



PARENT TO PARENT OF LEWIS COUNTY

Parent to Parent of Lewis County
A Reliable Enterprises Program

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Behavior Issues

Many parents go through the hard battle of raising and disciplining children. Each child is different, and they have different temperaments, family structure, or outside influences. Some outside influences that make it harder on a child is speech delay, or the never ending hospital visits.

Several basic causes of tantrums are familiar to parents everywhere: The child is seeking attention or is tired, hungry, or uncomfortable. In addition, tantrums are often the result of kids' frustration with the world - they can't get something (for example, an object or a parent) to do what they want. Frustration is an unavoidable part of their lives as they learn how people, objects, and their own bodies work.

Tantrums are common during the second year of life, a time when children are acquiring language. Toddlers generally understand more than they can express. Imagine not being able to communicate your needs to someone - a frustrating experience that may precipitate a tantrum. As language skills improve, tantrums tend to decrease.

Toddlers want a sense of independence and control over the environment - more than they may be capable of handling. This creates the perfect condition for power struggles as a child thinks "I can do it myself" or "I want it, give it to me." When kids discover that they can't do it and can't have everything they want, the stage is set for a tantrum.

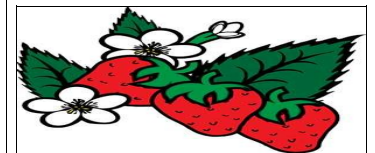
- Make sure your child isn't acting up simply because he or she isn't getting enough attention. To a child, negative attention (a parent's response to a tantrum) is better than no attention at all. Try to establish a habit of catching your child being good ("time in"), which means rewarding your little one with attention for positive behavior.
- Try to give toddlers some control over little things. This may fulfill the need for independence and ward off tantrums. Offer minor choices such as "Do you want orange juice or apple juice?" or "Do you want to brush your teeth before or after taking a bath?" This way, you aren't asking "Do you want to brush your teeth now?" - which inevitably will be answered "no."
- Keep off-limits objects out of sight and out of reach to make struggles less likely to develop over them. Obviously, this isn't always possible, especially outside of the home where the environment can't be controlled.
- Distract your child. Take advantage of your little one's short attention span by offering a replacement for the coveted object or beginning a new activity to replace the frustrating or forbidden one. Or simply change the environment. Take your toddler outside or inside or move to a different room.
- Set the stage for success when kids are playing or trying to master a new task. Offer age-appropriate toys and games. Also, start with something simple before moving on to more challenging tasks.
- Consider the request carefully when your child wants something. Is it outrageous? Maybe it isn't. Choose your battles; accommodate when you can.
- Know your child's limits. If you know your toddler is tired, it's not the best time to go grocery shopping or try to squeeze in one more errand.

<http://www.seattlechildrens.org/kids-health/page.aspx?id=60086>

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Family Support Network of Lewis County

Information and resources about services and policy issues for people with developmental disabilities and those who support them.

Paula Zamudio, Coordinator

360-736-9558 ext. 107

360-880-0672 — cell

pzamudio@reliableenterprises.org

Parent to Parent and Birth to 3 Outreach

Educational resources, emotional and peer support to families of young children with disabilities.

Angela Naillon, Coordinator

360-736-9558 - office

360-269-4828 - cell

email: anaillon@reliableenterprises.org



Family Events and Resources

Special Needs Presentation

Date: May 11
June 8

Presenters: May Julie Finholm, Family Voices
June Domestic Violence, Sexual Assault, HRN

Time: 6:30-8:30 PM Q&A at closing

Location: New Science Center, Room 101

The building is on the corner of Centralia College Blvd. and Washington

****Stars credit available , please bring registry number. Community Members welcome and will receive a certificate!!!!**

Special needs presentations are co-sponsored by Lewis County Parent to Parent, Family Support Network and Centralia College. If you have an idea or request for a presentation, please call Paula Zamudio at 880-0672, Angela Naillon at 269-4828, or Centralia College at 736-9391, Joan x385, or Nancy x465

Big News from Pope's Kids Place

Pope's Kids Place has expanded their respite and day care services for children with special needs and medically fragile children to 18 years old.

Day Respite- Serving children up to 10 hours daily.

Short Stay Respite- Serving children up to 4 weeks.

Residential- Serving children up to 1 year.

Step Down- Serving children in need of transitional care after leaving the hospital before returning home.

Preschool and extended medical services available For details and scholarship availability contact Shawana Estrada at

(360) 736-9147 www.popeskidsplace.org

Special Olympics For more information contact Barb Burnett @ 880-2955.

