


Subject Our latest news and updates 
From Helping Hands <carol@helpinghands.ccsend.com>
To <info@polsonumc.org>
Reply-To <helpinghandsfund2@gmail.com>
Date 2024-04-08 10:28



Let the Heart Lead the Way.



[Donate here!](#)

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. All meetings start at noon (12 p.m.) and will be held in the Depoe Building on the SKC campus!

Young Child Wellness Council Meeting – April 10, 2024

April presenters are Jennifer Terry, LPN, CLC (LPN certified lactation counselor) and Lisa Grainey, BAN, RN, Amb-BC, CLC (RN board certified in ambulatory –clinic–care and certified lactation counselor)

Providence St St Joe's staff will be on hand to share about Well Child Checks and when & why they do different screenings. Lisa & Jen will also talk about additional support services i.e. lactation clinic, car seat tech, SDOH screening, connecting to resources and screening support for mental health and substance use during pregnancy and postpartum period.

<https://zerotofivefrlc.org/>





WEE-Play Grant

A program sponsored by the Zero to Five FRLC zerotofivefrlc.org to support childcare centers with the purchase of new equipment. Applications will be available from April 1st to May 15th, 2024. Individual allocations to each applicant will be based in part on the number of eligible applicants and the level of funding requested. Grants will range between \$200 and \$1,500.

How it works?

Any interested childcare provider within the Flathead Reservation and Lake County can submit an application. The application form has only 3 questions.

What are examples of what could be supported?

Funds can be used for traditional play area equipment, like a sand box, wading pool, or a swing set. Or it might be for balls, climbing sections, picnic tables, a mini-basketball hoop, paint to update an area, gardening tools, water games or any other need that the center feels will benefit their children.

How does the review process work for the award?

The Zero to Five staff will review all applications to verify eligibility regarding location of the center, services being provided, and good standing. They will evaluate the request considering how the proposal will directly benefit children at that location. A final assessment will be based on the amount of the request in relationship to the proposed equipment.

WEE-Play Project Application

Applicant Name _____
 Phone Number _____
 Childcare Center Name _____ Location _____
 Email Address _____ Mailing Address _____

Application Questions

Questions can be answered either with a computer or by hand. Please limit answers to 100-250 words.

Question 1: Tell us about your center-history, size, and other details.

Question 2: Tell us about you...what got you involved with childcare services and what keeps you motivated?

Question 3: What type of equipment would you like to get with this funding? Cost and other information on how it would be a good addition at your center.

This form can be attached to an email if that is convenient. The email address is: helpinghandsfund1@gmail.com. Or it can be mailed as a hard copy to: Jennifer Helping Hands/Zero to Five FRLC, P. O. Box 1094, Polson, MT 59860. Applications due by May 15th.



Many Gifts, One Spirit

Mission Valley Choral Society
Spring Weekend Concerts

Cathy Gillhouse, Director
Karla Gallatin, Accompanist

| | |
|--|--|
| <p>Saturday, April 20th 1:00 pm St. Ignatius Mission St. Ignatius, MT</p> <p>Saturday free-will offering benefits Mission Valley Choral Society</p> | <p>Sunday, April 21st 4:00 pm Immaculate Conception Catholic Church Polson, MT</p> <p>Sunday free-will offering benefits Helping Hands of Mission Valley</p> |
|--|--|

On Sunday a \$5 meal will be served in the church basement following the concert. Please join us.

For more information:
406-261-3304 or 406-260-6103 • missionvalleychoralsociety.org

Concert Sponsor



MVCS underwritten by Greater Polson Community Foundation and Lower Flathead Valley Community Foundation.

Mission Valley Choral Society Presents a Spring Concert Weekend

Mission Valley Choral Society's Spring Concert Weekend begins with a concert at 1 p.m., Saturday, April 20, at the St. Ignatius Mission and ends with a concert at 4 p.m., Sunday, April 21, in Polson at the Immaculate Conception Catholic Church. A meal will be served immediately following in the church basement.

The 30+ voice community choir, directed by Cathy Gillhouse, will present an 11-piece program that includes classical, contemporary sacred, spiritual, gospel, barbershop and American folk songs. The choir, which has existed in the county since the 1960s, brings a diverse group together united to bring joy through music.

Concerts are free and open to all. A free-will offering will be taken on Saturday to help the choir with music expense. The Sunday free-will offering and ham and scalloped potatoes meal served following the concert will benefit Helping Hands of Mission Valley.

