



One||Another Community News: Living Today Forward

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: 541-704-0221 or 541-730-8716 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.

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Growing together - Parenting Today Forward is NOT just for parents!

By Deb Fell-Carlson

My husband, Mike and I are a retired couple. Mike suffered traumas as a child. He has been recently diagnosed with Post-Traumatic Stress Disorder, and he did not receive the right kind of help when he was younger. Back in those days, they thought kids would “grow out” of it. We now know that this is not true. The difficulties caused by his trauma followed him into adulthood.

Neither of us knew much about childhood trauma and adult behavior. Mike’s skills were all lagging, causing him big trouble in getting along with others, and me. In my eyes, he argued about everything, didn’t think things

through, didn’t listen, kept forgetting things, and he couldn’t keep a job. I am a patient person, but after 25+ years of marriage, it was getting old. I was constantly coming along behind him and fixing things. Even though I thought I was being accepting and empathetic, my behavior told him that these problems were his fault and he simply wasn’t “trying hard enough.”

Enter Parenting Today Forward.

Mike started attending first, and I saw such a change in him after the second 10-week session, I came to check it out. I learned that I had been switching back and forth between being a “Type A” parent – trying to control

everything, and a hover parent where I was constantly stepping in to fix things. Parent you say? Yes. **Parent.** I was treating Mike like he was my child. Empathy? Are you kidding? Many (most!) conversations I initiated were about directing, correcting or instructing. I thought of them as just being helpful. I was frustrated – and surprised - when we ended up in a power struggle!

We have been attending PTF for a few years now. We are growing as individuals and together. We are learning to be empathetic in our relationships. Every ten weeks it gets better. We learn something new every time.

Mike and I now give back by

serving as Group Involvement Volunteers (GIV). We are enriched by the experiences and by the Advanced Training. We are growing closer and I can honestly say we truly have a blessed and happy marriage.

So, if you think PTF is not for you because you don’t have kids, think again! PTF is about relating today forward. We are not about looking back and kicking ourselves for what we have done in the past, but looking ahead to a new way of getting along. It is never too late to have a happy childhood!



Upcoming Class Schedule

Albany—Thursdays, 12:30-2:30pm, First United Methodist Church, 1115 28th Ave. SW., beginning April 5th. Please call to register

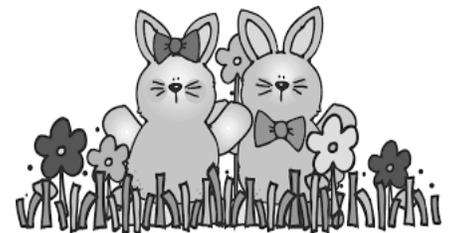
Lebanon—Tuesdays, 12:15-2:15pm, beginning April 3rd. Church of the Nazarene 600 W. D Street

Sweet Home—Tuesdays, 9:30-11:00, at Freedom Hill Church, 2470 Main St. Beginning April 10th. Co-facilitated by consumer April Wheeler

Harrisburg—Tuesdays 12:30-2:00 at the Senior Center 354 Smith Street. Beginning April 10th. Co-facilitated by consumers Alanna Warren and Monica Potter

Children Activities available at some locations. Lebanon and Albany groups are facilitated by Debbi Barreras.

Questions? Please call 541-704-0221 or 541-730-8716 , or visit: www.parentingtogether.us



Talking Water Gardens Hike 2018

Several volunteers along with local families and friends met up at the talking water gardens in Albany to go on our annual adventure. We were able to experience animals doing what they do up close and in their natural habitat. There were turtles, ducks, birds

and nutria. No snakes this year. I can't forget to mention all the dogs we saw walking their humans. By doing this we had an opportunity to get outside, get some exercise, and have fun supporting others. Personally, this was the most fun part for me. I was with people that I

trusted to make sure I was okay if something went wrong. I was able to be myself and not worry about "what might happen". It was a very special time for me, so I want to make sure and say THANK YOU to everyone for being part of that day. This is just one of the special events

organized by volunteers to give families, youth and kids a place to have fun and be accepted as they are.



Pizza!

Ingredients:

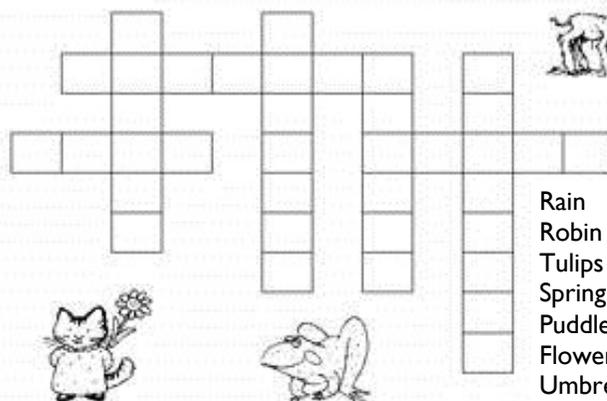
1/2 cup wheat or white flour, plus more if you need it
1/2 cup 2% plain Greek yogurt
1/2 tsp baking powder
1/4 tsp salt
1/8 tsp baking soda
oil for brushing
favorite toppings



Directions: Preheat your oven to 425°F. Mix all of your ingredients together in a small bowl until a dough forms. Knead the dough on a lightly floured cutting mat for 2 minutes. Add more flour if

you need to! Roll your dough out to the size of the pan using your rolling pin. Brush the personal size pizza pan (a stone pan works really nice) with oil, then transfer the dough to the pan. Press your dough to the edges with your fingers. Bake for 10 minutes. Remove the crust from the oven, flip your crust. Top the crust with cheese, sauce, and your favorite toppings. Put the pan back in the oven and bake 4-5 minutes or until your crust is golden brown. Cut and enjoy

Spring Crossword



Fiesta Game Night 2018

During our annual Fiesta Game Night, we had over 70 families get together. We had traditional fiesta food as well as tacos and burritos with all the toppings. Oh, I can't forget the dessert table- YUMMY.

The volunteers had a great time with the decorations both in making them and putting them

up. I must mention that without the help of many of the kids and some youth it might have been a little less decorated. Thank you for all of you that helped.



While some were eating, others were playing board games or cards, and some came to social-

ize. This year we had a 3-D printer showing off some "slug" work. During the time there it made a toy slug. I think the highlight of the night was the piñata provided. It was just sturdy enough that each person in line was able to have a whack at it. There were a few that cracked it then the last youth was able to break it open. We got some great

pictures of people having fun with each other. Many families stayed to help clean up because they were enjoying the company so much.

This is one of the many events that our volunteers put together so that families and especially the children can have an opportunity to be themselves and be accepted as they are.