They are now on Facebook!!

Lewis County Special Olympics



OUR MISSION

Parent to Parent offers emotional support and provides information about disabilities and community resources to parents who are just learning about or seeking new information on their child's disability, illness or special health care needs. The program utilizes veteran families of loved ones with disabilities or special health care needs called "Helping Parents" who understand the emotions behind the diagnosis.

ALWAYS ONLINE!

You don't want to miss the valuable resources in the Parent to Parent newsletter. You can access the current and past copies 24/7. We encourage you to make copies and pass them on.

www.reliableenterprises.org/newsletters.html

Our current distribution of Child Health Notes is 8,000. CHN discusses current health topics and provides tips and resources for specific diagnosis and healthier lifestyles. For the list of Child Health Notes, visit:

www.reliableenterprises.org/ChildHealth.html

SUBMISSIONS

We welcome your joys, success stories, challenges, questions, wisdom, recipes, comments, etc. Please email or send your submissions to us by the 10th of the month to the mailing or email address on the front page.

JOIN US!

To subscribe to our emailing list, email your name, telephone number and email address to: anaillon@reliableenterprises.org or call (360) 736-9558 ext 107.

Super Kids Sunday – **FREE** At L'amour de Scotty

263 NW Chehalis Ave. RSVP at 740-9227 Is now quarterly next one is July 23

Check out their website www.lamourdescotty.com for more information

The Challenger Division welcomes players with physical and mental challenges.

Capitol Little League will be starting a Challenger Division of Little League this Spring. The Challenger Division is an adaptive baseball division that caters to children from the ages of 4 to 18 (19 - 22 if still in school) that have a physical or mental disability that would prevent them from participating in a traditional division of Little League.

The division pairs each player up with a volunteer "Buddy" that help them at bat and in the field. All kids play and games & practices are held at our fields located in Tumwater. **\$50 registration fee (scholarships available).**

Register on line now @ www.capitollittleleague.com For more information email safety@capitollittleleague.com



Parents: Here is Your Opportunity to Make a Difference!!!

1st Wednesdays 9:00 DDD office 1000 Kresky Centralia	<u>Lewis County Interagency Coordinating Council</u> This meeting is focused on services provided for families of children under the age of five years old. There are seats open for parents to attend, listen and participate in how to better serving families. Contact Rayna Austin at 360-748-4359.
4th Monday 4:00 156 Chehalis Avenue Chehalis	<u>Lewis County Developmental Disabilities Advisory Board Meeting</u> Topics include what is happening at a state level, service providers reports and how to better serve clients in all communities. There are open seats to interested people. Open Invitation to all community members to visit. For more information contact Tara at 360-740-1284
Now quarterly, call for dates HWC 106 Centralia College	<u>Lewis County Eye on Early Learning</u> The future of Lewis county is fueled by the success of its children. Current projects include Community Breakfast, Early Learning Calendar and CCAC events. Please join us! For more information contact Annie Cubberly at 360-786-8907.
2nd Tuesdays 3:00 Centralia College	<u>Healthy Families Coalition</u> - Helping kids and families learn healthy food choices. Current projects include community gardens, outreach fairs and monthly cooking classes. Please join us! For meeting place or more information call Kari Winsor at 360.269.2843
1st Thursdays 8:00 am New Address 156 N.W. Chehalis Ave Chehalis	<u>Lewis County Mental Health Coalition</u> Find out what the Mental Health Coalition is doing for Lewis County. A variety of topics are discussed during meetings and parents of children with mental health diagnosis are especially welcomed to join. Contact Carolyn Price, MSW at 740-1430 for more information.
3rd Saturday 2:00-4:00 pm Harrison Square 1227 Harrison	<u>People First Chapter Meeting</u> The purpose/mission of People First of WA is 'to assist people of disability to realize and appreciate that we are PEOPLE FIRST and our disabilities are secondary and that we are equal citizens in our communities'

WAabilities Blog

Healthy Baby

Posted on April 6, 2011 by WAabilities

Submitted by David Maltman, Developmental Disabilities Council.

March 23, 2011, was the one-year birthday of the signing of the Affordable Care Act (ACA). Although many of us still have not read the bill, you should know that people with disabilities and their families are already benefitting from its passage. However, opponents of the bill particularly those who object to the mandatory purchase of health insurance are still intent on taking away important consumer protections provided by the ACA.