Information is available on the MVCS web site missionvalleychoralsociety.org or Facebook page. Direct contact can be made by calling:
(406)261-3304 or (406)260-6103



HEY PARENTS!

Are you looking for something fun, active, and safe for your kids to be part of this summer? Camp Gifford on Beautiful Deer Lake in Loon Lake WA has for over 100 years provided an amazing summer camp experience for kids!

Each summer hundreds of Inland Northwest youth spend countless nights in A-Frame cabins, feast on homestyle cooking, and sing songs and trade stories around a campfire.

Our Mission is to use nature and Camp Gifford's unique outdoor environment to share the Gospel of Jesus Christ while encouraging kind behavior, teaching environmental awareness, and providing each camper an opportunity for fun and adventure.

DISCOVERY CAMP

AGES 7-12

- OUTDOOR EDUCATION
- ARTS AND CRAFTS
- SWIMMING
- EVENING CAMPFIRE
- FUN GAMES
- CHAPEL
- BOATING

WILDERNESS CAMP

AGES 13-17

- TEAM BUILDING
- OUTDOOR LIVING SKILLS
- HIKING
- COMMUNITY GATHERING
- SWIMMING
- CAMPFIRE
- CHAPEL



PLEASE CONTACT:



DOING THE MOST GOOD

To reserve a space call Jennifer, asap, at 406-883-0770



Cherry Valley Elementary School

Do you know anyone who needs to know about our upcoming registration event? Please share this post! Roundup is on April 12th! Call Cherry Valley at 406-883-6333 for more details.

Save the Date



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!**

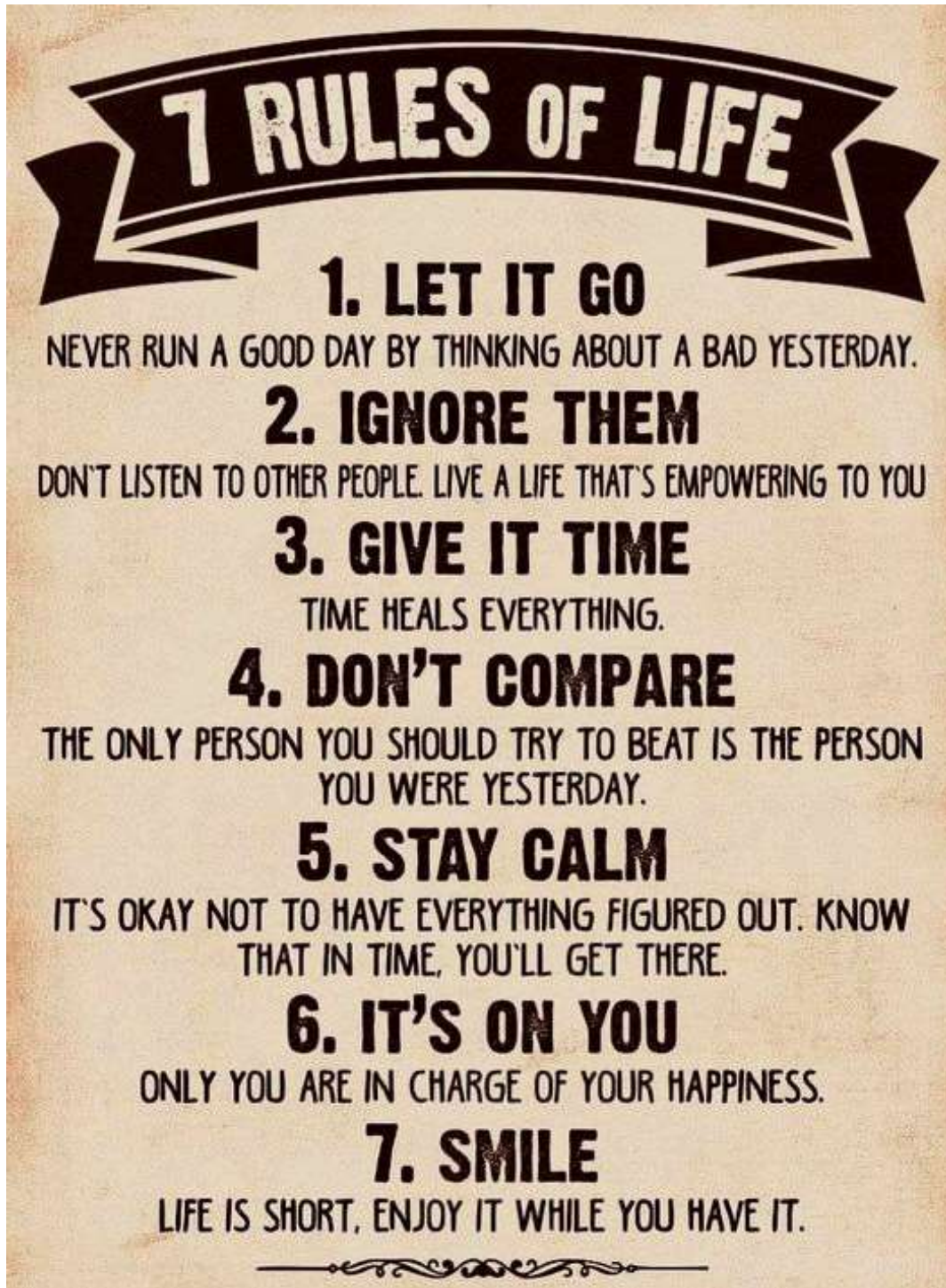
Vendor Registration opens March 18th, 2024.

