

Subject Our latest news and updates 📧
From Helping Hands <carol@helpinghands.ccsend.com>
To <info@polsonumc.org>
Reply-To <helpinghandsfund2@gmail.com>
Date 2024-02-19 11:37



Let the Heart Lead the Way.



Donate here!



**Donor Spotlight of the Month: -
Greater Polson Community Foundation**

Helping Hands in the Community - Leading With Heart

The Greater Polson Community Foundation is the spotlight featured Helping Hands Donor of the Quarter. The GPCF has a vision to promote philanthropy in the community and they did just that this month as they generously awarded the Helping Hands of Mission Valley one of their Annual Trust Based Grants. The Trust Grants are given to local nonprofits who have worked with GPCF and understand the Foundation's mission, goals and objectives.

The GPCF and Helping Hands share similar organizational goals as they believe that "everyone should have the opportunity to be healthy, educated and productive..."

Pictured above, HH Executive Director Jennifer Rolfsness and HH Board President Eleanor Vizcarra were presented a GPCF Valentine and Trust Based Grant by Linda Fisher on behalf of the Greater Polson Community Foundation. Linda stated that "it was an honor to support the work of the Helping Hands collaborations and volunteer efforts that continue to support and strengthen our local community."

Eating Smart Being Active

Join us for this free 6-lesson Instant Pot cooking and nutrition class series by SNAP-Ed to learn how to make healthy choices on a budget. Complete the series to earn your own free Instant Pot.



****Call 406-883-2865 to sign up****



Choose which class
time works for you



Thursdays 10:30 - 12:00
February 29th - April 4th
Polson Presbyterian Church
301 4th Ave E, Polson

or

Thursdays 6:00 - 7:30 PM
March 7th - April 11th
Salish Kootenai College
Kenmille Building



The U.S. Department of Agriculture (USDA), Montana State University and Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-7061535 or <https://apply.mt.gov/>.

Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.





Donor Spotlight, Helping Hands in the Community - Leading
With Heart

Mission Valley Church of Christ

IS LOCATED AT
40523 Whitetail Drive
Polson, MT. 59860

They provide benevolent help to those in need.
Thank you!



Please save the date for the upcoming Women 4 Wellness event that will be held on **Thursday, May 23rd, 2024!**

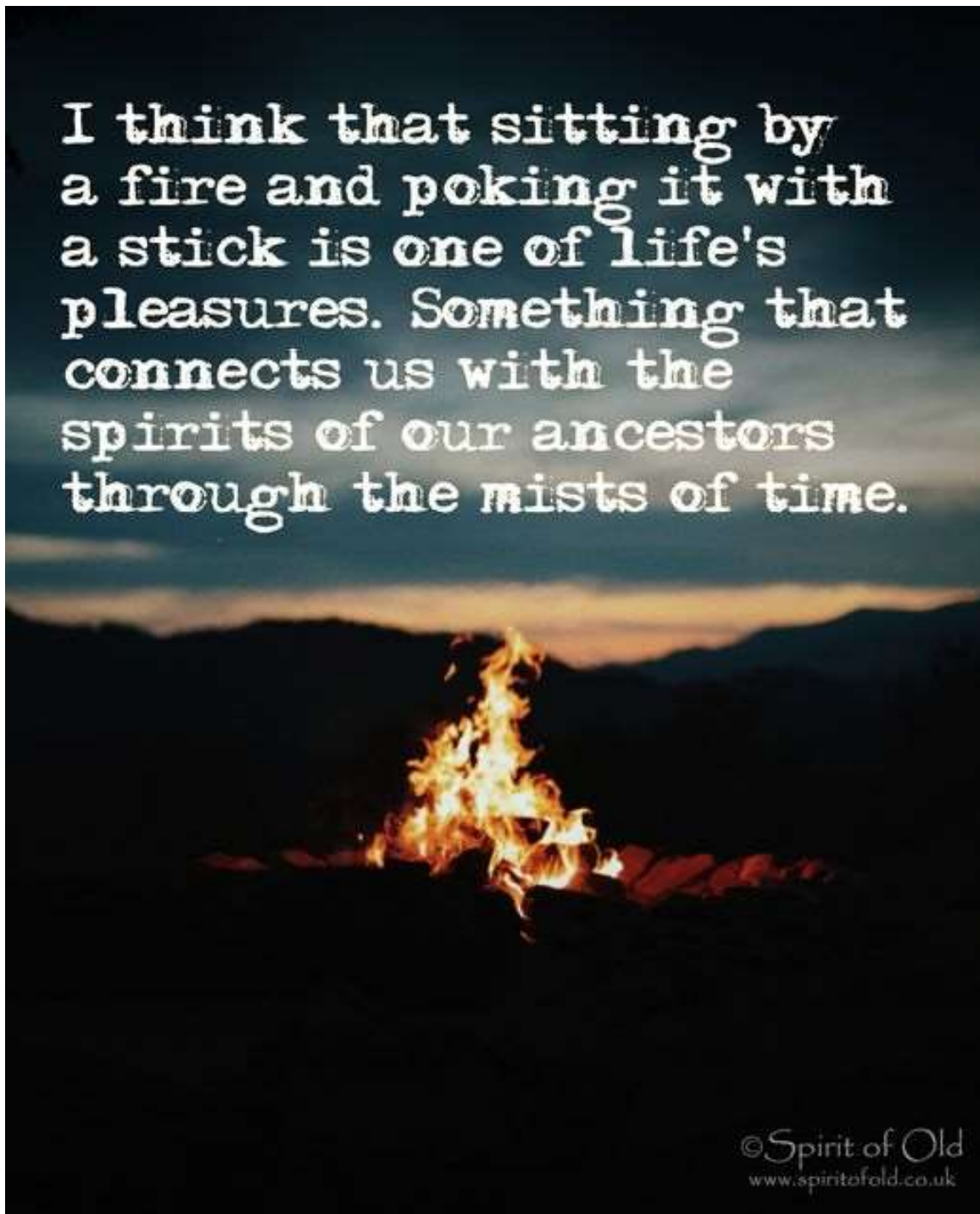
Vendor Registration opens March 18th, 2024.

