


Subject Our latest news and updates 
From Helping Hands <carol@helpinghands.ccsend.com>
To <info@polsonumc.org>
Reply-To <helpinghandsfund2@gmail.com>
Date 2024-04-15 11:40



Let the Heart Lead the Way.



Donate here!

Many Gifts, One Spirit

Mission Valley Choral Society
Spring Weekend Concerts

Cathy Gillhouse, Director
Karla Gallatin, Accompanist

Saturday, April 20th

1:00 pm

**St. Ignatius Mission
St. Ignatius, MT**

Sunday, April 21st

4:00 pm

**Immaculate Conception
Catholic Church
Polson, MT**

Saturday free-will offering benefits
Mission Valley Choral Society

Sunday free-will offering benefits
Helping Hands of Mission Valley

**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



Leading the Way Profile – Kristen Desjarlais

Kristen DesJarlais's path to her current career took a route through Great Falls, Bozeman, Broadview, and Billings. In her role as the Ronan Middle School Counselor, Desjarlais has demonstrated innovation and commitment to her students. Working with her partners from Ronan High School, she has been instrumental in promoting positive mental health and wellness across all schools in the system. Over the last two years, this team has explored new ways of connecting students with ideas of balance and wellness. This included hosting wellness days with a volleyball tournament and interactive stations on a range of topics facilitated by community presenters. She has also taken the initiative in finding ways to foster a healthy, safe, affirming, and inclusive learning environment. Desjarlais has implemented a high level of partnership with local agencies and service providers, building a strong collaborative effort to support student success. With her enthusiasm, positive outlook, and thoughtful approach, she is truly leading the way.

Tell us a little bit about your background...

Describe the work you do with families and children...

I am currently a school counselor at Ronan Middle School. As a school counselor, I wear many hats. Which includes meeting with students based on their needs, classroom lessons, programming in the school and community, as well as student academic and mental health support. To carry this off requires constant communication with families and outside agencies, learning about how I can further support students. I spend every moment with students. I always want to be a support to them and their families.

How would you describe the most important work that needs to happen for young children?

I believe the most important work to be done with young children is increasing awareness and understanding of their brain development. Young children need co-regulation and sensory-based coping strategies to be able to regulate their emotions. Co-regulation describes the way in which adults provide warm supportive relationships to children, along with promoting self-regulation for the child with coaching, modeling, and feedback. A final component of co-regulation involves creating supportive environments. As adults, our relationship with our students is critical to emotional regulation. All students need the opportunity to make mistakes and have failures in a supportive environment. If we can normalize mental health support and regulation, students will have a better chance to understand themselves and increase their success in the classroom.

If you could change one social factor impacting families and young children, what would it be and why?

I think I would change a family's access to quality mental health services. Most students will only experience counseling through public education. However, public schools only provide one counselor for hundreds of students. How can we help young people navigate life and tragedy with only one person educated to do so?

The work has many rewards-what are some of the challenges and how do you deal with them?

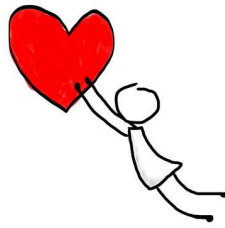
Many of the challenges that I deal with are centered around promoting mental health in an environment where it does not have a strong presence. Some families and staff members believe that students go to school to learn basic subjects, not to discuss feelings. Therefore, I am often met with resistance when I try to introduce social emotional learning curricula, counseling groups, etc.

Though I am met with resistance, I continue to push for these programs. I have always believed that "just because we don't talk about it, doesn't mean it doesn't happen." We have to lean into the reality that our students are emotional beings first, thinking beings second.

I try to find connections in the right areas, with people who have influence and can help support my cause. I have wonderful administrators at Ronan Middle School who allow me to explore different ideas.

What do you feel you personally get from working with families and children?

I honestly have the best job! I do not know what else I would be doing. I get to be with students every day and help them learn and grow. I enjoy being a support system for them and introducing real-world concepts in a way that builds resilience. My goal is to continue to elevate Ronan Middle School to a place where all students and families feel accepted and safe.



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.



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 – Wednesday, May 8, 2024
May presenters are Kellie Hudson and Eleanor Vizcarra they will inform us on the upcoming Women 4 Wellness Health Event scheduled for May 23rd starting at 10 am until 3 pm. Jennifer Rolfsness will present the Zero to Five, Event and Bright Light Educators Awardees



<https://zerotofivefrlc.org/>

Save the Date



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

Vendor Registration Opens March 18th, 2024

Headwaters Foundation



#weekoftheyoungchild has ended, but we couldn't squeeze all of our incredible early childhood partners into just one week! Today, we turn the spotlight on **Zero to Five Flathead Reservation - Lake Co**, who aim to create environments where young children can thrive. They are developing outdoor play spaces that bring families together, encourage physical activity, promote intergenerational bonds, nurture community culture, and enhance health outcomes. Their goal: 3

outdoor play areas installed on the reservation by fall 2025. Learn more about Zero to Five of the Flathead Reservation + Lake County, and other Western Montana early childhood heroes on our blog: <http://www.headwatersmt.org/early-childhood-changemakers.../>



BEYOND THE PLAYGROUND
Bringing families together through outdoor play in Lake County and the Flathead Nation.



