



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center



WHEN THINGS CHANGE

2021



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center

SOS Tillamook is the Prevention Program Through Tillamook Family Counseling Center

SOS Tillamook is sponsor of this years “When Things Change, I Cope By...” calendar. SOS Tillamook is the prevention department at the Tillamook Family Counseling Center. SOS Tillamook provides SUPPORT, to OVERCOME, and STRENGTHEN Tillamook County through prevention services. For more information about SOS Tillamook visit: www.facebook.com/SOS-Tillamook.

About the 2021 calendar

This year’s calendars theme “When Things Change, I Cope By...” was chosen based on the positive response that we received from last years Mindfulness & Self Care calendar. Please take your time looking through this years calendar. This years calendar features artwork that was created by Tillamook County middle school students.

HELP & HOPE

Helpful Resources for Any Person, Any Problem, and Anytime

Tillamook 24 hour Crisis Line

1(800)962-2851 or 1(503)842-8201

Problem Gambling Helpline

1(877)695 4618 or visit www.OPGR.org

The National Suicide Lifeline

1(800)273-8255

Oregon Warmline

1(800)698-2392

Tillamook Family Counseling Center

Providing professional caring assistance to Tillamook County residents since 1983

- Outpatient Mental Health for all Ages
- Substance Use Treatment
- 24 Hour Crisis Services
- Developmental Disabilities Services
- Problem Gambling Services

(503)842-8201 or (800)962-2851

www.tfcc.org

*Serving Tillamook County individuals and families through phone and telehealth during the pandemic
(limited in office services)*



**Tillamook Family
Counseling Center**

Reflect
Resource
Renew

Three steps to address concerns
about gambling. Visit OPGR.org
for more information.

OPGR



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Prevention Program of Tillamook Family Counseling Center

Gambling is an Activity that has Risk to Individuals and Families

Signs of Problem Gambling:

- Spending more and more time gambling.
- Increasing gambling time and places.
- Increasing bet sizes.
- Creating special occasions for gambling (canceling other plans).
- Increasing intensity of interest in gambling (constant high tension/excitement).
- Gambling to escape problems or when there is a crisis.
- “Chasing” losses with more gambling.
- Boasting about winning and evasive about losing.
- Exaggerated display of money and possessions.
- Decreasing desire to engage in other activities and interests.
- Frequent absences from school, work and home.
- Withdrawal from family and friends.
- Diversion of funds earmarked for other purposes.

Prevention Tip: Learning the warning signs of problem gambling is one way to prevent problem gambling behaviors



73% of Oregon Adults would want someone to intervene if they had a problem with gambling

Prevention Tip: If you choose to engage in gambling behaviors create personal guidelines to prevent problem gambling behaviors



For Free and Confidential Problem Gambling Help Call

(877)MY-LIMIT or visit: <https://www.opgr.org/>

Or

Tillamook Family Counseling Center

(503)842-8201

The information on this page was accessed from the Oregon Problem Gambling Resource. If you would like to access the prevention information seen on this page visit: www.opgr.org. The statistics are from the Oregon Health Authority's Problem Gambling Prevention Project.



OPGR



SOS Tillamook

SUPPORT • OVERCOME • STRENGTHEN

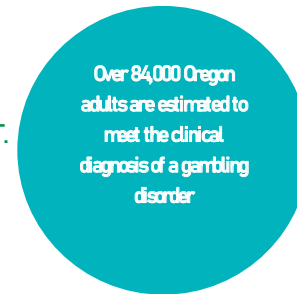
Prevention Program of Tillamook Family Counseling Center

Tips for Having Conversation with Adults About Gambling Behaviors:

- Show concern – Let them know you care about them and are concerned.
- Keep talking – Let them know exactly how their gambling behavior concerns you.
- Discuss the impact – Let them know how their behavior is impacting you and others. Be specific.
- Set clear expectations – “I want you to talk to someone about your gambling” and you – “I won’t cover for you anymore”.
- Listen – Approach the conversation with a non-judgmental attitude.
- Be proactive – Let them know you are willing to help.
- Provide information – Let the professionals provide the advice.
- Provide encouragement – Give them the information to contact OPGR.org or call the helpline at 1-877-MYLIMIT. For local help call 503-842-8201.



78% of Oregon adults believe trying to get help for someone who has a gambling problem is the right thing to do



Over 84,000 Oregon adults are estimated to meet the clinical diagnosis of a gambling disorder



Tips for Having Conversations with Youth about Gambling Behaviors:

- Start Early – Don’t wait until adolescents to talk about gambling or other risky behaviors.
- Listen – Create an open environment for conversation about their lives. Start by asking them, “so what are kids gambling on these days?”
- Educate yourself and your kids about gambling – Share with kids that gambling isn’t risk free. It’s not a “healthy alternative” to alcohol or drug use.
- Look for opportunities to discuss the risks of gambling – When there is a news report of a jackpot win, talk about the odds and reality of winning. It’s great math practice!
- Monitor your child’s activities – Know where your kids are. Know their friends and what they are doing. Don’t forget about their online and video game activity.
- Keep talking – Like alcohol and drugs, it isn’t one conversation that does the trick. Bring it up in casual conversation and keep talking.
- Live by example – Remember that kids are watching what adults are doing.

The information on this page was accessed from the Oregon Problem Gambling Resource. If you would like to access the prevention information seen on this page visit: www.opgr.org. The statistics are from the Oregon Health Authority’s Problem Gambling Prevention Project.

RESOURCES – Tillamook County

Alcoholics Anonymous (AA)

(503) 842-8958 www.aa-oregon.org
(Because locations and times change often, you are encouraged to call the number to learn the days and times of twelve-step meetings.)
NORTH COUNTY Bay City Methodist Church
Garibaldi Church of Christ Nehalem Bay Center
CENTRAL COUNTY Tillamook United Methodist
Tillamook Hospital Serenity Club
SOUTH COUNTY Beaver Fire Hall
Pacific City Presb. Church

Al Anon -Support for families and friends of alcoholics.

www.oregonal-anon.org to find a meeting
NORTH COUNTY - Nehalem Bay Wastewater
CENTRAL COUNTY - Tillamook Hospital
SOUTH COUNTY = PC Presbyterian Church

Celebrate Recovery

Tillamook Nazarene Church
503-842-2549 – 2611 3rd St.

