

AGENDA ITEM FOR ADMINISTRATIVE MEETING () Discussion only
(XXX) Action

FROM (DEPT/ DIVISION): UCo Health

SUBJECT: Approval of payment

<p>Background: UCo Health’s HOME Collaborative is trying to incorporate some self care ideas into their outreach, this includes LPHA staffing of the collaborative members and the general public. We had a self care booklet created and need approval to pay for the costs. Funding for this come from OHA Regional Modernization funding, no general funds are used.</p>	<p>Requested Action: Please approve payment to InterMountain ESD Printing in the amount of \$4,810.45. + 25\$ Hand pay fee to keep it on the current fiscal year.</p>
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ATTACHMENTS: Invoice, copy of journal

Date: (June 16, 2023) Submitted By: Joseph Fiumara

*****For Internal Use Only*****

Checkoffs:

- () Dept. Heard (copy)
- () Human Resources (copy)
- () Fiscal
- () Legal (copy)
- () (Other - List:)

To be notified of Meeting:

Needed at Meeting:

Scheduled for meeting on: June 21, 2023

Action taken:

Follow-up:



InterMountain ESD
InterMountain Printing
2001 SW Nye Avenue
Pendleton, OR 97801
 Phone: (541) 966-3152
 Fax: (541) 966-3240

Invoice Number: 525P022334

Customer: Account #0000000495
 Umatilla Co HLTH & Human SVC/Public HLTH
 Attn: Gloria Corona
 200 SE 3rd St
 Pendleton, OR 97801-2503

Terms	Invoice Date	Due Date
NET 30	06/13/2023	07/13/2023

Ordered	Units	UOM	Description	Unit Price	Extension
700			PS00-38933: Self-care booklet Order Date: 06/06/2023 Filled Date: 06/12/2023 Ordered By: Gloria Corona Attention: Krizia Polanco		
	1400	staple	Hand Staple	0.0200	28.00
	6300	sheet	Folding	0.0150	94.50
	12600	click	Color Copier	0.1500	1,890.00
	1	each	Paper Cutter	4.0000	4.00
	5600	sheet	60# Lynx Opaque Ultra	0.0195	109.20
	700	sheet	90# White Index	0.0925	64.75
	12600	click	Labor (color clicks)	0.2000	2,520.00
	1	hour	Graphic Design	100.0000	100.00
Total					\$ 4,810.45



Please return this portion with your payment.

InterMountain ESD
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 Pendleton, OR 97801

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Amount Due: \$ 4,810.45

SELF-CARE

GATEWAYS TO EQUITY



HOME

HEALTHY OREGON MODERNIZATION EAST

Introduction

HOME Collaborative exists to move modernization efforts specific to equity forward. We strive to ensure that each county within the HOME region is equipped to do equity work within health systems. Equity work is heart work. It is vital and rewarding; however, it can also be very difficult. Individuals, organizations and systems must face personal biases and thought patterns as well as systemic structures that place some in positions of privilege and others in positions of disadvantage. This work requires everyone to be humble and prepared to stretch and learn and grow. The conversations can be uncomfortable and equity work requires individuals to be willing to function outside of their comfort zone. In order for this work to be possible it is vital for everyone to have skills and strategies to maintain self-care and positive mental health. This book was created as a tool for creating just that. The resources within are not exhaustive. They are intended to provide options and ideas as well as a place to journal and process. We implore you to find the things that bring you joy and peace. Find ways to care for yourself so we can do the work to ensure everyone has what they need to access their best health.

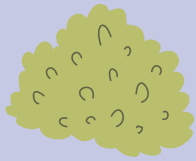
BALANCE YOUR

LIFE

A BALANCED LIFE REDUCES STRESS AND IMPROVES POSITIVE FEELINGS. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10. UTILIZE THIS TOOL TO SHIFT FOCUS WHERE LIFE SEEMS UNBALANCED.



Self-Care

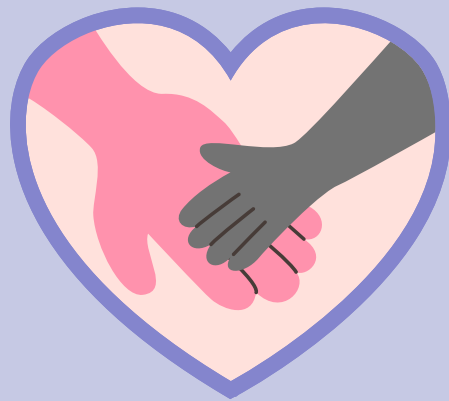


ACTIVITY

Do these activities and write about how they went!



