



North Plains Connected

A monthly newsletter from the City of North Plains | March 2022

City of North Plains

31360 NW Commercial St.
North Plains, OR 97133

City Hall is open
8:30 am to 5:00 pm
Monday-Friday.



(503) 647-5555



www.NorthPlains.org



Contact Your Council:

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Mayor's Corner: *Our Future Looks Bright*



Well, it's hard to believe but here we are starting the month of March and spring is around the corner. As we look forward to spring, our minds begin to think about new life springing forth, sprucing up our homes and landscaping and let's not forget about spring cleaning. After two very long years, it appears we might be turning the corner on COVID-19. Thank you all for doing your part to help each other stay safe. Our future looks bright.

Connecting with the community has been challenging these last couple of years. However, the new West Union Pedestrian Path has offered a safe path to enjoy the fresh air and it helps connect community members. It is refreshing to see people walking and running along the new pathway. I am always looking for a walking partner, so hit me up if you ever want to walk and talk about anything on your mind.

The pandemic hasn't stopped us from moving forward in North Plains. In 2019, the City Council had our first Goal Setting retreat. We identified and prioritized seven goals for the coming 5 years. These goals have helped guide the changes you are seeing around town. For example, the new water reservoir, the new restrooms and the future outside renovation for Jessie Mays. The restrooms are completed and the park renovations are slated to begin in summer 2022. We are trying to spruce things up a bit so you will be able to enjoy our parks in the coming months. The Capital Improvement Plan identifies the growing infrastructure needs of our community and a possible Urban Growth Boundary expansion.

This month, City Council is planning another Goal Setting retreat. We will review what we have accomplished and plan ahead for the next 5 years. It is a very exciting time to live and work in North Plains. We get to plan our future the way we might want to see it in 20, 30 or 50 years from now. I hope you will engage and let us know what you think in the coming months. Stay tuned!

Always serving you,

~Mayor Teri



News From Your Library

North Plains Library Presents A New You in '22! For Adults and Teens

In January 2022 through March, we're offering a series of exciting programs to help you with New Year resolutions: Create a vision board, start a bullet journal, introduce yourself to tai chi and mindfulness breathing, learn a healthy new recipe – and more!

Healthy Homemade Snacks Wednesday, March 2 at 6:30 pm on Zoom

Do you love to cook? Bake? Roast? Preserve? Join Mrs. Emily for some important kitchen basics that all ages should learn! The entire family can join us! We will make healthy snacks and soup! It's going to be SUPER FUN and SUPER YUMMY!

Intermittent Fasting Wednesday, March 23 at 6:30 pm on Zoom

Intermittent fasting: What is it, and is right for me? Is it a fad, or a diet – or a sustainable eating lifestyle that includes limiting the days and hours one eats and refrains from eating? Join Yulia Brockdorf, a local dietitian, diabetes care and education specialist, and counselor, who will introduce us to this increasingly popular approach to eating. Reserve your spot at <http://wccls.bibliocommons.com/events>

Join Teen Council! Our next meeting is Friday, March 4 at 5:30 pm on Zoom

Help us plan events for youth & teens this spring and summer! Support the library & gain volunteer

experience, build your resume, and positively impact your library & the community. Sign up at <http://wccls.bibliocommons.com/events>

Storytime & 3 Levels of Kindergarten Readiness

Mrs. Emily continues to offer an online interactive storytime each Tuesday at 10:00 am. The library provides three levels of Kindergarten Readiness classes for preschoolers and kindergarteners. These adaptive, live, online classes are designed to help preschoolers and kindergarteners whose preschool education was disrupted by COVID-19 or desire more of a challenge. Register at <http://wccls.bibliocommons.com/events>

Bilingual Hindi Storytime

We're excited to continue offering Bilingual Hindi Storytime Wednesdays and March 2nd & 16th at 10:00 am. Kids will learn new Hindi words, enjoy rhymes and stories. Stories will be told in both Hindi and English. Register at <http://wccls.bibliocommons.com/events>

OBOB Virtual Book Club 3rd-5th Grade Tuesday, March 29 at 4:00 pm

Join us to discuss the March book, Sarah Journeys West by Nikki Shannon Smith. We will create some art, discuss the book, AND THEN BATTLE - all virtually on Zoom!

Everyone Can Cook! Lasagna with Bolognese Sauce! Virtual Cooking Class Wednesday, March 30 at 5:00 pm

In March, we will make a lasagna with a spin on the classic Bolognese sauce. It's going to be SUPER FUN and SUPER YUMMY! Reserve your spot at <http://wccls.bibliocommons.com/events>

Chief's Corner: Countywide Mental Health Response Team

The Washington County Sheriff's Office Mental Health Response Team (MHRT) has served Washington County for over 11 years. This team of qualified deputies responds to calls alongside a master's level mental health clinician from Lifeworks NW.

