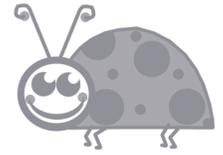


Parenting News



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. To submit articles or feedback, or to sign up to receive this newsletter via email, write to fsveditors@gmail.com or talk to Robin Veek.

Changes: From School to Summer

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June 2016

By LaNette Harp

School is almost over and summer is right around the corner. Some families are excited about this transition, and other families are feeling a little overwhelmed. There are many things that change when summer is here. Some kiddos might need to go to daycare; some might be old enough to stay home. Any type of change, positive or negative, causes stress in the lives of families. For my family, change is not so easy this time of year. In order to ease this transition, I have a pro-active conversations with my son about school ending, summer beginning and what that might look like. Talking with my son about this helps ease his anxiety, and I always learn something new about him! I ask questions like what he thinks about school ending, then about his thoughts around summer. What does he feel about this? After I have heard his thoughts and feelings, I share what I am thinking and feeling about these changes too. Having these conversations helps me feel more connected to my son and it's the perfect opportunity to start making some summer plans that both parent and child gets to be apart of.

Spring Fling

By April Wheeler

This year, Family Support Volunteers hosted our 3rd annual Spring Fling for the CPS community. We give a special shout-out to Family Tree Relief Nursery, which donated the space the past two years. Kids came with parents and planted seeds, as well as applied temporary tattoos (always a big hit). In one room, kids danced the limbo, which is always amusing to watch. Unsurprisingly, one of the most popular activities was the Cupcake Walk, where kids—and adults!—walked in a circle while music played, stopping on a numbered paper when the activity volunteer turned off the music. If someone's number got picked, the person got a cupcake! (Those were quite tasty, if I do say so myself.) As far as activities go, this is one where adults and kiddos alike can let loose and have some fun, while snacking and just enjoying spring—including the pouring rain we experienced this year!



Summer 2016 Groups

Albany—Thursdays, 9:15am to 11:15am and 5:45pm to 7:45pm, First United Methodist Church, 1115 28th Ave. SW., beginning June 23rd, 2016.

Lebanon—Tuesdays, 12:30pm-2:30pm at the Free Methodist Church located at 580 F St., starting June 21st.

Sweet Home—Tuesdays mornings from 9:30 to 11:30am at First Baptist Church, 2470 Main St., starting on June 21st. *This group facilitated by consumer April Wheeler

Children Activities available at all locations. Lebanon and Albany groups are facilitated by Debbi Barreras. If you have questions, please call 541-730-8716 or 541-971-0246, or visit: parentingtogether.us

Inspiration

Thinking of your child as
behaving badly

disposes you to think
of punishment.

Thinking of your child as
struggling to handle

something difficult

encourages you to help
them through their
distress -Raffi

WORD SCRAMBLE

We are all made up of these scrambled words

EABRV _____

UTFUBILAE _____

ARSTM _____

NYFUN _____

MAIPTNTRO _____

NGRSOT _____

VIONGL _____

NDIK _____

RWHTOY _____

VDEOL _____

YLSLI _____

CUSRIEPO _____

FSV Spotlight:

Our Spotlight this month is on Rufus. Who is Rufus you may ask...well he is the loving, kind companion of Eldon, April and Brad Springer. He came to be their dog when Brad's Mom passed. He was welcomed into their home with loving arms.

Rufus is a 14 year old Poodle and is slowing down. He is making the best of his last years. He is treated like a King. He gets steak, treats, and gets to ride in the truck and on vacation. He really loved his last vacation to Eastern Oregon. He was hauled around in a back pack and didn't have to spend any energy, just got to enjoy the scenery and be carried. (What a life, sound good to me.)

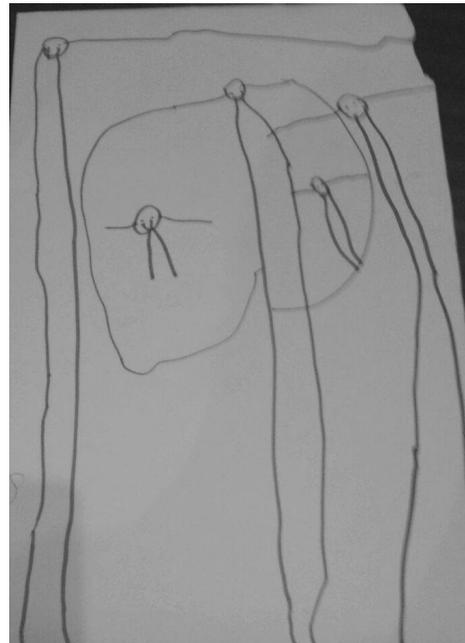
When Eldon was born Rufus decided he was a guardian of the baby. He slept under the crib and when Eldon moved to a bed he moved to the bottom of the bed, a place he still has.