Tides of Change

(formerly Tillamook County Women's Resource Center)
1902 2nd st., Tillamook
Call for availability of classes/counseling
www.tidesofchangenw.org
503-842-9486 HOTLINE 800-992-1679

FACT Oregon

1-888-988-3228
www.factoregon.org
FACT empowers Oregon families experiencing disability in their pursuit of a whole life by expanding awareness, growing community, and equipping families.

Gamblers Anonymous

FREE Treatment
Tillamook Serenity Club, 5012 3rd St.
503-842-8024
FREE TREATMENT – Helpline 877-695-4648
www.opgr.org

Narcotics Anonymous (NA)

503-717-3702
www.nworegona.org

North West Senior and Disability Services

503 842-2770 or 1-800-584-9712
www.nwsds.org
5010 E. Third St. Tillamook, OR 97141
Information and referral services for seniors and disabled and under age 65.

Oregon Tobacco Quit line

1-800-784-8669 www.quitnow.net/oregon
Stop Smoking Classes –503-842-4444
Tillamook Regional Medical Center

Tillamook Family Counseling Center, Inc.

503-842-8201 or 1-800-962-2851
906 Main Ave. Tillamook

Adventist Health-Tillamook

AdventistHealthTillamook.org
Various support groups & classes: Alzheimer's; Grief; Cancer; Diabetes; Caregivers Respite

Tillamook Serenity Club

503-842-1115
5012 Third Street
www.tillamookserenityclub.com
Various Support Group meetings (see website)

HELP & HOPE

*Resources/Support for Any Person,
Any Problem, Any Time*

Tillamook (24 hr)

800-962-2851 or 503-842-8201
(servicio en español)

Veterans - 800-273-8255 ext. 1

CodeGreenCampaign.org

Safe Call Now 206-459-3020

Fire/EMS "Share the Load" 888-731-3473

Copline/Law Enforcement 800-267-5463

Lines for Life 877-968-8491

YOUTH Lines for Life Text teen2teen, 839863

Red Nacional para la Prevención de Suicidio
(888) 628-9454 (servicio en español)

Problem Gambling - 877-695-4648

Treatment is FREE www.OPGR.org

Feeling Lonely?

Just need someone to talk to, call
Oregon Warmline - 800-698-2392

Tillamook Suicide Safer Community Project



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Prevention Program of Tillamook Family Counseling Center

sostillamook.org • 503-842-8201

For more Community Resources, go to CARE's website at www.careinc.org/resources



Not Your Grandma's Nursing Home

Today's assisted living is a departure from nursing homes of the past. We love Bingo too, but we also love karaoke competitions, drive-by car shows, happy hour, and other exciting activities you won't want to miss.

Take the first step towards experiencing the difference at Prestige.

Call us at **(503) 842-0918** to schedule your virtual tour of our community today!

Prestige Senior Living Five Rivers
3500 12th St.
Tillamook, OR 97141
www.PrestigeCare.com



Managed by
Prestige Senior Living, L.L.C.



ASLAN S., EAST ELEMENTARY, 6TH GRADE

JANUARY

Accepted E-Waste

Keyboards, Laptops & tablets, CPUs, Computer Mice, Monitors (CRT/LCD), Printers, Scanners, Televisions

E-WASTE & Styrofoam COLLECTION! Saturday, January 9, 2021 10:00 am to 2:00 pm Info: (503) 815-3975

Manzanita Transfer Station
34995 Necarney Rd, Manzanita



Tillamook Transfer Station
1315 Ekloff Road, Tillamook



Pacific City Transfer Station
38255 Brooten Rd, Pacific City

ALL proceeds from the collection of program e-waste benefit the Senior SAFE committee in that area.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>DECEMBER 2020 27</p> <p>S M T W T F S</p> <p>29 30 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 31 1 2</p>	<p>FEBRUARY 2021 28</p> <p>S M T W T F S</p> <p>31 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 1 2 3 4 5 6</p>	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
		Solid Waste Advisory Committee (SWAC) meeting			All transfer stations closed New Year's Day	Roast Beef Dinner Benefits Meals for Seniors 1pm-5pm \$10 Adults 12 years and under \$5 under 5 years Free St. Mary by the Sea, Rockaway Beach
17	18	19	20	21	22	23
	Pacific City transfer station closed Martin Luther King Jr. Holiday					
24	25	26	27	28	29	30
31	1	2	3	4	5	6



HOW TILLAMOOK PUD RESTORES POWER

THE FIVE IMPORTANT STEPS WE TAKE TO SAFELY AND EFFICIENTLY RESTORE POWER AS QUICKLY AS POSSIBLE.



1 ENSURE PUBLIC SAFETY
by addressing public hazardous situations first.

2 REPAIR TRANSMISSION LINES

that supply power to substations. If a BPA transmission line is damaged, we must wait until their crews can repair it and restore power to these lines.



3 REPAIR SUBSTATIONS
that serve thousands of customers.

4 REPAIR DISTRIBUTION LINES

that carry power from substations through our service area. When main distribution lines are reenergized, whole neighborhoods will have power restored.



5 FIX SERVICE LINES

that deliver power to individual homes and businesses. In order for your home to have power, the transmission line, substation and distribution lines must all be energized.

