



Join Us For the JWN's Spring Meetings

Second Tuesday of the month, 6:30-8:30PM at First United Methodist Church, 1376 Olive St.

Agendas posted in the JWN eVents and on the JWN website jwneugene.org.

JWN Spring 2025 General Meeting Schedule

February 11

March 11

April 8 Board elections

May 13

(No general meetings in June/July/August; watch for announcements on the JWN annual picnic and other events.)



JWN eVents and eNews

Sign up for the JWN monthly eVents and eNews at jwneugene.org/news/newsletter or email jwneugene@gmail.com.

JWN Social Media

Keep up on all the latest news and events in the neighborhood by finding us on Facebook [JWNEugene](https://www.facebook.com/JWNEugene) and Instagram [@jefferson_westside_neighbors](https://www.instagram.com/jefferson_westside_neighbors).



You Are Not Alone

Come Out and Meet Your Neighbors

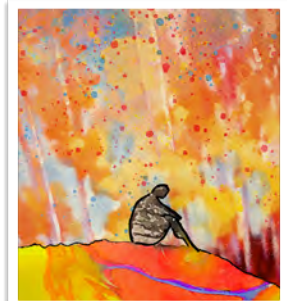
Ted M. Coopman, JWN Chair

Jefferson Westside is a place where many of us walk or cycle and greet our neighbors every day. But how often do you get a chance to have a conversation with those neighbors? The JWN general meetings and our regular social hours are great ways to break out of your bubble and make vital human connections.

Loneliness and Social Isolation

You likely have heard or read about the effects of loneliness and social isolation. If you sometimes feel lonely you are not alone. About half of U.S. adults report feeling lonely or isolated, especially young adults. The outcomes extend beyond emotional or psychological.

According to the U.S. Surgeon General, loneliness and social isolation increase the risk for premature death (+26% and +20%, respectively). More broadly, lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes a day. Poor or insufficient social connections are associated with an increased risk of disease, including a 29% increased risk of heart disease and a 32% increased risk of stroke. Furthermore, loneliness is associated with an increased risk for anxiety, depression, and dementia. The lack of social connection may also increase susceptibility to viruses and respiratory illness.



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Spring JWN Social Hours

Connect with your neighbors for informal no host get-togethers this spring at some of your favorite neighborhood restaurants. Mark these Fridays on your calendar!

February 28, 5-6PM, Laughing Planet, 760 Blair Blvd.

March 28, 5-6PM, Ubon Thai Kitchen, 900 W. 7th Ave.

April 25, 5-6PM, Wonder Wok, 1099 Chambers St.

May 23, 5-6PM, Evergreen Indian Cuisine, 906 W. 7th Ave.



JWN Board Members

Chair

Ted M. Coopman

Vice Chair

Sandra Bishop

At-Large Members

Peter Borden

Stephanie Coopman

Sue Cummings

Rene Kane

Penny Melquist

Jefferson Westside Neighbors (JWN) is the City-chartered neighborhood for the area roughly between W. 7th and 18th Avenues and between Chambers Street and Lawrence/ Willamette Streets.

- Who is a JWN member? YOU!** Anyone (renter or owner) who lives or owns a business in the JWN.
- Why get involved?** To be an active and informed member of the community and help keep the JWN a great neighborhood for everyone.
- How do I get involved?** Subscribe to our eNews, bookmark our website, follow/like us on Facebook, or just come to our meetings the second Tuesday of every month (Sept-May).

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JWN General Meetings: Connections and Information

JWN general meetings are welcoming and engaging. We program all sorts of topics and activities. For example, our January 2025 un-meeting featured a dessert potluck and informal conversations, with two neighbors playing the piano and others teaching folks how to play cribbage.



January 2025 Un-meeting

A variety of guests attend our meetings to talk with neighbors about topics directly relevant to the JWN, such as the road work

on W. 11th or the new affordable housing on W. 13th between Polk and Chambers. Each guest is allotted about 30 minutes, with at least 10 minutes of Q&A to encourage participation. Workshops are longer and focus mainly on skill building, such as learning conflict de-escalation techniques or basic disaster preparedness.