-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](#)





Zero to Five Montana

April 6-12 is Week of the Young Child!

The National Association for the Education of Young Children first established the Week of the Young Child in 1971, recognizing that the early childhood years lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we as citizens of a community, of a state, and of a nation will better meet the needs of all young children and their families!

Check out Montana AEYC's website for info about events across the state:

[Visit the Website](#)

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

410 1st St. E, Polson
 Saturdays
 April 13, 20 and 27
 11:00-1:00

*Online option offered, please
 inquire when registering.*

TO REGISTER:

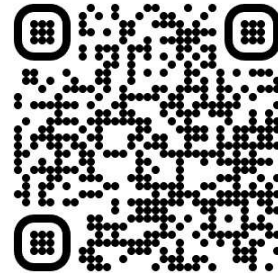
📞 406-883-0158 ✉️ YOUTHCONNECTIONMT@GMAIL.COM





CASA of Lake & Sanders Counties
 Another class is on the calendar, please send referrals or join us for the
 next co-parenting series. This class is highly effective!

Check out our website! Scan this QR Code



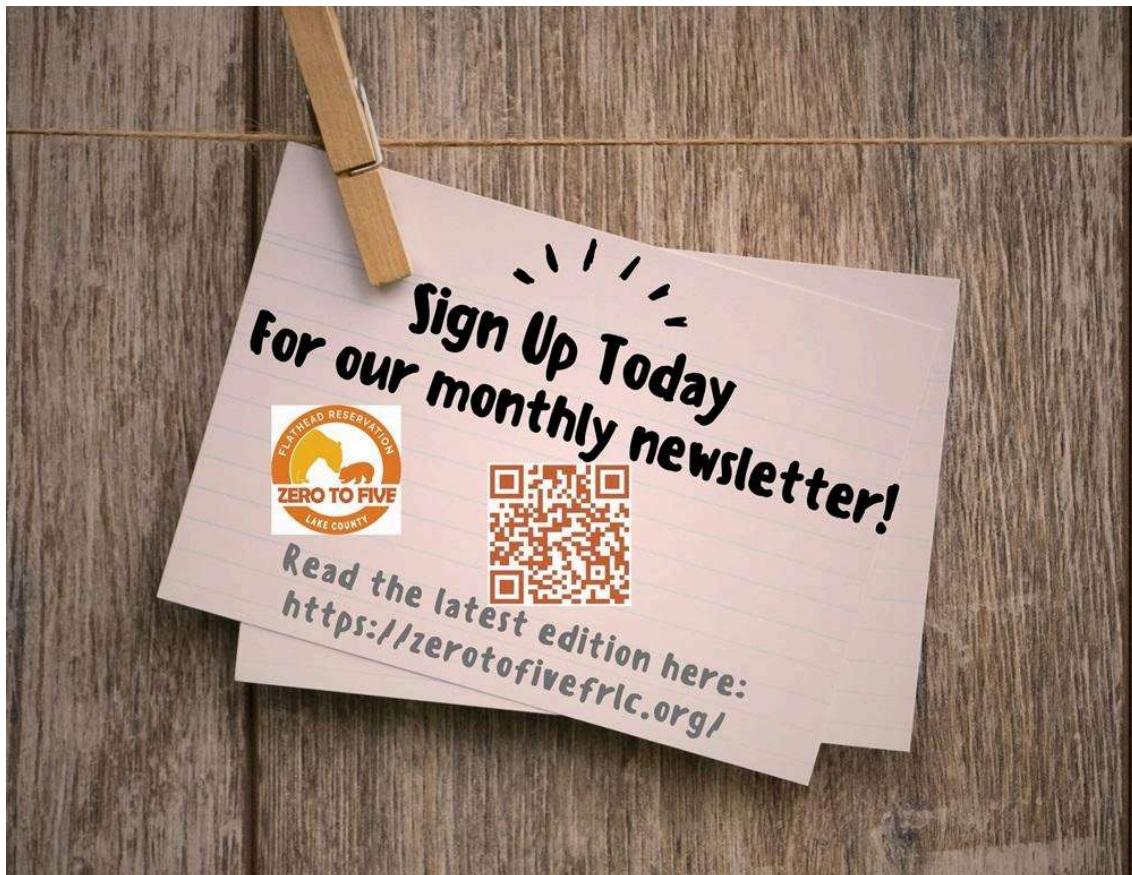
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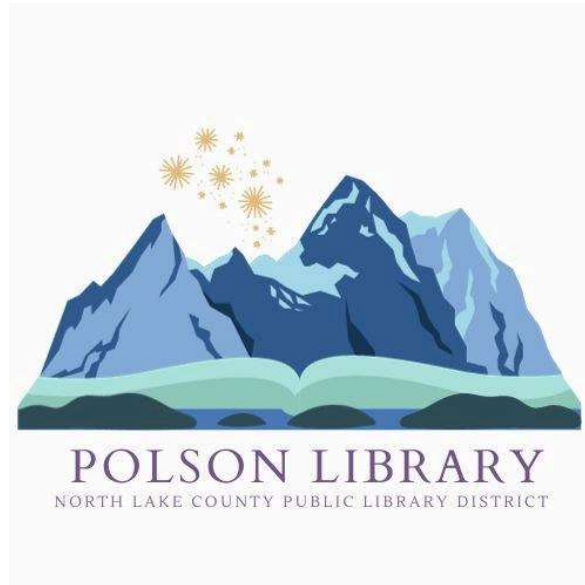
Volunteering your time, money, or energy to help others doesn't just make the world better—it also makes you better. Studies indicate that the very act of giving back to the community boosts your happiness, health, and sense of well-being.



