

The Comfort of Home®

# Grand-Parenting News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

## Teen Mental Health

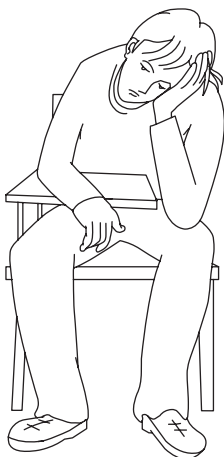
### Why the Bad Mood?

Persistent bad moods aren't healthy—for a teen or anyone else. And, sometimes, once a person gets used to being in a bad mood, the habit is difficult to break.

For many teens, dealing with school pressure and daily changes can cause bad moods. Most teens want to be independent, while still feeling a sense of dependence on their family. Teens are in a transition between childhood and adulthood, and all the changes and new responsibilities are often overwhelming. It can also be lonely and frightening.

Puberty is another cause of the mood swings. Hormones that start at puberty and cause physical changes, can make the mood swing.

Encourage your teen to get exercise and find a healthy hobby. Encourage enough sleep every night. Doing something nice for others can also lift a bad mood.



### Depression

Depression is much more than just feeling sad or low. It can lead to excessive anger, irritation, even suicide. If your teenager shows these signs, get help. Talk to a trained therapist, counselor or your primary health care provider.

Source: [TeensHealth.com](http://TeensHealth.com)

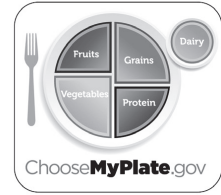
### Flu Season is Here

Cough and flu infections can be avoided by avoiding exposure to germs:

- **Hand washing:** We all know that *hand washing* is a good idea. The most important times are after nose wiping, after diapering or *toileting*, before *meals*, and before *food preparation*.
- **Instant Hand Sanitizers:** A little dab will kill 99.99% of germs without any water or towels. Also, many kids think it's a treat to get to use it!
- **Safer Sneezing:** Encourage your child to cover his mouth and nose with a tissue when sneezing and to cough into his elbow when coughing without a tissue.

**10 tips**  
Nutrition  
Education Series

# cut back on your kid's sweet treats



## 10 tips to decrease added sugars

**Limit the amount of foods and beverages with added sugars your kids eat and drink.** If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

**1 serve small portions**  
It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

**2 sip smarter**  
Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



**3 use the check-out lane that does not display candy**  
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

**4 choose not to offer sweets as rewards**  
By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

**5 make fruit the everyday dessert**  
Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



**6 make food fun**  
Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

**7 encourage kids to invent new snacks**  
Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



**8 play detective in the cereal aisle**  
Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

**9 make treats "treats," not everyday foods**  
Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

**10 if kids don't eat their meal, they don't need sweet "extras"**  
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.



Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

DG TipSheet No. 13  
June 2011  
USDA is an equal opportunity provider and employer.

## Taking Care of Yourself— Wintertime Doldrums The Need for Light

You may notice that you have less energy than usual, feel less productive and creative, need more sleep, feel sad, down, or depressed, and have less control over your appetite as daylight time gets shorter. If so, you may have Seasonal Affective Disorder (more commonly known as SAD). If you think this is an issue for you, spending more time outdoors can relieve this problem, which tends to be worse for people who live in the north and in places where it is cloudy much of the time. You can supplement your light with bright or full spectrum light indoors or by using a specially manufactured light box. If you increase the light in your life, you may notice changes in the way you feel right away or after a few days.



Source: U.S. department of Health and Human Services Center for Mental Health Services

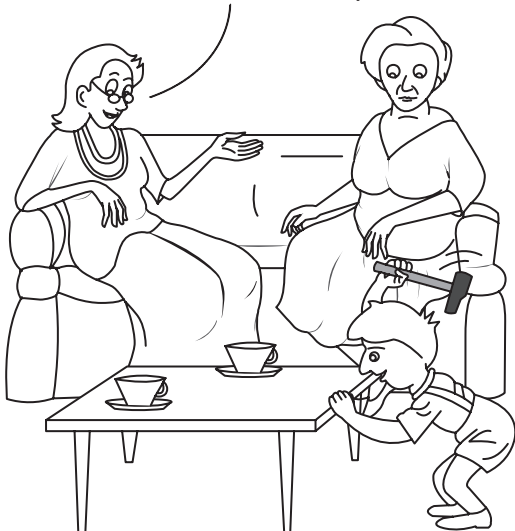
### Inspiration

*A mother is like a tea bag—  
only in hot water do you realize  
how strong she is.*

~Nancy Reagan

## Live Life Laughing!

Give a small boy a hammer and everything he sees needs pounding.



### BABY YOUR BABY – sleeping Guidelines

No more blankets in the baby's bed. Not even when it's cold outside. No bumpers, pillows, or toys, according to the American Academy of Pediatrics, which has released *new expanded guidelines* for reducing deaths from Sudden Infant Death Syndrome, or SIDS, and other causes including suffocation, entrapment and asphyxia. The safest environment is a bare one. The only thing that should be in the *crib* is the mattress with a tightly fitting sheet and the baby.



## Calendar of Trainings & Support Groups

For information about respite care options for family caregivers to allow you to attend these valuable trainings and workshops, call the Family Caregiver Support Program at (503) 304-3429.



### EVENTS, CLASSES, & TRAININGS

Clatsop

Marion

Polk

Tillamook

Yamhill

The information on this Calendar is accurate to the best of our knowledge. However, NorthWest Senior and Disability Services assumes no responsibility for the accuracy of dates and/or locations of meetings of other associations or groups included in this Calendar. Listings in this directory do not imply an endorsement by NorthWest Senior and Disability Services. To add events or report changes please contact the Family Caregiver Support Program at (503) 304-3429.