HOW YOU CAN BE PREPARED

Prepare an emergency kit that includes essentials such as:

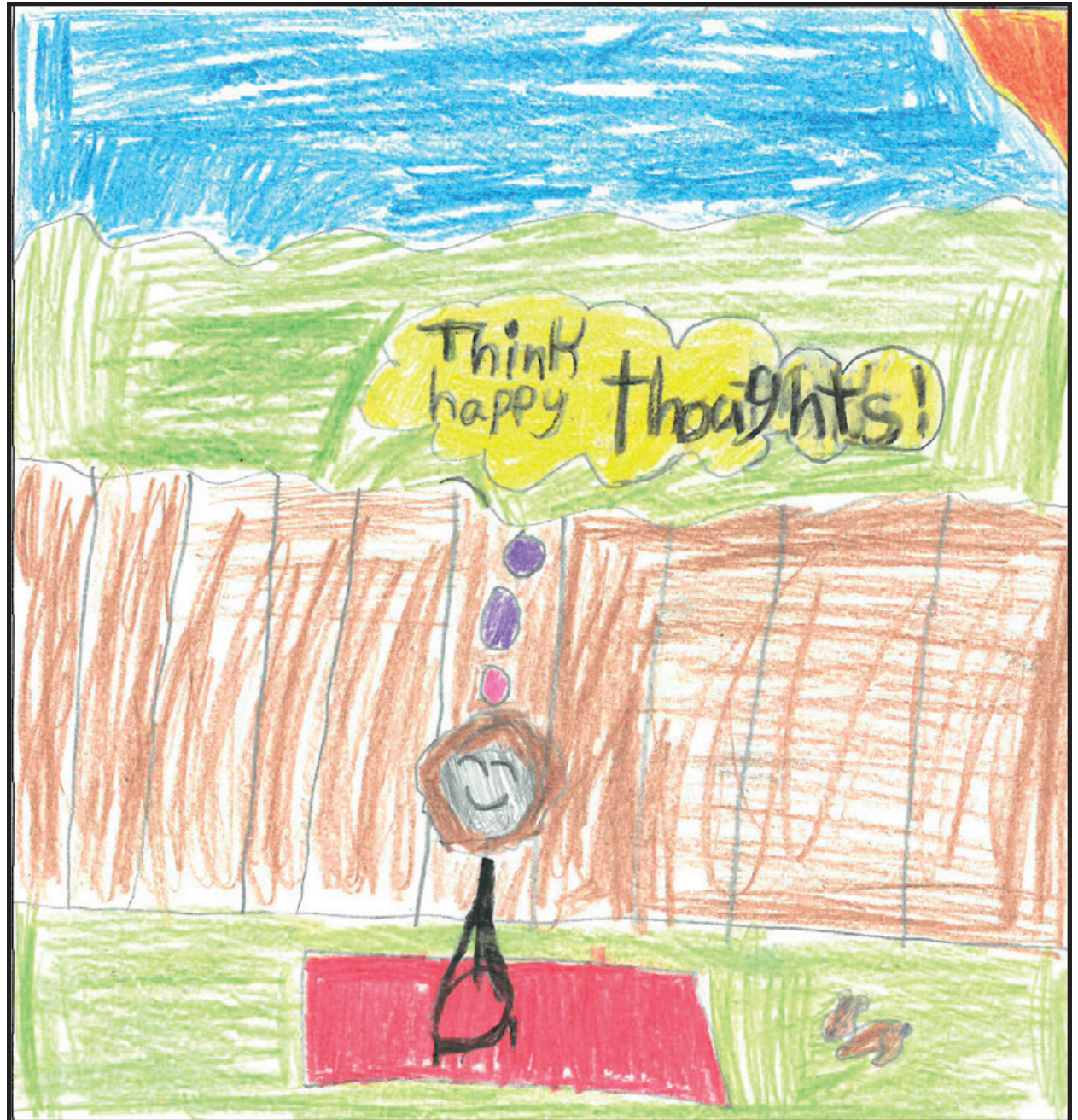
- Flashlights with fresh batteries.
- Matches for lighting gas stoves or clean burning heaters.
- First aid kit, prescription medicines, and baby supplies.
- Non-perishable food and food that can be kept in a cooler.
- A manual can opener.
- A non-cordless telephone and/or fully charged cellphone.
- Bottled drinking water.
- Battery-powered emergency lights and radio.



FOR MORE POWER OUTAGE INFORMATION VISIT
WWW.TPUD.ORG/OUTAGES/

TILLAMOOK PUD

P.O. Box 433 • 1115 Pacific Ave. • Tillamook, OR 97141
503.842.2535 • 800.422.2535 • www.tpud.org



CLOEY D., NKN MIDDLE SCHOOL, 7TH GRADE

FEBRUARY

Sleep Health

Getting a good night sleep plays an important role in your physical health. When a person gets a good night of sleep it allows time for the heart and blood vessels to heal. Sleep deficiency for an extended amount of time has been linked to diabetes and heart disease. To learn more about sleep health visit: www.cdc.gov/sleep/features/getting-enough-sleep.html

Good Sleep Health Checklist

- Remove electronic devices from bedroom
- Avoid food, caffeine, and alcohol before bed
- Keep room at comfortable temperature



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
31	1	2 World Wetlands Day Groundhog Day	3	4	5	6 Tillamook HS Charity Drive Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station																																																																																											
7 Wear Red Day for Women's Heart Health Tillamook HS Charity Drive	8 Act in Kindness Day - www.wendyandshelby.com Tillamook HS Charity Drive	9 Tillamook HS Charity Drive Solid Waste Advisory Committee (SWAC) meeting	10 Tillamook HS Charity Drive	11 Tillamook HS Charity Drive	12 Tillamook HS Charity Drive Lincoln's Birthday	13 Tillamook HS Charity Drive																																																																																											
14 Tillamook HS Charity Drive Oregon's Birthday Valentine's Day	15 Tillamook HS Charity Drive Pacific City transfer station closed Presidents' Day	16 Mardi Gras	17 Random Acts of Kindness Day	18	19	20																																																																																											
21 National Battery Day	22 Washington's Birthday	23	24	25	26	27 International Polar Bear Day																																																																																											
28	1	2	3	4	5 <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>JANUARY 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> </div> <div style="text-align: center;"> <p>MARCH 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> </table> </div> </div>	S	M	T	W	T	F	S	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	S	M	T	W	T	F	S	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	6
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PROBLEM GAMBLING AWARENESS MONTH

