

# Resources for Families

December 2020

## *Get answers to your questions*

**OTSD Teacher Office Hours:** Oregon Trail teachers have daily office hours when they are available to respond to parent or student questions. Email your teacher to schedule time.

**Help @ Home:** Visit OTSD's Help @ Home website for parent and student resources and tech support:  
<https://sites.google.com/ortrail.k12.or.us/otsdhelpathome/home>

**Bookmobile:** Oregon Trail K-12 students may access their school library via the Alexandria digital library catalog, using their assigned Alexandria login. Books are delivered to neighborhoods throughout the community via the OTSD Bookmobile. Visit [bit.ly/OTSDbookmobile](http://bit.ly/OTSDbookmobile) to view the Bookmobile schedule, drop-off locations, and information on reserving books.

**Distance Learning:** Learn more about OTSD's distance learning program: <https://bit.ly/3je2Yh0>

## *Free tutoring with community volunteers*

**AntFarm** staff and volunteers provide free WIFI support and in-person and virtual tutoring

*In-person tutoring:* Monday-Friday: 3:00pm-5:00pm

*Virtual tutoring:* Monday-Friday: 8:00am-2:00pm, individually scheduled for 30-45 minutes

For more information contact: [karlee@antfarmyouthservices.com](mailto:karlee@antfarmyouthservices.com) or call 503-668-9955.

**Community Church of Sandy** volunteers provide free tutoring help with 1 or 2 hour sessions each Wednesday, 1:00-5:00 PM, in-person at the church. Contact: [Gregg.chastain@ccsandy.com](mailto:Gregg.chastain@ccsandy.com) or 503-668-4543.

## *COVID Relief Program*

**AntFarm is providing support to families affected by Covid-19.**

If you, a family member, or someone you know who lives in Clackamas County has been quarantined from exposure or diagnosed with Covid-19, financial assistance and support for food, rent, mortgage, utilities, and medical bills is available. For more information contact [covidrelief@antfarmyouthservices.com](mailto:covidrelief@antfarmyouthservices.com) or call 503-668-9955.

## *Health Care*

**School Based Health Center:** OTSD students have access to comprehensive physical, mental, and preventive health services at the Sandy School-Based Health Center located at Sandy High School. The clinic is staffed by a family nurse practitioner, mental health therapist, and certified medical assistant.

During the COVID-19 pandemic, services are offered primarily through the use of telephone and video visits. Limited in-person visits will also be available on an as-needed basis, as will visits for immunizations, labs, blood pressure checks and other screenings. *Call (503) 668-3483 to make an appointment.*

## Oregon Health Plan:

If your income has changed you may be eligible for OHP, even if you have been denied in the past. Apply at [ONE.Oregon.gov](http://ONE.Oregon.gov) or call [800-699-9075](tel:800-699-9075). Wait times may be long. You can also get free help from a local community partner. Find one at <http://bit.ly/ohplocalhelp>.

## Women, Infants, and Children Program (WIC)

38872 Proctor Blvd

Sandy, OR 97055

(503) 655-8476

<https://www.clackamas.us/publichealth/wic.html>

## Mental Health Resources:

- Clackamas County Crisis Line 24/7: 503-655-8585
- Sandy Behavioral Health Center: 503-722-6350
- National Suicide Prevention Lifeline: 1-800-273-8255
- Oregon Youth Line: 1-877-968-8491 or text "TEEN2TEEN" to 839863
- Trevor Project: support of LGBTQ youth, 1-866-488-7386
- Youth Era: virtual drop-in/peer support/crisis response, [www.youthera.org](http://www.youthera.org)
- Reach Out Oregon: support for families with children experiencing mental, emotional or behavioral health challenges, 1-833-732-2467 or [reachoutoregon.org](http://reachoutoregon.org)

## Food Assistance

### Oregon Trail School District: Meal Pack Breakfast and Lunch for students

- Meal packs are free for all children age 1-18 and served on Tuesdays and Thursdays.
- *As of January 5: seven days of meals per week will be provided. A meal pack will consist of a breakfast and a lunch each for multiple days (three days of meals on Tuesday and four days of meals on Thursday.)*
- Meals may be picked up by a parent or guardian. The child does not need to be present.
- Meals are delivered to your vehicles, curbside, at schools or walk up at select other sites as follows:

School site	Serving time	Site (from school bus)	Serving time
Cedar Ridge Middle	12:00-1:00PM	Wunder Mobile Park	12:50PM
Firwood Elementary	1:00-2:00PM	Hood Course Acres	1:00PM
Naas Elementary	1:00-2:00PM	Pioneer Mobile Park	1:00PM
Sandy High	1:00-2:00PM	Big Valley Woods	1:10PM
Welches Middle	1:00-2:00PM	Barlow Trail Mobile Home Park	1:30PM
		Vista Loop Apartments	1:30PM

Questions? Contact: Nutrition services office: 503-668-3377, [otsd.nsd@ortrail.k12.or.us](mailto:otsd.nsd@ortrail.k12.or.us)

## Neighborhood Missions — Hoodland Senior Center

Neighborhood Missions hosts a free food market from 9-10AM the last Monday of every month in the parking lot behind the Hoodland Senior Center, 65000 Highway 26, Welches. The program is a partnership between Neighborhood Missions and the Oregon Food Bank. Contact: 503-622-9213.

## **Sandy Community Action Center**

38982 Pioneer Blvd.

Sandy, OR 97055

(503) 668-4746

<https://sandyactioncenter.com/>

- The food pantry is open from noon to 6PM Wednesdays and 10AM-4PM Fridays. Appointments are advised but not required.
- Free food market: pick up a free food box every third Thursday of the month, 9AM.
- Food donations are accepted Monday-Friday, 10AM-4PM.
- Household donations are accepted Tuesday-Thursday, 11AM-3PM.

## **Seventh Day Adventist Church - Boring**

Mobile Pantry

Call (503) 960-7313 to pre-register and get date, time, and place

## **Supplemental Nutrition Assistance Program (SNAP)**

Apply online at [ohp.oregon.gov](http://ohp.oregon.gov)

## ***Finding Childcare***

If you need help with free childcare, food, housing, health care, or other essential services - dial 211, text your zip code to 898-211, or email [children@211info.org](mailto:children@211info.org).

**211info.org** helps people identify, navigate and connect with the local resources they need.

## ***Other Assistance***

### **Abundant Life Church — Care Network**

Abundant Life Church in Sandy is coordinating as a congregation to meet the needs of those asking for assistance.

Visit [bit.ly/alccarenetwork](http://bit.ly/alccarenetwork) to make a request.

### **Sandy Assembly of God Church**

39800 Highway 26

Sandy, OR 97055

(503) 668-5589

<http://www.sandyassemblyofgod.org/>

### **Sandy's Helping Hands**

Volunteers are taking calls daily to help those in need in any way possible. Call 503-710-1082, email

[sandyshelpinghands@gmail.com](mailto:sandyshelpinghands@gmail.com), or visit [sandyshelpinghands.com](http://sandyshelpinghands.com) to inquire about possible assistance.

### **St. Michael's Catholic Church**

18090 SE Langensand Road

Sandy, OR 97055

(503) 668-4446

<https://mjaparishescluster.org/contact-st-michael>