



Family Relief Nursery Monthly Newsletter

Important Dates

Nursery Closed:

Wednesday, July 4th

Summer Break!

July 16th - July 27th

FRN Updates

Independence Day & Summer Break!

The Family Relief Nursery will be closed in observance of the Independence Day, on July 4th. Regularly scheduled classes will resume the next day, July 5th. We will also be closed for two weeks, July 16th–July 27th, for summer break. While all classrooms in both the East and West sites will be closed, the facilities themselves will be open and clients will be able to access the clothing closet, food pantry, and home visits. Please contact your home visitor for questions.

EFRN Infant Playground!

We are excited to announce that we will be opening a new infant playground at our 136th Ave site! We will break ground soon!

New Parenting Class!

EFRN will be offering another session of our Nurturing Parenting class starting Friday, August 3rd. Classes will be held every Friday from 1–2:30pm. If you have any questions, please contact your home visitor.



Community Resources

SUMMER HEAT

Multnomah County is expecting our first heat wave of the summer in July. Temperatures are predicted to hover around 90°. The county encourages people stay hydrated and to look into public places, like libraries, that are open late during the hottest hours of the day. For more information to beat the heat, please see the Multnomah County website: <https://multco.us/multnomah-county/news/summer-2018-heats-here%E2%80%99s-how-stay-cool>

RECOVERY SERVICES

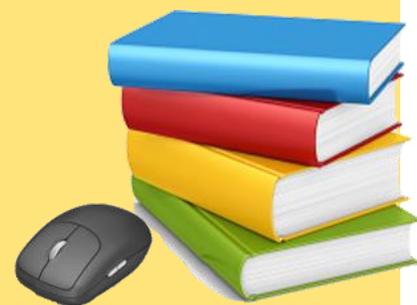
◇ InAct Volunteers of America— Addictions treatment, mental health, problem gambling and wellness services. Adelante (Latino/Spanish language program). Hours: 9am-7pm Mon.-Fri., 9am-5:30pm Sat. Bus: 15, 20, MAX Green, Blue. Phone #: 503.228.9229. 10564 SE Washington St. www.voar.org

HOUSING SERVICES

◇ Oxford Houses of Oregon— Alcohol/drug-free living environment in shared housing. Various locations. Must be recovering from addiction or alcoholism. Each house is democratically run by members and financially self-supporting. Must live clean and sober, be able to pay equal share of expenses; inpatient treatment completion not a requirement for housing. Phone # 971.998.4223. www.oxfordvacancies.com

GLBTQI RESOURCES

◇ Prism Health (Pivot)— Safe, affirming, and non-judgmental space where members of the LGBTQ community can obtain compassionate and culturally effective health care. Hours: 8am-5pm Mon.-Fri. Pivot—Health care, free safer sex supplies. STD/HIV screening hours: 5-8:30pm Tues. HIV- and syphilis-only testing hours: 1-4pm Wed., 2-7pm Thurs. and Sat. Bus: 15. 2236 SE Belmont St. Phone #: 503.445.7699. www.prismhealth.org



Nursery Highlight



Home Visits

Just a reminder that part of our program requirements include being available for home visits. The amount of visits you have with your ECE Specialist will be decided between you two, with a minimum of one hour-long visit a month. We

encourage you to let your ECE Specialist know within one hour of the visit if you will need to reschedule. If you are not available for your home visit, it is your responsibility to reschedule within two weeks of the original visit. If it is missed again, FRN will have to send you a warning letter reminding families of these requirements. If for some reason your home visitor has to miss a visit, they will see you at the next one, check in over the phone, or reschedule in a timely manner.

Please remember above all else, communication is key!

We understand life gets busy, so as long as you are in communication with your ECE Specialist, you can create a plan together that works for both of you.

Garden Digs!

By Margaret Young

Happy Summer! There is so much to do and enjoy in our garden!

Strawberry season is over and we've been picking delicious raspberries and blueberries. Our potato plants have started to flower, and we have beans that just sprouted and are starting to grow leaves. The zucchini plant has lots of big orange flowers, and a few are forming tiny zucchinis!

Many of the toddlers and preschoolers smelled and tasted leaves from the peppermint



Photo by Margaret Young

plant—yum! The students have been helping water the plants and pick berries.

We also have a bumper crop of ladybugs this year! These lovely beetles help eat the aphids that suck sap from our plants, and they are so much fun to watch!

Volunteer Spotlight



For the month of July, the Family Relief Nursery would like to honor volunteer, Karolyne Johnson.



Volunteer, Karolyne Johnson

"I love my position volunteering for VOA," said Karolyne. "I

chose to volunteer at the Family Relief Center in the infant classroom. The staff are great and very positive."

"The kids are full of smiles, giggles and of course a few tears as nap time gets close," she continued. "We have a good time and I always leave tired but happy."

If you or someone you know would like to volunteer at either the East or West Family Relief Nursery, please contact Crystal Ross at 503.867.5843

cross@voaor.org.

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



Investing in our future



portland children's levy

