Connections

November 2026 | Oregon

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Visit energytrust.org/marketplace to shop today.

EnergyTrust of Oregon



Supporting connections that change lives in Oregon



Avista Foundation grant helps CASA strengthen support across Douglas County.

For more than 30 years, CASA of Douglas County has supported children involved in the court system by ensuring they have a consistent, caring adult advocating for their best interests.



With the help of an Avista Foundation grant, the organization is expanding community outreach efforts to raise awareness, connect with potential volunteers and donors, and strengthen relationships throughout Douglas County, including smaller rural communities."Good organic conversations are needed for people to understand what we do," said Executive Director Angela Gross.

CASA, which stands for Court Appointed Special Advocate, is part of a national network dedicated to giving children a voice during court proceedings. Local volunteers are matched with children and help the court better understand each child's needs, wishes and circumstances.

Many people assume CASA volunteers need professional experience as attorneys, therapists or social workers, but Angela says that's one of the biggest misconceptions about the program."What we really need are people who are willing to show up consistently, build relationships and advocate for children," she said.

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Supporting connections that change lives

Volunteers receive training and ongoing support from CASA staff. They meet regularly with the child, talk with teachers, counselors and others involved in their lives, and provide recommendations that help the court make informed decisions. Over time, many CASA volunteers become trusted and dependable adults for the children they serve.

For Angela, community support is essential to fulfilling CASA's mission."The children we serve are part of our community, and it takes a community to support them," she said. "We're incredibly grateful for organizations like the Avista Foundation that invest not only in CASA, but in our ability to reach more people and build stronger connections throughout Douglas County."

Visit casaofdouglascounty.org to learn more about how you can help.

Holiday cooking

The kitchen is the heart of a home—especially during the holidays. With increased activity and stress, it's important to prioritize natural gas safety.

Unattended cooking is the leading cause of fires. Keep your family and home safe by following these tips:

- **Storage:** Don't store combustible items in the oven (storage containers, etc.)
- **Keep it clean:** Make sure range and oven burners are clean and free from oven mitts, towels, etc.
- **Keep it clear:** Never cover appliance controls, air openings, or vents
- **Stay in control:** Use the right tools and ensure pot handles are turned inward



- **Follow instructions:** Don't use gas range flames to heat a room or dry clothes
- **Be prepared:** Have a fire extinguisher nearby and know how to use it
- **Check alarms:** Make sure your smoke and carbon monoxide alarms are working properly
- **Stay clear:** Avoid loose clothing, cooking oil spray and paper towels near an open flame
- **Children and pets:** Be aware of children and pets underfoot while cooking—especially if control knobs are low and accessible to children

Visit myavista.com/gassafety for more safety tips. Have a safe and happy holiday season!



Looking for ways to manage your energy bill?

Avista offers several options to help you stay on track. Flexible payment plans and energy assistance are available for qualifying customers. You can also take steps to reduce costs through home energy upgrades.

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