



## Mid-Columbia Community Action Council

### Sam and Maya

Sam,\* a disabled veteran, and his partner, Maya,\* are caring for their four children – the youngest only seven months old. With the added burdens of disability and unemployment, the family was literally on the streets and without income when Maya came to MCCAC to ask for help. Sam had landed in the hospital with a terrible infection and there was talk of amputating his leg. Faced with this devastating prospect, Maya and Sam knew they needed help.

Hood River has no emergency shelters and, like much of the state, an extreme housing shortage. MCCAC used new SHAP funds to put the family into a motel until permanent housing could be secured. By working with our Housing Authority, which prioritizes disabled veterans for its HUD Section 8 program, Sam and his family were able to move from the motel to a mobile home in a park using a HUD Section 8 voucher. Securing this safe, affordable housing is key to ensuring long-term health and stability for Sam, Maya, and their children.

**Poverty is often stressful and chronic stress or stress during critical periods could lead to ill health in adulthood through neuro-endocrine, immune, inflammatory pathways including adult chronic disease (heart disease, diabetes) and neuro-endocrine dysregulation with lifelong effects.**

**Source:** Center in Social Disparities on Health. University of California San Francisco, October 2010

*Community Action Agencies, like Mid-Columbia Community Action Council, Inc., support low-income individuals and families, both directly and through partnerships with community organizations. **Read more about how Community Action Agencies are helping Oregonians find safe, stable, and affordable housing at [www.caporegon.org](http://www.caporegon.org).***

*\* All names changed to protect privacy.*

