



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 Crystal Rowell.

World Mental Health Day!

By: Stefanie S.

October 10th is World Mental Health Day. This day is to raise awareness of mental illness everywhere! To celebrate this day, I would like to take a look at famous people who have a mental illness:

Comedian: Howie Mandel - Obsessive Compulsive Disorder

Singer: Elton John - Eating Disorder

Actor: Mel Gibson - Bipolar Disorder

NFL player: Herschel Walker - Dissociative Identity Disorder

Olympic gold medalist swimmer: Michael Phelps - ADHD

Composer: Ludwig van Beethoven - Bipolar Disorder



Legendary journalist: Mike Wallace - Depression

Cook: Paula Dean -

Anxiety Disorder

Novelist: Virginia Woolf - Bipolar Disorder

Actress: Brooke Shields - Postpartum Depression

16th President: Abraham Lincoln - Severe Clinical Depression

Scientist, Inventor, Engineer, and Innovator: Alexander Graham Bell - Dyslexia

Mathematician: John Nash - Schizophrenia

Though these people struggled with mental illness, it didn't keep them from doing great things.

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Happy Halloween

Halloween is on it's way and with it, trick or treating. I hope everyone has a fun and safe evening. For tips on how to keep everyone safe this Halloween, check out the safety tips here; <https://www.cdc.gov/family/halloween/index.htm>



Upcoming Fall Class Schedule

Albany—Thursdays, 5:45-7:45, First United Methodist Church, 1115 28th Ave. SW., beginning September 13th.

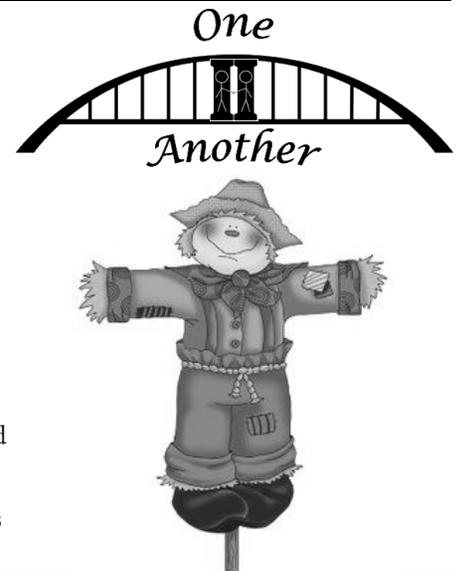
Lebanon—Tuesdays, 12:00-2:00. Church of the Nazarene 600 W. D Street, beginning September 11th.

Sweet Home— Tuesdays, 9:15-10:45, Freedom Hill Church 2470 Main St., beginning September 11th *Facilitated by consumer April Wheeler

Harrisburg—Tuesdays 3:30-5:00, United Methodist Church 710 Smith St. beginning September 11th *Facilitated by consumer 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



CELEBRATING OUR GENEROUS COMMUNITIES

By Connie Kay

OneAnother volunteers share a vision of supporting families and individuals in building healthy relationships. Our focus has been on families of children having difficult behaviors. In addition to sponsoring Parenting Today Forward classes, we provide child activities and a teen group (YouthIIYouth).

We also have game nights, family picnics, a large barbe-

cue, holiday dinners and other events to celebrate each other and our communities.

This past summer we had the pleasure of having local businesses join us to support our events and to reward children, families and volunteers for their hard work. We want to take this moment to celebrate our communities in Linn County for their generosity to our program and the folks we serve.

Quote Corner

Each day of our lives, we make deposits in the memory banks of our children.

- Charles R Swindoll

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents

- Jane D. Hull

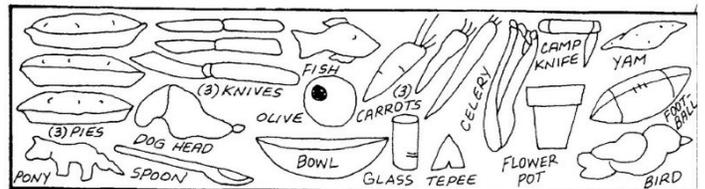
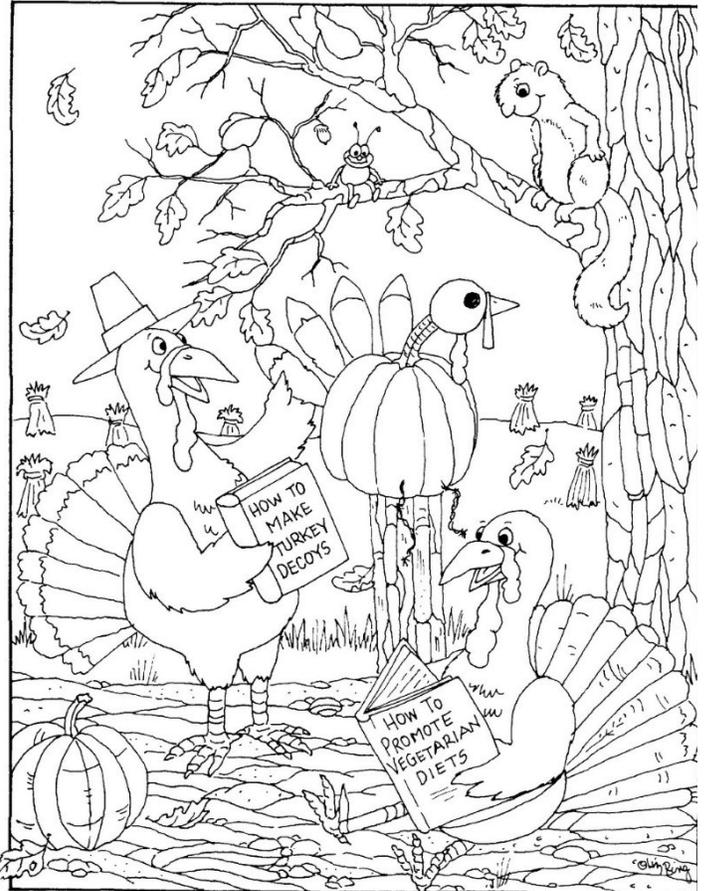
A baby is born with a need to be loved and never outgrows it.

- Frank A. Clark
Parenting now is a two way relationship where you learn from each other.

- Juhi Chawla

Nobody ever becomes an expert parent. But I think good parenting is about consistency. It's about being there are the big moments, but it's also just the consistency of decision-making. And it's routine.

- Sebastian Coe



Lasagna Rolls

INGREDIENTS:

2 c. marinara sauce, plus more for serving
9 uncooked lasagna noodles,
10 oz pkg. frozen chopped spinach, thawed and squeezed well
15 oz ricotta cheese,
1/2 c. grated Parmesan cheese
1 large egg
salt, fresh pepper, and garlic to taste
9 tbsp (about 3 oz) mozzarella cheese, shredded

DIRECTIONS:

Preheat oven to 350°F.
1) Ladle 1 c. sauce on the bottom of a 9 x 12 pan
2) Cook noodles according to package directions, then drain.
3) Combine spinach, ricotta, Parmesan, egg, 1/2 teaspoon salt and black pepper in a bowl and mix.
4) Place wax paper on the counter and lay out dry lasagna noodles.

5) Take 1/3 c. of ricotta mixture and spread evenly over noodle. Roll carefully and place seam side down onto the baking dish. Repeat with remaining noodles.
6) Ladle remaining sauce over the noodles and top each one with 1 tbsp mozzarella cheese. Put foil over baking dish

and bake for 40 minutes, or until cheese melts. Makes 9 rolls.

7) To serve, ladle a little sauce on the plate and top