The February 11 meeting will feature Corey Buller, Lane Events Center Manager, with an update on the LEC master plan process; Amanda Coers, Community and Student Engagement Manager for Lookout Eugene-Springfield, introducing this exciting new local digital newspaper; and Dr. Lesley Jo Weaver, University of Oregon, discussing the results of interviews with neighbors on homelessness. March 11 brings a workshop dedicated to emergency preparedness. The JWN's Disaster Preparedness Committee will demonstrate go bags, get home bags, back-up power, food and water storage strategies, and emergency preparedness for multifamily residences.



Healthy Neighbors and Neighborhoods

There is more that binds us together than separates us if we gather in a spirit of empathy and respect. Neighborhoods provide common ground and many common interests, desires, and concerns. Get involved and make your neighborhood the place you envision it could be. Subscribe to our monthly eVents and eNews to stay connected.

More on the Effects of Loneliness

Office of the Surgeon General (OSG). (2023). *Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community*. U.S. Department of Health and Human Services, ncbi.nlm.nih.gov/books/NBK595227

January 2025 Un-Meeting

Confections, Cribbage, Community

January 14, 2025, marked the JWN’s second un-meeting. Nearly 30 neighbors gathered for a dessert potluck featuring cookies, brownies, chocolates, and fruit, along with egg roles, fried chicken, and potato salad.

Two neighborhood musicians, Sarah Holtschlag and David Graves, worked their magic on the church’s grand piano, filling the un-meeting space with delightful sounds, both classic and original compositions. A fun evening with neighbors and friends!



Welcome Essential Physical Therapy to the JWN!

Essential Physical Therapy founders Keith and Carrie Blackwell are thrilled to introduce their healthcare clinic to the JWN. The clinic’s mission is to provide exceptional wellness services to the community. Whether you are rehabilitating after injury or surgery, or looking to strengthen and prepare for adventure, Essential Physical Therapy is here to help you achieve your best.

Services include therapeutic massage therapy (10% off first massage for JWN neighbors) with Lenae Watson, LMT, and functional nutritional counseling with Carrie Blackwell, FNLP. Carrie works with complex health issues that arise with perimenopause,

type 2 diabetes, chronic fatigue, just to name a few, and is a skilled SIBO practitioner. She also offers Sound/Reiki sessions that address chakra and energetic releases, and facilitates deep, profound healing. In addition the team offers group or private guided meditations with sound bath accompaniment (10% off first group session of 4 or more participants for JWN neighbors).

Located at 1166 W. 7th Ave.,

Essential Physical Therapy provides a beautiful and comfortable environment fit for a healthy lifestyle. All are welcome. To schedule an appointment, call 458-210-2940, or visit the EPT website at: PhysicalTherapyEugene.com.



Seeking JWN Board Elections Nominating Committee Members



The annual JWN Executive Board elections will be held

during the April 8, 2025 general meeting. The board consists of seven members and terms are for one year. Any member of the neighborhood association (anyone who lives or owns property, or owns or manages a business or non-profit within the JWN boundaries) and has attended and signed in at one of the previous six JWN general meetings may run for the board.

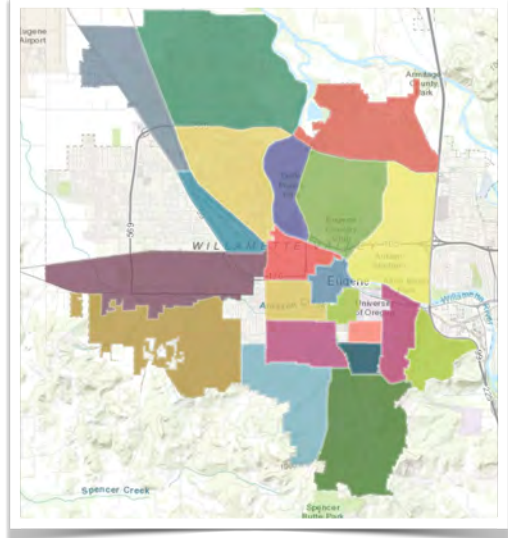
Following the procedures outlined in the JWN bylaws, the board will designate a nominating committee at least one month in advance of the election. The nominating committee will consist of one executive board member and two members of the association who are not board members. The committee will publish a slate of nominees for office and voter pamphlet on the JWN website at least 14 days prior to the election.

