



Family Relief Nursery Monthly Newsletter

Important Dates

Respite at 7th Ave FRN
Friday, July 5th

Nursery Closed
Thursday, July, 4th

Summer Break
July 22nd –August 2nd

FRN Updates



Family Carnival July 14th

The Family Fun Carnival has been rescheduled for Sunday, July 14th. This is an event that is open to the public and will have free games, activities and food for the whole family! We hope to see you there!



Independence Day & Summer Break!

FRN will have several closures during the month of July. We will be closed in observance of Independence Day, on Thursday July 4th. We re-open for Respite on Friday, July 5th. FRN will also have it's annual Summer Break from July 22nd through August 2nd. During this break, all classrooms will be close and respite will not be offered. Nursery Sites will be open for resources and your Home Visitor can also meet with you! Regular classes will resume on Monday, August 5th. If you have any questions, please contact your Home Visitor.

New Hires & Faces!

FRN is happy to welcome Molly Bilsborough, a new Early Childhood Education Specialist to our staff! We are also pleased to announce that we have several interns joining us this summer so be on the lookout for these shining new faces!



Community Resources

MULTNOMAH COUNTY COOLING CENTERS

◇ Summer has arrived and that means the temperatures will be rising! Please check the Multnomah county website for information on Cooling Centers throughout the area. <https://multco.us/help-when-its-hot> & <https://multco.us/em/cooling-centers-alerts>

LEGAL SERVICES

◇ Victim Rights Law Center— Free and confidential legal advice and representation for victims of sexual assault and rape in Multnomah, Clackamas, and Washington counties. Call for appointment. Hours: 9am-5pm Mon-Fri. Phone # 1855.411.5477 or 503.247.5477 ext 6. Downtown Bus, MAX. 520 SW Yamhill St. Ste. 430. www.victimrights.org

◇ Thomas, Coon, Newton & Frost— Social security disability, personal injury and workers' compensation legal services for injured and disabled people. Spanish-speaking attorney. Free phone consultation. Hours: 8:30am-5pm Mon-Fri. Phone # 503.228.5222. Downtown Bus, MAX. 820 SW Second Ave, Ste 200. www.tcnf.legal

HEALTH CARE & DENTAL

◇ NARA Dental Clinic— Basic preventative dental care for the whole family. Call for referral and intake process. Hours: 7:30am-6pm Mon-Fri. Phone # 971.347.3009. Bus: 20, MAX Blue. 12750 SE Stark St. Bldg. E.

◇ All Saints Episcopal Church— Medical Teams International Dental Van appointments once monthly first Thurs. \$10 donation. Call to get on waiting list. Hours: 9am-2pm Mon, Tues, Thurs; 8:30-11:30am Wed. Phone # 503.777.3829. Bus: 19, 75. 4033 SE Woodstock Blvd. www.allsaintspdx.org



Nursery Highlight

Classroom Attendance



Child(ren) participates in the therapeutic classroom 2 days per week for 3 hours per day.

Children must be at school at least 75% of the time.

If a child misses 2 classes in a month the Home Visitor will call to see how things are at home and check to see if we can offer support to get the child(ren) to school.

If a 3rd class is missed a warning letter will be sent to the home letting the parent know that if attendance continues to be an issue the child is at risk of being exited from the program. Also, the Home Visitor will create a written agreement with the parent outlining a plan for the child's attendance to increase.

Parents need to be on time in picking up and dropping off their child(ren). The Family Relief Nursery's hours are 9:30 AM - 12:30 PM.

FRN Recipes: Lentil Soup

INGREDIENTS

2 tablespoons olive oil	2 cups dried lentil \$5 per 4
1 onion, diced \$.75 each	pound bag
2 cloves garlic, minced \$3 per	8 cups veg broth \$3.75 per con-
garlic bulb	tainer
1 carrot, diced \$.68 per pound	1 bay leaf \$3.70 for 1 ounce
2 potatoes, diced \$1.50 per 5lb	½ teaspoon cumin \$3.5 for 8
bag	ounces
1 can (15 oz) diced tomato, \$1	Salt & pepper, to taste

Total Recipe Cost: \$18.25

INSTRUCTIONS

1. In a large pot, add the oil and onion and cook over medium heat until semi-translucent, about 3-5 minutes. Add garlic and cook for 2 minutes.
2. Add carrots and potatoes, and sauté for 3 minutes.
3. Add lentils, vegetable broth, diced tomatoes, bay leaf, and cumin, and bring to a boil.
4. Reduce heat to a simmer and cook for 35-40 minutes, or until lentils are tender.
5. Remove bay leaf and add salt and pepper to taste. Enjoy!

Almost all of the ingredient prices are sold by pound so there will be a lot of left over ingredients ready to use for next time.

Adult Coloring



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



Investing in our future



portland
children's
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