→ AWARENESS+ACTION

March is Problem Gambling Awareness Month. The Tillamook Family Counseling Center wants to remind you that gambling is an activity that carries risk. Overtime gambling can lead to problem gambling for some individuals. One way to prevent problem gambling is to be aware of problem gambling warning signs. Common warning signs include:

- Spending more and more time gambling.
- Increasing gambling time and places.
- Increasing bet sizes.
- Creating special occasions for gambling
- Increasing intensity of interest in gambling

To learn more about warning signs and see the entire list of common problem gambling warning signs visit: opgr.org
FREE confidential help call 877-MY-LIMIT
(877-695-4648)

For local help call: 503-842-8201



SOS Tillamook

SUPPORT • OVERCOME • STRENGTHEN

Prevention Program of Tillamook Family Counseling Center

tfcc.org



LIAM G., NKN MIDDLE SCHOOL, 7TH GRADE

MARCH

Health and well-being for all in 2021

colpachealth.org



Columbia Pacific CCO™
Part of the CareOregon Family

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
28	1	2	3 World Wildlife Day	4	5 Conditionally Exempt Generator (CEG) (Business Hazardous Waste) Collection (appointment required)*	6 Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station (9am -1pm)																																																																																				
7	8 International Women's Day	9 Solid Waste Advisory Committee (SWAC) meeting	10	11	12 Plant a Flower Day	13																																																																																				
14 Daylight Saving Time Begins @ 2AM	15	16	17 Take Down Tobacco National Day of Action St. Patrick's Day	18	19 International Day of Happiness	20 First Day of Spring																																																																																				
21	22 Spring Break World Water Day	23 Spring Break American Diabetes Assoc. Alert Day	24 Spring Break	25 Spring Break	26 Spring Break	27 French Toast Breakfast Benefits Meals for Seniors 8 am - Noon - Donation Dining Hall of St. Mary by the Sea, Rockaway Beach																																																																																				
28 Passover Begins	29	30	31	1	2 <p style="text-align: center;">FEBRUARY 2021</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table>	S	M	T	W	T	F	S	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	3 <p style="text-align: center;">APRIL 2021</p> <table border="1" style="width: 100%; text-align: center;"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> </table>	S	M	T	W	T	F	S	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1
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* Event to be held at Tillamook Transfer Station 1315 Ekloff Rd, Tillamook, OR 97141. Registration and Appointment necessary. For more information contact Tillamook County Solid Waste 503.815.3975

APRIL IS
— SEXUAL ASSAULT —
AWARENESS MONTH 

#SAAM



Tides of Change serves all genders, providing services of domestic/dating violence, sexual violence, stalking and trafficking:

- 24-hour crisis intervention
- Emergency shelter
- Advocacy
- Counseling
- Support groups
- Information/Referral

Services are free & confidential for survivors of all ages & genders.

YOUR VOICE HAS POWER.

TU VOZ TIENE PODER.

hope. safety. support.
TIDES OF CHANGE

esperanza. seguridad. apoyo.
MAREAS DE CAMBIO

www.tidesofchangenw.org

503.842.9486

1902 2nd Street / PO Box 187

Tillamook



KIARA C., TILLAMOOK JR. HIGH, 8TH GRADE

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
<p>28</p> <p>MARCH 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> </table>	S	M	T	W	T	F	S	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	<p>29</p> <p>MAY 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table>	S	M	T	W	T	F	S	25	26	27	28	29	30	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	30	31	1	2	3
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<p>4</p> <p>Easter Sunday</p>	5	6	7	<p>8</p> <p>April Fool's Day</p>	9	<p>10</p> <p>Passover Ends</p>																																																																																											
11	12	<p>13</p> <p>Solid Waste Advisory Committee (SWAC) meeting</p> <p>International Plant Appreciation Day</p>	14	15	16	17																																																																																											
18	19	20	<p>21</p> <p>Volunteer Week</p> <p>National Walking Day</p> <p>Administrative Professionals Day</p>	<p>22</p> <p>Volunteer Week</p> <p>Earth Day</p>	23	24																																																																																											
25	26	27	28	29	30	1																																																																																											
	<p>Save the Frogs Day</p>	<p>National Drug Take Back Day</p>			<p>Arbor Day</p> <p>Good Friday</p>																																																																																												



Tillamook Family Counseling Center

Providing caring
professional services since 1983

- Individual, family, and group counseling
- Medication management
- Peer support services
- Substance use disorder treatment
- Developmental disabilities
- Crisis services and support
- Problem gambling treatment

(503)842-8201

tfcc.org

*Serving Tillamook County residents and families through
phone and telehealth during the pandemic
(limited in office services)*



YUKON N-R., NKN MIDDLE SCHOOL, 7TH GRADE

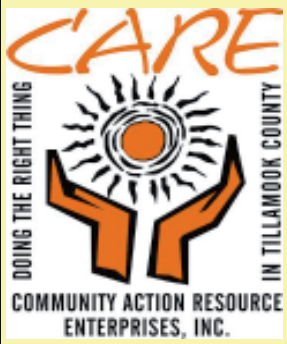
MAY

May is Mental Health Awareness Month



SOS Tillamook
 SUPPORT • OVERCOME • STRENGTHEN
 Prevention Program of Tillamook Family Counseling Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>APRIL 2021 25</p> <p>S M T W T F S</p> <p>28 29 30 31 1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 1</p>	<p>JUNE 2021 26</p> <p>S M T W T F S</p> <p>30 31 1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30 1 2 3</p>	27	28	29	30	1
2	3	4	5	6	7	8
			Cinco De Mayo			
9	10	11	12	13	14	15
National Prevention Week Mother's Day	National Prevention Week	National Prevention Week Solid Waste Advisory Committee (SWAC) meeting	National Prevention Week	National Prevention Week	National Prevention Week	National Prevention Week
16	17	18	19	20	21	22
	Brown v. Board of Education	Election Day			Endangered Species Day	International Day for Biological Diversity
23	24	25	26	27	28	29
						French Toast Breakfast Benefits Meals for Seniors **Silent Auction** 8 am - Noon - Donation Dining Hall of St. Mary by the Sea, Rockaway Beach
30	31	1	2	3	4	5
Water a Flower Day	Manzanita & Pacific City transfer stations closed World No Tobacco Day Memorial Day					