-Thank you from the Center for Prevention & Wellness Team!

Chelsy L. Higgins

Assistant Director of Prevention & Wellness
Center for Prevention & Wellness
Agnes Kenmille Building Office #108
Salish Kootenai College
(406) 275-4913

[Visit our Website](#)





is offering a
NO COST CO-PARENTING CURRICULUM

THE CENTER FOR DIVORCE EDUCATION'S
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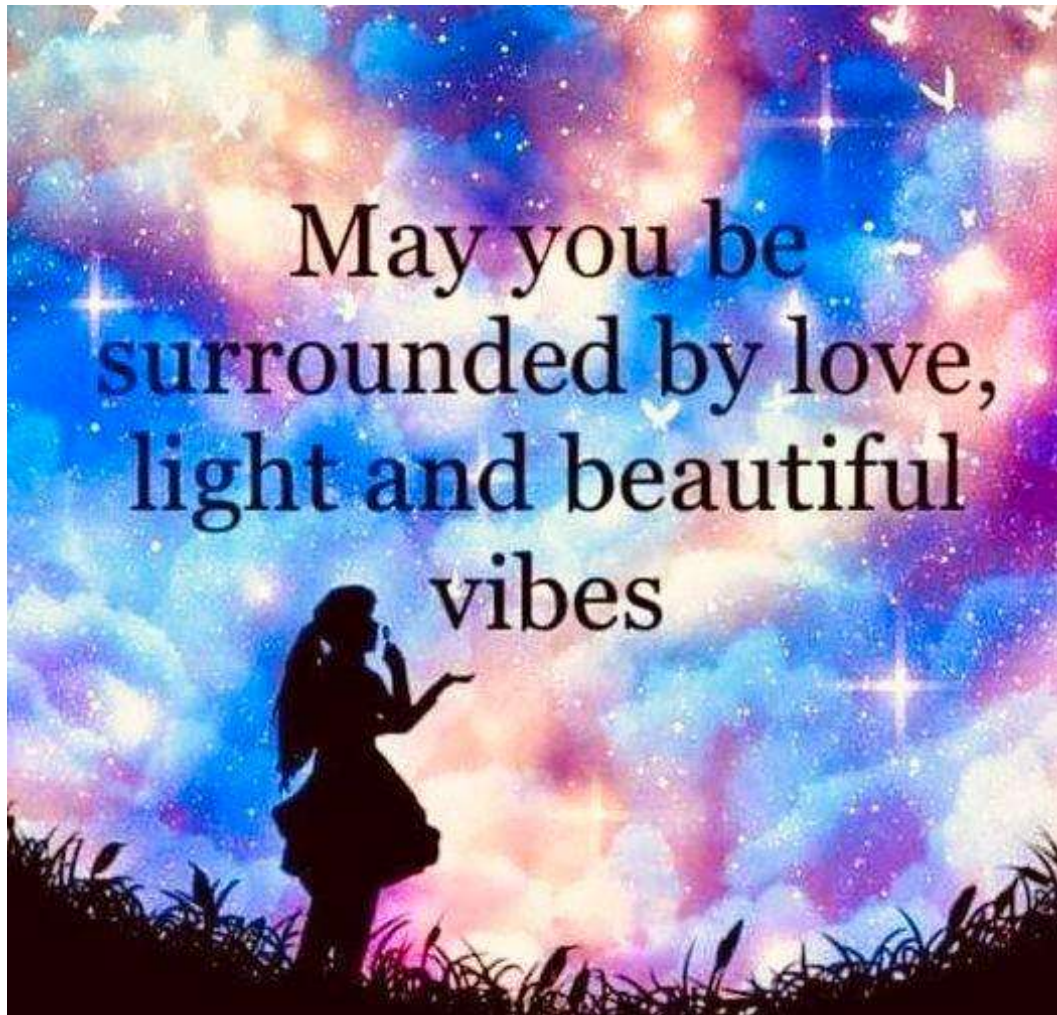
Parents will learn healthy new ways to deal with the most common and stressful situations that come along with co-parenting through divorce or living in separate households. Learn how to reduce stress and communicate more effectively.

