

Subject Our latest news and updates
From Helping Hands <carol@helpinghands.ccsend.com>
To <info@polsonumc.org>
Reply-To <helpinghandsfund2@gmail.com>
Date 2024-03-04 10:10



Let the Heart Lead the Way.



Donate here!



RECOGNIZING EXCELLENCE IN THE EDUCATIONAL SETTING

Seeking nominations..Help us honor those making a difference for the children of Lake County and the Flathead Reservation

who can be nominated?

- All those who work in an educational setting with children, age 3-10 or those who have done something outstanding for education with this population in the last year, within Lake County or Flathead Reservation.
- Possible nominees..teacher, classroom assistant, principal, vice principal, program manager, custodian, kitchen, grounds, finance, research, office, safety, culture, student mentor, language, arts, theater, or any other position, as well as community members who have made a positive difference with education for this 3-10 year old population.
- Public schools, private schools, childcare centers, learning centers or from the community.

who can make a nomination?

- Anyone...if you know someone who should be honored, please nominate them so they can get the recognition they deserve. **Deadline - APRIL 1st.**

how does it work?

- Write a 300 word or less nomination describing the persons work with education on behalf of children age 3-10, that you believe illustrates what they have done that is worthy of public recognition. Also provide, name, career, community, of work, and contact information for the nominee. Email nomination to Mariah at zerotofivemariah@gmail.com, or call (406) 883-0770.
- Community celebration event for honorees will take place in May.
- For more information contact Mariah at zerotofivemariah@gmail.com

**Sponsored by the Zero to Five Flathead Reservation Lake County
& Young Child Wellness Council**

MISSION: Connecting community, Celebrating families, Cultivating futures

Discover more about the coalition at <https://zerotofivefrlc.org>



The Young Child Wellness Council.

The Young Child Wellness Council is a diverse group of community representatives from across the Flathead Reservation and Lake County. The focus of the group is to bring together those who work with young children, to learn more about resources available and to create seamless services between organizations.

Young Child Wellness Council Meeting – March 13, 2024 @ 12 p.m. @ SKC
March presenters are Moving Mountains Therapy Center. As Owner Laura Olsonoski and Occupational Therapist Kelsey Christopher discuss their project and pediatric therapy services to increase access and awareness of community support for children and their families in the Mission and Jocko Valleys.

Moving Mountains Therapy Center contracts with Tribal Health to provide occupational and speech therapy services, developmental screenings, mental health services at the Ronan Clinic and other Tribal Health approved sites.





The library is incredibly honored to receive the Non-Profit of the Year award from the Polson Montana Chamber of Commerce. Thank you so much for recognizing the importance of our library for our community. L-R Mallory Witham, Assistant Director, Abbi Dooley, Director, and **George Simpson**, Library Trustee, Board of Director for Helping Hands, and Leadership award recipient.



Mary Driscoll! One of Helping Hands' long standing Board of Directors!

MOVING MOUNTAINS THERAPY CENTER

Services

- Occupational therapy
- Speech therapy
- Feeding therapy
- Developmental Screenings
- Education
- Mental Health Services
- Teletherapy
- 24/7 Postural Care
- Seating and Wheeled Mobility Services

Mission

Moving Mountains Therapy Center is dedicated to providing high quality, family-centered and effective therapy that fosters a individual's ability to play, reach their developmental potential and find pleasure, fulfillment, and merit in all aspects of life.

History

Moving Mountains Therapy Center (MMTC) improves the lives of individuals by providing effective, caring, and evidence-based therapy services.

MMTC has provided therapy services at Nk'usm Salish Language School for the last 10 years. MMTC recently contract with the Tribal Health Department to provide pediatric therapy services at the Ronan Tribal Health Clinic and other approved Tribal Health approved sites.

About Us

Laura Olsonoski is owner of Moving Mountains Therapy Center. She is devoted to improving the quality of life for children and adults with developmental and acquired disabilities by introducing, maintaining, and improving skills that allow children to participate and feel included in meaningful life activities. Laura has a Doctorate in Occupational Therapy from Pacific University. She has gained specialized skills in feeding, sensory processing disorders and complex rehab and mobility equipment.

Kelsey Christopher is an occupational therapy student, completing her Doctorate in Occupational Therapy at Northern Arizona University. Kelsey is working with MMTC to better support children and families in the Jocko and Mission Valleys. She will be focused on providing education, screenings and connecting families to available resources.

Tribal Health Therapy Services

in partnership with

Moving Mountains Therapy Center

OCCUPATIONAL THERAPY

Occupational Therapy evaluations look at a child's physical, visual, sensory processing and self care skills. The goal of occupational therapy (OT) treatment is to use meaningful activities to assist the child in developing or improving functional skills needed for daily living. OT can also offer alternative ways of doing things or adapt the task or the environment to promote participation and independence.

