, Josephine and Lincoln Counties.

#### YOUTH SHELTERS

- Emergency shelter for up to 120 days (with parental or guardian consent) for youth ages 10 - 17 years old
- (2) 15 bed shelters and 3 meals a day
- A safe stable-living environment
- Education, employment, and aftercare supports
- Our primary goal is reunification when safe and possible

#### TRANSITIONAL LIVING PROGRAM

- Serving youth ages 18-21 years old
- 12-bed shelter
- Safe stable housing for up to 24 months
- Skills training groups, individual service plans
- Coordinated case management
- Educational opportunities, mentoring and employment support



#### SAFE FAMILIES FOR CHILDREN FAMILIES HELPING FAMILIES

- Provides short-term care for children, ages 0 - 22, with volunteer host families
- Allows parents facing crisis to address the issues that led them to the situation while their children stay with a Safe Family
- In Jackson, Josephine & Lincoln Counties

#### INDEPENDENT LIVING PROGRAM

- Assists youth age 16-21 who are, or were, in Foster Care
- Helps youth make a successful transition from foster care to independent living
- Skill groups, One-on-One supports, special events



### Life at the Youth Shelters during COVID-19

#### JACKSON COUNTY

**Medford Youth Shelter:** Shelter manager, Will Young, reported that the kids are doing very well. They are working on schoolwork during the day, followed by Creative Time in the afternoon (including creating their own board game). Staff and youth helped build a recently donated greenhouse, and they are making plans on how to utilize it. With a big green, fenced-in field across the street to play in, with lots of room to social distance they are able to get some energy out and are having a lot of fun in the process.

#### JOSEPHINE COUNTY

**Grants Pass Youth Shelter:** Shelter manager Tony Mendenhall, said that the kids have been awesome. They have been keeping up with school work, and some are working ahead. One youth is using the time to accelerate graduation. Two youth have celebrated 30-days clean time (no drug use). One of those youth has not had 30-days clean in over five years, since the age of 10. Three kids just got jobs! They are a great group of kids.



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541-944-3391 [bill.h@heartswithamission.org](mailto:bill.h@heartswithamission.org)



# Lessons I Learned From Behind The Lens At Rogue Retreat

By Mark Heminger

Julie Akins and Mark Heminger recently produced two videos for Rogue Retreat. Here, Mark shares his thoughts on the experience.

This project excited me from the get-go—in part because of the opportunity to make a positive impact, and in part because I believed it would positively impact me. Like a lot of us, my prior experience with homelessness was more peripheral than personal.

I'm thankful to say that has changed. I now better understand the depth of loneliness so many endure, the difference a smile can make, and the commitment it takes to create lasting change. What hit me hardest, though, is how challenging it is to get off the streets once you've been living on them.

Think about it. You're dealing with the circumstances and scars of whatever landed you there in the first place: loss of family, loss of a job, injury, illness, addiction, or some combination thereof. On top of that, you have to master how to survive each day and each night: where you'll sleep, where your next meal is coming from, who you can trust, how you'll stay safe. In other words, you have to adapt. You must create new patterns, both internally and externally. Your life depends on it.

Now, let's say you manage to navigate living without a home. Guess what? To get off the streets—and stay off them—you have to re-condition the way you think and live yet *again*. You have to form patterns and behaviors that fit within mainstream society after learning to exist outside of it.

How many of us would have the resiliency to do this? I honestly don't know if I would. Certainly not without the assistance of an organization like Rogue Retreat. Which brings me to this: *I believe the greatest service this organization provides is helping people change the way they think.*

Yes, putting a roof over someone's head is crucial. But if you don't have confidence, if you don't trust yourself, chances are you'll backslide. This depth of fortitude can't be given to you. It's born only through the fire of experience. And this is where Rogue Retreat's "do the next right thing" mantra comes in. Just take one positive step at a

time. Pretty soon you're moving forward and, eventually, you're striding into the future you deserve.

I witnessed this transformative process firsthand during the project, and it was so beautiful to see. After all, we're talking about people's lives here.