Where:
Youth Connection
410 1st Street East
Polson, Montana

When: **Tuesdays - February 13, 20, & 27**
3-5 pm

TO REGISTER: (406) 883-0158

YOUTHCONNECTIONMT@GMAIL.COM



First Children's Finance **MONTANA CHILD CARE BUSINESS CONNECT** **ZEROTOFIVE MONTANA**

Upcoming Professional Development Opportunities

- February 22, 10:00 a.m.- 1:00 p.m. | Developing a Marketing Plan for your Child Care Business
- February 22, 6:00 - 8:00 p.m. | Developing a Marketing Plan for your Child Care Business
- March 21, 6:00-8:00 p.m. | Managing Enrollment in your Child Care Facility
- April 23, 6:30 - 8:30 p.m. | Developing Scholarship & Tuition Assistance Programs

This project is funded in whole or in part under a Contract with the Montana Department of Public Health and Human Services. The statements herein do not necessarily reflect the opinion of the Department.

Event by Zero to Five Montana

We are partnering with First Children's Finance for a series of webinar trainings!

[Register Here](#)



**COMMUNITY CHARITY
SEW DAYS**

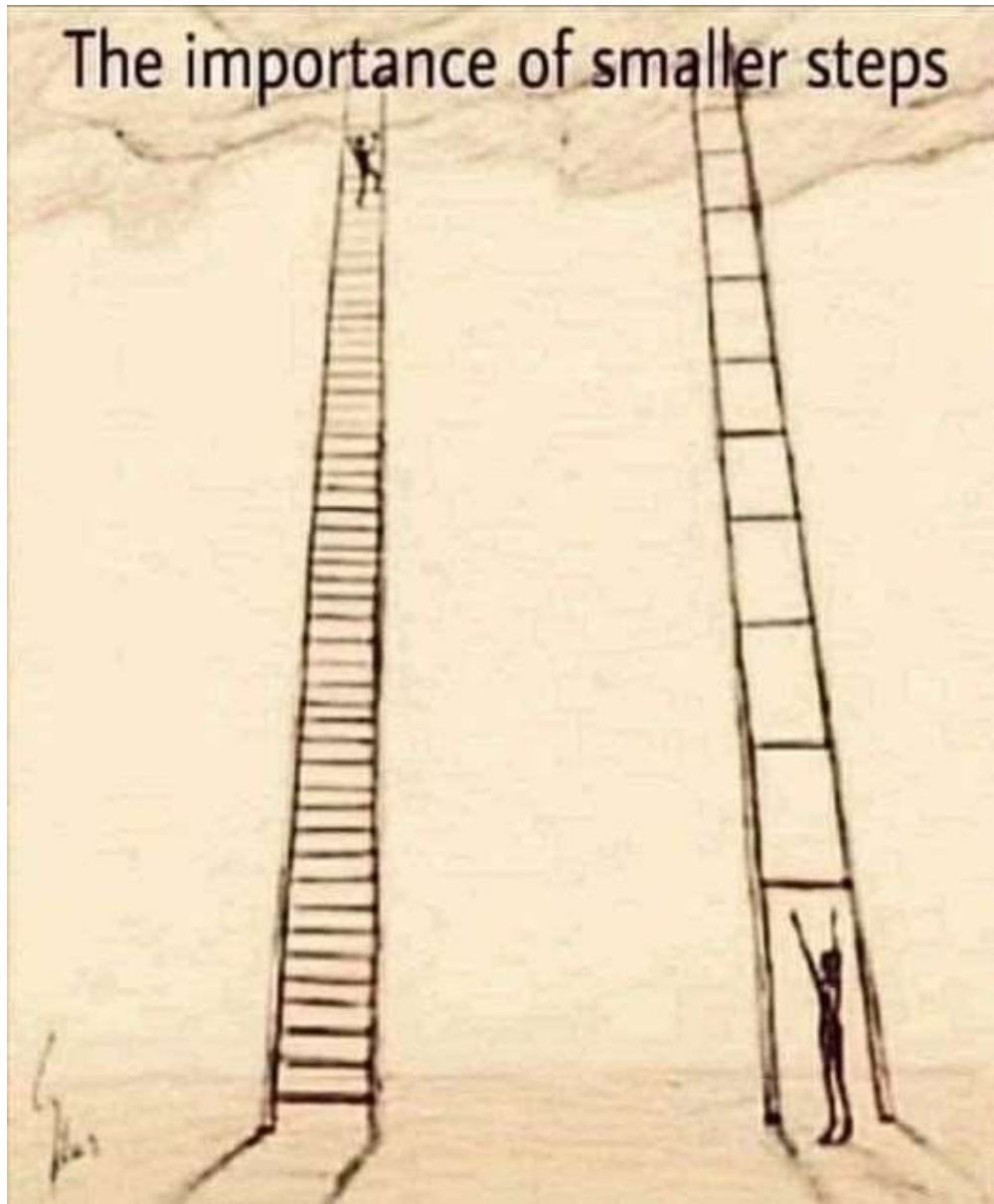
SATURDAYS, JAN. 27, FEB. 24 & APR. 27
10 a.m. – 3 p.m.