For those who were unable to attend the Grandparents Raising Grandchildren Conference on May 5<sup>th</sup>, 2011 in Salem, there are still DVDs (this DVD only plays on computers due to the format) of the speakers available upon request, which includes: Dr. Taylor, on Resolving Misbehavior and Building Self-Esteem; Attorney Ryan Gibb on Understanding the Process of Legal Guardianship and Adoption; and Registered Dietician, Jeanine Stice, on Healthy Choices for the Family. To request a copy, contact Kelsey Evans at 503-304-3429 or [kelsey.evans@nwsds.org](mailto:kelsey.evans@nwsds.org). The video is also posted on our website at: <http://www.nwsds.org/family.html>

#### Teens & Drugs: What' the Story?

(Workshops are normally held the 4<sup>th</sup> Monday of the month, excluding December, June, and August)

Monday, January 23<sup>rd</sup>, 6:30 – 9:30 PM

Call for location - Stayton

This is a three-hour family workshop on adolescent alcohol, tobacco and other drug trends in Oregon, facts about marijuana and other drugs, problem gambling and other additions, prevention, intervention, and resources. Workshop is \$30 per family (scholarships available) and is open to interested community members, 12 year of age and up. Pre-registration/prepayment required. Registrations must be received by the Friday before scheduled workshop. *Parents need to attend with teens.* For more information, or to register call Lisa Miller at 503.981.2461.

#### Child Car Seat Safety Clinic

Saturday, December 17<sup>th</sup>, 11:00 AM – 3:00 PM

Polk County Fire District 1

1800 Monmouth Street, Independence

Child Passenger Safety Technicians and trained volunteers will check your child's car seat for correct installation, recalls and damage, and best fit for weight, height and age.

### Car Seat Assistance Program

If you need help to purchase a car seat, this program may be able to help thanks to a community partnership with several agencies. To be eligible the parent/guardian must provide income eligibility, such as a WIC, OHP, or Oregon Trail card, and currently need a new car seat. There is a **\$30 co-pay** per seat that needs to be paid in advance. **Seats are available once a month, by reservation, during the Car Seat Safety Clinic** – which is held the third Saturday of each month from 11:00 AM – 3:00 PM in various locations in **Salem, Keizer and Independence**. For more information, call 503.814.2432.

### Teens & Drugs: What' the Story?

Monday, February 27<sup>th</sup>, 6:30 – 9:30 PM  
Salem Hospital Family Birthing Center  
939 Oak Street SE, Bldg D  
(1<sup>st</sup> floor – conference room), **Salem**

This is a three-hour family workshop on adolescent alcohol, tobacco and other drug trends in Oregon, facts about marijuana and other drugs, problem gambling and other additions, prevention, intervention, and resources. Workshop is \$30 per family (**scholarships available**) and is open to interested community members, 12 year of age and up. **Pre-registration/prepayment required. Registrations must be received by the Friday before scheduled workshop. Parents need to attend with teens.** For more information, or to register call Lisa Miller at 503.981.2461.

### Teens & Drugs: What' the Story?\*

Monday, March 19<sup>th</sup>, 6:30 – 9:30 PM  
**\*In Spanish**  
Wellspring Center

### 1475 Mt Hood Ave, Woodburn

This is a three-hour family workshop on adolescent alcohol, tobacco and other drug trends in Oregon, facts about marijuana and other drugs, problem gambling and other additions, prevention, intervention, and resources. Workshop is \$30 per family (**scholarships available**) and is open to interested community members, 12 year of age and up. **Pre-registration/prepayment required. Registrations must be received by the Friday before scheduled workshop. Parents need to attend with teens.** For more information, or to register call Lisa Miller at 503.981.2461.

### SAVE THE DATE

**6<sup>th</sup> Annual Native Caring....A Conference to Learn, Connect & Share**  
**March 28 – 29, 2012**  
Wildhorse Casino and Resort  
**Pendleton**

This is a two-day conference hosted by the Oregon Indian Tribe of the Confederated Tribes of the Umatilla Indian Reservation and other Oregon partnering Tribes. It is for caregivers of native elders and relative caregivers of children from northwest Indian communities. This is an opportunity to attend valuable workshops which will enhance caregiving skills and provide a break from daily responsibilities. **Registrations will be coming out in early February 2012.** For more information, contact Joann Malumaleumu from Umatilla at 541.278.7533, or Judy Bowen in the State Unit on Aging of DHS at 503.373.1842.

### Child Care Aware Parent Network Webinars

These webinars are presented by child care experts to give you information about high-

quality child care and other topics that are of interest to you. They are designed specifically for busy parents and grandparents who want to learn more but have very little time. The educational webinars are **free to watch** and cover a variety of topics. [www.ccaparentnetwork.org/members/webinars](http://www.ccaparentnetwork.org/members/webinars)



### Reading Assessment

Kroc Community Center  
1865 Bill Frey Drive, **Salem**

This class offers a qualified, expert assessment of your child's reading level and diagnostic information provided. Testing takes approximately 2 hours. Cost is \$50.00. Please call 503.798-4791 to set up an appointment. **If cost is an issue, you can check about scholarships with the Kroc Center.**

### Decisive Parenting: Powerful Tools for Parents of Teens

Six, 1 ½ hour sessions each week for 6 weeks  
Sponsored by Polk County Juvenile Department  
850 Main Street, **Dallas**

This program is designed specifically for the parents/grandparents of teenagers. Parents who are struggling with their kids over issues such as truancy, drug/alcohol use, homework, chores, sexual activity, choice of friends, and arguing will find detailed solutions in this course. The class is taught by Dr. Michael Hammond, Ph.D., the originator of Decisive Parenting: Powerful Tools for Parents of Teens. He has many years of experience teaching parenting classes, and combines teaching skills with humor to make the class

lively and fun. To place your name on a waiting list **for the next class**, please call the Juvenile Department at (503) 623-2349 or visit [www.co.polk.or.us/juv\\_Parenting](http://www.co.polk.or.us/juv_Parenting).

