



# Family Relief Nursery Monthly Newsletter

## Important Dates

**Respite at FRN  
Friday, June, 7<sup>th</sup>**

**First Day of Summer  
June 21<sup>st</sup>**



## FRN Updates



### Respite Friday, June 7<sup>th</sup>

The Family Relief Nursery will have a Respite classroom offered at the West 7th Ave site on Friday, June 7<sup>th</sup> for Outreach families. As a reminder, respite is only being offered once a month at the 7th Ave location once a month. If you would like to come to respite, please contact your Home Visitor.

### FRN New Hires!

FRN is happy to welcome Taylor Husak, a new Early Childhood Education Specialist to our staff! We are also pleased to announce that beginning June 4<sup>th</sup>, Crystal Ross will begin her new role as the Family Relief Nursery Program Director!

### Immunization Information!

Every year, the Family Relief Nursery must report to the state how many of our students are vaccinated. Please see our vaccine rates on the back!

## FOOD BOXES

- ◇ St. Mark's Lutheran Church— No-charge food pantry every Friday. Verified residents of 97206 zip code only. Enter from 54th St. Hours: 3-5:30pm. Phone # 503.777.1443. Bus: 9, 71. 5415 SE Powell Blvd. [www.smpdx.org](http://www.smpdx.org)
- ◇ SE Community Food Pantry & Clothes Closet— Food pantry once a month. No ID required. Harvest Share free produce giveaway 4th Thurs (except Nov.). Bring bags or box. Pantry and clothes closet closed after Harvest Share. Hours: 2-7pm Mon & Thurs. Phone # 503.895.6102. Bus: 9, 14, 71. 5535 SE Rhone St. [www.southeastcommunity.org](http://www.southeastcommunity.org)

## COUNSELING & MEDIATION

- ◇ Northwest Family Services— Parenting, job readiness and placement, youth programs. Free health care services connection. Drug and alcohol outpatient treatment for uninsured or OHP clients (focusing on youth). Navigation services in Clack. and E. Mult. Counties. Counseling services at sliding scale case-by-case basis, and some evenings. Appt required. English, Spanish language services. Hours: 8am-4:30pm Mon-Fri. Phone # 503.546.6377. Bus: 28, 31. 6200 SE King Rd. [www.nwfs.org](http://www.nwfs.org)

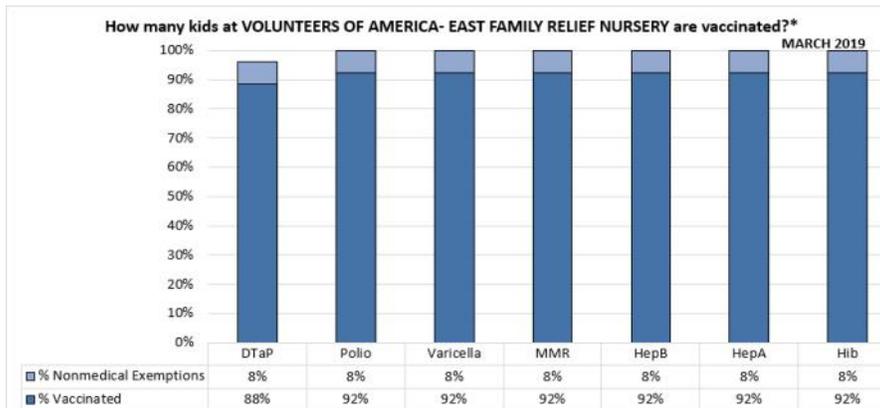
## EMPLOYMENT & TRAINING

- ◇ Easter Seals Oregon— Senior Community Services Employment Program, ages 55 and older. Hours: 8:30am-5pm Mon-Thurs. Phone # 503.228.5100. Bus: 4, 70. 10011 SE Division St, Ste 101. [www.easterseals.com/oregon](http://www.easterseals.com/oregon)
- ◇ Change Center— Employment resources for anyone with active probation and/or parole cases. Hours: 8am-4:30pm. Phone # 503.988.3466. Downtown Bus, MAX. 421 SW Fifth Ave., Ste 400.



# Nursery Highlight

Every year, the Family Relief Nursery must report to the state how many of our students are vaccinated. Please see our vaccine rates below!



Number of children at the school\*\*: 26

Percent of children with no immunization or exemption record: 0%

Percent of children with a medical exemption for one or more vaccine(s): 0%

\* Not all immunizations are required for all grades. These numbers may not total 100% if some children have medical exemptions, or are incomplete or in process with immunizations but do not need an exemption because they are on schedule.

\*\*There is/are also 0 child(ren) enrolled for whom immunizations are not required to be reported because their records are tracked by another site or they attend fewer than 5 days per year.

\*\*There is/are also 2 child(ren) 18 months of age or younger who are not required to be finished with their pre-school vaccines because of their age.

# FRN Recipes: Quick Curried Chick Peas

## INGREDIENTS

- 2 Tbsp. olive oil (\$0.22)
- 1 med yellow onion (\$0.37)
- 2 cloves garlic (\$0.14)
- 2 15 oz. can chickpeas, drained (\$1.32)
- 1 20 oz. can tomato sauce (\$0.52)
- 1 cup water (\$0.00)
- 1 Tbsp. curry powder (\$0.15)
- 1/2 bunch fresh cilantro (\$0.44)

**Total Cost: \$3.16 recipe**

## INSTRUCTIONS

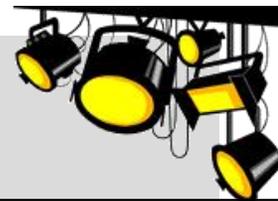
Dice the onion and mince the garlic. Cook the onion and garlic in a large pot with olive oil over medium heat until softened (3-5 minutes).

Drain the canned chick peas and add to the pot. Also add the tomato sauce, water and curry powder. Stir the pot until everything is evenly mixed. Bring the mixture up to a simmer over medium heat.

While the chick peas are simmering, rinse the cilantro and pull the leaves from the stems. Roughly chop the leaves and add them to the pot. Give everything a stir and continue to simmer until the sauce has reduced to a thick consistency (about 20 minute's total). Stir the pot every few minutes to prevent the sauce from burning and sticking to the bottom.

**\*Total cost is calculated by exact amount of ingredients used.\***

# Volunteer Spotlight



For the month of June, the Family Relief Nursery would like to honor volunteer, Tekla DuPlain.



Volunteer, Tekla DuPlain

“While I have only been volunteering with FRN for a couple months, it has quickly become a highlight of my week.”

said Tekla, “I enjoy seeing the children get off the bus in the morning, all smiles and excited for their day at the nursery.”

She continued, “I am continually impressed how the children are learning to speak up for themselves and interact kindly with each other. It is very rewarding to serve in the FRN community!”

If you are interested in volunteering please contact Camille McDaniel, the Volunteer Services Manager at [cmcdaniel@voaor.org](mailto:cmcdaniel@voaor.org). If you have general questions about volunteer opportunities here at the Relief Nursery please contact Cynthia St. John at [cstjohn@voaor.org](mailto:cstjohn@voaor.org).

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



Investing in our future