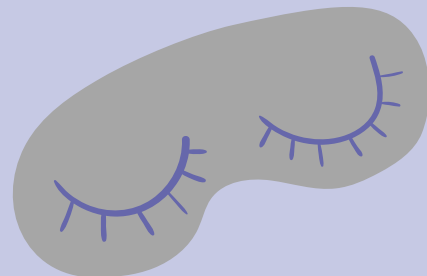
Find a New Hobby



**Take Time to Spend
it with Your Family**



**Spend Time in
Nature**



**Get 8 Hours
of Sleep**



SQUARE BREATHING

BRAIN BREAK

Hold for 4

Breathe in for 4

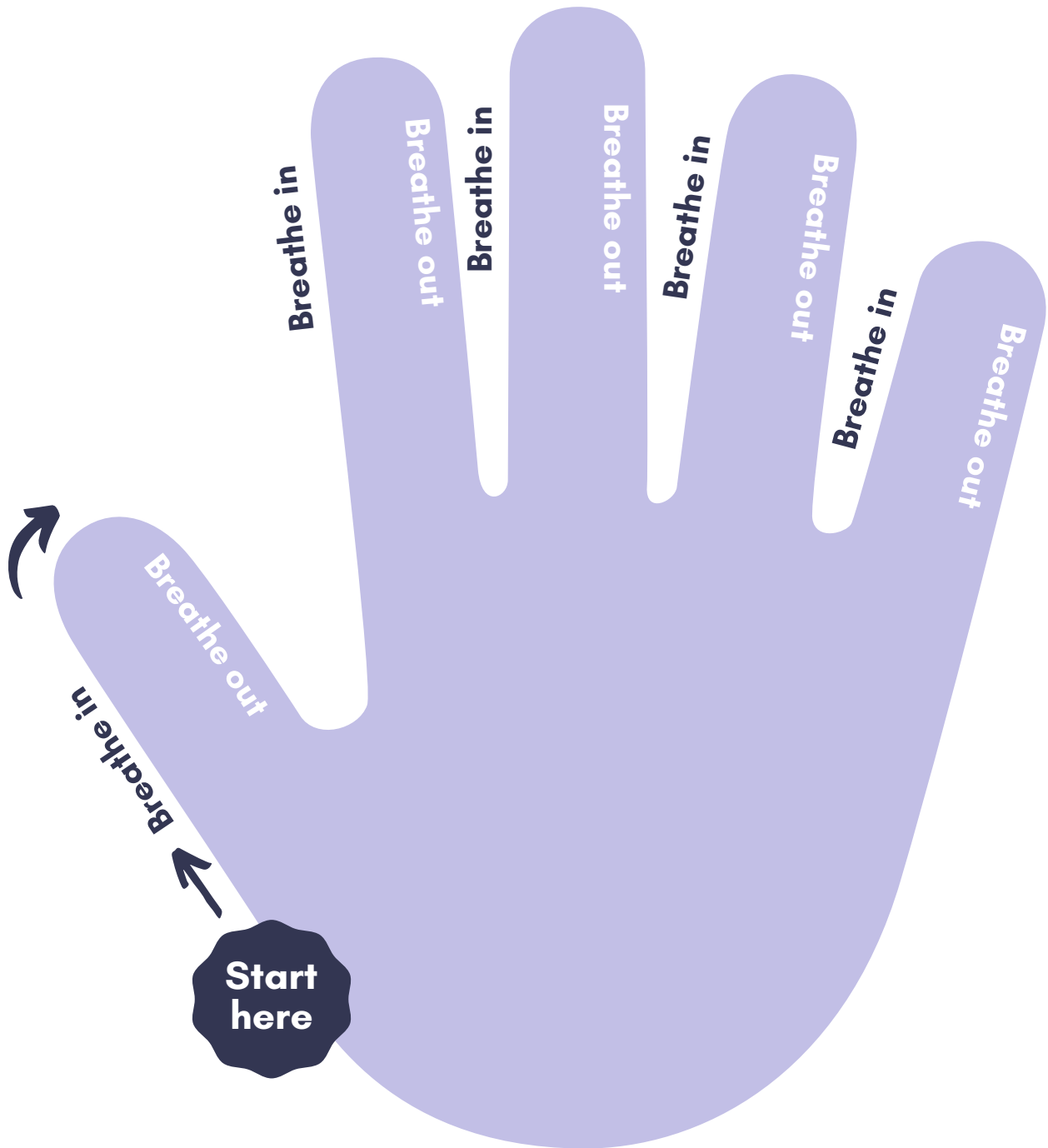
Breathe out for 4

**Start
here**

Hold for 4

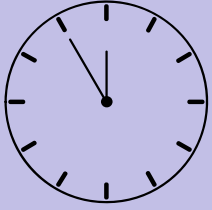
Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the across the top. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

CALM YOURSELF WITH A
5 FINGER BREATHING
BRAIN BREAK



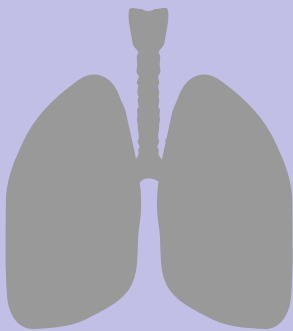
Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down. You can also do this breathing exercise using your own hand.