### Parent's Night Out

2<sup>nd</sup> Friday of each month **September – May**  
6:30 PM – 10:30 PM

Easter Seals Children's Therapy Center  
290 Moyer St NW, **Salem**

This program is **for special needs children and their siblings ages 3-18**. There are recreational activities, arts & crafts, group interaction, and mentoring with experienced staff & volunteers. Signed paperwork must be turned in before your child can attend. Space is limited and positions will be filled on a first come first served basis. Cost is \$12 for one child & \$8 for each additional child. For more information, contact 503-370-8990.

### The Basics" – Stress Relief Group Class

Every Tuesday, 5:00 – 6:00 PM  
Wellspring Medical Center, Garden Room  
1475 Mt. Hood Avenue, **Woodburn**

Better understand the stress response, your unique stress triggers, and the risks associated with unhealthy coping choices. Experience the relaxing, refreshing effect of a guided practice. Develop a personal relaxation practice by learning to integrate stress relief techniques into your daily life. **Pre-registration is required.** Cost is \$10 per class or \$75 for 10 classes. For more information, or to register, contact Elizabeth at 971.983.5212

### "Beyond the Basics" – Stress Relief Group Class

Every Wednesday, 5:00 – 6:00 PM  
Wellspring Medical Center, Garden Room

### 1475 Mt. Hood Avenue, **Woodburn**

Better understand the stress response, your unique stress triggers, and the risks associated with unhealthy coping choices. Experience the relaxing, refreshing effect of a guided practice. Develop a personal relaxation practice by learning to integrate stress relief techniques into your daily life. This class is for those with some stress management experience and those that are injury-free. **Pre-registration is not required.** Cost is \$10 per class or \$75 for 10 classes. For more information, or to register, contact Elizabeth at 971.983.5212.

### **Active Parenting of Teens**

Learn effective communication, guidance, and discipline skills for parenting your teenager. Topics include courage and self esteem, teen behavior, problem solving, family communication, responsibility and discipline. Drugs, sexuality and violence are addressed as well. Marion County Juvenile Department Counselors will facilitate this Thursday evening eight-week class for adults. Call (503) 566-2925 for the dates of our next class, more information, or to sign up. Class is free and includes the book.

### **Family Life-skill Development**

These classes are designed to empower parents and teens and provide each with new skills to cope with difficult times. For ages 8 to 18 years. All sessions include a follow-up class one month after the last class and ongoing consultation. For more information, call Jean Lasater at the HOST Youth & Family Program at (503) 588-5825. \$35 per family. Scholarships available.

### **Game Club**

**3<sup>rd</sup> Friday** of each month

3:00 – 6:00 PM

Swindells Child Disability Resource Center

2475 Lancaster Dr NE Suite B-1, **Salem**

This is a new game club for kids with special needs ages 6 to 10. Parent attendance required for all game club events. For more information, contact Dee Tafolla at (503) 585-4262.

### **Love and Logic\*\***

Silverton Together

421 S Water Street, **Silverton**

A course for all parents or grandparents, especially of children age 4-14, who want practical techniques for less stressful parenting and more ease in family life. Offered twice a year in English, Spanish, and Russian. **\*\*For more information, or for exact date of next class, call 503-873-0405.**

### **Making Parenting a Pleasure**

Easter Seals Children's Therapy Center offers parenting classes that teach praise, reward, limit setting and problem solving to help your child succeed. Offered 11 times a year in English and Spanish. For exact location, to register, or for more information, call **Alma at (503) 370-8990.**

### **Making Parenting a Pleasure**

An intensive twelve-session course for parents with children age 0-8, especially good for those with many stressors in their lives who are interested in changing their family dynamics. Offered twice a year. Fee: \$15/family. Scholarships available. For more information, call Jan at Silverton Together (503) 873-0405.

**Mid-Valley Family Fun**3<sup>rd</sup> Friday of every month

5:30 – 7:30 PM

First United Methodist Church

Deborah Road off Hwy 99W, **Newberg**

Potluck Supper and Games. Bring a dish to share and your kids!

**Parent's Night Out****Friday night**

7:00 – 10:00 PM

Kroc Center

1865 Bill Frey Drive NE, **Salem**

Need a date night, a night of quiet relaxation, or a night of kid-free grocery shopping? The Kroc Center has structured, kid-friendly activities that allow you to go out on a Friday night. These special nights are themed, supervised, and include an educational component – all for less than a babysitter. For more information about scheduled **activities and cost**, call the Kroc Center at 503-566-5762. **If cost is an issue**, you can check about **scholarships with the Kroc Center**.

**Second Time Around**

Silverton Together

421 S Water Street, **Silverton**

Workshops for grandparents and other relatives raising children. Free child care available for most classes. Scholarships also available for all programs. For more information or date of next workshop, call 503-873-0405.

**Sensory Play Group**3<sup>rd</sup> **Saturday** of each month

Swindells Child Disability Resource Center

2475 Lancaster Dr NE Suite B-1, **Salem**

9:00 AM – 12:00 PM

This is a newly formed sensory play group for special needs children ages birth to 5 years. For more information, contact Dee Tafolla at (503) 585-4262.

**Social Skills Classes for Children with Asperger's Syndrome or Autism**

This social skills class assists children with understanding their feelings, making friends, and anger management. For more information call the Easter Seals Children's Therapy Center at (503) 370-8990.