**Taking Care
of Those in
Need in our
Community...**

**Your LOCAL
non-profit,
social services organization
working to alleviate the effects
of poverty by providing
services for people in crisis
and others who struggle to
make ends meet.**

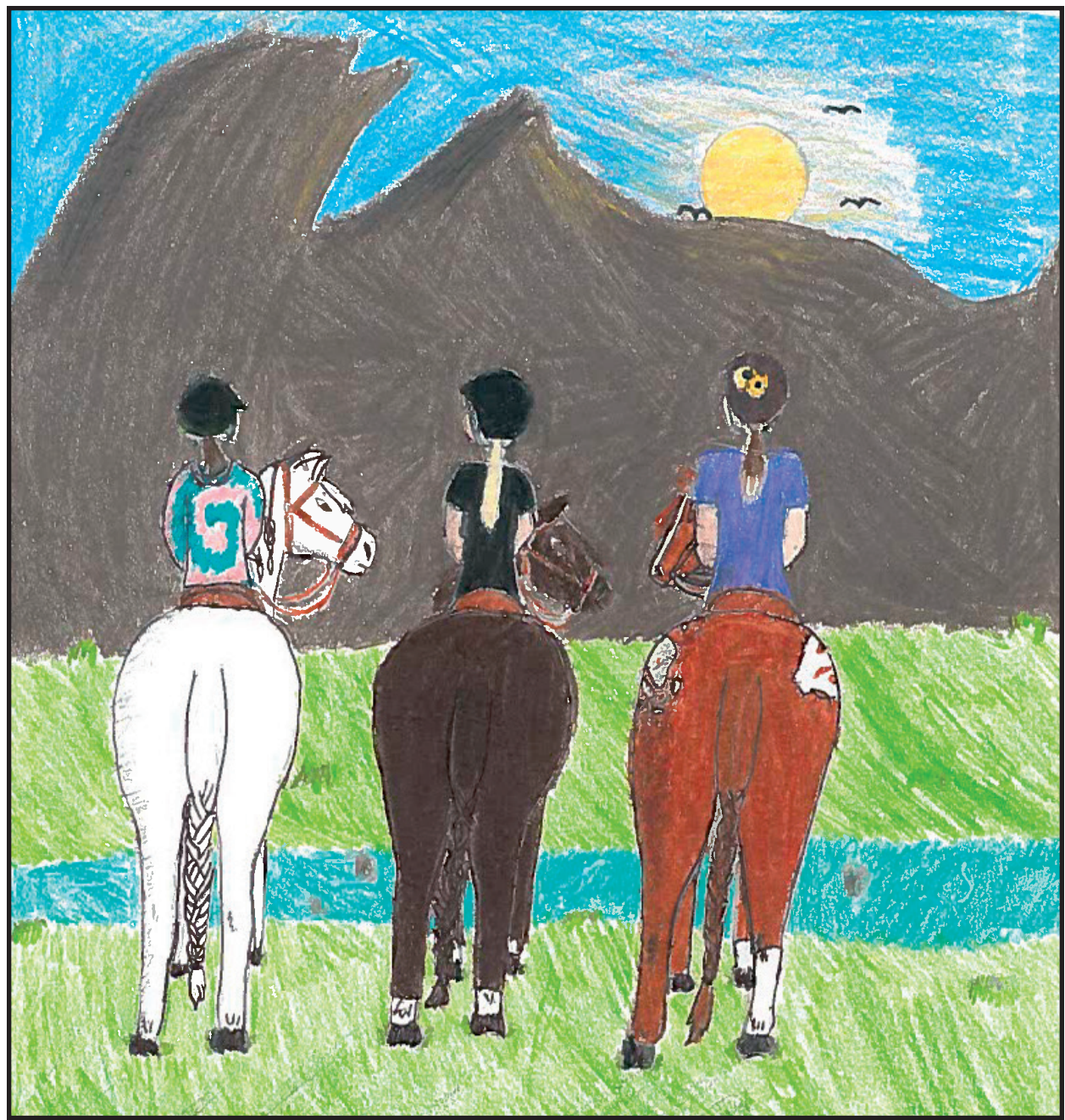
- Emergency & Homeless Services
- Healthy Families
- Assisted Living Communities
Nehalem Bay House & Kilchis House
- Community Development

**CARE Inc. is driven
by our mission to
foster changes that
create healthier, more
resilient communities
throughout
Tillamook County
and empower people as they work to
meet their immediate, basic needs.**



www.careinc.org

2310 First St, Suite 2, Tillamook, OR 97141
503-842-5261 • Fax 503-842-5821



ANNALISE M., NKN MIDDLE SCHOOL, 7TH GRADE

JUNE



Waste & Recycling Workers Week

June 13-19, 2021

Thank You



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30</p> <p>MAY 2021</p> <p>S M T W T F S</p> <p>25 26 27 28 29 30 1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31 1 2 3 4 5</p>	<p>31</p> <p>JULY 2021</p> <p>S M T W T F S</p> <p>27 28 29 30 1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>1</p>	<p>2</p> <p>Civil Rights Act of 1964</p>	<p>3</p>	<p>4</p> <p>Conditionally Exempt Generator (CEG) (Business Hazardous Waste) Collection (appointment required)*</p>	<p>5</p> <p>Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station (9am -1pm)</p> <p>World Environment Day</p>
<p>6</p>	<p>7</p>	<p>8</p> <p>World Oceans Day</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p> <p>Loving Day</p>
<p>13</p> <p>Waste & Recycling Workers Week</p>	<p>14</p> <p>Waste & Recycling Workers Week</p>	<p>15</p> <p>Waste & Recycling Workers Week</p> <p>Global Wind Day</p>	<p>16</p> <p>Waste & Recycling Workers Week</p>	<p>17</p> <p>Waste & Recycling Workers Week</p>	<p>18</p> <p>Waste & Recycling Workers Week</p>	<p>19</p> <p>Waste & Recycling Workers Week</p> <p>Juneteenth</p>
<p>20</p> <p>Community Recycling trailer at Beaver (9am-11am)</p> <p>Father's Day</p>	<p>21</p> <p>First Day of Summer</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1</p>	<p>2</p>	<p>3</p>

