



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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How I got involved with Collaborative Problem Solving

My name is Heidi, I am the mom to 4 daughters and have 3 grandkids. I am beginning what I call Part 2 of my life. 7 months ago, my life started over when I left everything I have ever known. Even before CPS, I knew my life was going to change deeply. I stumbled across One|Another at a time in my life when I was actively looking for help. Help came in the form of a flier on a Lebanon FB page advertising a class called Collaborative Problem Solving. All I could think was, I could really use something collaborative. I am tired of the fight and just want to love people. I initially came to the class hoping for skills that would help me be a better parent to my youngest. I knew I didn't understand her or what she needed. I knew she needed

skills I did not have. I came to the class skeptically, maybe we all do. Surely, I would learn a few things, but I did not expect the first time through CPS to change everything I understood. At first I realized that the classes were somehow helping me to grieve and walk through the deep personal space I was in. Just the idea that we all want to do good was life changing when I began to apply it to people in my life. Then as the class went on the realization that I had to apply it to myself. There are several big changes in my first time through class. I began to learn my role with my adult children. Trust is developing, I am learning, and actual communication is beginning. I am in so much personal pain that it is sometimes scary to open the

door for empathetic listening, and I know they will have a lot to say that will be painful to hear. I tend to see things in pictures. I will often envision getting out a bucket before I start a conversation. I imagine putting the bucket in front of me to allow all their pain to go into the bucket. Not into me. I am so grateful for this skill as it is restoring a relationship with my adult kids who I love so much. When I first joined the class my youngest was raging most days of the week. I was trying to solve her problems and hear her, but I also felt this need for her to comply and make my life easier. She was drowning, and I was sure she would take me with her. Being in the class, I realized that I needed to take a different approach. I needed to stay close and keep her

safe. I realized she had many unmet needs and unsolved problems from of injustice and trauma in the last couple of years. She was doing the best she could. So I started saying, "it sounds like you are having some hard feelings, do you know what they might be?" Over a couple weeks she began to have the words to tell me about the feelings. This was a huge change because by the end of the first 10-week class the raging had decreased to less than once a week. I'm thankful to have found CPS...it's like I found this group when I needed it most. I'm going through CPS again, and I find I am learning all new things.



Upcoming Class Schedule

Albany—Thursdays, 12:30-2:30pm* and 5:45-8:00, First United Methodist Church, 1115 28th Ave. SW., beginning June 21st. Please call to register

*Youth are invited to attend the 12:30-2:30 group time

Lebanon—Tuesdays, 9:00-12:00. Church of the Nazarene 600 W. D Street, beginning July 10th.

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



Lessons From The Yard



by Alette Nelson

So, spring, fabulous spring has sprung. Very soon to be followed by summer. Time ticks steady and speedily, and requires that we focus and stick to task, should we want the satisfaction of accomplishment. For me, such a busy time of year, with a large yard and gardens that I love to care for, animals that enjoy more interactions outside,

plants to repot, transplant and share as well as caring for all the birds and other wild things that find sanctuary. Tasks completed now will grace me for the summer: wonderful fruits and veggies, spectacular flower displays, birds nesting and raising their young for me to delight in, trees and shrubs that prosper and provide homes for the little wild things that I enjoy.

I must remind myself to not become overwhelmed with all that needs tending. To not become frantic with the many obligations. To find balance and serenity in the tasks. To watch my thoughts, for this is what will feed my soul and bring me joy. "Do what you can, don't push too hard or too much, know that nature works to do her part, appreciates all that you do, and doesn't require that you take

control or micromanage. Simply co-operate and appreciate." To stay in the gentleness, love, and gratitude of it all is the lesson. To not become too agitated or discouraged when things don't o "my" way. To know that even delicate things are tough and resilient. To see the beauty in "imperfections". To be aware that even small acts have large affects. To know that *(Continued Below)*

Lentil Taco Filling

Ingredients:

- 1/2 c chopped onion
- 1/2 c chopped bell pepper, any color
- 1/4 tsp garlic powder
- 1 tsp oil
- 1/2 c dried lentils, rinsed
- 4 1/2 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp oregano
- 1 1/4 c broth

In a large skillet, sauté the onion, bell pepper and garlic in oil until tender, about 3 minutes.

Add the lentils, chili powder, cumin and oregano. Cook and stir for one minute. Add broth. Bring to a boil. Reduce heat, cover and simmer until the lentils are tender, 20-30 min. for brown lentils, adding water as needed to keep lentils covered. Uncover, cook until mixture thickens, 5-10 minutes. Use for tacos, wraps or salads. Refrigerate leftovers within two hours.

Nature Globe

Go outside and collect a variety of materials like rocks, sticks, moss, and bark. Then choose a clear vase or deep bowl for the terrarium. Paint sticks and stones with acrylic paint and let dry. Layer natural rocks in the bottom of the container and cover with fresh moss or preserved moss from a craft store. Have your child create his own scene with the natural materials and other bits and bobs from around your house.



Lessons From The Yard (continued)

the smallest of care can have huge results and things that seem sickly or dead often bounce back to become some of the most beautiful and special. Everything has its ups and downs and is worthy. To breathe, absorb, embrace, exhale, and give of myself as I can. To let go and love life's cycles as they present themselves, each second as special as the next. To realize that life goes on within you and without you. Embrace the



moment each precious moment, as it ticks itself into eternity. Watch your thoughts "For as a man thinketh, so shall he be". Peace be with you in all you do and have a spectacular summer.



July 4th Safety Tips

Sun: Protect your skin against the sun with SPF and reapply often

Water: Make sure everyone has proper skills to swim and keep an eye on children.

Grilling: Don't ignite charcoal with gasoline or lighter fluid. Use heat resistant tools.

Fireworks: Keep a safe distance from fireworks and remember sparklers remain hot after they burn out

Family: Sign up and create a Safety Profile at Smart911.com to protect your family