**Strengthening the Family**

Silverton Together

421 S. Water Street, **Silverton**

A program for families designed to increase skills around resiliency and reducing risk factors for substance abuse, depression, violence and aggression, delinquency and school failure in high-risk, **10-14 year old children** and their parents. Offered once a year in English and Russian. There is **no cost**. Free child care available for most classes. For more information, or for date of next class, call 503-873-0405.

**Teen Game Club**

Swindells Child Disability Resource Center

2475 Lancaster Dr NE Suite B-1, **Salem**

This is a newly formed teen game club for individuals on the Autism Spectrum ages 11 to 19 years. Parent attendance required for all game club events. For more information, contact Dee Tafolla at (503) 585-4262.

**Teen 'Tween Canteen**

Fridays, 3:30 PM

**(Must register by 5 PM on Mondays)**

Kroc Center

1865 Bill Frey Drive NE, **Salem**

Free dinner and a movie for teens. They will even help with homework if wanted. Free to Kroc members, or \$5 for non-members. For more information, call 503-566-5762.

### Salem Public Library Activities

**Central Salem Public Library – 503-588-6052**

585 Liberty St SE, **Salem**

and

**West Salem Branch – 503-581-6301**

395 Glen Creek Rd NW, **Salem**

The Central **Salem Public Library** and the **West Salem Branch** offers several programs for children of all ages – from toddlers to teens.

**The following are just some of the ongoing Central Salem Library events:**

#### **Family Bedtime Storytime**

**Tuesdays, 7:00 PM**

Central Library Children's Activity Room

Children of all ages are invited for 30 minutes of stories, songs, and films. **Children may come in PJ's and bring a teddy bear or other bedtime companion.**

#### **Family Friday Film Fest**

**2<sup>nd</sup> Friday of the month, 4:00 PM**

Central Library Loucks Auditorium

Once a month from October to April, families are invited to enjoy an evening of entertainment. All shows are free and open to the public. Seating is first-come, first-seated and doors open about 15 minutes before the show. For more information, call 503.588.6052.

#### **Teen Movie Night**

Central Library

For more information about this and other teen programs, contact Dan White, Teen Services Librarian at 503-588-2062.



#### **Read to a Pet**

**Last Saturday of the month, 1 – 2:30 PM**

Salem Public Library

Children's Room

585 Liberty St SE, **Salem**

Reading to a pet offers a chance for children to try the most relaxing, non-threatening way to practice reading out loud by reading to a dog or cat. These visiting furry friends have been trained and certified by Paws for Love as therapy animals and are mellow and friendly. Children may drop in or register in advance at (503) 588-6088.



#### **Discovery Room** – Central Library

The Discovery Room is a unique **children's mini-museum** offering several educational, hands-on, exhibits throughout the year. **The theme changes every quarter** and children are sure to find reasons to return again and again.

#### **Discovery Room Hours:**

**\*Tuesday through Saturday (days)**

10:00 AM – 12 noon & 3:00 – 5:00 PM

**Tuesday, Wednesday & Thursday (evenings)**

6:30 – 8:30 PM

**Sundays (afternoons)**

2:00 – 4:00 PM

**\*Closed Thursday & Friday mornings for reserved class visits. If no class is scheduled, the Discovery Room will be open to the public.**

## Toddler Totes



Preschool-aged children can choose the themes that interest them most **and take home these special backpacks filled with books, videos, games, music** and more that help them learn. Totes are available for toddlers and preschoolers, with a **special series of totes offered in Spanish.**

## Kroc Corps Community Center

1865 Frey Drive NE, Salem

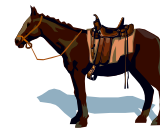
The Kroc Center is a community center offering a **full range of programs** and opportunities designed to **promote wellness, encourage excellence, build character and inspire faith.** The mission of the center is to offer all of this in a beautiful, state of the art facility to children and families **regardless of income level.** Part of the mission is to provide access to the facility for those who otherwise wouldn't be able to afford it. **Scholarships are available** for Kroc Center memberships and programs. Contact the Sponsorship Coordinator for more information. The center offers **music, art & dance classes, after school programs, reading programs Christian programming, sports leagues, group exercise, personal training, fitness classes, rock climbing, water slide, swimming lessons, open swim, and much more.** For more information, call 503-566-5762 or SalemKroc.org.



## Delta Ranch

Equine Assisted Learning (EAL) incorporates horses experientially for personal,

professional, or interpersonal growth and learning. It is a collaborative effort between a facilitator, a horse professional, and the horses working with the clients to address learning objectives. **Participants learn about themselves and others** by participating in activities with the horses, and the discussing observations, reactions, insights, and patterns. **For more information about upcoming events, free demonstrations and cost, contact Jean Lasater at (503) 877-7210**



## **Holiday Activities Available:**

**The Boys & Girls Club** offers lots of activities for all ages. Most activities are free. Some require a small fee. For more information or schedule of upcoming events **contact your local Boys & Girls Club.**

## **Stayton/Sublimity Chamber of Commerce Home for the Holidays Celebration**

Stayton/Sublimity Chamber of Commerce

1<sup>st</sup> Saturday in December – December 3<sup>rd</sup>

Stayton and Sublimity will be brimming with activities from the **Toys for Joy Cruise-in & Breakfast, Annual Christmas & Craft Bazaar, to a free kids program, flashlight parade & tree lighting and Santa!** This holiday business promotion **runs** from Thanksgiving **till Christmas with LOTS of prizes & fun.** For more information, call 503.769.3464.

**"Celebrate Families" Holiday Festival**Saturday, December 10<sup>th</sup>, 1:00 – 4:00 PM**Silverton Community Center**421 South Water Street, **Silverton**

Silverton Together, in partnership with the Silverton Chamber of Commerce, hosts a **free holiday festival**. There are **crafts to make** for all ages, **gifts to make for family & friends**, **goodie bags**, visits with **Santa** (and photo), Christmas tree contest, drawings, and refreshments. For more information, contact 503.873.0405.