**COME HELP CREATE TEDDY BEARS, RECEIVING
BLANKETS, SMALL QUILTS AND PERSONAL
CARE BAGS TO DONATE TO AREA AGENCIES.
ALL FABRIC IS PROVIDED AND THERE ARE
PLENTY OF TASKS FOR NON-SEWERS, TOO!**

**Things to bring if you have them: Portable sewing machine,
extra bobbins, large fabric scissors, open pressor foot for
decorative stitches, pins/clips.**

**Good Shepherd Lutheran Church
409 Fourth Ave. E Polson, MT.**

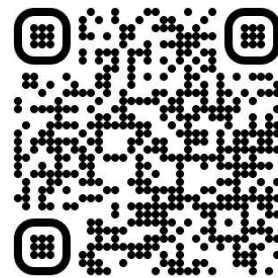
**For more information contact: Mary Jamison
Summeraincreative@gmail.com
(509)520-1765**



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Volunteering your time, money, or energy to help others doesn't just make the world better—it also makes you better. Studies indicate that the very act of giving back to the community boosts your happiness, health, and sense of well-being.



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Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five. The project was initiated in Montana by First Lady Susan Gianforte and sponsored by the Treasure State Foundation in partnership with The Dollywood Foundation. With the help of the Friends of the North Lake County Public Library, the North Lake County Public Library District is the affiliate for all children in Lake County (except Arlee, which has its own program).

[Visit our Website](#)



NORTH LAKE COUNTY PUBLIC LIBRARY

Page Turner's
Youth Book Club

Wednesday,
February 28
@ 3:30pm

Come join us as we discuss this month's book, "The Invention of Hugo Cabret," by Brian Selznick. Pick up your copy (while supplies last) at the library and come ready to talk about your favorite part!

Pirate Princess!





Duo Two Accordions
Maria & Sergei Teleshev
Thursday, February 22nd
10:30-11:30 a.m. in the
Library Community Room.

Partnerships Support to Families Through Pregnancy and Postpartum!



Providence St. Joseph Medical Center and St. Luke's Community Hospital recently partnered with Zero to Five Flathead Reservation – Lake County and Helping Hands of Mission Valley.

We will educate new mothers and families on postpartum mood disorders by providing educational materials and a \$25 incentive when mothers attend their postpartum check.



"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi



Love



410 First Street East - Suite 1
PO Box 1094
Polson, MT 59860
(406) 883-0770

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Helping Hands of the Mission Valley | 410 First Street East, Polson, MT 59860 406-883-0770

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