To be sure, tackling this issue no small undertaking. In fact, I've wondered how Chad, Matt, Charlie, Margarita, Liz and the others who help run the organization are so adept at it. I think I'm onto their secret...they walk the talk. They practice doing the next right thing, and why not? It certainly works for those they serve. It's a great way to maintain perspective and, ultimately, it's a

powerful life lesson we can all take to heart. I know I have.



Mark filming at Hope Village

## Save Your Treasures For Rogue Retreat's Thrift Shop

With Springtime upon us Spring cleaning is in full swing. And, since we are all told to practice social distancing, this means there is plenty of time to clean out the closets, garage and storage units.

Orders from our Governor, Kate Brown, for all non-essential businesses to close affected The Thrift Shop. Our doors are closed for now, but we plan to reopen when this crisis is past.

Meanwhile as you do Spring cleaning and find treasures you'd love to donate to The Thrift Shop we ask you just keep them in ready for us until we can take them again. We thank you for your patience in this. Remember your unneeded treasures are what keeps The Thrift Shop strong and serving the community. The help create jobs at the Shop. They become new treasures for those who need them and can't afford normal retail prices and they help

create income for Rogue Retreat's entire program work in serving the homeless.

Over the years we have appreciated all our donors and customers as we have served the community. Our staff is anxious to get the doors opened again and can't wait to get your treasures. Currently the shop is able to pay their ongoing overhead costs while it is closed by generous

donations from dedicated customers. We can't thank you enough for helping us stay strong during this time.

For more information about The Thrift Shop call Rogue Retreat at 541-499-0880.



**(541) 779-2273**

**We Help Rogue Retreat Participants with their credit scores and personal counseling. What can we do for you?**



## Spring Cleaning with Clean Sweep

Keep the homeless employed and the community clean during these trying times.



For more information please contact Chris Hyde, at 541-499-0880 or by email at [Chris@rogueretreat.com](mailto:Chris@rogueretreat.com)

# The Importance Of Legacy Giving

By Mike McClain, Jacksonville City Councilor, Rogue Retreat Board

A common and ongoing concern for non-profit organizations is sustainability. Unfortunately, too many non-profits have closed their doors because one or two major funding sources have ended their financial support even though the need is great as ever. One of the ways non-profits avoid this fiscal dilemma is to establish a strong legacy giving program.

In its simplest form, legacy giving is money, stocks or property an individual or couple bequeath in a will or trust to a non-profit organization. Some bequests designate a certain percentage of an estate as a bequest while others provide a dollar amount.

A foundation that I recently had the privilege of serving as chairperson of their board has created a large investment corpus almost entirely through its bequest society. The investment earnings from this sizable corpus pays for all the administrative costs

of the foundation and provides a large sum on a yearly basis to provide grants for a variety of needs and



improvements to the organization. You probably see where this is going. Rogue Retreat has now established a "Bequest Society" and invites you to consider including Rogue Retreat in your will or trust. My wife and I have listed three non-profits in our wills and trust and will now include a fourth, Rogue Retreat. It is an easy process to add a codicil to your will. Talk to your attorney

or financial advisor for assistance or, for more information, please contact our Development Director, Matt Vorderstrasse at 541-499-0880, ext. 1060. He will be more than happy to assist you.

In addition to bequests I believe there are other ways to provide on-going legacy giving while still a part of this world. For me this is using part of my annual required IRA distribution as a contribution to non-profits. The beauty of this is that I get credit for the contribution but am not required to pay state and federal taxes. It is a win-win.

On behalf of Rogue Retreat we thank you in advance for considering us in your planned giving.

## Hope Village Is Growing By 4 Houses

We reported in our last newsletter that the Medford City Council voted to allow Hope Village to expand another four tiny houses. There is room for this and adding four more will not overload our case management team on site. The Hope Village Steering Committee decided to ask Summit Structures to build the houses making them move-in ready this time to expedite the process and get people off the streets as soon as possible when they arrive. The cost per house is \$10,000.