As part of law enforcement, MHRT's primary goal is always to ensure everyone's safety, but for calls involving mental health concerns, they strive to connect people with services that will help long term and, when possible, divert them from jail or hospital stays.

MHRT recently expanded and became a multi-jurisdictional team incorporating new members from the Sherwood, Hillsboro, Beaverton, King City, Tigard,

and Tualatin Police Departments.

MHRT responds to mental health and crisis calls anywhere within Washington County, including North Plains. By incorporating officers from city police departments, MHRT

members hope to further their impact and continue to build this vital public safety service for our community.

To learn more about the MHRT, visit: bit.ly/MHRT_WCSO.



Chief James Haxton

City Manager's Report: Fuel Tax-Funded Projects

In November 2020 North Plains voters approved a ballot measure to place a 3% tax on vehicle fuel sales in the city. Immediately after the election, the City got to work implementing a plan to bring street and sidewalk improvements to the community.

The City developed a \$6 million transportation bond package to fund a broad range of projects. Fuel tax proceeds help pay for those bond payments, and they combine with other transportation revenue sources (like the Transportation Utility Fee on your water bill) to improve streets, streetlights, sidewalks, and walking paths.

The first project from the bond package to benefit from the local fuel tax was the West Union Pedestrian Path. Years in the making, that project finally had another revenue source for improvements to the path design. Changes included widening most sections to 8 ft for additional capacity, and installing the elevated boardwalk.

Another project currently in the works is filling in missing sidewalks along the west side of Glencoe Road, north

of the intersection to North Avenue. The walkway will connect to the new sidewalk at the corner of Glencoe and Commercial Street.

Cottage Street between 318th and Glencoe Road will receive a water line upsizing this year, but the transportation bond will also pay for a new pavement overlay for that section of street.

In addition, the next few years will see new sidewalks to/from/and around Jessie Mays Community Park, sidewalks on the south portion of Main Street, and a sidewalk on Pacific Street that will connect to Main Street and the future grocery store. These efforts will make for a more connected community and our downtown. There will be other transportation projects that I have not listed here.

As you can see, the fuel tax has already helped to make the community safer, healthier, and more connected. We will keep you informed on these and other improvement projects around town. You can also visit www.northplains.org/publicworks/page/public-projects to be in the loop. Thank you, North Plains voters!

City 101: Streetlights Illuminate our City

Across the world, streetlights brighten our roads, intersections, sidewalks, and other public spaces. They are important in providing lighting to help increase visibility, promote road safety for drivers and pedestrians, and discourage theft or violence.

In some places, streetlights are owned and maintained by a power provider, but since 2014 the City of North Plains has owned and maintained streetlights within the city limits. The monthly Transportation Utility Fee you see on your water bill helps to pay for the operation and maintenance of our streetlights.

While the first streetlights in the world originated in London, England, in 1802 and were coal-fueled gas lights, the power from our streetlights originates from PGE. The lights in North Plains are predominantly energy-efficient LED bulbs but there are still older high pressure sodium fixtures in parts of town. The City is beginning a process to switch them over to LEDs by the end of this year.

Our lights also come on and off automatically. Each has a sensor that turns the light on or off based on the amount of daylight so that it comes on at dusk and turns off at dawn. Occasionally, streetlights may flicker on and off

as they take in and adjust to increasing light or darkness, so it's not unusual to see this. However, if you notice it during the day or in the middle of the night, that could indicate an issue with the light.

What to do if you notice an issue with a streetlight?

Please let us know so that we can check the light and, if needed, get it repaired as soon as possible. We recently launched a new form on our website where you can easily report streetlight outages or issues 24-7. If you prefer, you can also call us at 503-647-5555 during business hours.

When reporting, it's important to share with us the location of the pole, what it's doing, and what time of day you noticed this. Each light pole includes a 3-inch round metal tag at about eye level with a pole number on it. This is called a pole tag and if you can provide this it will speed up our ability to identify the pole to check out.

We hope this City 101 on streetlights was illuminating! Let us know any other topics you're interested in.



Prevent Fall Injuries

From Tualatin Valley Fire & Rescue (TVF&R)

Take action to limit hazards and avoid falls.

As people grow older, the consequences of a fall grow more serious. Unintentional falls are the leading cause of injury deaths for adults ages 65 and older, according to the Centers for Disease Control and Prevention.