OCCUPATIONAL THERAPISTS WORK ON:

- Self care/activities of daily living such as:
 - grooming/dressing
 - feeding
 - academic skills, handwriting, literacy support
- Functional mobility
- Fine motor & gross motor
 - endurance, coordination, strength, balance
- Executive functioning skills:
 - processing, planning, sequencing, organizing, initiation.
- Cognition
 - attention span, memory, following directions, problem solving
- Sensory processing/emotional regulation supports
- Social-emotional skills:
 - self-control, emotional regulation, stress management, time management, transitions, social participation

SPEECH THERAPY

Speech therapy addresses speech, language, cognitive, or swallowing difficulties. Speech therapists evaluate and treat speech, language, social communication, cognitive-communication, and swallowing disorders.

SPEECH THERAPISTS WORK ON:

- Speech disorders: addressing articulation, voice and fluency
- Cognition/Executive Functioning
- Reading & literacy
- Language processing: how we understand and express language
- Social skills/social communication
- Augmentative & Alternative Communication
- Dysphagia (swallowing disorders)
- Feeding
- Voice programming
- Transgender voice training



To schedule an appointment contact
Tribal Health at 406-275-2799



WALK-IN IMMUNIZATION CLINIC

Tuesdays
1:30 – 4:30 pm

802 Main St. – Polson



LAKE COUNTY
PUBLIC HEALTH
PREVENT. PROMOTE. PROTECT.

Save the Date



WOMEN 4 WELLNESS

Thursday, May 23rd, 2024
10:00 a.m. to 3:00 p.m.

Vendor Registration Opens March 18th, 2024

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](#)

25 DAYS OF RANDOM ACTS OF Kindness

- 
1. Smile at someone just because.
 2. Buy the person behind you coffee.
 3. Donate toys to charity.
 4. Make homemade dog treats and deliver them to a shelter.
 5. Bake cookies for your neighbor.
 - 6.. Donate to a food bank.
 7. Send a card in the mail just because.
 8. Volunteer
 9. Donate old blankets and towels to an animal shelter.
 10. Paint rocks and hide them for others to find!
 11. Send a care package to deployed soldiers.
 12. Pay for someone's meal at a restaurant.
 13. Let someone go in front of you in line.
 14. Mow the lawn, rake the leaves, or shovel snow for your neighbor.
 15. Leave a generous tip at a restaurant.
 16. Send someone flowers.
 17. Help someone before they ask.
 18. Carry a stranger's grocery bags.
 19. Leave a treat in the mailbox for your mail carrier.
 20. Donate to your favorite charity.
 21. Compliment a stranger.
 22. Bake treats and deliver them to your local police station.
 23. Pick up litter at the park.
 24. Place a jar of pennies by a wishing fountain!
 25. Call a relative just to say hello!

themommadiaries.com



**St. Patrick's Day Parade
Ronan March 17th 2 pm
Open to all...put together a
float, ride a horse, bring your
dog....prizes in a variety of
categories....the more the
greener...**

Help us celebrate the 35th year of blarney and debauchery and get your costumes and parade entries ready for the Ronan St. Paddy's Day Parade on Friday, March 17th at 2:00! Entries, please line up at 1:30 behind the hospital

Prizes will be given after the parade at the Official Irish Headquarters, the Pheasant Lounge. We have some new categories: Most Irish; Best Irish Animal; Greenest Sports Team; Best Kids float; Pub Wars; Biggest Shamrocks; Greenest Float and Best Overall.

For more details call Christy at 406-260-8072.

THE CENTER FOR DIVORCE EDUCATION'S

CHILDREN IN BETWEEN®

**A CO-PARENTING PROGRAM FOR
DIVORCING AND SEPARATING PARENTS.**

What's Covered

- MONEY PROBLEMS
- LONG DISTANCE PARENTING
- CHILDREN CARRYING MESSAGES
- QUIZZING CHILDREN
- PUTTING DOWN OTHER PARENT
- NEVER MARRIED PARENTS

JOIN US

Saturday's
March 16, 23 & 30
1:00pm - 3:00pm
410 1st St. E, Polson

TO REGISTER:

406-883-0158  YOUTHCONNECTIONMT@GMAIL.COM

 **CASA**
Court Appointed Special Advocates
FOR CHILDREN
CASA OF LAKE & SANDERS COUNTIES

 **Youth
CONNECTION**



At Youth Connection we are constantly working towards the betterment of our communities' families. One way we can achieve this is by working to create free educational opportunities. If you or someone you know struggles with your child's co-parent, and get along for the sake of your child, this class can help!