We put the word out we were ready to move forward on this and by the date of this newsletter have received \$30,000 in donations! Two houses were sponsored by Rotary Clubs of Medford and the third house was sponsored by a family foundation. The houses have been ordered and we believe they will be in place by the middle of May thus getting three to six new people off the streets and into a safe place to live and progress in life. We'd love to order the fourth house asap to have it delivered with the other three. If you are interested in

sponsoring a house or part of a house contact Matt, our Development Director at 541-499-0880.



The finished houses arrive at Hope Village on the back of a flatbed truck



The finished houses are maneuvered into position by a remote controlled tractor/forklift piece of equipment

Is your community struggling to address homelessness? Learn through Rogue Retreat's experience and discover how to create tiny house transitional communities, winter shelters, employment programs and more in your own community. The time is now to improve our housing and shelter opportunities.

### Hope University Available Audio Courses:

#### Community Village 101

Discover "How to Launch Your Own Tiny House Transitional Village for the Homeless in Your Community."

#### Winter Shelter 101

Winter Shelters 101 covers the most important issues for your community to address and how to turn problems into opportunities for creative partnerships.

#### Clean Sweep 101

Discover How To Create Your Own Community Clean Sweep "Job Readiness" Program For Your Homeless to Clean Your Streets!

Let Hope University help coach your community to develop shelter and housing programs.



To learn more or to purchase a course please visit:  
[www.rogueretreat.com/hope-university/](http://www.rogueretreat.com/hope-university/)

**Seeking Justice  
One Person at a Time**

We help seriously injured people recover for their losses, get their medical bills paid, and get their lives back on track.

**Medford, Main Office (541) 773-7000**  
1730 E. McAndrews Rd. Suite A, Medford, Oregon 97504

# Lyndsey's Gratitude Story

Lyndsey's story is one many of in addiction and life recovery can relate to.

She was raised with her brother in a very toxic household in Texas that was controlled by addiction. Abuse and trauma became a central ingredient to life that Lyndsey is still

working to process through today. Lyndsey and her brother essentially had to care for themselves, and at the age of 14 Lyndsey's long addiction to meth began. Growing up in a toxic household where Lyndsey

was also the victim of horrendous abuses and trauma's put Lyndsey in a situation where she could either continue the generational curses that plagued her family, or she could begin the work to break that cycle.

In 2017, Lyndsey began breaking the dysfunctional cycle when she separated from

her partner to leave the abusive relationship behind.

In 2018, Lyndsey came to Oregon to start a new life. She fell in love with the State.

But after being in Oregon for a short period of time, Lyndsey went back to Texas to attempt to reconcile her relationship with her partner and conceived their daughter. There is always the pull to keep a family together. She made one last effort.

The reconciliation was short lived and Lyndsey knew she had to leave that relationship for good after her partner assaulted her again. Lyndsey came back to Oregon. She was determined to break the cycle of addiction and abuse that had plagued her and her family's lives.

When Lyndsey arrived back in Oregon with her son (also 9 weeks pregnant) she stayed at the Medford Gospel Mission where she came across Rogue Retreat.

Lyndsey filled out an application and soon she and her daughter were brought into our housing program.

Today, Lyndsey works as the Program Assistant at Rogue Retreat.

If you ask Lyndsey, she will tell you that she is "overwhelmed with gratitude, and is constantly working on myself, and I am utilizing the principles of the 12 Steps, while working a faith based recovery program.

Lyndsey's story is a reminder to all of us about the importance of our work. Lyndsey is a Rising Star (*A Rising Star is someone who is still a participant in Rogue Retreat but has been hired to work due to their strong work ethic and recovery program*) at Rogue Retreat and her light will help those we serve find their paths in this life.



Lyndsey Hartwell

**JUDGE  
JOE  
CHARTER**

For Jackson County Circuit Court Position 8

## Alumni Are Our Future

Rogue Retreat has amazing alumni who have taken the Rogue Retreat case management program and applied it to their lives to make a 180 degree turnaround.