**A.C. Gilbert's Discovery Village**

During Winter break, A.C. Gilbert's Discovery Village is conducting several **Playshops**:

**Tuesday, December 20<sup>th</sup>:****Candy Condos**

10:00 – 11:00 AM, Noon – 1:00 PM, and 2:00 – 3:00 PM

Budding architects and designers will have a great time constructing and decorating holiday houses with graham crackers, frosting and colorful candies. Best of all, you take home the finished masterpiece to enjoy. Ages 4 and up. Cost is \$10 members/\$15 non-members.

**Popcorn!**

1:00 – 2:00 PM

Sing and dance to the traditional popcorn song and make a colorful popcorn craft to take home during this parent and me playshop. Ages 3 - 5. Cost is \$6 members/\$14 for non-members. Registration required.

**Robotics Lab**

1:00 – 4:00 PM

If you are interested in robotics and engineering, participate in this awesome

robotics lab and get an introduction to the popular Lego™Mindstorms™ Robotics. Learn how robotics can be used to solve problems using engineering concepts, teamwork, and real working robots. Ages 8 – 12. Cost is \$21 for members/\$31 for non-members. Registration required.

**Wednesday, December 21<sup>st</sup>:****Tamales in the Kitchen**

1:00 – 3:00 PM

The holidays are all about family traditions. For many, gathering together to make tamales is an exciting part of holiday festivities. Learn how to make two types of tamales and take home delicious tamales, salsa and the recipes. Knead dough, prepare cornhusks and combine traditional ingredients during this family-friendly playshop. Ages 6 and up, with a parent or caregiver. Cost is \$28 for members per parent-child and \$38 for non-members per parent-child, \$7 per additional child. Registration required.

**School's *Out*, Science is *In*: Try, Try Again**

1:00 – 3:00 PM

Bring your young scientists for an afternoon of rocket blasting and catapult shooting. With fun, hands-on activities kids will learn about the scientific method. If at first you don't succeed...try, try again. Free with admission.

**School's *Out*, Science is *In*: Chemical Reactions**

1:00 – 3:00 PM

Scientists of all ages are welcome to discover what happens when certain chemicals interact, sometimes with gooey and messy results. Participants will have a blast watching the

museum-made volcano erupt in a colorful flow of lava ooze! Free with admission.

### A.C. Gilbert's Discovery Village 22<sup>nd</sup> Anniversary Celebration

Thursday, December 15<sup>th</sup>, 10:00 AM – 5:00 PM  
Join the fun for an exhibit-wide scavenger hunt and free cake celebrating 22 years of providing educational and fun play opportunities for Salem-area families. **Free with admission.** For more information, contact 503.371.3631.

### New Year's Eve Family Fun – A Night on the Nile

December 31<sup>st</sup>, 6:00 – 9:00 PM  
A.C. Gilbert's Discovery Village  
116 Marion Street NE, Salem  
Party like a pharaoh and celebrate New Year's Eve with the theme of a Night on the Nile. Enjoy **festive arts, crafts and entertainment**, then float into the future with a **lighted ball drop at 9 PM – like a mini-Times Square.** Tickets are \$5 for members, \$10 for non-members and \$3.00 for individuals on public assistance and children ages 1-2. Tickets go on sale December 1<sup>st</sup>. For more information, call 503-371-3631.



### Kroc Center Community Center Holiday Day Camps

The Kroc Center has several **Day Camps** scheduled **during the holiday break:**

#### Christmas in the Tropics

Sick and tired of rain, rain and more rain? Wishing you were soaking up the summer rays

right now? Sign your camper up for the next best thing. In this **Winter Break Camp**, we **bring the beach to the Kroc.** Come **Limbo and Hula** at our **luau.** Enjoy an action packed 2 weeks full of Hawaiian themed activities, **gym games, rock climbing and arts and crafts, & swimming!**

#### Active Kids Classes

##### Fit Kids

This is a class for children ages **4 – 8.** Students will be led through a **series of games that incorporate bending, squatting, running and lots of fun movement.** It's a great way to teach your children to love being active. This class is held **Monday, Wednesday, Friday, Saturday** of each week. **No registration** is required, but is available on a **first-come, first-served basis.** Free for kids with a membership or a day pass.

##### Game Room

Want a place to chill, hang out with friends, and laugh over games together? Visit the Game Room during open hours – it's **FREE** with a membership or day pass. The Game Room has a large variety of **Wii™ & Playstation 2™** games, **traditional board games, a foosball table, dance pad, and even occasional special events such as karaoke.** **The Game Room hours are M – F 3:00 – 8:30 PM, Sat 12 – 8:30 PM, and Sun 1 – 6:30 PM.**

For more information on what other day camps are scheduled, and dates and times, contact Kasey Woosley at 503.798-4795.



## City of Salem Public Library Holiday Break Events:

### Main Library:

#### Fiction-to Film Fest:

***Curious George*** (Rated G; 86 minutes; 2006)

Friday, December 9<sup>th</sup>, 4:00 PM

Loucks Auditorium

The Man in the Yellow Hat travels to Africa where he accidentally adopts an adorable chimpanzee named George. While George is surely cute, his curiosity has a tendency to get him into a series of predicaments in this endearing big-screen adaptation of the beloved books by Margaret E. Rey.

