



# Family Relief Nursery Monthly Newsletter

## Important Dates

Respite at EFRN

Friday, April, 5<sup>th</sup>



Community Resources

## FRN Updates

### Respite Friday, April 5<sup>th</sup>

The East Family Relief Nursery will have a Respite classroom offered on Friday, April 5<sup>th</sup> for Outreach families. As a reminder, respite is only being offered on the first Friday of the month for the next few months. If you would like your child to come to respite, please contact your Home Visitor.



### Parenting Classes at Morrison!

Want more tools in your parenting toolbox? Morrison child & family services is offering a 12 week parenting course focused on families with children 1-3 years of age. The class is free, as is the childcare during the class and snacks are provided. Classes start Friday, April 12<sup>th</sup> and run from 11:30am–1:30pm. Please contact Katie Sass (971.201.8396 [katie.sass@morrisonkids.org](mailto:katie.sass@morrisonkids.org)) or Sarah Heal (971.334.9167 [sarah.heal@morrisonkids.org](mailto:sarah.heal@morrisonkids.org)) to sign up.

### FRN Immunization Rates!

The final immunization numbers are turned into the state of Oregon in March. Once the state processes those numbers, FRN will share the rates with you in the newsletter and online. Be sure to keep an eye out for those charts in the coming months!

## RENTERS SERVICES

◇ Home Forward— Rent assistance program enables low-income residents to obtain rent assistance vouchers (Section 8) to rent from private landlords. Section 8 waiting list currently closed. Rent assistance hours: 8am-5pm Mon-Thurs. Phone #: 503.802.8300. Bus: 12, 16, 19, 20, MAX. Public housing rent-subsidized apartments and affordable housing apartments. Public housing hours: 9am-4pm Mon-Fri. Rent assistance: 135 SW Ash St. Public housing: 1605 NE 45th Ave. [www.homeforward.org](http://www.homeforward.org)

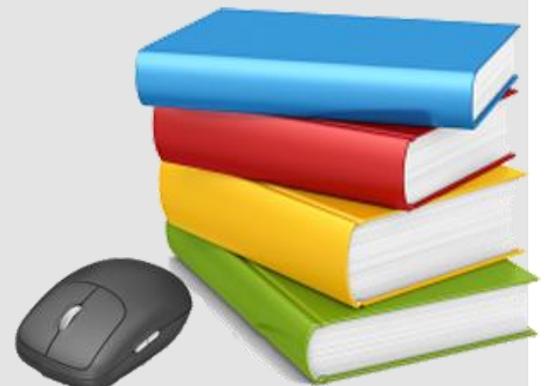
## UTILITY ASSISTANCE

◇ Oregon Telephone Assistance Program/Lifeline— Discount on monthly phone or broadband internet access service (landline, wireless) for eligible low-income Oregonians. Call or visit website for information or application. Phone hours: 9am-4pm Mon-Fri. Phone #: 800.848.4442. [www.lifeline.oregon.gov](http://www.lifeline.oregon.gov)

◇ Human Solutions Energy Hotline (24-hour)— Help with gas, wood, propane, and electric bills. Call energy hotline to hear if funding is available and what documentation is required. Water discount program documents needed are same as utilities. Must call for availability. Phone #: 503.405.7877. Waterline phone #: 503.548.0217. [www.humansolutions.org](http://www.humansolutions.org)

## FOOD BOXES

◇ Northeast Emergency Food Program— Emergency food boxes and clothing. Three times every six months. If no car, bring bag or cart. Lottery system starts at 1pm. Provide verification for all members of household. Hours: 1-4pm Tues, Thurs, Sat. Phone #: 503.284.5470. Bus: 71, 72. 4800 NE 72nd Ave (Luther Memorial). [www.emo-nepf.org](http://www.emo-nepf.org)



# Nursery Highlight

## Clothing Closet & Donations



Did you know that the Family Relief Nursery has a clothing closet open and available to all enrolled families? We accept gently used clothing items from anyone willing to part with, including current and former clients. All clothes are inspected and washed before being hung for parents to choose from. We also have shoes, blankets, baby bottles, and toys available in the clothing closet so be sure to stop on by!

Clothing closets are open anytime the nursery is open. Just check in with a staff member when you arrive.



If you have any friends that would like to donate to our clothing closet, let them know that we are looking for 2 and 3T sized clothing for our toddlers and preschoolers. Anyone donating clothing must fill out a quick In-Kind donation form.

# Garden Digs!

By Margaret Young

Happy April! With warmer temperatures and April showers, we can start planting seeds for beets, carrots, lettuce, broccoli, spinach, and cauliflower in the garden! April 1<sup>st</sup> is sometimes called April Fools' Day, and some people like to do silly things or tell jokes, then say "April fools!" What are some silly ways to play in the garden? Could you dig in the ground and find worms and have a worm party? Could you make a pretend cake out of mud and sticks? In honor of April Fools' Day, here are some fun jokes I found!

When do gorillas fall from the sky?  
- During APE-ril showers!



Photo by Margaret Young

What's a bird's favorite plant?  
- EGG-plants!

What do you get when you plant a kiss?  
- Tulips!

What bow can't be tied?  
- A rainbow!

Did you know? If you plant a banana in the ground, you will grow a dinosaur! Just kidding! April fools!

# Volunteer Spotlight



For the month of April, the Family Relief Nursery would like to honor volunteer, Nova Arndt.



Volunteer, Nova Arndt

"I approached FRN with the idea that it was a standard day-care, and the more I learn, the more I feel like I stumbled into the perfect fit for myself!" said Nova, "I feel like my life struggles are a strength here because I can tap into those shared experiences and recall how rich the and potent the emotional worlds of children are."

"Being in an environment where I feel welcome to speak up when there's a concern and contribute my own ideas also means everything to me!" they added.

Would you or someone you know like to volunteer at FRN? If so, please have them contact Crystal Ross at 503.867.5843 or email her at [cross@voaor.org](mailto:cross@voaor.org).

The Family relief Nursery could not operate without the generous grants from the following organizations:



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