

# Use your voice, get involved!

## ADVOCACY = USING YOUR VOICE

There are **369,519** members of Lane County that each have a story. Every story brings unique perspectives and ideas that can help shape our community into a place for everyone. Using your voice, or being an “advocate,” is a great way to share your story.

### ADVOCACY=

- ✓ Using your voice to help build relationships with people that share similar interests.
- ✓ A safe way to express views and concerns.
- ✓ An effective way to create change!

As a Lane County resident, it is important that your story is heard. We all have a place in our community to express our needs, interests, and concerns in a safe and respectful way.

### What does it mean to have voice?

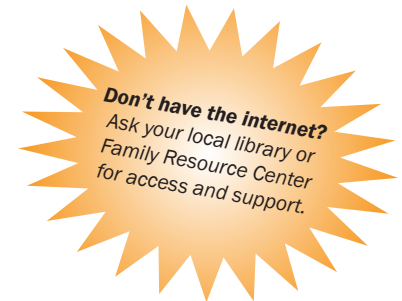
You might be asking yourself, “What exactly is my voice?” If you can identify a few key factors, using your voice can be simple. Take some time to think about the following:

- ✓ What do I see in my community that could be improved?
- ✓ What are my needs as a community member?
- ✓ What issue(s)/obstacles can I relate to the most?

## GET STARTED

Write down a list of ideas or issues you are passionate about. Use these questions to guide your direction for using your voice.

**EXAMPLE:** Tonya is passionate about having more park spaces available in her area. She calls *City Hall* to find out more information and is connected to *Willamalane*, who is actively seeking support for local park expansion efforts.



### STEP 1

#### Find the right resources to learn more about your topic.

Finding the right resources can be hard, The *Live Healthy Lane* website can help you link up to key organizations, initiatives, & movements that support your interests and/ or needs:

**VISIT:**  
[livehealthylane.org/advocate.html](http://livehealthylane.org/advocate.html)

### STEP 2

#### Decide Topic Direction.

- Do you have an interest/ concern that can be changed through government or laws?
- OR**
- Do you have a local interest/ concern?

### STEP 3

#### Get Connected!

Use the back of this page as a *road map* to answer these important questions and find positive ways to *use your voice!*

**LiveHealthy**  
LANE

LiveHealthyLane.com

# Where to go now...

Our community has identified 7 Common areas that Lane County could improve on:



## COMMUNITY RESOURCES

*In response to these common areas of need, community partners have identified the following resource directories you can use to learn more about your topic and get connected:*

**211:** Childcare, Basic needs, Education, Health and Legal support  
| [211info.org](http://211info.org)

**ADRC:** Senior Services and Facilities  
| [adrcoforegon.org/consite/index.php](http://adrcoforegon.org/consite/index.php)

**Centro Latino Spanish Resource Guide:** Resources for Spanish Speakers  
| [centrolatinoamericano.org/resources](http://centrolatinoamericano.org/resources)

**Lane Senior Guide:** Senior Programs  
| [laneseniorservices.org/webfiles/GuideMediaKit2015\\_16.pdf](http://laneseniorservices.org/webfiles/GuideMediaKit2015_16.pdf)

**LTD Point2Point:** Public Transportation  
| [ltd.org/point2point](http://ltd.org/point2point)

**Parenting Now! Resource poster:** Child and Family  
| [resources.parentingnow.org](http://resources.parentingnow.org)

**Willamette Farm & Food Coalition Locally Grown Guide:** Food in Lane County  
| [bit.ly/2AAI21K](http://bit.ly/2AAI21K)

*Don't have the internet?  
Ask your local library or  
Family Resource Center  
for access and support.*

## Get Connected by **SHOWING UP:**

**Lane County Events Calendar Page**  
[bit.ly/2hWk4me](http://bit.ly/2hWk4me)

**Willamalane Community Events Calendar:**  
[bit.ly/2v13SFB](http://bit.ly/2v13SFB)

**Lane Kids Events Calendar:**  
[lanekids.org/events](http://lanekids.org/events)

**Travel Oregon Events Calendar:**  
[bit.ly/2BpQ0gi](http://bit.ly/2BpQ0gi)

## Get Connected by **VOTING:**

**Register to Vote!**  
[bit.ly/1o822gU](http://bit.ly/1o822gU)

**Understand how a bill becomes law:**  
[bit.ly/1HBqP4g](http://bit.ly/1HBqP4g)

**Send a letter to a local legislator:**  
[bit.ly/1zqJ5pm](http://bit.ly/1zqJ5pm)

## Get Connected through **SOCIAL MEDIA:**

 [facebook.com/LiveHealthyLane](https://facebook.com/LiveHealthyLane)

 [twitter.com/LiveHealthyLane](https://twitter.com/LiveHealthyLane)

 [instagram.com/livehealthylane](https://instagram.com/livehealthylane)

Join us. Together, we can do more than each of us alone.