Just One Breath Breathing Activity



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.

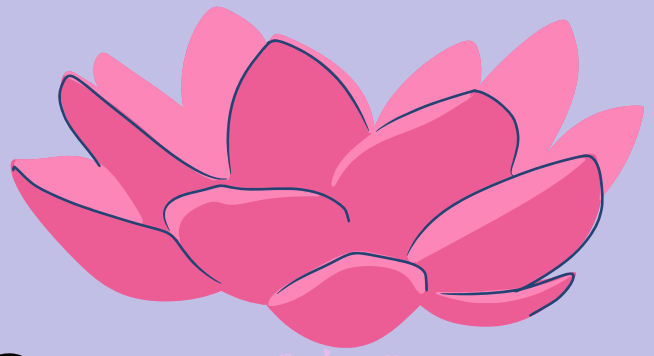


Breathe in 10 counts, Breathe out 10 counts. Imagine the air moving down into the lungs and back up.

Take one more deep breath. hold it for a moment. Feel the changes in your body and mind as you release your breath.



JUST breathe



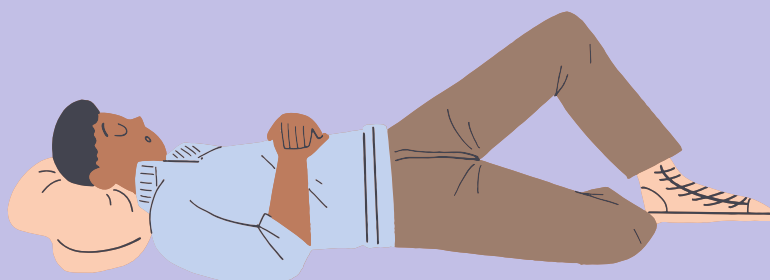
Create a picture in your mind. Think of a word or phrase that helps you feel more relaxed.

1. Close your eyes.
2. Breathe in. Imagine that the air is filled with a sense of peace and calm. Feel that spread throughout your body.
3. Breathe out. Imagine the stress and tension leaving your body with the breath.
4. As you breath in, say your word or phrase to yourself in your mind: "I breathe in peace and calm"
5. As you breathe out say your word or phrase to yourself in your mind: "I breathe out stress and tension."
6. Continue this for 10-20 minutes until your body feels calm and at peace.

Progressive Muscle Relaxation



1. Lie down comfortably on the floor or other firm surface.
2. Breathe deeply to relax.
3. Breathe in. Tense the muscles of your feet.
4. Breathe out. Release the tensions in your feet.
5. Breathe in. Tense your calf muscles.
6. Breathe out. Release the tension in your calves.
7. Repeat this process moving your way up your body. Tense each muscle group. This includes your legs, belly, chest, fingers, arms, shoulders, neck and face.



Yoga



Marichi's pose



Easy plow pose



Upward facing dog



Cat pose



Child's pose



Cow pose



Triangle pose



Bound angle pose



Downward dog



Tree pose



Knee press



Forward bend



Bridge pose



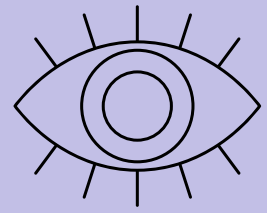
Bow pose



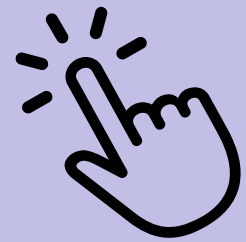
Chair pose

Grounding Activity

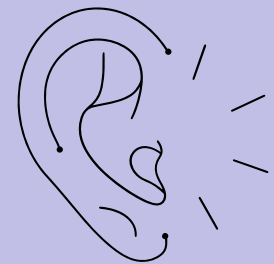
5 things you can see



4 things you can touch



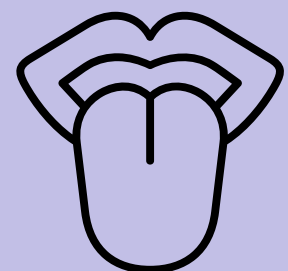
3 things you can hear



2 things you can smell



1 Thing you can taste



Breathe deeply as you go through the activity. Say the list to yourself. It is helpful to think in full sentences. At first it may be difficult if you are in the middle of a panic attack or stress response. Repeat until you can think in full sentences. For example: I can see the blue sky; I can see the open door.

Art Ideas

Art is a form of therapy and self expression. Engaging in art and creative endeavors reduces stress and improves mental health. This is a supreme form of self care.