In case you are confused about the benefits currently enjoyed by people with disabilities and their families, here is a list:

- Insurance companies no longer allowed to discriminate against children with pre-existing conditions.
- Insurance companies are prohibited from placing lifetime caps on benefits.
- Insurance companies are barred from dropping patients' coverage when they get sick.
- Children allowed to stay on their parents' health insurance plans until their 26th birthday.
- Seniors receive a \$250 rebate to help cover the so-called "donut hole" in Medicare drug coverage.
- Preventative care covered by Medicare and private plans.
- Nursing mothers to be allowed lactation breaks.
- Government-run insurance plan set up for adults with preexisting conditions who are denied coverage.
- Government-run voluntary long-term care program set up. Those who participate pay premiums for five years to receive benefits.
- Insurance companies must prove they spend 80% to 85% of premium revenue on medical services.
- Insurance companies required to disclose rate increases (and the reason) of 10% or more.
- Small businesses (with fewer than 50 employees) begin receiving tax credits covering 35% of premiums to help them buy coverage. (This credit jumps to 50% in 2014.)
- States receive billions in funding for community health centers.

<http://wabilities.com/>



2011 Conference Calendar

May 2011

5/5 - 6: Infant and Early Childhood Conference - Tacoma, WA. Save the Date! Questions call 360-629-8181

5/7 - Conference: "Life from the Perspective of Adults with Asperger's" co-sponsored by the Thurston/Mason County affiliate of the Autism Society of Washington. **Registration starts March 1, space is limited.** 5/12 - "Teaching Social Sexual Skills/a Parent Professional Partnership" Dr. Jean Edwards, speaker. In Issaquah; refreshments & social at 6:30pm, program at 7:00pm to 9:00pm. Questions call 360-888-0660

A Conference for Caregivers for more information visit:

<http://www.aasa.dshs.wa.gov/caregiving/documents/Caregiver%20Conference%202011.pdf>

Register before May 24, Scholarships are available for a limited basis for unpaid caregivers call 360-725-2544 to request

June 2011

6/25: 2nd Annual WAEYC Conference for Spanish Speaking Professionals "Cultivation Today, Harvesting Tomorrow" Mount Vernon. or email selena@waeyc.org

July 2011

7/11 - 16: The 34th Conference of the Association on Higher Education and Disability - "Sustainable Access through Partnership" in Seattle. <http://www.ahead.org/>

7/11 - 14: Combined Summer Institute "Creating Possibilities...Building Futures" - Yakima. **Registration open April 15th.** Please Call Jackie Messer 509-665-2630 or email jackiem@nsed.org

8/1 - 2: Spectrum Training Systems, Inc. Upcoming Washington Workshop: "The Inclusive Classroom and Learning Disabilities in Children" - Kennewick, WA.

Summer Camps and Programs—2011 for Children with Special Health Care Needs

The Center compiles a list of summer camps for children with special needs in Washington State. The inclusion or exclusion of any camp in this directory does not imply endorsement or disapproval. The [American Camp Association](#) has a website with information on accredited camps that serve people with special needs.

First timer? Teens should check out our [Planning for Time Away from Home](#) section to find worksheets to think through how a daily routine may be different when spending time away from home. The Kids Health's "[Sending Your Child With Special Needs to Camp](#)" article also helps address concerns such as how to communicate with camp staff, what to pack, and how to help if your child gets homesick.

In need? [Angel Flight West](#) may be able to arrange free air transportation via private aircraft to and from camps for children and families with financial need who could not otherwise travel to or attend the camp. [Tree house Summer Camp Services](#) may be able to help youth who have an open case with King County Division of Children and Family Services or have an open case with Division of Children and Family Services in another county but reside in King County.

You may [view the full list of camps](#), download a [2011 Summer Camp Directory PDF](#), or search for camps that only fit chosen qualifications:

Local Classes to Help Families

The Child & Family Studies program strengthens, educates, and supports families and students in the Centralia College community. Through their various programs, they support individuals as parents, contribute to supportive environments for families, and promote quality learning for young children. For more information visit them online at <http://www.centralia.edu/academics/childfamily/index.html>



Skin Infections from MRSA

What is MRSA? MRSA stands for methicillin-resistant *Staphylococcus aureus*. It is a type of bacteria that are resistant to certain types of antibiotics. When bacteria are resistant, it means that they can't be killed by common antibiotics.

Many people have bacteria on their skin that doesn't cause any harm. However, sometimes these bacteria can get inside the body through a break in the skin and cause an infection. Infections caused by resistant bacteria like MRSA, are more difficult to treat.