#### Coming up:

January 13<sup>th</sup> – *Bridge to Terabithia*

February 10<sup>th</sup> - *Stuart Little*

March 9<sup>th</sup> - *Holes*

#### Salem Community Chorus

Sunday, December 18<sup>th</sup>, 2:30 PM

Loucks Auditorium

Salem Community Chorus returns for their annual family-friendly community Christmas concert. This year's concert series features music from the 1700s to the present. This year's concert will feature *In Excelsis Deo* by Greg Gilpin, *Glory to God in the Highest* by Giovanni Pergolesi, *Et In Terra Pax* by John Purifoy, *The First Noel / Pachelbel Cannon* arranged by Michael Clawson, and many more. The concert will conclude with a chorus/audience sing-a-long of familiar Christmas carols.

#### Pop-up Cards and Last-Minute Holiday Gifts

Tuesday, December 20<sup>th</sup>, 2:00PM

Anderson Rooms A & B

Children ages 5 and older are invited to this program to make pop-up holiday cards and last-minute gifts for friends and family members. All materials will be provided for children to make several gifts.

#### Tuesday with the Stars - Teen Movie Nights

Tuesday, December 20<sup>th</sup>, 6:30 PM

In Teen Scene

***A Christmas Story*** (PG; 95 minutes; 1983)

Those who love this hysterical holiday favorite (the famous tongue stuck to the flag pole) and those not lucky enough to have seen it yet, are invited to enjoy some popcorn and get into the holiday spirit. **Bonus: A special Christmas Story-inspired door prize will be awarded at this screening!**

Tuesday, December 27<sup>th</sup>, 6:30 PM

In Teen Scene

***School of Rock*** (PG-13, 108 minutes; 2003)

Jack Black stars as a rock god (in his own mind) who steals his roommate's identity and takes a sub job at an elite private school. He uses the students' talent to compete in a Battle of the Bands.

#### Holiday Paperback Book Exchange

Wednesday, December 21<sup>st</sup>, 2:00 PM

Anderson Rooms A & B

Book-lovers of all ages are invited to bring up to 10 gently used paperbacks and exchange them for those brought by others. Gently used books make great gifts too. No registration required.

#### Winter Holiday Party

Thursday, December 22<sup>nd</sup>, 2:00 PM

Anderson Rooms A & B

Holiday-themed stories, songs, and a craft are included in this all-ages family program.

Attendees are also encouraged to bring donations of new or gently used mittens, hats, scarves, socks, and other warm fuzzy things. These will be added to the Mitten Tree, and given to families by YWCA of Salem. Donations for the Mitten Tree can be added through the end of December.

### Lego Adventures

Wednesday, December 28<sup>th</sup>, 2:00 PM

Anderson Rooms A & B

In honor of our Nordic Exposure Discovery Room, children ages 5 and up are encouraged to bring their Legos™ and their imaginations to create an adventure.

### Winter Wonderland Crafts

Thursday, December 28<sup>th</sup>, 2:00 PM

Anderson Rooms A & B

Children ages 5 and up are invited to warm up with a medley of winter-themed crafts. Celebrate the season by decoration button snowflakes, gingerbread people garlands, and more.

### Improv Night

*Starring Salem Teens!*

Thursday, December 29<sup>th</sup>, 6:00 PM

Loucks Auditorium

Everyone is invited to be a part of the audience as middle and high school-aged youth try their hands at improv. They'll start their day with a class taught by the experts from Capital City Improv, and end by entertaining the public in this 45-60 minute show. This performance is open to the public on a first-come, first-seated basis. More information is available from [www.salemlibrary.org](http://www.salemlibrary.org) or the Teen Scene Desk at 503-588-6364.

### Winter Break at the Movies

Doors open at 1:45 PM

No registrations required

*A Christmas Carol* (PG; 96 minutes; 2009)

Friday, December 23<sup>rd</sup>, 2:00 PM

Loucks Auditorium

Jim Carrey stars as the spirits of Christmas Past, Present and Yet-to-Come attempt to help Scrooge find the warmth in his otherwise cold heart.

*Tangled* (PG; 100 minutes; 2010)

Friday, December 30<sup>th</sup>, 2:00 PM

Loucks Auditorium

Repunzel, a beautiful and feisty tower-bound teen with 70 feet of magical, golden hair, is looking for her ticket out of the tower where she's been locked away for years. She strikes a deal with a handsome thief, and sets off on an action-packed escapade.

### West Salem Branch Library:

(395 Glen Creek Rd NW, Salem)

### Afternoon at the Movies

Tuesday, December 27<sup>th</sup>, 2:00PM

Kids are invited for a viewing of a popular children's film on the library's flat screen. Popcorn and cider will be provided for a cozy afternoon at the library. No sign-ups are necessary. Details are available at 503-588-6301.

### Holiday Book Bingo

Thursday, December 29<sup>th</sup>, 2:00 PM

Children of all ages are invited to join in a rousing game of bingo, holiday style. Prizes will be paperback books and miscellaneous donations acquired over the year. Pre-readers will need to bring a reading partner. Pre-

registration is required at the West Salem Branch Desk in person or by phone at 503-588-6301.

### Monthly Lego Party

Friday, December 30<sup>th</sup>, 3:00 PM

Kids are invited on the last Friday of every month for an hour or two of unstructured

Lego™ play. Legos™ are provided. Kids only need to bring their imaginations. No sign-ups are necessary.