Of then when they leave our program they have become self-sufficient and on their way to a satisfying

new life with a purpose and a future. These alumni will most likely become the future supporters and donors for Rogue Retreat.



We have started an alumni supporter club for past Rogue Retreat participants to give back for the life-changing opportunities received while being in Rogue Retreat.

We have a challenge. We invite all past participants give at least \$5 a month to be part of this new club. We invite them to pay it forward for another person to create their own success story.

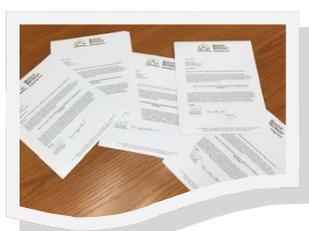
Alumni: Send us your first \$5 this month to be part of this new club. We anticipate creating officers of this new club soon and scheduling alumni events (after this COVID-19 Pause) and finding ways for participants to share their ongoing stories. We can only imagine what this club will help create!

For more information call our development department at Rogue Retreat. 541-499-0880.

we're all in this together.

### THANKS TO OUR DONORS!

Rogue Retreat has amazing donors who give consistently to support the work we do with the homeless in Jackson and Josephine Counties. We love the work we do and the support we get is truly overwhelming and appreciated more than you can imagine. It boosts our spirit and reminds us with each donation how much we need to continue to do this together!



Thank you letters headed to donors on April 16.



We now have 125 members of our 180 Club who give at least \$25 a month

We Repair ALL Types of Jewelry... plus Custom Work.

# CASH

FOR YOUR OLD GOLD AND SILVER JEWELRY TO HELP PAY FOR BILLS AND EXPENSES

CURBSIDE SERVICE

Call between 10-2 for help and current market prices. 541-774-8900

Still at: 126 East Main Street, Medford  
New Location: 317 E. Jackson St. # 1, Medford  
[www.fatherandsonjewelrymedford.com](http://www.fatherandsonjewelrymedford.com)

# Return On Investment Build Community

by Rogue Retreat Board Member, Leo Hull, Umpqua Bank

The Kelly Shelter is the point of entry into our 5-Star program of providing hope to the homeless. This program, representing the 1st Star (In Crisis) in our Self-Sufficiency Progress Definitions. It is designed for individuals who have (immediate needs). They are homeless, no job, no income, no food, no healthcare. They barely exist as a member of society; they have no birth certificate, no address, social security card or driver's license.

Each shelter guest receives case management and assistance in obtaining medical, dental, and behavioral healthcare services. In addition, each participant will have a recovery goal of 90 days clean and sober. The guest will be exposed to our innovative chemical dependency recovery program utilizing a Peer-to-Peer Mentoring approach. This program is provided by our addiction recovery program, "Foundations for Recovery."

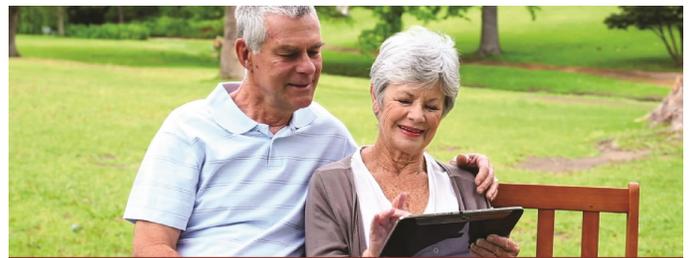
During 2019 the Kelly Shelter served 226 Unduplicated

individuals with 36 or 16% of the participants transitioned into the 2nd Star of our Self-Sufficiency Program (At Risk) or (Foundational Needs).

According to the Evaluation Report on Rogue Retreat participants prepared by All Care Health. The reduction in Health Care costs per individual with access to housing is \$1,794 or total annual savings to the community of \$64,584 based on 36 participants.

Based on Total Allocated Capital to the Kelly Shelter of \$114,864; this yields an annual ROC (Return on Capital) of 56.2%.