What does MRSA look like?

Skin infections from MRSA don't all look the same. **Don't try to decide on your own if you have a MRSA infection.** Call your doctor if you have signs of a skin infection such as:

- A **sore** that looks like a spider bite— MRSA is not caused by spiders.
- A large, **red, painful** bump under the skin.
- A cut or sore that is **swollen, hot, and oozing pus or blood.**
- **Blisters** filled with fluid.

<http://www.doh.wa.gov/Topics/Antibiotics/MRSA.htm>

Is it Clean?

Although in most situations you will not know if a surface has been cleaned, it's important to remember that most surfaces do not pose a risk of spreading MRSA. If cleaning procedures are unknown, take the appropriate precautions such as:

- Using barriers like a towel or clothing between your skin and the surface.
- Showering immediately after activities where you have direct skin contact with people or shared surfaces, such as after exercising at a health club.
- Cleaning your hands regularly.
- Keeping cuts and scrapes clean and covered with bandages or dressing until healed.

These precautions are especially important in settings such as in locker rooms, gyms, and health clubs.

<http://www.cdc.gov/mrsa/environment/index.html>

Hepatitis

The word *hepatitis* simply means an inflammation of the liver without pinpointing a specific cause. Someone with hepatitis may have one of several disorders, including viral or bacterial infection of the liver. Hepatitis is most commonly caused by one of three viruses: Hepatitis A, hepatitis B, and hepatitis C are *all* contagious.

Hepatitis A

In children, the most common form of hepatitis is hepatitis A (also called infectious hepatitis). This form is caused by the hepatitis A virus (HAV), which lives in the stools (feces or poop) of infected individuals. Infected stool can be present in small amounts in food and on objects (from doorknobs to diapers).

HAV is spread:

when someone ingests anything that's contaminated with HAV-infected stool (this makes it easy for the virus to spread in overcrowded, unsanitary living conditions)
in water, milk, and foods, especially in shellfish

Because hepatitis A can be a mild infection, particularly in children, it's possible for some people to be unaware that they have had the illness. In fact, although medical tests show that about 40% of urban Americans have had hepatitis A, only about 5% recall being sick. Although the hepatitis A virus can cause prolonged illness up to 6 months, it typically only causes short-lived illnesses and it does **not** cause chronic liver disease.

Hepatitis B

Hepatitis B (also called serum hepatitis) is caused by the hepatitis B virus (HBV).
infected body fluids, such as blood, saliva, tears, and urine

Hepatitis C

The hepatitis C virus (HCV) is spread by direct contact with an infected person's blood.

Signs and Symptoms

Hepatitis, in its early stages, may cause flu-like symptoms, including:

malaise (a general ill feeling)
fever
muscle aches
loss of appetite
nausea
vomiting
diarrhea
jaundice (a yellowing of the skin and whites of the eyes)

How long does HBV survive outside the body?

HBV can survive outside the body at least 7 days and still be capable of causing infection

<http://www.cdc.gov/hepatitis/HBV/HBVfaq.htm>

http://kidshealth.org/parent/infections/bacterial_viral/hepatitis.html#



Behavior Issues

Many children go through the learning, growing, and temper tantrum in a normal environment. Then there are some special children, in our case it started out with speech delay. His temper tantrums were so out of control due to lack of communication. Cole would try so hard to tell me something, but just could not say it. After visiting his speech therapist at InTot we came up with a game plan to put some pictures of his favorite foods on the refrigerator. It just helps with some frustrations; he could point to the picture, therefore less frustration trying to say the word. Our child had so many health issues that we could not get to his hearing until 2 ½. After testing by a great hearing specialist, we found out our son's eardrums were not vibrating. For him, learning and understanding words was like listening underwater, muffled because the ear drums did not vibrate. He had his first set of tubes placed, and it was amazing to watch a child learn words and to be able to speak a little more clearer.

There are other children out there with speech delay. I know first hand how frustrating and embarrassing the temper tantrums are, the children are just so frustrated. It is great to go to speech therapy and play group, talk to others about what they have done to help their child learn words, or what pictures seem to help.

Then there are some who go to never ending doctor visits. When our son has non-stop blood work or hospital stays, he comes back a different child. We have been visiting a great child Psychologist up at Mary Bridge. Our child is not alone in this frustrating situation. The Child Psychologist explained to me, he feels he has no control when he goes in to the hospital, appointments, or blood draws, play therapy is what he needs. We bought him a little medical play kit, something I would never have thought of because the hospital scares him so much. It took him a little while, but I will see him doing blood pressure (the hug) on his sister or his toy animals. It amazes me to watch him put a stethoscope on the chest to listen, he even does pretend shots.