Rufus has to share his humans with another dog names Brutus. Even though Brutus out weighs Rufus several times over, Rufus runs the show. Once big Brutus stepped on little Rufus. Rufus grabbed a hold of Brutus bottom lip and wouldn't let go. Rufus was just hanging and swinging on Brutus's lip.

Even though Rufus is getting old, losing weight, and is getting lethargic, he still enjoys his life and is loved and loves as only a dog can do.



Kiddo Art!



A picture of Sam's family by Sam.

Recipe: Pizza Pasta Salad

Ingredients:

- Salt and pepper
- 1 lb. short pasta (bowties, shells, or penne)
- 1/4 cup extra-virgin olive oil
- 1/3 cup vinegar
- 1/2 cup chopped oil packed sun-dried tomatoes
- 3/4 cup sliced marinated artichoke hearts
- 8 oz. mozzarella
- 4 oz. pepperoni or salami diced
- 1/2 cup shredded fresh basil leaves
- 2 tablespoons chopped fresh oregano

Preparation

1. Bring a large pot of salted water to a boil. Add pasta and cook until al dente, about 8 minutes. Drain well and spread on an oiled baking sheet to cool. (Don't worry if pasta sticks together. It will come apart when mixed with oil.)
2. Transfer cooled pasta to a large bowl and stir in oil. Add vinegar, sun-dried tomatoes, artichoke hearts, mozzarella, pepperoni, basil and oregano. Toss well and season with salt and pepper.



A Few Free Things in Linn County This Summer

By Sierra Morgan

Lebanon Food Program

Lebanon's food program offers breakfast and lunch from June 11 through Aug. 24, and supper from June 11 through Aug. 3.

Breakfast will be from 9 to 9:30 a.m. at Cascades Elementary School and Century Park.

Lunch will be from 11:30 to noon at Christopher Columbus Park, 12:15 to 12:45 p.m. at Booth Park, and 12:15 to 12:45 at Century Park.

Supper will be from 4:45 to 5:45 p.m. at Pioneer School, 5 to 6 p.m. at Green Acres Elementary School, and 5 to 6 p.m. at Booth Park.

Sweet Home Food Program

Sweet Home's food program will be July 2 through Aug. 24, with no service July 4 for Independence day or July 27 because of the Oregon Jamboree country music festival.

Both breakfast and lunch will be offered. Breakfast will be served from 8:30 to 9:30 a.m. and lunch from 11:45 a.m. to 12:15 p.m. at the following sites: Sweet Home High School, Hawthorne Elementary, Oak Heights Elementary, and Pleasant Valley Little Promises.

From 11:45 a.m. to 12:15 p.m. on Thursdays only, meals also will be served at Sankey Park.

McDowell Creek Park

Four waterfalls are linked to a common trail split by a paved road. Total hiking distance less than 1 mile.



* Lower McDowell Creek Falls

* Royal Terrace Falls

* Crystal Pool Falls

* Majestic Falls

Directions:

1. From I-5 exit onto Hwy 20 and head east towards Lebanon (pronounced le-buh-nun)
2. Four miles east of Lebanon turn left onto Fairview road and bear right at the T-junction (road to McDowell Creek Park)
3. Approx. 0.9 miles bear left to stay on McDowell Creek road
4. Another 7.6 miles turn right into the parking area for McDowell Creek

Cascadia State Park

Want to go swimming, collect rocks, and enjoy nature's wonders on a warm day? Enjoy the South Santiam River near Cascadia State Park outside of Sweet Home on the Santiam highway.

Waterloo County Park

Is located on the banks of the South Santiam River. This beautiful park provides families with a great opportunity to fish, hike, swim and relax within its shady confines. Enjoy year-round camping, fishing, hiking, and picnicking in the fresh and beautiful landscape of Waterloo County Park.

For more information about local state parks, visit oregonstateparks.org

Answers to word scramble: BRAVE, BEAUTIFUL, SMART, FUNNY, IMPORTANT, STRONG, LOVING, KIND, WORTHY, LOVED, SILLY, PRECIOUS