## Support Groups

Clatsop	Marion	Polk	Tillamook	Yamhill
<p><b>Adopting-Oregon's Kids ~ A-OK ~ Support Group</b> 4<sup>th</sup> Tuesday of the month 12:00-1:00 PM DHS, Human Services Building 500 Summer St., Room 285, Salem Each month has a new topic for discussion. On For more information, call Roberta Lincoln (503) 947-5214.</p> <p><b>Adoptive &amp; Foster Parents Support Group</b> 3<sup>rd</sup> Monday of each month 6:30 – 8:30 PM Red Lion, McMinnville For more information call Ann Coleman at (503)864-3823.</p> <p><b>Clatsop County Foster/Adopt Support Group</b> 3<sup>rd</sup> Thursday of the month 6:30 – 8:30 PM Department of Human Services 450 Marine Drive, Suite 210, Astoria For more information, contact Suzanne Vermuel-Wilson at (503) 325-9179 ext 328.</p> <p><b>Easter Seal's Children's Therapy Center</b> 290 Moyer Lane NW, Salem</p>				<p>Offering physical therapy, occupational therapy, and mental health services, as well as recreation and respite programs that offer fun activities for kids as well as a well-deserved break for their caretakers. Clients seeking physical or occupational therapy need a doctor's referral to receive services. However, clients seeking mental health services may self-refer. All services are available in English or Spanish. For more information, call 503-370-8990 or visit our facility.</p> <p><b>Loss and Grief Support Group for Children</b> 2<sup>nd</sup> &amp; 4<sup>th</sup> Tuesdays of each month, 6 – 7:00 PM Lutheran Community Services Northwest Hope House 3107 Grand Avenue, Astoria This bereavement support group is for children and teens through the 12<sup>th</sup> grade who are dealing with the loss of a loved one. For more information, call 503-325-6754.</p> <p><b>Evening Parent Resource Group of Salem</b> 3<sup>rd</sup> Thursday of each month 6:30 – 8:30 PM Swindells Child Disability Resource Center 2475 Lancaster Dr NE Suite B-1, Salem</p>

Come join other families for resource sharing, conversation and support. For more information, contact Dee Tafolla at (503) 585-4262.

### Parent Resource Group of Salem

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday** of each month

11:30 AM – 1:00 PM

Swindells Child Disability Resource Center  
2475 Lancaster Dr NE Suite B-1, **Salem**

This is a brown bag lunch meeting. Come join other families for resource sharing, conversation and support. For more information, contact Dee Tafolla at (503) 585-4262.

### Grand Families of Yamhill County – Newberg Chapter

Offered on the **2<sup>nd</sup> Tuesday** of the month

6:00 - 8:00 PM

Newberg Christian Center  
2315 Villa Rd., **Newberg**

Group is open to all grandparents and other relatives raising children. The goal is to support one another, gather information, and provide peer groups for children. **Childcare provided. Bring a potluck dish.** Beverage and table service provided. **For more information,** contact Suzanne Thomas at (503) 750-9893 or Lilly Pinneo at (503) 537-5266.

### \*Grand Families of Yamhill County – McMinnville Chapter\*

**\*On hold for now\***

Still looking for individuals that would be interested in attending a support group for grandparents and other relatives raising children in the **McMinnville** area. If interested, please contact Patti Sullivan at (503) 472-1938 (evening); (971) 237-7368 (day).

### My Pal Sticky Diabetes Support

**Last Thursday** of each month

7:00 PM

First Presbyterian Church  
770 Chemeketa St NE, **Salem**

Type one and type two diabetics of all ages and their families are welcome. There is a separate program for children while the adults hear from keynote speakers from the medical professionals in our community, diet tips from a registered dietician, fitness tips from a health coach, and information from vendors of diabetic products. There are refreshments and door prizes. Cost is **free**. For more information, call 503-585-1335 or [info@mypalsticky.com](mailto:info@mypalsticky.com).

### My Pal Sticky Parents “Stuck” on Diabetes

**Last Saturday** of each month

10:00 AM

The French Press Restaurant  
2725 Commercial St SE, **Salem**  
**(Locations may vary)**

An informal meeting for parents, grandparents and caregivers of children with diabetes. Facilitated by a mother of a diabetic child, whose husband and father-in-law also have type one diabetes. Support and empathy over coffee. For more information, call 503-585-1575 or [psdiabetes@yahoo.com](mailto:psdiabetes@yahoo.com).

### Oregon Family Support Group

**Last Tuesday** of each month

6:00 – 8:00 PM

Capital Park Wesleyan Community Center  
(corner of 19<sup>th</sup> and Mill St.), **Salem**

A family support group for families with children who have behavioral, emotional, and mental health challenges. Free childcare and youth activities available. For more information,

contact Laura Rose Misaras at (541) 513-2021 or 1-800-590-7599.

### Oregon Family Support Group

1<sup>st</sup> & 3<sup>rd</sup> Monday of the month

6:00 – 8:00 PM

Polk Adolescent & Day Treatment Center

2200 E. Ellendale Ave, **Dallas**

A family support group for families with children who have behavioral, emotional, and mental health challenges. Free childcare and youth activities available. For more information, contact Laura Rose Misaras at (541) 513-2021 or 1-800-590-7599.

### Parent Support Group

Every 3<sup>rd</sup> Tuesday of the month

6:30 – 8:00 PM

Silverton United Methodist Church

203 W. Main Street, **Silverton**

This is a parent support group for parents of children with disabilities that is open to the public. It is sponsored by Silverton Together and Silver Falls School District. **Free specialized childcare is available.** Bring a favorite toy. For more information, please call 503.873.0405.

### Parents Caregiver Support Group

3<sup>rd</sup> Friday of each month

10:15 – 11:45 AM

Family Life Church – Family Room

502 St. Paul Highway, **Newberg**

This is a support group for parents and relative parents of special needs children. **Child care is available by reservation.** For more information, call (503) 537-1546 or [kathleen.watson2@providence.org](mailto:kathleen.watson2@providence.org)

### Relatives as Parents Support Group (NorthWest Senior & Disability Services)

2<sup>nd</sup> Monday of the month

9:00-11:00 AM

NorthWest Senior and Disability Services,

3410 Cherry Ave NE, **Salem.**

This is a support group for grandparents and other relatives that are parenting again, facilitated by Jean Lasater, a professional counselor with over 20 years experience. For more information, contact the Family Caregiver Support Program at (503) 304-3429 or (503) 304-3414.

