



Family Relief Nursery Monthly Newsletter

Important Dates

Important Immunization Days Feb 6th: Warning Letters Mailed, Feb 20th: Exclusion Day

Winter Family Fun Day Friday, February 22nd

Nursery Closed Tuesday, March 5th

FRN Updates

Immunizations!



The FRN is required to report our client's immunization numbers every January. If our records indicated that a child's vaccines were not up-to-date, the state will send that family an Exclusion Warning Letter letting the family know which shots that child will need to be updated. If FRN does not receive any information on updated vaccines by the morning of February 20th, families will need to keep that child home until the shots are up-to-date or a non-medical exemption is given to FRN. Do you have any concerns about how to get their shots up to date? If so, please contact your Home Visitor.

Winter Family Fun Day!

Winter Family Fun Day will be held at our 136th Ave site location on Friday, February 22nd. There will be food and lots of activities for the entire family! Ask your Home Visitor for more information.

Nursery Closed Tuesday, March 5th!

FRN will be closed on Tuesday, March 5th. Regular classes will resume on Wednesday, March 6th. If you have any questions, please contact your Home Visitor.



Community Resources

WARMING SHELTERS

◇ The criteria used to determine a Severe Weather Notice in Multnomah County and the corresponding opening of emergency warming centers are: Temperatures forecast at 25°F or below OR forecasts predict at least an inch of snow in most areas OR overnight temperatures forecast at 32°F or below, with at least an inch of driving rain OR other conditions, including severe wind chills or extreme temperature fluctuations. Please see website for more information: <http://211info.org/warmingcenters>

YOUTH SERVICES

◇ Insights Teen Parent Program— Services and support for teen parents who are younger than 22, including case management, information, and recreation. Call for screening/referral. Resource closet of children's items available by appt. Hours: 9am-5pm Mon-Thurs. Phone #: 503.239.6996. Bus: 12,77, Hollywood TC. 3308 NE Peerless Pl. www.insightstpp.org

FOOD BOXES

◇ Heartwork Ministries/Richmond Community Church— Canned food, personal hygiene items, clothing. Services for housed & homeless. Shop once per week per family. No boundaries. Hours: 11am-1pm Tues. Phone #: 503.460.7335. Bus: 4,75. 3941 SE Division St.

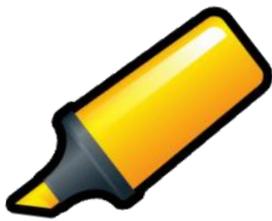
DOMESTIC VIOLENCE & SEXUAL ASSAULT

◇ The Gateway Center for Domestic Violence Services— A drop-in center for survivors of intimate partner violence and their children. Restraining order applications, safety and crisis planning, crime reporting and prosecution, civil legal assistance, counseling and therapeutic services for parents and children, and access to a wide variety of services. Child care available. Services available in many languages. Hours: Mon-Fri 9am-4pm. Phone #: 503.988.6400. Bus: 15, and 20, MAX Blue Line. 10305 E Burnside St (yellow house set back from street). www.gatewaycenterdv.org



Nursery Highlight

Inclement Weather



In the case of inclement weather, the Family Relief Nursery follows the updates sent out from the Portland Public School District. If PPS is closed, then both the Family Relief Nursery and the East Family Relief Nursery will not have classes that day either.

PPS has several different ways to check and see if they are closed due to inclement weather. You can call in, opt-in for their text messaging notifications, or check their official Twitter or Facebook accounts for those updates. For more information, please go to their website: <https://www.pps.net/Page/124>

In addition, your Home Visitor will confirm any such closures with you and provide you with other relevant updates. Please let us know if you have any questions.

Garden Digs!

By Margaret Young

We've had some warmer weather and some of the flowers have already started blooming in the garden! Seeds have started to sprout and grow their first leaves, and more bugs and other little garden friends have been spotted moving around. Lots of leaves that fell off trees in fall and winter are covering parts of the garden, keeping the soil underneath warm—kind of like a blanket! If you peek under the blanket of leaves, what kind of bugs do you see? Are there any baby plants starting to grow?

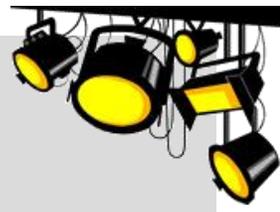
In February, we can start planting some vegetables! Outside, you can plant peas, fava beans, garlic, spinach, and lots



Photo by Margaret Young

of greens that like cool weather. Some people have a tradition of planting peas on February 22nd, George Washington's birthday! Inside, you can set up pots with soil somewhere they can get light and plant chard, onions, broccoli, cauliflower, kale, tomatoes, and potatoes.

Volunteer Spotlight



For the month of December, the Family Relief Nursery would like to honor intern, Marlene Sanchez-Rodriguez.



Intern, Marlene Sanchez-Rodriguez

"I've only been at the FRN for about three weeks," said Marlene, "but during my short period of time I've come to really enjoy the working environment and staff."

Marlene continued, "The staff are amazing people who care about one another and who go out of their way to support families in need."

Would you or someone you know like to volunteer at Family Relief Nursery or East Family Relief Nursery? If so, please have them contact Crystal Ross at 503.867.5843 or email her at cross@voaor.org.

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



Investing in our future

