



June 2025 | Oregon

Connections

Get ready for some giveaways!

We want to help you save energy, stay safe, and enjoy the upcoming seasons.

Make sure to follow @avistautilities on Instagram and Facebook for a chance to win prizes throughout the year.



La Clinica: Evolving to serve Southern Oregon's community needs

Since we last checked in with La Clinica in 2022, the southern Oregon healthcare provider has continued to grow and shape its services around the needs of the community.

Many of La Clinica's clients come from vulnerable populations: those who are currently without a home or have limited mobility, as well as children who have little or no access to healthcare. Happy Smiles, La Clinica's low-cost dental program, is available at more than twenty area schools. The mobile health center takes its services to urban campgrounds, churches and other community gathering spots, making it easy for those who can't travel to get access to services.

La Clinica has recently developed a medical residency program for newly graduated nurse practitioners and physician assistants. The purpose is twofold: to expand care to underserved people in an area where there is a lack of primary care providers, and to encourage new medical graduates to specialize in this type of care.

A couple years ago, La Clinica added a grief support and education nonprofit, WinterSpring, under its umbrella. The healthcare provider can now offer free grief counseling programs in the community, to both adults and children; and performs essential work in the school district when staff and students have experienced suicide loss.

La Clinica continues to develop education and workforce training in diabetes, yoga, personal growth, and leadership in the community. Most of the classes are free, and Julie Wurth, communications officer for La Clinica, said via email that this is the largest service provider of its kind that she knows of in Oregon. "Lots of people are building better lives because of it," she wrote.

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FREE energy-saving home upgrades

Every home uses energy differently. A home that uses a

lot of energy may have less insulation than it needs or air leaks around windows and doors. To help lower usage and energy costs, FREE home improvements for income-qualified homeowners and renters are offered. Eligible customers may receive a home energy inspection, insulation upgrades, caulking, and more.

Visit myavista.com/ORLIEE or call us at (800) 227-9187 to see if you qualify.

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La Clinica: Evolving to serve Southern Oregon's community needs



La Clinica has also developed a partnership with Southern Oregon University, relieving the university of a financial burden by operating the health center in the same manner as the rest of its clinics. On any given day, La Clinica is hiring both medical providers and staff, offering a great opportunity to get involved in an organization that truly makes a difference. Over the last year, it has added twenty new providers and is still expanding services.

Visit laclinicahealth.org to research a service or see how you can get involved as a volunteer.

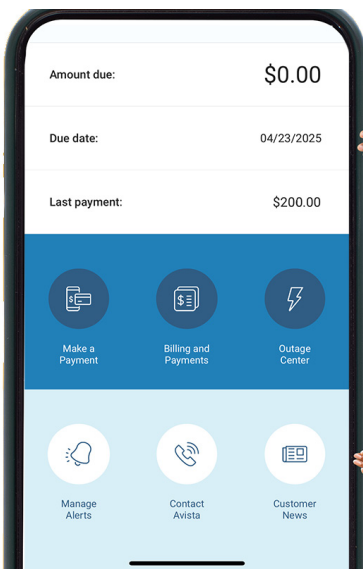
Need help with your energy bill?

There are lots of reasons why keeping up with your energy bill may be difficult. If you need help or just want to know your options, we're here for you. We team up with local community action agencies to provide billing and payment programs and home energy-saving solutions to eligible customers.

We also offer payment arrangements and options to help even or spread out your costs. Even better, our *My Energy Discount* program lowers natural gas bills every month for two years.

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ROOTED IN SAFETY

If planting trees and shrubs is on your to-do list, make sure you start your landscaping project by knowing where underground utilities are located. Planting too close to underground lines can cause safety concerns while digging and as the vegetation matures. It's good practice not to plant a tree within ten feet of a natural gas line.

Tree roots will spread out at least as wide as the tree's canopy and often much further. As the roots spread and grow deeper, they can entangle or even break natural gas lines or damage protective gas pipeline coatings. Severe storms can also uproot trees which can pull up or break a natural gas line, potentially causing a serious gas leak.

Shrubs, flowers, and ground cover are good choices for landscaping near natural gas lines since their root systems are not as extensive as those of trees. When selecting your plantings, consider the size of the root ball, the matured plant's roots and keep in mind the distance to a natural gas line.



**Know what's below.
Call before you dig.**

Before starting any project that involves digging, always click or call 811 at least two full business days in advance to have your underground utilities located. The service is free, and privately-owned lines can be located for a fee. Otherwise, one strike with a shovel could nick a line, creating a dangerous safety situation. Plus, it's the law.

Visit myavista.com/811 to learn more.

Connect with us

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