Check out our website! Scan this QR Code

Visit our Website

Follow us on Facebook!



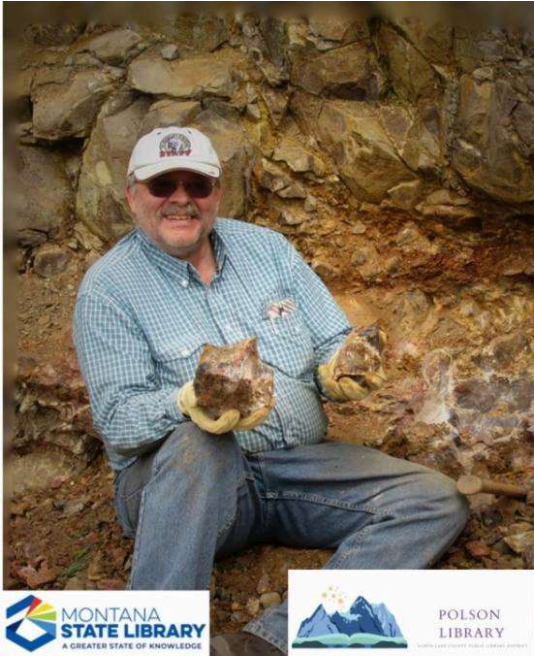
POLSON LIBRARY

April

YOUTH PROGRAMMING



- Mondays mean Mother Goose @ 9:15am
- Thursdays mean Story Time @ 10am
 - 4/4: Clouds and Rainbows
 - 4/11: Food with guest Havilah Burton
 - 4/18: Music with guest Rachel Veelle
 - 4/25: Mail
- 4/17 @ 12:30pm TAG
 - Rainy Day Art
- 4/24 @ 3:30-4:30pm Page Turner's Book Club
 - "Charlotte's Web" by E.B. White



MLN Virtual Programming Series presents:

Rockhounding with Neil Maier, Hellgate

Mineral Society

April 10, 2024 6:30 - 8 pm

Get ready to rock with Neil Maier, president of the Hellgate Mineral Society, as he joins us to dish out the dirt on rockhounding in Montana. From seasoned mineral masters to new rockhounding recruits, Neil will fascinate you with his adventures, complete with pictures of his abundance of finds. He will also discuss the best tools, safety tips and rockhounding hotspots. Whether you are a die-hard gem seeker or casual rock enthusiast, this presentation will leave you prepared to embark on your own rockhounding adventures this summer.

