

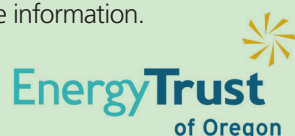
# Connections

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**MORE THAN A MEAL:**

## The Friendly Kitchen's lifeline for Oregon seniors

**Preparing 200 hot meals every weekday is no small feat — but getting those meals into the hands of older adults who can't easily leave their homes is an even greater challenge.**

**For over 50 years, The Friendly Kitchen/Meals on Wheels of Roseburg has been doing both.** Now based at Umpqua Community College, the kitchen is led by Chef Steve, a Le Cordon Bleu-trained culinary professional known for his delicious, thoughtfully prepared meals. "Chef Steve is amazing," said Victory Webber, executive director of The Friendly Kitchen. "Menus are posted online, and we ask about food preferences and allergies during intake."

The program serves adults aged 60 and older in Roseburg and Winchester who need help accessing meals. A \$5 donation is suggested per meal, and deliveries are made by volunteers — though summer months can bring driver shortages.

"We always need more drivers," Webber said. "New volunteers ride along with experienced ones, and we offer mileage reimbursement if needed." Routes vary, with some as long as 30 miles. Many volunteers stick to a regular route, while others are flexible.

"There's a social aspect, too," Webber added. "Sometimes our driver is the only person a senior sees all day. It's also a safety check." In one case, a driver heard cries

**"The biggest challenge we have is always finding enough drivers."**

*Victory Webber, executive director of The Friendly Kitchen/Meals on Wheels Roseburg*



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## The Friendly Kitchen's lifeline for Oregon seniors

for help behind a closed door and called 911. Emergency responders arrived in time to assist a senior who had fallen. "That's why we say we deliver more than a meal," Webber said. "We take care of people, too."

Support from community partners like the Avista Foundation helps make this work possible. The foundation awarded a grant to The Friendly Kitchen to help sustain its mission of nourishing and caring for vulnerable seniors.

Volunteers are always needed for meal delivery and it's easy to get started at [friendlykitchen.org](http://friendlykitchen.org).

## Stay safe around utility lines

**As summer winds down, it's a great time to remove old stumps, prep for fall planting, and clean up your yard — but safety comes first.** Tree roots can grow wide and deep, often wrapping around underground utility lines like natural gas pipes. Digging without knowing what's below can lead to dangerous gas leaks or service disruptions.

Before any digging project, click or call 811 at least two business days in advance to have underground utilities marked. It's free, easy, and required by law.

When replanting, avoid placing trees within ten feet of gas lines. Choose shrubs or ground cover with smaller root systems. Also, inspect areas around your gas meter and clear away overgrown vegetation to ensure safe access.

These simple steps help protect your home, your family, and your community — while keeping your landscaping plans safe and on schedule.

Visit or visit [myavista.com/811](http://myavista.com/811) for more information.



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## Watch out for scams

**Scammers pretend to be Avista workers by spoofing our phone number or showing up in safety gear.** They may say your bill is overdue and demand payment, often with a prepaid card. Don't fall for it.

Avista will never ask for personal information. If something sounds odd, it probably is. Hang up or ask them to leave. Always check for an Avista ID badge. Stay alert and protect yourself.

Visit [myavista.com/scamvideos](http://myavista.com/scamvideos) to watch our video series highlighting three of the most common scams we see. Give us a call at (800) 227-9187 or visit us online at [myavista.com](http://myavista.com) to verify the status of your account.

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