If you'd like to join the Nominating Committee, please contact the JWN Chair at jwneugene@gmail.com.

Great Idea, Make it Happen!

Rene Kane, JWN Board Member, 2004-2009 & 2021-2025

In 2008, the City of Eugene Neighborhoods program conducted a city-wide survey about neighborhood associations. As a JWN representative, I sat on the committee that helped develop that survey. Largely through the work of neighborhood associations, the survey received more than 4,000 responses. Among many other questions, we asked people what would make them want to participate in their neighborhood association. Two of the top responses were: “knowing someone else who participates” and “making a difference.” A year later, I was hired as a staff person in the neighborhoods program where I worked with all 23 of the city’s neighborhood associations until I retired in 2021.



Eugene Neighborhood Associations

Knowing Someone Who Participates

I'll get back to what that survey meant, but first a little history. My first neighborhood meeting was more than 20 years ago. It was a lively meeting attended by about 40 neighbors. Back then we met at the McNail Riley House. Fast forward a year and I was the co-chair of Jefferson Westside Neighbors. We quickly exceeded the capacity of McNail Riley House and moved to the First United Methodist Church where we still meet.

Over the next few years I met and worked with people who were my nearby (Jefferson) neighbors and many who lived in the Westside part of the neighborhood. I likely wouldn't have met *any* of these neighbors—several of them are still good friends—if it hadn't been for my involvement with JWN. In the five years I was on the board, we held big annual picnics, elected a board every year, hosted a tree party and great meetings, and addressed many of the issues that are still ongoing—streets, parks, re/development, homelessness, services, and, most importantly, building and maintaining community connections.



Making a Difference

We generated even more participation as we worked to develop the JWN Special Area Zone (SAZ). To involve our neighbors in developing the proposed SAZ, we applied for a neighborhood matching grant to support workshops, wrote newsletter articles, hosted an online forum, and featured the SAZ at many neighborhood meetings. For the final vote on the SAZ, more than 100 neighbors attended and voted 99-3 in favor. Both the Planning Commission and the Eugene City Council unanimously approved the JWN Special Area Zone.

Knowing Someone + Making a Difference

When I rejoined the JWN board in 2021, it was both familiar and new. The history I brought with me as a returning board member wasn't about me, it was about "we" and what we ALL accomplished—together. Since then, challenges of reduced funding and support for neighborhood associations, new statewide laws on zoning and infill, and changes in local political leadership have had a direct impact on how well neighborhood associations can support neighbors. The work of the JWN board is crucial to addressing these challenges.

JWN's future depends on you—whether you choose to serve on the board (and I *highly* recommend it!) or a committee, volunteer in our parks, work on neighborhood preparedness, attend a meeting or social hour, or initiate your own project with JWN board support.

Making it Happen in Your Neighborhood

I'll close with a quote from one of my favorite JWN board members who, when a small group came to a board meeting with an idea that they intended for the board to take it on, replied "Great idea, make it happen."

So, if you have a great idea, make it happen, neighbors!



Call for JWN Board Nominations

This year the JWN will hold its yearly Executive Board election at the April 8 general meeting. You are eligible to serve on the JWN Executive

Board if you attended and signed in at one of the previous six JWN general meetings and are a:

- resident of Jefferson Westside (owner, renter, or live in a supported shelter),
- JWN property or business owner, or
- manager/director of a JWN business or nonprofit.

