



Family Relief Nursery Monthly Newsletter

Important Dates

Nursery Closed
Tuesday, March 5th

Spring Break!
Nursery Closed
March 25th - 29th



Community Resources

FRN Updates



Nursery Closed Tuesday, March 5th!

The Family Relief Nursery and East Family Relief Nursery 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.



Spring Break!

Spring Break is from March 25th–29th. The Family Relief Nursery and East Family Relief Nursery classrooms will be closed that week, but the clothing closets and food pantry will be open for client use. Home Visitors will also be available if you need them. If you have any question, ask your Home Visitor for their availability and more information.

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!

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>

CLOTHING

◇ Sunshine Division— Provides clothing to families with children under 18, seniors over 62, & adults receiving SSI, SSDI, VA pension, or SNAP benefits. Portland address required. Thompson St hours: 9:30-10:30am Mon-Fri for first 8 households, 12:30-3pm for first 12 households; 9am-12:30pm Sat for the first 12 households. Phone #: 503.823.2102. Bus: 35, 85, MAX Yellow. 687 N Thompson St. Stark St hours: 9:30-10:30am Wed-Fri for first 8 households, 12:30-3pm for the first 12 households; 9am-12:30pm Sat for the first 12 households. Phone #: 971.255.0834. Bus: 20, 73, MAX Blue. 12436 SE Stark St. www.sunshinedivision.org

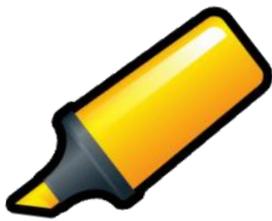
COUNSELING & MEDIATION

◇ Catholic Charities Family Support & Counseling— Intercultural Counseling Center provides mental health services for individuals & families. Counseling, medication management, psychiatric evaluation, support groups, case management, peer support, culturally specific services. Accepts OHP. Pregnancy & parenting support provides counseling, case management, parenting education classes, mentoring for mother. Serves expectant families & families with children (up to 5 years old). Services provided for all languages. Hours: 8:30am-4pm Mon-Fri, after 4pm by appt only. Closed holidays. Phone #: 503.238.5196. Bus: 9, 10. 2740 SE Powell Blvd., Ste 7. www.catholiccharitiesoregon.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

It's March! Happy Spring! For weather scientists, March 1st is the first day of spring. For astronomers, scientists that study things like the moon, planets, and stars, March 20th is the first day of spring. This day is also called the spring 'equinox,' from the Latin words for 'equal' and 'night.' After March 20th, the days will be longer than the nights until summer!

What signs of spring do you see outside? You might notice trees growing buds and flowers like daffodils and crocuses blooming. It's time to plant parsnips, radishes, and spinach when you see blooming crocus-



Photo by Margaret Young

es! You might see flocks of birds flying in the sky--the birds that left in the winter are coming back. Try digging in the soil in the FRN garden--you might find lots of earthworms! Watch out, worms--some of those birds might want to eat you!

Volunteer Spotlight



For the month of March, the Family Relief Nursery would like to honor volunteers, Alysia Read & Duchess.

Alysia and Duchess came to visit the East Family Relief Nursery on February 19th and all of the children (and staff) were enchanted by the furry, gentle giant, Duchess, and her human friend, Alysia.



Volunteer, Alysia Read (not depicted) & Duchess

Thank you Alysia and Duchess for visiting us! We hope to see you soon!

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