* Event to be held at Tillamook Transfer Station 1315 Ekloff Rd, Tillamook, OR 97141. Registration and Appointment necessary. For more information contact Tillamook County Solid Waste 503.815.3975

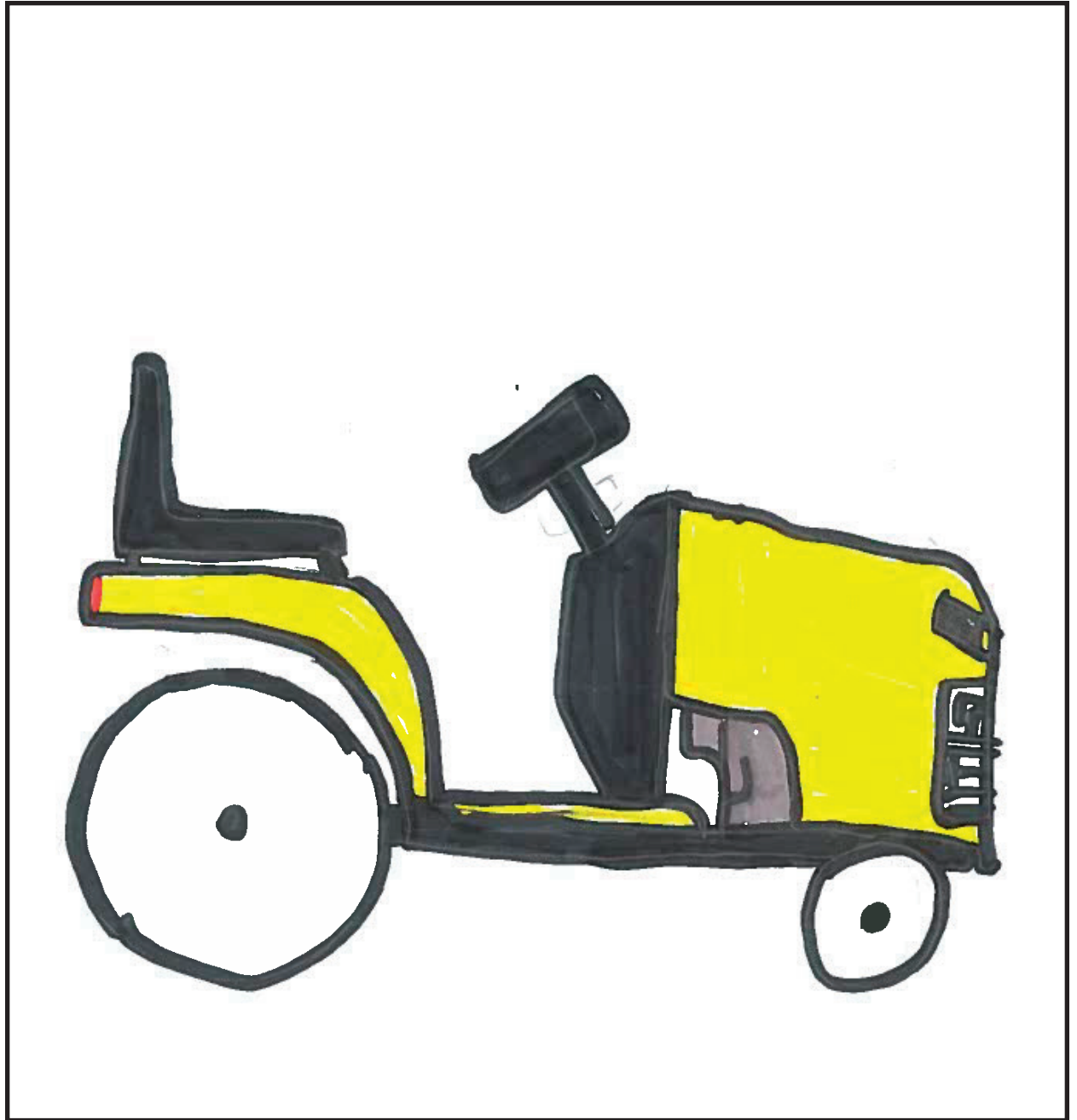
**Tillamook County
Transportation
District**

Transportation
from Tillamook
to Cannon Beach
and to Portland.



Looking forward
to the next
25 years
of serving
Tillamook County
and beyond!

Serving you since 1996
tillamookbus.com



JAXSEN E., TILLAMOOK JR. HIGH, 8TH GRADE

JULY

Tillamook Family Counseling Center is a partner agency of the Northwest Parenting Hub. Members provide supports and opportunities for northwest Oregon parents to sharpen their skills and to help their families grow. Learn about parenting skills groups, call 503-842-8201



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																				
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<p>4</p> <p>Independence Day</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p> <p>●</p> <p>Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station (9am - 1pm)</p>																																																																																				
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<p>25</p>	<p>26</p> <p>Americans With Disabilities Act</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p> <p>☾</p> <p>International Day of Friendship</p>	<p>31</p>																																																																																				



Your Pathway to Wellness

- Private Insurance
- Medicaid
- Medicare
- Veterans

Quality Healthcare Services

For Appointments Call:
503-842-3938
800-528-2938
TTY 800-735-2900

Se habla Español

tillamookchc.org



REESE H., EAST ELEMENTARY, 6TH GRADE

AUGUST

Become a QPR Gatekeeper!

