



September 2026 | Oregon

Connections

Plan ahead for cooler weather

Now is a good time to get ready for colder Northwest weather. Avista income-eligible customers may qualify for up to \$1,600 back on a high-efficiency gas furnace upgrade through Energy Trust of Oregon.

Visit energytrust.org/gasfurnace to learn more and see if you qualify.

Planning a professional installation? Visit energytrust.org/tradeally to find program-approved local experts who can help.



The power of belonging

Avista Foundation helps support people in Southern Oregon through connection and community.

When someone leaves jail or prison, even simple needs can become barriers to starting over. Golden Rule ReEntry, a Southern Oregon nonprofit, helps people overcome those challenges and take steps toward a more stable future.

Founded in 2020 by Executive Director Abigail Lewis, the organization supports roughly 400 individuals each year as they navigate life after incarceration. A grant from the **Avista Foundation** helped replenish Golden Rule's emergency fund, which provides resources for immediate needs such as replacing an ID card, repairing a vehicle or purchasing clothing for a job interview. While those needs may seem small, Abby says they often make a big difference. "This is my life's work," she said.



Beyond practical assistance, Golden Rule focuses on helping participants rebuild confidence, develop life skills and create a path forward. Many staff members have personal experience with incarceration, allowing them to connect with participants in meaningful ways.

Brandi Ferreira, a case and intake manager, spent 12 years incarcerated in state and federal prison before rebuilding her life through recovery and reentry. Today, she helps others navigate that same transition. "Connection is the opposite of addiction," Brandi said. "Sometimes you just need one person to believe in you before you're able to believe in yourself."

That support can be life-changing. Participant Matthew Bertrand said Golden Rule helped him see new possibilities for his future. "I'd lost hope," Matthew said.

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Having a hard time with your energy bill? We're here to help.

If managing your bill feels challenging right now, you're not alone. Avista offers resources to support you when you need it.

From flexible payment plans to energy assistance for qualifying customers, we're here to help. You can also explore home energy upgrades that may help lower your energy use and costs.

Visit myavista.com/ORassistance to see how we can help. You can also apply by calling Avista customer service at (800) 227-9187 or by contacting your local community actions agency.

You may qualify for *My Energy Discount*, which reduces your natural gas bill each month for two years.

Thousands of customers are already enrolled, and applying is fast and simple.

- No paperwork
- Good for two years
- Apply online in minutes
- No appointments needed
- Nearly 1 in 5 households qualify

ACCESS

(541) 779-9020
Jackson County

CNO

(541) 963-7532
Union County

KLCAS

(541) 882-3500
Klamath County

UCAN

(855) 935-2542
Douglas and
Josephine Counties

Continued from front

The power of belonging

"Golden Rule offered support and gave me the chance to surprise myself. It helped me see a new vision for my future and the kind of man I want to be."

Golden Rule offers classes on life skills, healthy relationships, grief, personal growth and professional development. Through what Abby calls a "prison-to-prosperity pipeline," the organization helps people find belonging, build stability and create lasting change.

Visit goldenrulereentry.org to learn more or get involved.



Recognizing a natural gas leak

A few minutes of safety awareness can make a big difference. Explore our collection of short videos featuring important natural gas safety tips designed to help protect you, your loved ones and your community.

Visit myavista.com/safetyvideos to learn more.

Have a safety question? Give us a call at (800) 227-9187.

Connect with us

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