Register at: <https://Bit.ly/Rockhounding>





SEED ^{1 to 3PM} GIVEAWAY

Polson Library, 102 1st St E



**SAT
APRIL
13TH
1-3PM**

PROGRAM

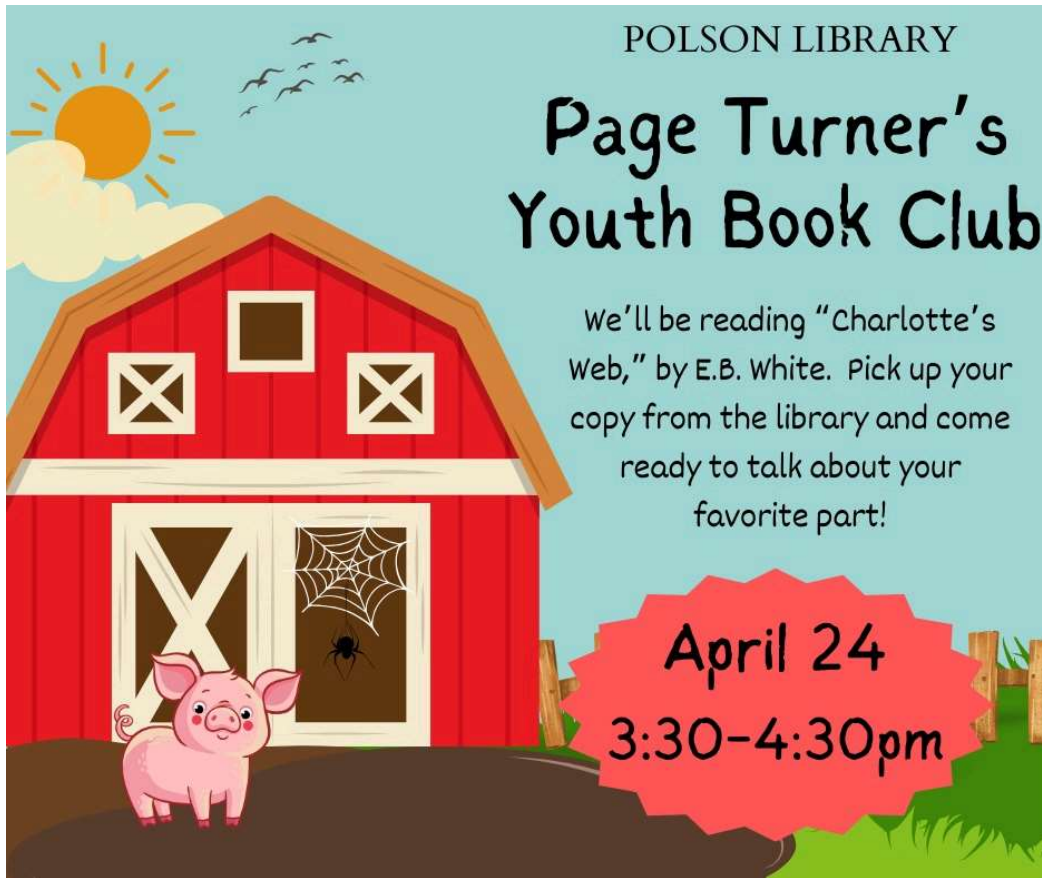
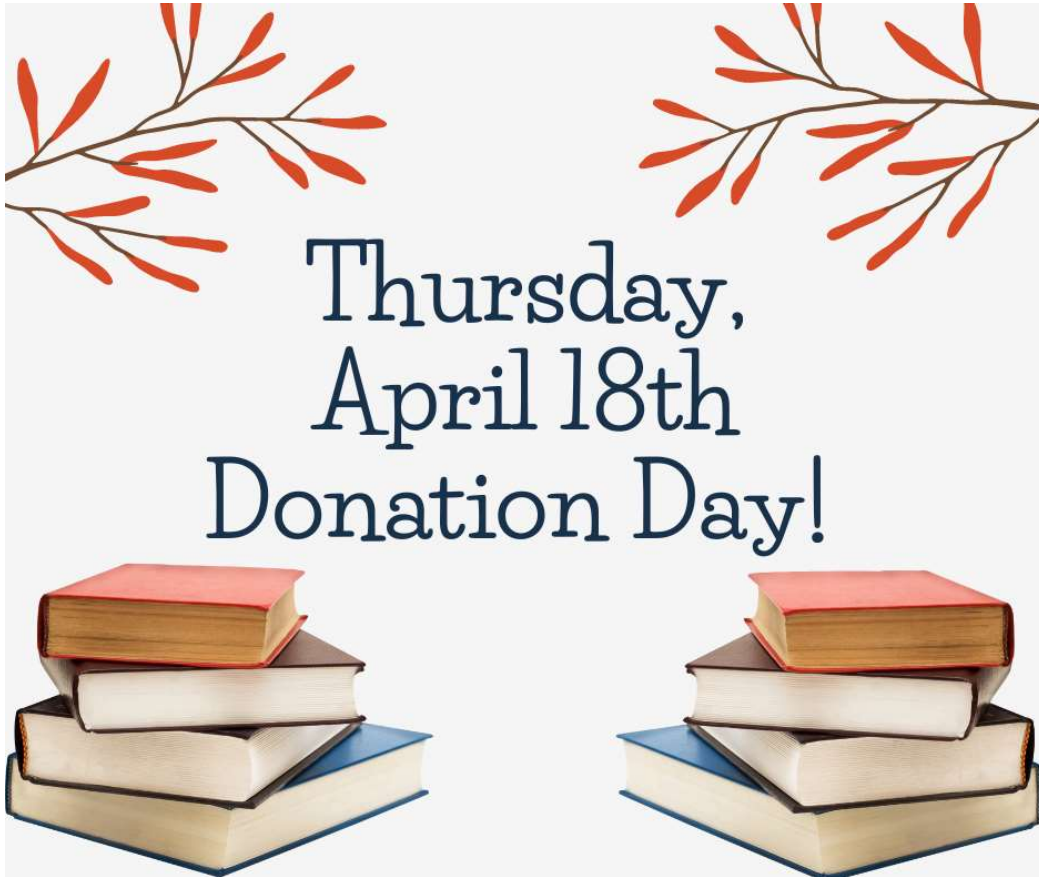
1:15 PM: Beth Waterbury