QPR Gatekeeper is an evidence-based suicide prevention training that can be beneficial for all community members. QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. For more information about QPR or to sign up for an upcoming class call the Tillamook Family Counseling Center's prevention department at: 503-842-8201



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 JULY 2021 S M T W T F S 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	2 SEPTEMBER 2021 S M T W T F S 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2	3	4	5	6	7 Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station (9am - 1pm)
● 8	9	10	11 Tillamook County Fair	12 Tillamook County Fair	13 Tillamook County Fair	14 Tillamook County Fair
◐ 15	16	17	18	19	20	21
◑ 22	23	24	25	26	27	28
29	◒ 30	31	1	2	3	4



Assisted Living Services

"Let us do all the work, while you have all the fun."



Private One-bedroom and Studio apartments available. Call today for best selection.

Kilchis House
www.kilchishouse.org
503-842-2204

Nehalem Bay House
www.nehalemabayhouse.org
503-368-6445



HUNTER F., HOMESCHOOL, 8TH GRADE

SEPTEMBER

September is Suicide Prevention Awareness Month



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 AUGUST 2021 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4	30 OCTOBER 2021 S M T W T F S 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6	31	1	2	3	4 French Toast Breakfast Benefits Meals for Seniors 8 am - Noon - Donation Dining Hall of St. Mary by the Sea, Rockaway Beach
5 National Suicide Prevention Week	6 National Suicide Prevention Week Labor Day	● 7 National Suicide Prevention Week Rosh Hashana	8 National Suicide Prevention Week Rosh Hashana	9 National Suicide Prevention Week	10 National Suicide Prevention Week World Suicide Prevention Day	11 National Suicide Prevention Week Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station (9am -1pm) Patriot Day
12 National Assisted Living Week Grandparents Day	☾ 13 National Assisted Living Week	14 National Assisted Living Week Solid Waste Advisory Committee (SWAC) meeting	15 National Assisted Living Week	16 National Assisted Living Week International Day for the Preservation of the Ozone Layer	17 National Assisted Living Week	18 National Assisted Living Week
19 Watch Out for Wildlife Week	☉ 20 Watch Out for Wildlife Week	21 Watch Out for Wildlife Week	22 Watch Out for Wildlife Week World Car Free Day First Day of Autumn	23 Watch Out for Wildlife Week	24 Watch Out for Wildlife Week	25 Watch Out for Wildlife Week National Public Lands Day
26 World Rivers Day	27 World Rivers Day	☾ 28	29	30	1	2



**TILLAMOOK
COUNTY
VETERANS'
SERVICES OFFICE**

Tillamook County Courthouse
Basement Level
201 Laurel Ave., Tillamook, OR 97141
(503) 842-4358
Office Open Monday – Friday
8am-12pm & 1pm-5pm

OUR MISSION

THE TILLAMOOK COUNTY VETERANS' SERVICE OFFICE ASSISTS TILLAMOOK COUNTY RESIDENTS WHO ARE U.S. MILITARY VETERANS IN PREPARING COMPENSATION CLAIMS, ACCESSING SOCIAL SERVICES, HEALTH CARE BENEFITS AND PENSION BENEFITS THAT MAY BE AVAILABLE TO THE VETERAN FROM THE U.S. DEPARTMENT OF VETERANS' AFFAIRS AND OTHER GOVERNMENTAL AGENCIES.



ANNA R., NKN MIDDLE SCHOOL, 8TH GRADE

OCTOBER

October is Health Literacy Month

Set aside sometime this month to become more knowledgeable about health issues that can effect you and your family. To learn about this month long observance visit: healthliteracymonth.org

Task to Consider this Month:

- Scheduling a health screen
- Learn more about your family medical history



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SEPTEMBER 2021 26</p> <p>S M T W T F S</p> <p>29 30 31 1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 1 2</p>	<p>NOVEMBER 2021 27</p> <p>S M T W T F S</p> <p>31 1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 1 2 3 4</p>	28	29	30	1	2
3	4 World Animal Day	5	6	7	8	9
10 National Wildlife Refuge Week	11 Indigenous Peoples' Day National Wildlife Refuge Week	12 National Wildlife Refuge Week	13 International Day for Natural Disaster Reduction National Wildlife Refuge Week	14 National Wildlife Refuge Week	15 National Wildlife Refuge Week	16 National Wildlife Refuge Week
17 Wolf Awareness Week	18 Wolf Awareness Week	19 Wolf Awareness Week	20 Wolf Awareness Week	21 Wolf Awareness Week	22 Wolf Awareness Week	23 Wolf Awareness Week
24 United Nations Day	25	26	27	28	29	30
31 Halloween	1	2	3	4	5	6

* Event to be held at Tillamook Transfer Station 1315 Ekloff Rd, Tillamook, OR 97141. Registration and Appointment necessary. For more information contact Tillamook County Solid Waste 503.815.3975

COULD YOU HAVE
PREDIABETES?

TAKE THE RISK TEST

Learn more at:
doihaveprediabetes.org

NOVEMBER IS
NATIONAL DIABETES
AWARENESS MONTH

Tillamook County
WELLNESS
Making Healthy Happen.