If you are considering running for the board, submit your full name, eligibility, and the position you are standing for no later than March 9 to the Nominating Committee via

jwneugene@gmail.com. All eligible candidates are accepted.

Candidates must submit a short biography and answer a few basic questions for the voter guide by March 18 to be on the ballot.

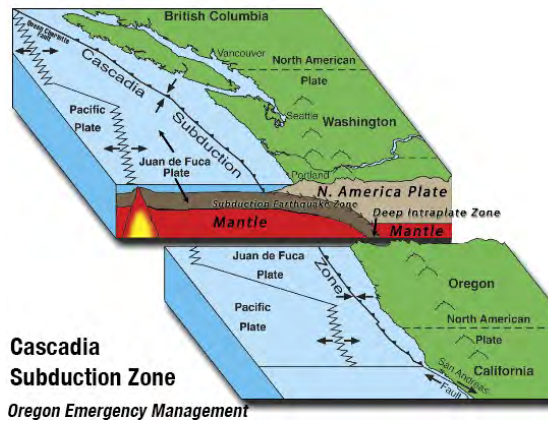
At a minimum, Board members are expected to attend the monthly Executive Board meetings and all general meetings. Complete rules and procedures are in the JWN Bylaws, available at jwneugene.org/about/bylaws.

We invite you to email us at jwneugene@gmail.com with any questions you have about serving, expectations, time commitment, and the like.

You Plan to Fail if you Fail to Plan

JWN Disaster Preparedness Committee Helps Neighbors Prepare

While major disasters like the Cascadia earthquake loom in our future, emergencies like ice storms, water system failures, floods, or wildfires happen with increasing regularity. Climate change has fundamentally altered the nature of the game with regular weather-related events becoming more severe, hotter, colder, and more intense rain or lack of it.



experts recommend that you keep one gallon of water per person per day for a three-day supply (don't forget pets). Gallon containers of water are inexpensive and long lasting. Having extra food is as simple as stocking up on your regular staples when they are on sale.

Adapt and Prepare

Eugene's infrastructure, much of which dates back to the 1800s, was designed for a climate that no longer exists. Updating the city's infrastructure will take decades and massive amounts of capital. In the meantime, communities and individuals must adapt and prepare. The JWN Disaster Preparedness Committee helps neighbors take action to blunt the effects of emergencies through education and creating neighborhood-level coordination.

Thinking about emergencies, let alone disasters, can be daunting. Faced with unknowns it is easy to simply check out. Often disaster preparation suggestions seem so extreme and complicated that neighbors feel there is nothing they can do or they cannot afford being prepared when struggling with the day-to-day demands of life. It does not have to be that way. Whether you are a homeowner or a renter, there are basic steps you can take to be better prepared.

Every Problem is a Series of Smaller Problems

EWEB's Pledge to Prepare program (eweb.org/p2p) offers a clear path to build resilience with tasks you complete every month. If you are signed up for the JWN eEvents and eNews, those tips are sent directly to you. For example,



Many steps are low or no cost. The first is to get to know your neighbors. In an emergency, working together with neighbors will be critical as outside help may not be immediately available. Making an action plan, preparing a go bag, and writing up a list of must save items are essentially free. As we have seen with the devastating Southern California wildfires, living in built-out urban neighborhoods is no protection when vegetation is dry and the wind starts blowing. Having a list of what to grab means you won't have to try and remember under pressure. Los Angeles residents had just minutes to evacuate. Using your phone to video personal belongings is easy and will greatly expedite dealing with insurance companies. Preparation takes minutes, regrets are long lasting.