“MONARCHS & MILKWEED”

2:15 PM: Basic Gardening & Pollinators

3:00 PM: Seed Giveaway







File Management

APRIL 16TH 2024
@ POLSON LIBRARY COMMUNITY
ROOM
2PM - 3PM



COMPUTER FILE MANAGEMENT

Are you tired of sifting through endless digital clutter? Do you struggle to find important files when you need them most?

Discover how to:

- Clean up your files for optimal system performance.
- Create structured folders for easy access and reduced clutter.
- Establish consistent naming conventions for clarity and efficiency.
- Make your file organization system intuitive for seamless collaboration.
- Harness the power of cloud storage for secure backups and enhanced collaboration.
- Efficiently identify and eliminate duplicate files to free up valuable space.
- Utilize note-taking applications to complement your file management strategy.
- Archive old files responsibly to maintain a streamlined workspace.

Plus, learn how these practices will significantly improve the security of your digital assets, ensuring peace of mind and protection against data breaches.

[Visit our Website](#)

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.

PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)
Perinatal: Anytime during pregnancy through the first year postpartum

SYMPTOMS

- Feelings of guilt, shame or helplessness
- Disturbances of sleep and appetite
- Feelings of anger, rage or irritability, or scary and unrealistic thoughts
- Crying and sadness, increased worry or racing thoughts
- Lack of interest in the baby or difficulty bonding with baby
- Physical symptoms: low energy, hot flashes, and weight gain
- Loss of interest, joy or pleasure in things you used to enjoy
- Thoughts of harming the baby or yourself

TREATMENT OPTIONS

- Counseling
- Medication
- Support from others
- Exercise
- Adequate sleep
- Healthy diet
- Bright light therapy
- Yoga
- Relaxation techniques

RISK FACTORS

- History of depression, anxiety, OCD
- Phenomenon of delivery complications, infertility, miscarriage or infant loss
- Thyroid imbalance, diabetes, endocrine disorders
- Premenstrual Syndrome (PMS)
- Lack of support from family and friends
- Financial stress or poverty
- Abuse or history of abuse
- History of Abuse
- Unwanted or unplanned pregnancy

Postpartum Support International | www.postpartum.net | 800.944.4773 (call or text)

Present this card to your Provider at your **POSTPARTUM APPOINTMENT** and receive a **\$25 GIFT CARD**

St. Luke Community Healthcare
Helping Hands
Providence St. Joseph Medical Center



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

Share

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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