They are the most common cause of traumatic brain injuries and account for more than 95 percent of hip fractures. Fractures from falls are a leading cause of disability and often result in entering a nursing home.

As of Nov. 30, Tualatin Valley Fire & Rescue crews had been dispatched to 6,465 reports of falls in 2021. That's the equivalent of 19 falls a day.

Ground-level falls are one of the most concerning type of medical calls TVF&R firefighters and paramedics respond to because we know many aging adults struggle to recover from them.

Most falls happen in the home and can be avoided. Factors such as poor lighting, narrow stairs, and slippery surfaces can increase the chances of a fall. Also, problems with glare, depth perception, tiredness, or dizziness from prescription medications contribute to falls.

Research conducted by Yale University showed that older adults are also most at risk of falling when they fail to use handrails on stairs, reach for objects overhead, and climb on chairs or ladders.

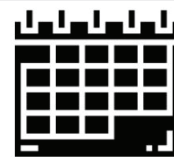
TVF&R reminds seniors and children of older adults to take these precautions to help prevent a fall injury.

TAKE CARE OF YOURSELF

- Get regular medical check-ups and talk to your doctor to ensure appropriate medication.
- Have your vision checked and replace eyeglasses as needed.
- Schedule regular hearing checks.
- Have your healthcare provider also check your feet to ensure you can walk comfortably.
- Exercise regularly and eat nutritious meals to fuel your body.
- Consider exercise programs such as yoga, tai chi, walking, and swimming, which improve stability, strength, and balance.

March City Calendar

Items on this calendar are taking place virtually and in-person as possible (subject to change).



Please visit www.northplains.org/calendar for more events and for information on how to join in.

- 3/2 Economic Development Committee - 6 pm
- 3/7 City Council - 7 pm with 6 pm work session
- 3/9 Planning Commission - 7 pm
- 3/14 Parks and Recreation Board - 6 pm
- 3/16 Library Board - 7 pm
- 3/21 City Council - 7 pm

REMOVE EXISTING HAZARDS

- Fasten throw rugs to the floor with double-backed tape to prevent slipping or remove them all together.
- Keep cords out of pathways and clean up spills as soon as they happen.
- Arrange furniture to minimize obstructions, and clear clutter from your living areas.
- Fix loose or uneven steps.
- Make sure carpet is firmly attached to every step or remove the carpet and attach non-slip rubber treads.
- In the kitchen, keep items you use often in cabinets you can reach easily without using a step stool.

ADD PROTECTION

- Wear well-fitting shoes with good support and non-skid soles. If recommended, use a cane or walker even for short trips.
- Turn on lights when walking through dark rooms or hallways.
- Use nightlights in all rooms.
- Install grab bars in the bathtub, shower, and toilet areas, and add handrails on stairwells.
- Place phones in multiple rooms or keep a cellphone with you in case you need to call for emergency assistance.
- Consider obtaining an emergency alert necklace or voice-activated system such as Siri or Alexa.



PO Box 182, North Plains, OR 97133-0182
npparksfoundation.org

HONOR A LOVED ONE THIS MEMORIAL DAY! PURCHASE A MEMORIAL BRICK FOR THE NORTH PLAINS VETERANS MEMORIAL PARK

On November 11, 2020, the City of North Plains dedicated the Veterans Memorial Park on Highland Court and 313th Avenue. The City has partnered with the North Plains Parks Foundation to sell memorial bricks at \$100/each that will be laid around the flagpole. The bricks are for those who have served/are serving, as a living or deceased veteran.

BRICKS ORDERED BY MAY 1, 2022, WILL BE INSTALLED BEFORE MEMORIAL DAY.

Go to <https://www.northplains.org/parksrec/page/veterans-memorial-park> and follow the directions to pay by cash, check, money order or credit/debit card.



The North Plains Parks Foundation, Inc. is a community-driven foundation focusing on identifying and acquiring financial resources that support and expand the parks, trails and recreational programs of North Plains to enhance the quality of life for current and future generations.

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Expires 12/31/2022.



Northwest Native Plant & Tree Sale

Saturday, March 12, 2022

9 am - 3 pm



Convenient location off highway 26

30780 NW Highland Court

North Plains, Oregon 97133



Washington County Chapter

*All profits fund natural resource
educational programs*

Website: www.wcswa.com

Email: NativePlantswcswa@gmail.com

City Board, Commission & Committee Openings

We are searching for interested residents who are passionate about making our community the best it can be to fill current vacancies:

- Planning Commission (1 opening)
- Budget Committee (2 openings)

Apply today!

www.northplains.org