Helping Tillamook County:

-  EAT WELL
-  MOVE WELL
-  WORK WELL
-  CONNECT WELL

tillamookcountywellness.org

A Program of Tillamook
County Public Health



EMILY G., EAST ELEMENTARY, 6TH GRADE

NOVEMBER



America Recycles Day
November 15, 2021
Recycling Awareness Week
November 14-20, 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2 Election Day	3	4 ●	5	6
7 Daylight Saving Time Ends @ 2AM	8	9 Solid Waste Advisory Committee (SWAC) meeting	10	11 ☾	12	13
14 Oregon Recycling Awareness Week	15 Oregon Recycling Awareness Week America Recycles Day	16 Oregon Recycling Awareness Week	17 Oregon Recycling Awareness Week	18 Oregon Recycling Awareness Week	19 Oregon Recycling Awareness Week	20 Oregon Recycling Awareness Week International Survivors of Suicide Loss Day
21	22	23	24	25 All transfer stations closed Thanksgiving Day	26 Manzanita & Pacific City transfer stations closed Black/Plaid Friday	27 French Toast Breakfast **Silent Auction** Benefits Meals for Seniors 8 am - Noon - Donation Dining Hall of St. Mary by the Sea, Rockaway Beach
28	29	30 Giving Tuesday	1	2	3 OCTOBER 2021 S M T W T F S 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6	4 DECEMBER 2021 S M T W T F S 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1

GET COVERED FOR 2022: OREGONHEALTHCARE.GOV



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 NOVEMBER 2021 S M T W T F S 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4	29 JANUARY 2022 S M T W T F S 26 27 28 29 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5	30	1	2	3	4 ● Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station (9am - 1pm) World Wildlife Conservation Day
5	6 Hanukkah Ends	7 Pearl Harbor Remembrance Day	8	9	10	11 ● International Mountain Day
12	13	14	15	16	17	18
19 ○	20	21 First Day of Winter	22	23	24 Manzanita & Pacific City transfer stations closed Christmas Eve	25 All transfer stations closed Christmas
26 ●	27	28	29	30	31 All transfer stations closed New Year's Eve	1



Chores.
A perfect moment to talk about alcohol.

An alarming number of pre-teens are drinking alcohol — which makes it urgent to find every opportunity to talk to your kids about the dangers of underage drinking. For tips on how — and when — to begin the conversation, visit:
www.underagedrinking.samhsa.gov



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Prevention Program of Tillamook Family Counseling Center

503-842 -8201

Tfcc.org



SARA G., EAST ELEMENTARY, 6TH GRADE

JANUARY

Self-Care for 2022

Self-care can help you manage stress. To learn more about self-care visit: <https://www.cdc.gov/injury/features/dealing-with-stress/>

Self-Care Checklist

- Limit screen time
- Rest when needed
- Establish healthy boundaries
- Think positive
- Practice time management
- Pay attention to how you feel
- Get sleep
- Treat yourself
- Avoid drugs & alcohol



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DECEMBER 2021 26 S M T W T F S 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1	FEBRUARY 2022 27 S M T W T F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 2 3 4 5	28	29	30	31	1
● 2	3	4	5	6	7	New Year's Day 8
☾ 9	10	11	12	13	14	15
16	○ 17	18	19	20	21	22
23	24	☾ 25	26	27	28	29
30	31	1	2	3	4	5

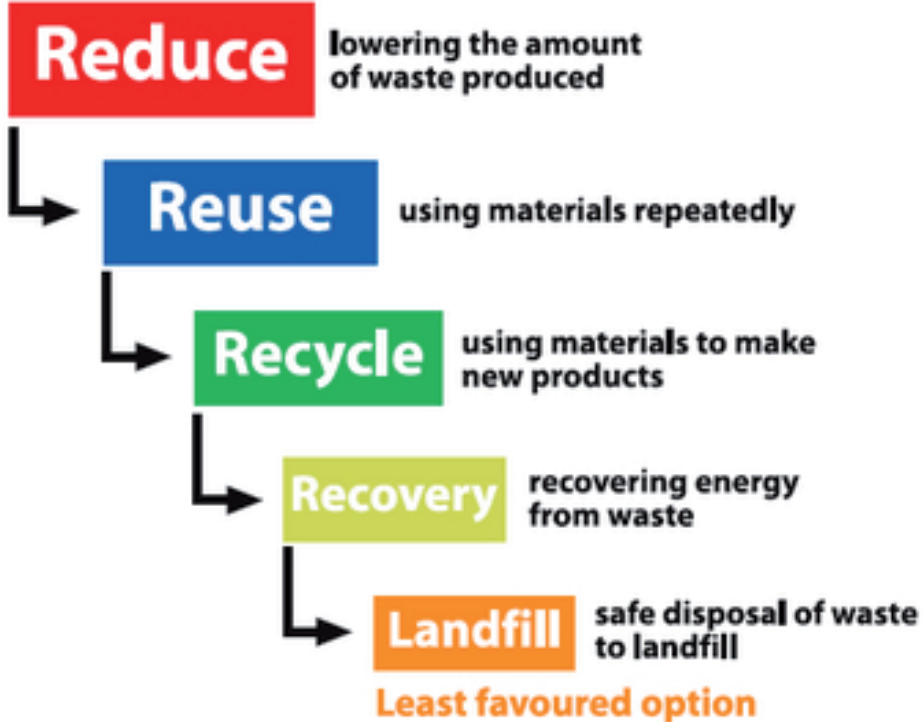
**Tillamook County Solid Waste
Tillamook County Master Recyclers
Making a difference in our neighborhood**

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
PERMIT NO. 700
PORTLAND, OR.

***** ECRWSS*****

Local
Postal Customer

Most favoured option



For more information about recycling or hazardous waste disposal, call (503) 815-3975 or visit our website at www.co.tillamook.or.us/gov/solidwaste



Household Hazardous Waste collection dates in 2021

Convenient collection for the **SAFE AND PROPER DISPOSAL** of common household hazardous items. (See our website for a list of items.)



Jan.—none
Feb. 6th
March 6th*
Apr.—none
May 1st
June 5th*
July 10th
Aug. 7th
Sept. 11th
Oct. 2nd*
Nov.—none
Dec. 4th

at the
Tillamook Transfer Station
1315 Ekloff Road, Tillamook
9:00am to 1:00pm

This facility DOES NOT ACCEPT Ammunition, Explosives, or Medical

Tillamook County Solid Waste Department
503 Marolf Loop, Tillamook, OR 97141
Phone: 503-815-3975 • Fax: 503-842-6473
E-mail: recycle@co.tillamook.or.us •
www.co.tillamook.or.us/gov/solidwaste

PLEASE separate Hazardous Waste from other items in your vehicle prior to arriving at the event.

*CEG/Business event day prior. Registration Required