The anger part after a hospitalization has really upset me. There is no denying how mad Cole is when we get home. I have talked to the Psychologist and we came up with a great game plan to help his stress on the way to a blood draw. There are days I feel like Cole is sitting in the time out chair all day. I know this is not healthy. I have gotten some great ideas from Psychologist and the Child Life Specialist at Mary Bridge for expressive activities. I thought I would share this bit of information with others. Poor Cole is still learning language, now on top of everyday learning he has to understand and learn emotions.

How I Feel Today

Supplies needed:

- Construction Paper
- Markers/crayons/colored pencils
- Scissors
- 1 magnet for each member of the family
- Tape

You or your child draw 12 circles on one piece of paper. Come up with 12 feelings and write these feelings below each circle. Next have your child draw faces in the circle that identify each feeling. Hang feeling board on refrigerator. Have each family member choose their magnet to place on the face they are feeling that day.

This activity is to help your family know that each day can bring different feelings and that each person could be feeling something different. Everyone's feeling are okay.

These ideas brought to you by Mary Bridge Child Psychology and Child Life Specialists

When Your Child is Angry

- Playdoh**, let them be aggressive, smashing and working the playdoh
- Ripping paper**, when they are acting frustrated and before they start hitting, throwing or spitting, give the child some paper to rip, a healthy way to get their emotions out. When you are out and about, you can keep some paper in your bag. Especially after a long day at the hospital.
- Pillow Punching**
- Painting**
- Drawing**
- Collage Art**
- Water Play**
- Jumping**

My Feelings Book

Label the top of each page with feelings phrases, (ex. "I am sad when"; "I laugh when" I am happy when", "I am scared when"; etc.

Draw some faces, color it, express it, make it your own... this book helps your child(ren) to know what they are feeling is okay.



The 2011 legislative session: Elation, Confusion, Excitement, Bewilderment, Harmony, Disparity...

The 2011 legislative session has been a wild ride! Cut-off deadlines for bills were published, then quietly changed, moving some of the cut-off dates a few days earlier. Bills that were thought to be easy to get through, encountered obstacles that were completely unexpected. Budget proposals came out with varied or vague numbers, then were amended in committee, then amended again on the floor, and no one quite sure exactly what was left. Agency budget numbers were released, then were changed (5 times!) without indicating which was done when, leading to advocates being quite confused as to the actual numbers being used. Although one party controls both the House and the Senate, it was a bi-partisan effort that made the deep cuts to the Senate budget. The March revenue forecast delayed the budget proposals due to needing to find an additional \$5.5 million in cuts.

Rebalancing the DD system. There are about 13,600 individuals who are signed up with the Division of Developmental Disabilities who qualify for services, most living at home with their families and who have even more complex needs than people living in the RHCs, but they receive nothing! The state institutions have been reduced from 4,000 to about 850 people. It's time they consolidate and close so savings can begin to address the thousands of people waiting.

- Restore Individual and Family Services but reduce the program by 10% (some people move to SSP)
- Fund Parent to Parent programs
- Reduce Medicaid Personal Care hours 6-18%
- Restore 100 placements for Children's Intensive In-home
- Behavior Supports program
- Reduce state-only employment and day services
- Reduce employment and day rates to counties 13% 1) Lowers expenditure lid on waivers for employment/day services 2) Provide a day option to 900 clients who access Adult Day Health services through Long Term Care 3) Add a day service for 2,600 waiver clients who get no service because they do not choose employment.
- Continue to fund Transition high school graduates on a waiver
- No services for Transition high school graduates not on a waiver
- Reduce community residential services vendor rates
- Provide 58 new community residential placements

Biennial Budget Comparisons for Programs/Services for People with Developmental Disabilities

- House Budget: Close Frances Haddon Morgan Center and Yakima Valley
- Senate Budget: Close Frances Haddon Morgan Center and Rainier
- RHC Transition/Community Alternative-assess, develop support plans to transition clients from the closing RHCs
- RHC Consolidation Reinvestment: expand community residential and respite services from state savings
- RHC Community Capacity Start-up to develop community residential, supported living and SOLA to transition RHC clients
- Family to Family Mentors

This information will probably have changed by the time you get this newsletter. You can sign up at LCFSN@yahoo.com for current updates. For more information or questions: call Paula at 360-880-0672

Premature birth

Most pregnancies last around 40 weeks. Babies born between 37 and 42 completed weeks of pregnancy are called full term. Babies born before 37 completed weeks of pregnancy are called premature. In the United States, about 12.8 percent of babies (more than half a million a year) are born prematurely. The rate of premature birth has increased by 36 percent since the early 1980s.