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

2024 Lake County Spring

JOB FAIR



03/13/2024

10:00 AM - 2:00 PM

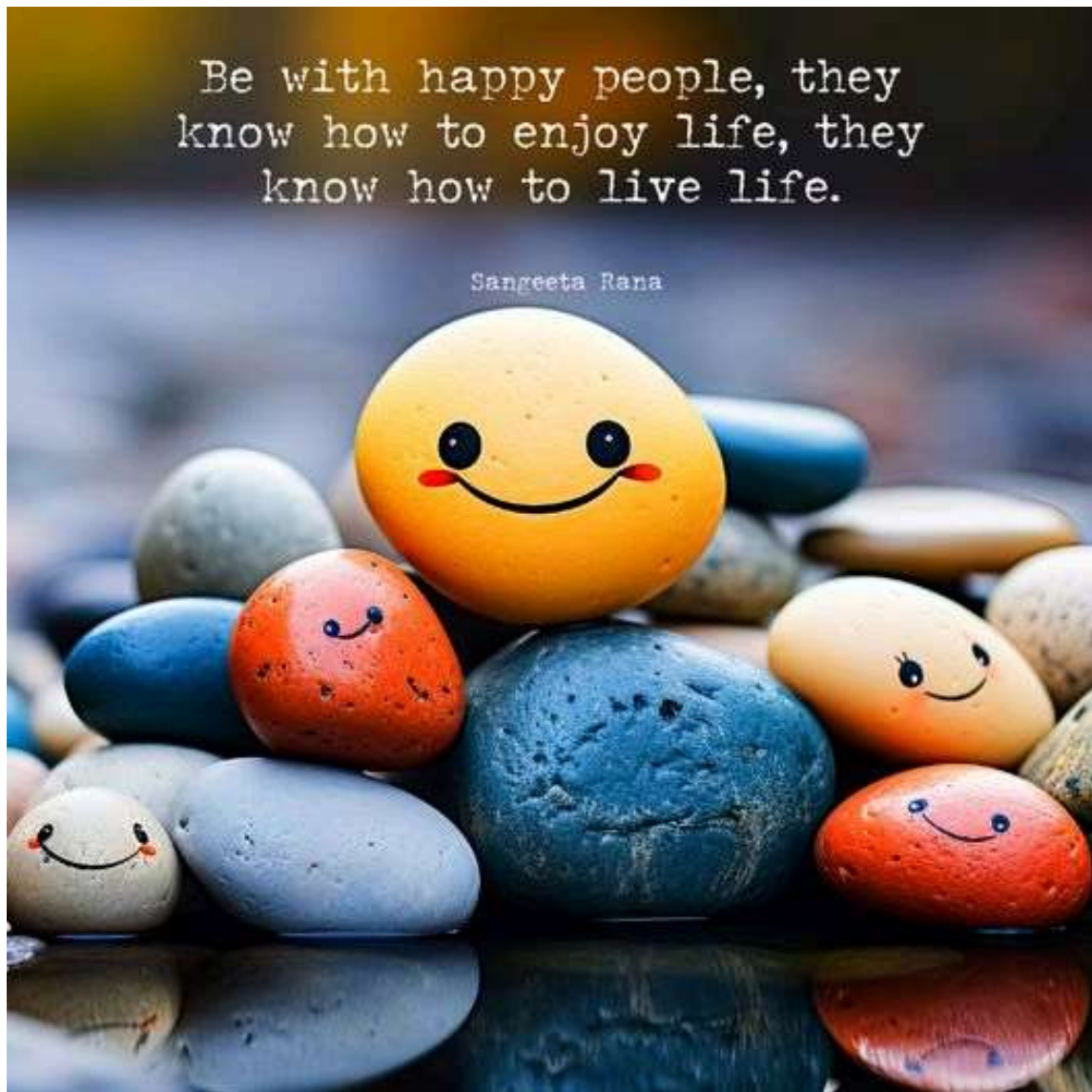


RED LION INN & SUITES
209 RIDGEWATER DRIVE
POLSON, MT 59860

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POLSON







Boys & Girls Club of the Flathead Reservation and Lake County

Interested in being a part of the fastest growing sport in the country!
PICKLEBALL IS HERE!

We are excited to announce that we are hosting our very first Round Robin Pickleball Tournament!!

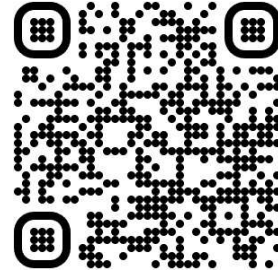
Signups are now open for ALL Skill Levels, so if you are a beginner and want to learn more about the sport and give it a try or really test yourself, this is the tournament for you!

