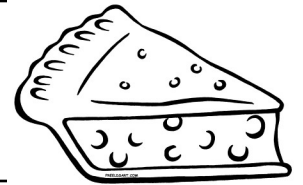




Parenting News



We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between.

Support to and from other parents has been a lifeline and reminded us that we do not have to be alone.

Comments, questions? Contact us by phone: 541-730-8716 or 541-971-0246 or e-mail: parentingquestions@hotmail.com. To submit an article or feedback, or to sign up to receive this newsletter via email, write to fsveditors@gmail.com or talk to Robin Veek.

Caring for Yourself

Volume 5, Issue 14

November 2015

There is an old saying about if you don't take care of yourself first, then you can't help take care of others. There are people who struggle in this area for a variety of reasons. Some have said, "It's selfish to think about myself before others", or "I'm fine I'm not sick or having any problems what do I need care for?" Or, how about "I don't have time for myself, I am too busy helping every else" and some say, "if I don't do it, it won't get done". Those all may be true, however when energy and time is spent caring for others and not yourself, eventually that energy will run out. You will be drained.

So while it is important to help others, you need to be able to re-fill also. Ways to re-fill are endless. It could be a bubble bath, baking, meditation, exercise, or playing games. For some of us it's more physical like cleaning or gardening. It's not so much what the activity is, but more about taking time to do it. Something for you. Think about what you need or want, and then find time to schedule...

—YOU.

Word Scramble: November

1. KEUTRY

6. LUFL YELBL

11. MNKUPPI

2. IEPS

7. TEEORGH

12. EAMHSD

3. AIYMFL

8. UGINAHGL

TOEPTOAS

4. AGVYR

9. IRSNESDG

13. KSTNAH

5. RINEDN

10. PYAHP

GVIING

Special Days in November

Nov 3 = Sandwich Day

Nov 6 = Marooned Without a Compass

Nov 10 = Young Readers Day

Nov 16 = Button Day

Nov 21 = World Hello Day

Nov 23 = National Day of Listening

Nov 27 = You're Welcome Day

Nov 28 = Red Planet (Mars) Day

November is...

International Drum Month, National Novel Writing Month, Native American Heritage Month, Peanut Butter Lovers Month, and Family Stories Month.

Fall 2015-2016 Parenting Groups

Albany—Thursdays, 5:45pm to 7:45pm, First United Methodist Church, 1115 28th Ave. SW.

Lebanon—Tuesdays, 12:30pm-2:30pm at the Free Methodist Church located at 580 F St.

If you have questions or would like more information, please call **541-730-8716** or visit: parentingtogether.us

By Robin Veek

With the holidays coming I start to think of family things, coming together to share meals, laugh, catch up on each other's lives. Family. What does that mean? Who does that include in your own life now? For me, it's not only the family I was born into. When I came to my first Collaborative Problem Solving parenting group I had no idea what I was getting myself into. I had no idea I would be meeting women, men, and children, who would become such an important part of my life. Families who would become part of my family and I a part of theirs. I have a family that does not look at me or my child as good or bad, a family that "meets me where I am at". A family who, if my child or myself have a "blow out", will not treat us like we are bad or crazy. So, the upcoming holiday has the word "THANKS" in it. I want to Thank You, my Family who I would have never met, gotten to know, depend on for support, and love, if it had not been for that parenting group. Thank you.

There are many ways to say, "Thanks," such as giving flowers, sending a card, giving a hug or handshake, dancing happily, write the person a poem, or bake them cookies.

What are your favorites?

A Special Thank-you

We'd like to take this opportunity to send a very special thanks to the Oak Creek Christian Center. They graciously opened their doors and offered space for us to have our Collaborative Problem Solving groups, and we couldn't be more grateful for the partnership! Over the year, many families have benefited from those groups, finding hope and discovering they're not alone with their parenting struggles.

While events changed our path for the present, we look forward to partnering again in the future!
Thank you for all you've done for us!

Veronica was in the Linn County Mental Health building and saw a flyer for Collaborative Problem Solving. She called to sign up, followed through, and has been with us for 3 plus years. Veronica lives with her 16 year old daughter, Geri. She is a valued FSV.

The best CPS "aha" is that she is not alone, that she is a good parent, and living a strength based culture makes her a better parent every day.

Veronica was born in Eugene, left Oregon for a few years, moved back in 2000 and is staying put. She works at Springer House in Albany and loves her job. She feels it has helped her to grow and she loves helping others.

Veronica's hobbies include handiwork and "up-cycling". For self-care, she loves long walks on the beach as it's therapeutic for her. Remodeling her home is a gift she gives herself. She knows that it is done right and will last.



Kiddos!



★ When our Youth Activities kiddos were asked ★
★ what they are thankful for or what Thanksgiv- ★
★ ing means to them, they said: ★
★ "Turkey." "Soccer." "My family." ★
★ "Pumpkin pie." "Turkey and stuffing." ★
★ "Lots of food." ★
★ "Hunting turkeys." "All my friends." ★
★ "It's a time to spend with family." ★
★ We would like to say we're thankful for our ★
★ Youth Activities workers, Katie, Jen, Christi, ★
★ and our volunteers who make it possible for ★
★ our parents to attend Collaborative Problem ★
★ Solving parenting groups. ★
★ You are valued and appreciated! ★

Recipe: Two-Ingredient Pumpkin Cake

Ingredients:

- One 18.25-ounce package spice cake mix
- One 15-ounce can pumpkin



Directions:

- Pre-heat the oven to 350° F. Generously grease a 9x13 inch baking pan.
- In a large bowl, mix together the spice cake mix and canned pumpkin until well-blended. Spread evenly into the prepared pan.
- Bake for 25 to 30 minutes in the preheated oven, or until a knife inserted into the center comes out clean. Cool and serve, or store in the refrigerator.

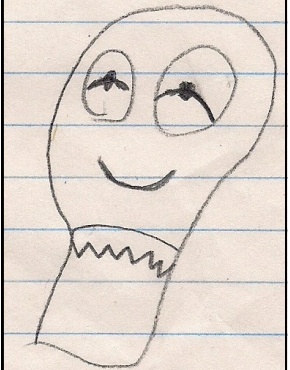
Art by Gabe Johnston



Art by Patrick Fox



Art by Patrick Fox



What are you thankful for? Draw it below!

WANTED

**Your (or your kiddo's)
artwork here!**

Email us photos/scans of art made or text of poems written by you or your kiddos!

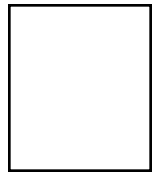
Inspiration

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

—Albert Einstein

Answers to Scramble: 1. turkey 2. pies 3. family 4. gravy 5. dinner 6. full belly 7. together 8. laughing 9. dressing 10. happy 11. pumpkin 12. mashed potatoes 13. thanks giving

Parenting News



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