### \*Relatives as Parents Support Group\* (Department of Human Services)

Offered one Monday evening a month

Department of Human Services

3420 Cherry Ave NE, **Salem**

For more information, contact E'rma Brundidge at (503) 378-4784. **\*Please note this group is on hold for now\***

### House on Haven Hill – Adult Day Care Services

Monday - Friday, 7:00 AM – 6:00 PM

Respite care provided for caregivers who need to go to work or just take a break **a few hours or all day.** **Basic services include** meals and snacks, mobility assistance, incontinence & skin care, feeding & medication management, hydration, activities and exercises. **Additional services** are available upon request. Special arrangements may be made to accommodate non-standard work day hours. The services and care provided are for **individuals with mental, medical or developmental care needs ages 13 and up.** For more information and rates, call Nancy Walton, RN, owner and operator, at 503.930.2603

## Resources for Grandparents Raising Grandchildren

Clatsop

Marion

Polk

Tillamook

Yamhill

### Child Care Information Service

The Child Care Information Service is a non-profit organization serving Marion, Polk and Yamhill Counties. CCIS provides parents with referrals to childcare in their area. They also have an emergency childcare program available in the city of Salem and Polk County. The services for childcare providers include training, scholarships, and support. For more information, call (503) 585-2491 or 1(800) 289-5533.

### Family Caregiver Support Program

This program provides supportive services to grandparents and other relatives, 55 years of age or older, who are raising a grandchild or other family member. These unpaid caregivers residing in Clatsop, Marion, Polk, Tillamook, and Yamhill Counties may be eligible for supportive services if a child, age eighteen or younger, is living in their home because the child's parents are unable or unwilling to care for them. Through the Family Caregiver Support Program, these primary caregivers may be eligible for services such as trainings, support groups, counseling, respite, and supplemental services. Contact NorthWest Senior and Disability Services for more information: Marion, Polk, and Yamhill counties (503) 304-3420; Clatsop and Tillamook counties (503) 842-2770

### Lifespan Respite Care Network in Marion, Polk, Yamhill and Tillamook Counties:

Provides a referral service for respite relief for caregivers. Lifespan serves all ages and all

needs. The county-wide program is administered by the Department of Human Services. For more information call 503.485-8970.

### Resource Guide for Grandparents & Other Relatives Raising Children in Oregon

A free publication containing resources in Oregon, including information on meeting the physical, emotional and behavioral needs of your relative child. Request a free copy by calling Oregon's AARP at 1-866-554-5360.

### The Grandfamilies State Law and Policy Resource Center

This web site is a collaboration between Casey Family Programs, the American Bar Association's Center on Children and the Law, and Generations United. The resource center consists of a searchable database of current laws and pending legislation; topical analyses, including summaries and comparisons of state laws, legislative trends, and the advocacy/implementation information; and personal stories from grandfamilies.

[www.grandfamilies.org](http://www.grandfamilies.org)

### Oregon Parent Training and Information Center

2288 Liberty Street NE, Salem

Oregon Parent Training and Information Center is federally funded for the State of Oregon. Their mission is to encourage, educate & empower families to collaboratively achieve unlimited success for children with disabilities. (503) 581-8156 or 1.888.505.2673.



## Books

***Second Time Around: Help for Grandparents Who Raise Their Children's Kids.*** Callander, J. (1999). Wilsonville, OR: Book Partner

***Grandparents as Parents: A Survival Guide for Raising a Second Family.*** De Toledo, S. & Brown, D.E. (1995). New York: The Guilford Press

***Raising Our Children's Children.*** Doucette-Dudman, D. with LaCure, J.R. (1996). Minneapolis: Fairview Press

***How to Talk So Kids Will Listen and How to Listen So Kids Will Talk.*** Adele Faber & Elaine Mazlish (1980). Avon Books

***To Grandma's House We Stay: When You Have to Stop Spoiling Your Grandchildren and Start Raising Them.*** Sally Houtman, (1999). Studio 4 Productions

***Delivered from Distraction: Getting the Most Out of Life with Attention Deficit Disorder***  
Edward Hallowell (2006)

***The Organized Student: Teaching Children the Skills for Success in School and Beyond***  
Donna Goldberg (2005)



## For Grandchildren

***Do I have a Daddy?***

Jeanne Warren Lindsay, Morning Glory Press, (1991).

***The Adventures of Nana Cat and Her Children – Moving In***

Maureen Everette and Catherine Moon, Currier Davis Publishing, (2003)

## For Teens

***Three Little Words: A Memoir***

Ashley Rhodes-Courter

This is a new book added to the ORPARC library by a 22 year old author who spent nine years in 14 different foster homes (one of which was very abusive). She offers encouragement to anyone who wonders, "How will I endure?"  
Ashley Rhodes-Courter (2008)

***DVD – Eternal High: A Teenager's Experience with Depression and Suicide that Will Change Your Life***

Bryce Mackie

## Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride and competence.

## Ordering Info

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## Dental Cavities Can Be Contagious.

Can you catch a cavity? Researchers have found that not only is it possible, but it occurs all the time.

Cavities are caused primarily by bacteria that cling to teeth. Just as a cold virus can be passed from one person to the next, so can these cavity-causing bacteria, which children are particularly vulnerable to. When a caregiver tastes a child's food to make sure it's not too hot, the bacteria is passed to the child and a cavity can soon develop. Both you and your grandchild should floss and brush regularly. Chew sugar-free gum, which promotes saliva and washes away plaque and bacteria.

Source: *New York Times*