Find Out More

Interested in finding out more? Attend a Disaster Preparedness workshop at the JWN's March 11 general meeting to learn about go bags, supply storage and management, back-up power, and similar topics. You also can contact us at jwneugene@gmail.com to get involved with the JWN Disaster Preparedness Committee or go to our Emergency Preparedness page at jwneugene.com. And for a detailed plan on how to be 2 Weeks Ready, visit the Oregon Emergency Management site at oregon.gov/oem/hazardsprep/pages/2-weeks-ready.aspx

Your Neighborhood Association @Work in 2024

Reflecting on the JWN's Achievements



Pants With Pockets plays at fundraising house concert

Accomplishments

- ✓ JWN successfully held its first elections with voter guide and absentee voting option
- ✓ Historic District Taskforce awarded \$5000 neighborhood matching grant for outreach

- ✓ Fundraising house concert raised over \$500 for historic preservation project
- ✓ Disaster Preparedness Committee reformed with more than a dozen members

✓ Summer picnic at Charnel Mulligan Park drew 125 neighbors

✓ 8 work parties cleaned up, weeded, and mulched JWN parks

✓ JWN launched neighborhood social hours, holding one event at each of these

venues: New Frontier Market, Scribles Bistro and Deli, Sweet Life Patisserie, and Abilities Diner. Our thanks to these local businesses!

✓ Executive Board filed comments on a proposed Single Room Occupancy request for public funds



JWN 2024 Summer Picnic

- ✓ Executive Board sent letter to City Council seeking clarification on planting strip camping enforcement

General Meeting Highlights

- ✓ January Cookie Potluck Party/Un-meeting!
- ✓ Candidates forum with Ward 1 and Eugene mayoral candidates
- ✓ Sidewalk survey results from city staff and University of Oregon professor
- ✓ 4J School Board member Judy Newman on school bond

✓ Eugene Police Chief Chris Skinner with updates on EPD policies and procedures

✓ Homes for Good staff reviewed the Ollie Court timeline

✓ Willamette Family director Eve Williams on new facility in the JWN

✓ JWN equity statement charter amendment discussion and vote

✓ Sustainability Commission updates

✓ Waste prevention and green building discussion with city staff

✓ Jameson Auten, Lane Transit District CEO, on

mobility and LTD services

✓ Corey Buller, Lane Events Center Manager, on events and development plans

✓ Rich Hoey, Public Works Director, on neighborhood projects

✓ Parking Services updates with city staff

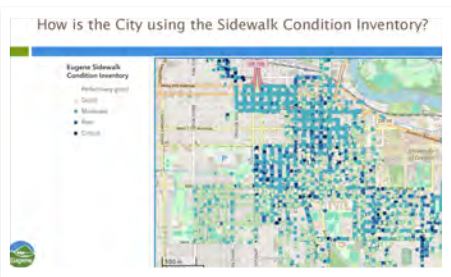
✓ Historic preservation project updates



Sustainability Commission presentation



Sluggo and desserts at the January 2024 un-meeting



Sidewalk Inventory presentation

JEFFERSON WESTSIDE NEIGHBORS

c/o Neighborhoods Program
500 E 4th Avenue, Suite 101
Eugene, OR 97401



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Get Ready With the JWN Disaster Preparedness Committee

Sandra Bishop, Committee Chair and JWN Vice Chair

Meetings are noon-2PM the 4th Thursday of each month

Grace Fellowship Church, 834 Madison St., south side entrance

All Jefferson Westside neighbors are welcome to attend!

Preparing for disasters can be daunting. The JWN Disaster Preparedness Committee can help make the task more manageable. The group has ongoing conversations on disaster preparation for multi-unit buildings, communications trainings and strategies, sources for emergency equipment, and similar topics. The first hour of each meeting is for focused discussion and progress reports. The second hour is for networking and information sharing.

The JWN Disaster Preparedness Committee is organizing the March 2025 JWN general meeting. There you'll learn more about basic and

easy-to-implement steps you can take to prepare for a disaster. Workshops will cover topics such as putting together a go bag, what supplies to have on hand and how to store them, and neighborhood resources.

Contact jwneugene@gmail.com for more information or scan the QR code on the left.

Note: The Grace Fellowship Church is a secure building, so please arrive a few minutes before the committee meeting's start time. If you come later, ring the buzzer for entry. Many thanks to the Grace Fellowship Church for hosting the meetings.



JWN January 13, 2024