Doodle with a pencil

Draw spontaneously and let your emotions flow out of your work.



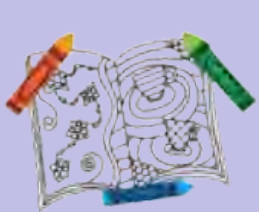
Try mandala art

Draw a circle and make designs inside or outside the circle. See the beauty that a simple circle can become.



Draw or paint with intention

Express yourself:
Distract yourself from anger or stress.



Coloring Books

Coloring can be a great stress relief or a way to let out emotions. Let the colors guide your feelings and explore how different feelings are associated with different colors and styles.



Draw/ Paint to the music

Turn on some music and see where it leads your art. Paint to the beat or paint what you hear.



Photography

Capture the details of the world around you

Sensory Recipes

Goop:

1.5 cups corn starch

1 cup water

1 kool-aid mix packet, color of your choice (optional)

1. Place the ingredients in a large bowl.
2. Use a fork to slowly and carefully mix the ingredients together until completely combined.
3. Have fun, and prepare for mess!

Playdough:

2 Cups all-purpose flour

3/4 cup salt

4 tsp. cream of tartar

2 cups lukewarm water

2 TBS. vegetable oil

Food coloring (optional)

1. Stir flour, salt and tartar in a pot. Once mixed , add in your water and oil.
2. If you are only using one color, add it now
3. cook over medium heat, stirring constantly until it thickens and forms a ball.
4. remove from heat. place in a separate bowl to help it cool. Once cooled down slightly knead it until smooth.
5. If you want multiple colors, divide dough and place each ball in its own bag. Add food coloring and mix inside of bag to avoid staining.
6. After coloring is mixed in, enjoy playing with your playdough! Store in a tightly sealed bag and it should last up to 3 months!

Aroma Therapy Diffuser Recipes

Stress Away Blend

4 drops lavender
3 drops clary sage
2 drops ylang ylang
1 drop marjoram

Calm Thang

3 drops lavender
2 drops Roman
chamomile
2 drops Ylang,
Ylang

Serenity Blend

3 drops lavender
3 drops lime
3 drops mandarin

Happy Blend

2 drops frankincense
2 drops peppermint
2 drops wild orange
2 drops lime

Sleepytime Blend

3 drops vetiver
3 drops lavender
2 drops frankincense

Energizer bunny.

4 drops wild
orange
4 drops
peppermint
2 drops grapefruit

Add ingredients to a diffuser with water or place in a cup of boiling water and breathe in deeply.

Roller Bottle Essential Oil Recipes

Mood Booster

5 drops Ylang-Ylang
5 drops orange
5 drops bergamot
(Apply to Wrists, spine, and collarbone)

Calm as a cucumber

6 drops lavender
6 drops orange
6 drops
frankincense
(Apply to wrists, spine, and collarbone)

Sore Muscle Relief

6 drops eucalyptus
6 drops peppermint
6 drops spearmint
(apply directly to sore muscles)

Focus Blend

5 drops orange
5 drops
peppermint
(Apply to chest, behind ears or wrists)

Sleepy-time Roller

4 drops lavender
3 drps geranium
3 drops roman
chamomile
(Apply to chest and shoulders)

Spiritual Blend

8 drops sandalwood
8 drops cedarwood
6 drops lavender
2 drops frankincense
2 drops myrrh
(Apply to the base of the neck, spine, and bottoms of feet)

Add ingredients to a 10 OZ. roller bottle. Fill bottle the rest of the way with fractionated Coconut oil.

Essential Oil Bath Soak Recipes

- 4 drops lavender and 4 drops cedarwood
- 4 drops bergamot and 4 drops lavender
- 2 drops lavender, 3 drops wild orange, and 4 drops cedarwood
- 4 drops Roman chamomile, 2 drops cedarwood, and 3 drops lavender
- 3 drops patchouli, 3 drops wild orange, and 3 drops frankincense
- 4 drops lavender and 4 drops frankincense
- 8-10 drops grounding blend
- 8-10 drops calming blend
- 4 drops cedarwood and 4 drops patchouli
- 4 drops cedarwood and 4 drops vetiver
- 8-10 drops lavender
- 4 drops lavender, 2 drops ylang ylang, and 2 drops wild orange
- 5 drops calming blend and 3 drops lavender
- 4 drops frankincense and 4 drops sandalwood
- 4 drops sandalwood and 4 drops lavender
- 4 drops lavender, 2 drops geranium, and 2 drops Roman chamomile

Pick a recipe and mix with 1 cup Epsom salt, 1/4 cup sea salt, and 1/4 cup baking soda. Light some candles or run the diffuser if you choose. Turn on calming music or grab your favorite book and relax!



Notes









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