Sign up on our Website

Check out our website! Scan this QR Code

Visit our Website

Follow us on Facebook!



Sign up to get our newsletter



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.

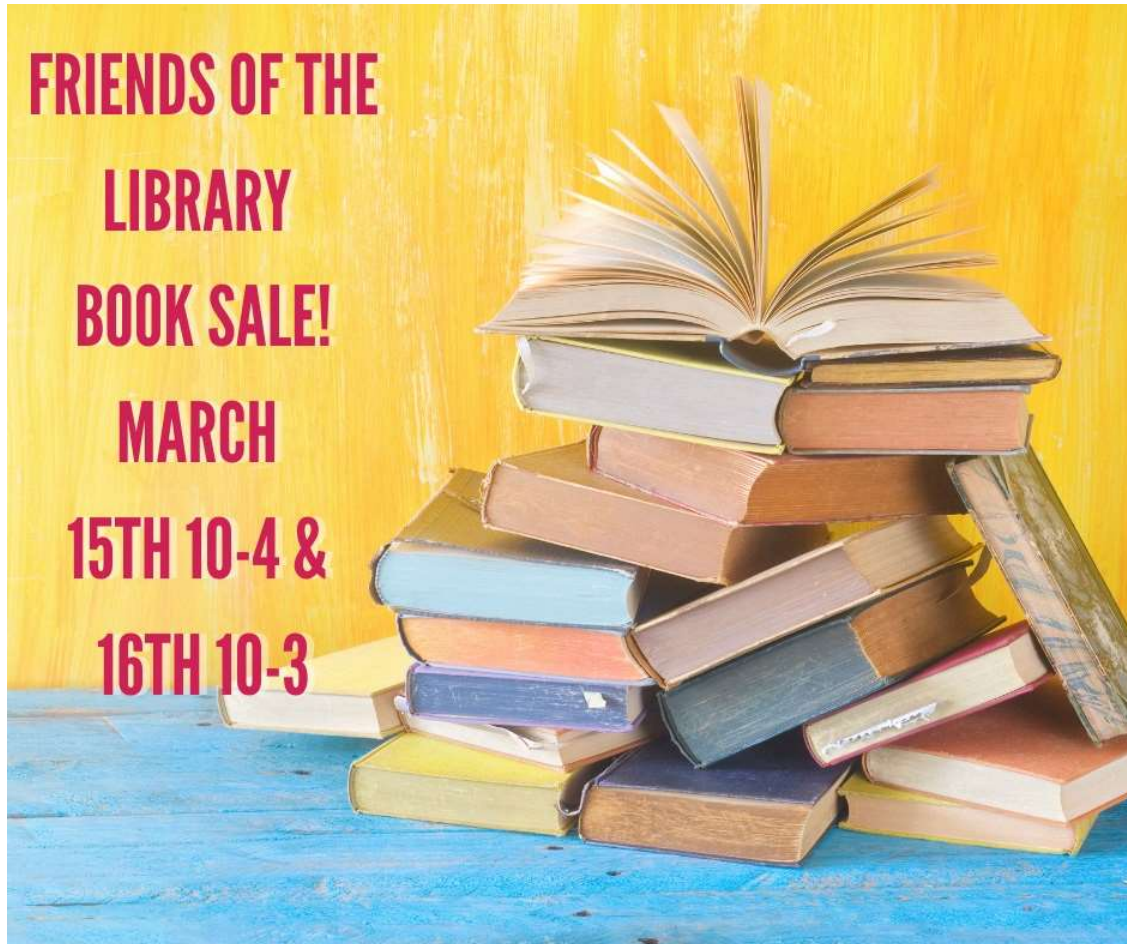


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Dolly Parton's Imagination Library is dedicated to inspiring a love of reading by gifting books free of charge to children from birth to age five. The project was initiated in Montana by First Lady Susan Gianforte and sponsored by the Treasure State 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](#)

POLSON LIBRARY

MARCH YOUTH PROGRAMMING

- Mondays mean Mother Goose @ 9:15am
- Thursdays @ 10am is Story Time
 - 3/7: Birds with Special Guest Sue
 - 3/14: St. Patty's Day!
 - 3/21: Alligators and Crocodiles
 - 3/28: The Easter Bunny!
- 3/20 @ 12:30pm TAG meeting
- 3/27 @ 3:30pm is Page Turner's Youth Book Club
 - We are reading "The Wild Robot," by Peter Brown. Please pick up your copy from the library and come ready to talk about your favorite part!



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.



Looking to volunteer? Please give us a call 406-883-0770!

“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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Share

Share

Get In Touch

Donate

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

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