



# 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: [questions@parentingtogether.us](mailto:questions@parentingtogether.us). To submit articles or feedback, or to sign up to receive this newsletter via email, write to [fsveditors@gmail.com](mailto:fsveditors@gmail.com) or talk to Robin Veek.

## Change

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By Katii Irion

I think there is only one thing that we will always have to deal with, something unwavering and unpredictable: Change. Change happens when we move plans at the last minute, or make a new friend, or even see a new place. Change is a very scary thing, but it's something that everyone has to learn to accept. Sometimes it's hard for us to be calm in times of big change, like a big move or a change in school. Sometimes though, we have to deal with small changes that seem like no big deal, but actually really scare us. The scariest thing about change is that we don't always have time to plan for it, and those are the times that we have to use what's inside of us to get us through. Some of the things that help me in change are making sure I have lots of support. Sometimes we think that we can handle change all on our own, but a little help from the ones we trust is almost a secret weapon. The thing that I try to remember when I'm afraid of change is how absolutely temporary my fear is, because soon I'll be afraid of something completely different, and that fear will subside as well. Change isn't fun, but we have to remember how wonderful it is that our worlds change and bring us new challenges, as well as rewards.

### Inspiration

“It is what I was born for—  
to look, to listen,  
to lose myself  
inside this soft world—  
to instruct myself  
over and over...”

—Mary Oliver



By Patrick Fox

### Spring 2015-2016 Groups

**Albany**—Thursdays, 9:15am to 11:15am and 5:45pm to 7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning April 7th, 2016.

**Lebanon**—Tuesdays, 12:30pm-2:30pm at the Free Methodist Church located at 580 F St., starting April 5th.

**Sweet Home**—Tuesdays mornings from 10:00am to 12:00pm at First Baptist Church, 2470 Main St., starting on April 5th.

Youth Activities available at both Albany locations. Lebanon and Albany groups are facilitated by Debbi Barreras. Sweet Home is facilitated by April Wheeler.

*If you have questions, please call 541-730-8716 or 541-971-0246, or visit: [parentingtogether.us](http://parentingtogether.us)*



# Recipe: Apple-Date Muffins

## Ingredients:

2C raw apple, shredded  
1C raisins  
1/3C applesauce  
3C quick oats  
2TBSP molasses  
1/2TSP vanilla  
1/2TSP cinnamon  
1/2 TSP salt  
1/2C chopped walnuts  
1/2C dates

## Directions:

- Mix all ingredients in a bowl and let stand for 5 minutes.
- Shape into 12 muffins by rolling mixture into balls. They will bake the way they're shaped.
- Place on a sprayed, non-stick muffin pan.
- Bake at 350°F for 25 minutes or until the bottoms are golden-brown.

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## Word Search: Outside Activities

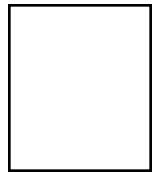
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C	M	N	G	R	B	Y	I	X	S	C	L	P	E	N	H	W

Can you find these words?

bike riding  
bird watching  
boating  
climbing trees  
fishing  
hiking  
hunting  
jogging

roller blade  
skate boarding  
skiing  
skipping rocks  
snow boarding  
swimming  
walking

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