Please consider giving to this critical point of entry program, the return on your investment is substantial and continues to build as the participants work through the 5-Stars of our program.



### Are you looking for another financial option?

Although many people can benefit from a Reverse Mortgage they are not for everyone.

With integrity and honesty, let me provide you the information that you need to determine if a Reverse Mortgage is right for you.



### Reverse Mortgage Professionals

An Aegean Financial Company NMLS# 157935

### John Martin

Mortgage Specialist

NMLS #906507

### 541-601-6044

conversionloan@gmail.com



Aegean Financial Co. dba Reverse Mortgage Professionals - NMLS ID# 157935, Oregon License # ML-5396, Medford Branch NMLS ID# 1438720, Medford Branch License # ML-5396-2.

### Free Consultation/Free Quote

## Thank You To Our Frontline Staff

Rogue Retreat has closed its doors to public traffic, but our offices and programs are still running at full capacity to continue serving our over 240 existing program participants each night in Jackson and Josephine County. Our shelter staff are admittedly the most vulnerable and they continue to show up to continue providing these essential safety net services to our communities unsheltered.

They are all unsung heroes in this battle and your work is saving lives.

Each and every part of our agency has been affected by COVID-19. Our Thrift Shop and

Foundations for Recovery had to close their doors during the pandemic, and our staff have continued to come together to find ways to keep serving those that are most in need. Staff have enthusiastically jumped into reassignments to help keep our operations going.

We have never been more proud to be part of this organization. Our staff are all superheroes. Please help us thank them for their dedication to our work and our amazing Southern Oregon community.

# THANK YOU!

## Rural Oregon Expungement

Our expungement analysis is free, and we charge only a \$100 to prepare paperwork (including notarization and fingerprints) with a stipulation that nobody be turned away for inability to pay. By streamlining our processes and partnering with community organizations, we can reduce the cost of expungement and serve more people all across the state of Oregon. We currently serve anyone that has a criminal record or eviction record in the state of Oregon.

IF YOU HAVE ANY QUESTIONS,  
DON'T HESITATE TO CALL!

### NEW SERVICE OFFERED

Eviction cases, dismissed or not, devastate a person's ability to find housing. As of January 1, 2020, most records of eviction are eligible for expungement in

Register on our website for  
your free no obligation  
analysis.

[www.qiu-qiulaw.com](http://www.qiu-qiulaw.com)

Michael Zhang, Attorney

Sarah Kolb, Community Organizer

[www.qiu-qiulaw.com](http://www.qiu-qiulaw.com)

Phone: 541-778-4473

[medfordexpungementclinic@gmail.com](mailto:medfordexpungementclinic@gmail.com)

You can also find us on Facebook!



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**Mission:**  
*Creating Opportunities  
For The Homeless To  
Have Hope.*

**Vision:**  
*Rogue Retreat envisions  
a community where all  
homeless have a place to  
call home and are  
empowered to  
strengthen the quality of  
their lives.*

## Our Newsletter Now Has Paid Ads

Supportive businesses and individual in the community are paying for display ads in our newsletter to help us cover costs of communicating with you. If you'd like to provide an ad for our June issue contact our development department at 541-499-0880 for ad rates and sizes. Business ads in this newsletter are not sanctioned by Rogue Retreat and don't necessarily represent Rogue Retreat. Rogue Retreat's newsletter reaches nearly 1,500 people a month.



## Finding Hope Podcasts

Several months ago we brought Stan Littrell into our Rogue Retreat family. He was introduced to us through a local program which finds employment for those with disabilities. Stan is blind, but he has a great history of working with radio. The idea of creating a podcast for Rogue Retreat was developed with Stan taking the lead and making the 30 minute programs a reality. Over 30 podcasts have been recorded and shared so far. Most are of Rogue Retreat employees who share their personal stories

of "Finding Their Hope." Some are of

community partners sharing their stories of how hope changed their lives and their connection with Rogue Retreat.

You can hear the "Finding Hope" podcast online at: Anchor Fm and other places podcasts are found.