Premature birth is a serious health problem. Premature babies are at increased risk for newborn health complications, such as breathing problems, and even death. Most premature babies require care in a newborn intensive care unit (NICU), which has specialized medical staff and equipment that can deal with the multiple problems faced by premature infants.

Premature babies also face an increased risk of lasting disabilities, learning and behavioral problems, cerebral palsy, lung problems and vision and hearing loss.

When are most premature babies born?

More than 70 percent of premature babies are born between 34 and 36 weeks gestation. These are called late-preterm births. Late-preterm babies account for most of the increase in the premature birth rate in this country. A 2008 study found that cesarean sections (C-sections) account for nearly all of the increase in U.S. singleton premature births, and this group had the largest increase in C-section deliveries.

About 12 percent of premature babies are born between 32 and 33 weeks gestation, about 10 percent between 28 and 31 weeks, and about 6 percent at less than 28 weeks gestation.

All premature babies are at risk for health problems, but the earlier a baby is born, the greater the risk for serious complications. Babies born before about 32 weeks gestation usually are very small, and their organs are less developed than those of babies born later. Fortunately, advances in obstetrics and neonatology (the branch of pediatrics that deals with newborns) have improved the chances of survival for even the smallest babies.

If you know some one who needs support going through this emotional and stressful situation.

Contact Parent to Parent of Lewis County Angela Naillon 360-269-4828. Know you are not alone.

http://www.marchofdimes.com/baby/premature_indepth.html



A program of Reliable Enterprises

PO Box 870
Centralia, Washington 98531

Office: (360) 736-9558
Cell: (360) 269-4828



One thing they never tell you about child raising is that for the rest of your life, at the drop of a hat, you are expected to know your child's name and how old he or she is.

~Erma Bombeck

We're on the web!

Newsletter:

www.reliableenterprises.org/newsletters.html

Child Health Notes:

www.reliableenterprises.org/ChildHealth.html

Parent Support Meetings

It's important to share experiences with other parents. All parents are welcome, but parents - Dads too - of young children with disabilities are urged to attend these supportive and informative meetings quarterly meetings on 3rd Thursdays at 1:00 pm

Location: 420 Centralia College Blvd.
(the brick house on the corner of Rock and Centralia College Blvd)

Do you have a group that would benefit from these meetings? Is the above time or place inconvenient? We will be happy to schedule a meeting for groups of five or more parents at other venues in Lewis County. Please call today to discuss this opportunity.

2011 Kids Calendar

May

Asthma and Allergy Awareness Month

8—Mothers Day; Brunch Steam Train, Chehalis

30—Memorial Day



June

Scleroderma Awareness Month

3-5 Winlock Picker's Fest

4—Children's Health Fair Center

4—Centralia-to-Chehalis Bike Ride

14—Flag Day

19—Fathers Day

21—First Day of Summer

24-26—Winlock Egg Days



Don't wait for the



MAIL! Give us your e-mail address. It will also help us save money on postage.

Send us your e-mail address at anaillon@reliableenterprises.org

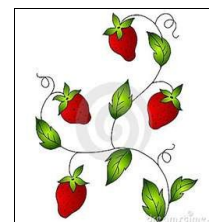
Disposal of Medicines in Lewis County

Follow up to March/April 2011 Newsletter, there are places in Lewis County to dispose of unwanted medications

Disposal locations:

- Chehalis, Law and Justice building (inside)
- Centralia, Police Department (outside)
- Morton, Police Department (inside)
- Packwood, Sub-Station (inside)
- Winlock, City Hall (inside)

For more information visit:



United Health Care Grants

Parents and caregivers of special needs kids can apply for up to \$5,000 for health care services that will help improve a child's health and quality of life. Medical services covered by these grants includes therapy sessions, medical equipment, hearing aids, eye glasses and orthodontics and dental treatments. Child must be 16 or younger. For more information visit:

www.uhccf.org

JUMP!

Chehalis Thorbecke's

Monday's 11 - 12 and Thursdays 4-5 PM

At the Thorbecke's FitLife in Chehalis

For more information call Sue 748-3744