

# Volunteer Spotlight

June 2016



## Helene Farnen

Helene has only been volunteering with VOA Oregon since April 2016, but she's already made a big impact at our Family Relief Nursery (FRN). She volunteers twice a week in our preschool classroom, coming early to set up the breakfast cart and help the teachers prepare the classroom and lessons for the day. She's so positive and smiling, always willing to jump in wherever needed with the children.

And it's no surprise Helene has a way with kids. She has an extensive background in early childhood education and wanted to stay involved after her retirement. We're so fortunate she chose to connect and share her time and talent with us! Volunteering at the FRN has allowed Helene to stay involved with children and teachers and given her a space to make real contributions in the classroom.

With Helene's experience, she understands that many of these children have challenging behaviors that they may have relied upon to get their needs met. She finds it rewarding to be able to support the children as they explore alternatives to those behaviors and discover acts of kindness and concern for each other. She knows it's essential for kids to see school as a safe and predictable environment where they are allowed the time and opportunity to engage in extended periods of play, where adults maintain strong, supportive relationships, and where their emotional expression is welcome and allowed. She's honored to work with others in creating that environment and we're so grateful to have her on our team.

PS-Helene also volunteers at My Little Waiting Room at Providence Portland! Wow!

**Thank you, Helene, for your continued contributions to VOA Oregon!**