



Family Relief Nursery Monthly Newsletter

Important Dates

Nursery OPEN
Monday, Oct 14th

Nursery CLOSED
Monday, Oct 28th

Fall Break
November 25th – 29th

FRN Updates

October Nursery Closures

The Family Relief Nursery will be CLOSED on Monday, October 28th. Regular classes will resume Tuesday, October 29th. Please also note that we will be OPEN on Columbus day, Monday, October 14th.



Fall Break!

The Family Relief Nursery will be on Fall Break from Monday, November 25th through Friday, November 29th. Monday 25th through Wednesday 27th, the nursery facilities will be open for clients to access the clothing closet, food pantry, or meet with your Home Visitor. The site will be completely closed on the 28th and 29th. Regular classes will resume on Monday, December 2nd. If you have any questions, please contact your Home Visitor.

New Hires & Faces!

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



GLBTQI RESOURCES

◇ Brave Space, LLC— Facilitates access to knowledgeable providers for transgender & genderqueer children, youths, adults, and their families. Services include counseling, assessments & planning for medical transition, psychological assessments, support groups, acupuncture & massage, free clothing closet for clients, scholarship for gender-related care not covered by insurance. Bus: 9, 75. 3620 SE Powell Blvd, #102. bravespacellc.com

◇ Sexual & Gender Minority Youth Resource Center— Drop-in center for Queer/Trans youths, LGBTQIA & questioning youths ages 13 to 23. Supportive social space, counseling, basic needs, resource referral, special events, & support groups. Downtown hours: 4-8pm Mon, 6:30-8pm Fri. Second location SMYRC East County: 3-7pm Tues & Wed. Phone #: 503.872.9664. 1220 SW Columbia St. www.smyrc.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 Tuesdays. Phone #: 503.460.7335. Bus: 4, 75. 3641 SE Division St.

◇ Francis Center— Food boxes every 30 days with current mail as proof of address. Boundaries: SE 39th-136th, Clatsop to Powell, Powell to Glisan, 60th-82nd. Food Pantry Hours: 10am-1:45pm Mon-Thurs. Closed major holidays. Phone # 503.775.6784. Bus: 19, 72. 6535 SE 82nd Ave.

LEGAL SERVICES

◇ Catholic Charities Immigration Legal Services— Immigration legal services. Spanish speaker available. Call for appointment. Phone #: 503.542.2855. Bus: 9, 10, 2740 SE Powell Blvd, Ste 2. www.catholiccharitiesoregon.org



Nursery Highlight

FRN Illness Policy



Keep your child(ren) home if they display any symptoms of illness including but not limited to:

- Runny nose
- Cough
- Fever
- Diarrhea
- Aches/pains
- Any other symptom that may prevent your child(ren) from participating in regular daily activities in the classroom

Please note that if your child is sent to the Relief Nursery with any of the above symptoms or others that interfere with their ability to participate in classroom activities, you may be called and asked to pick them up. You may also be asked to provide a doctor's note clearing your child(ren) of any illness.

FRN Recipes: Beefy Stuffed Sweet Potatoes

INGREDIENTS

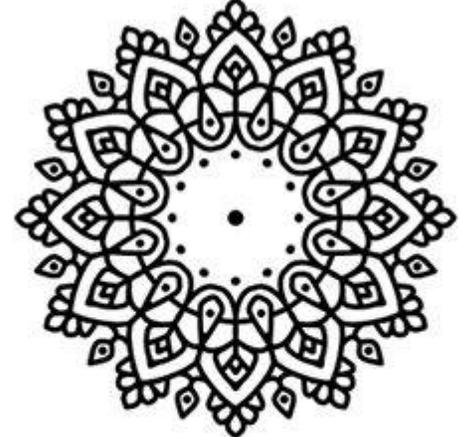
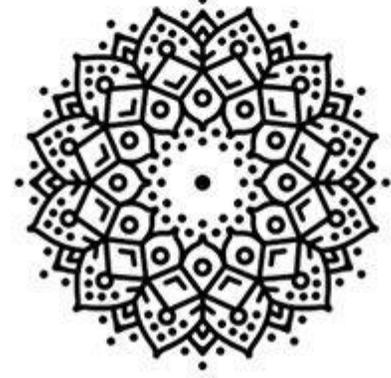
4 small sweet potatoes \$.99/lb	1 teaspoon ground cumin
4 medium carrots, 2 chopped, 2 shredded \$.79/lb	Salt & Pepper to taste
1/2 medium onion, chopped \$.75	1/2 teaspoon dried oregano
1 roma tomato, chopped \$.19	1/4 teaspoon cayenne pepper
each 2 cloves garlic	2 tablespoons olive oil
2 tablespoons and 1 teaspoon red wine vinegar \$1.99 per bottle	3/4 lb lean ground beef \$4.49
	1/4 cup fresh cilantro, chopped \$.69/lb

Serves 4 ~ Total Recipe Cost: \$10.76

INSTRUCTIONS

1. Poke sweet potatoes a few times & microwave until fork tender, about 10 minutes, rotating halfway through. Set aside.
2. Combine the chopped carrots, onions, tomatoes, garlic, 2 tablespoons of the vinegar, cumin, 1 teaspoon salt, oregano, cayenne and a black pepper in a food processor; pulse until coarsely chopped. Heat the oil in a large nonstick skillet over medium-high heat, add the vegetable mixture and cook, stirring constantly, until dry. Add 1/4 cup water & cook, scraping up any brown bits, until the water evaporates. Add the ground beef & cook, stirring and breaking it up into smaller chunks, until browned and cooked through, about 4 minutes. Remove from the heat.
3. Split the potatoes in half, scoop out some of the warm flesh & add to the beef mixture; stir to combine. Divide the potato halves among four plates & generously fill each half with the beef-potato mixture. Toss the shredded carrots with the cilantro, the remaining 1 teaspoon vinegar & salt in a medium bowl.

Adult Coloring



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



Investing in our future



portland children's levy