2ND ANNUAL MMIP AWARENESS 5K WALK/RUN

4 | May 2024
9:00 AM - 2:00 PM

SKC Silver Fox Golf Course and
Joe McDonald Health & Fitness Center Pablo, MT

**Free registration between 9:00-10:00 on the
day of the event. Donations appreciated!
Come rain or shine!**

**WE INVITE YOU TO
WEAR RED
IN SOLIDARITY**

100% of donations will go to the CSKT MMIP Victim Services Assistance Fund

The 2nd Annual MMIP Awareness 5K Walk/Run will take place on Saturday, May 4th. Registration is free (between 9-10 a.m. on the day of the event), but donations are appreciated. All proceeds will go to the CSKT MMIP Victim Services Assistance Fund.



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

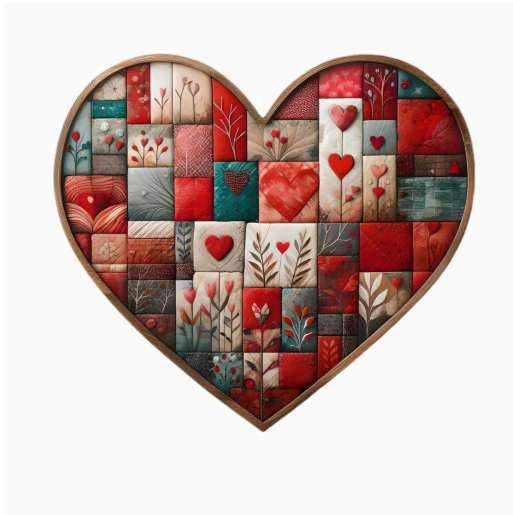


PLEASE CONTACT:



DOING THE MOST GOOD

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



Giving Heart!

Mary Jamison with Community Charity Sew Day (located at Good Shepherd Lutheran Church)! She just dropped off many toddler and baby quilts. The quilts are **exquisite!** The quilts were created by the generous and talented volunteers in the group. Thankyou!

COMMUNITY CHARITY SEW DAYS

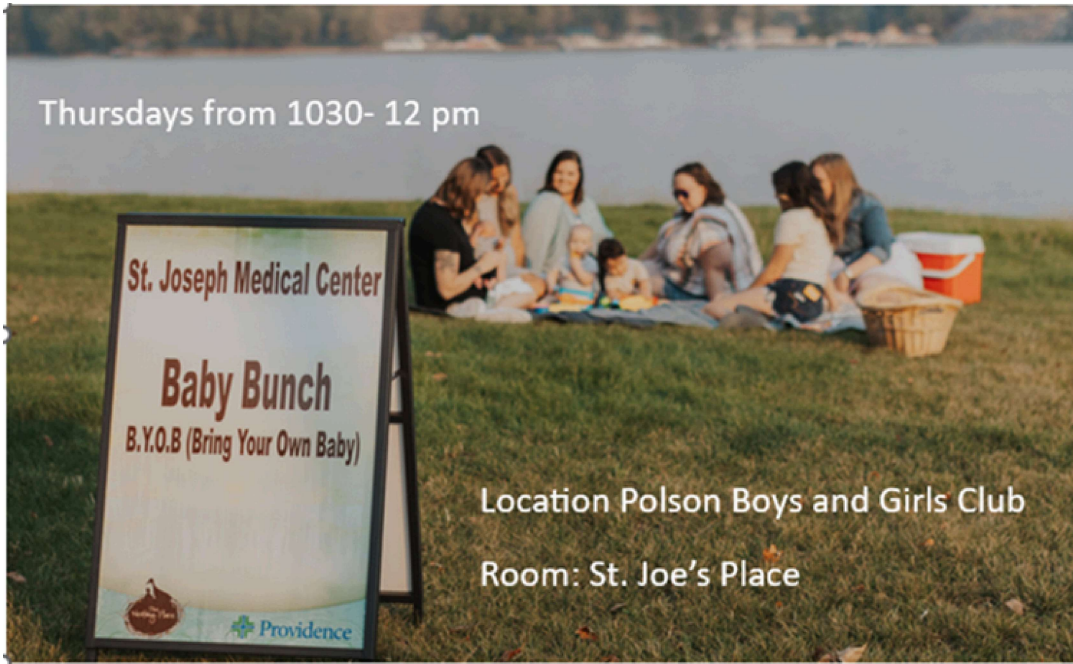
SATURDAYS, JAN. 27, FEB. 24 & APR. 27
10 a.m. – 3 p.m.

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



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:

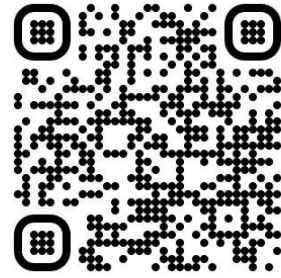
 406-883-0158  YOUTHCONNECTIONMT@GMAIL.COM





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



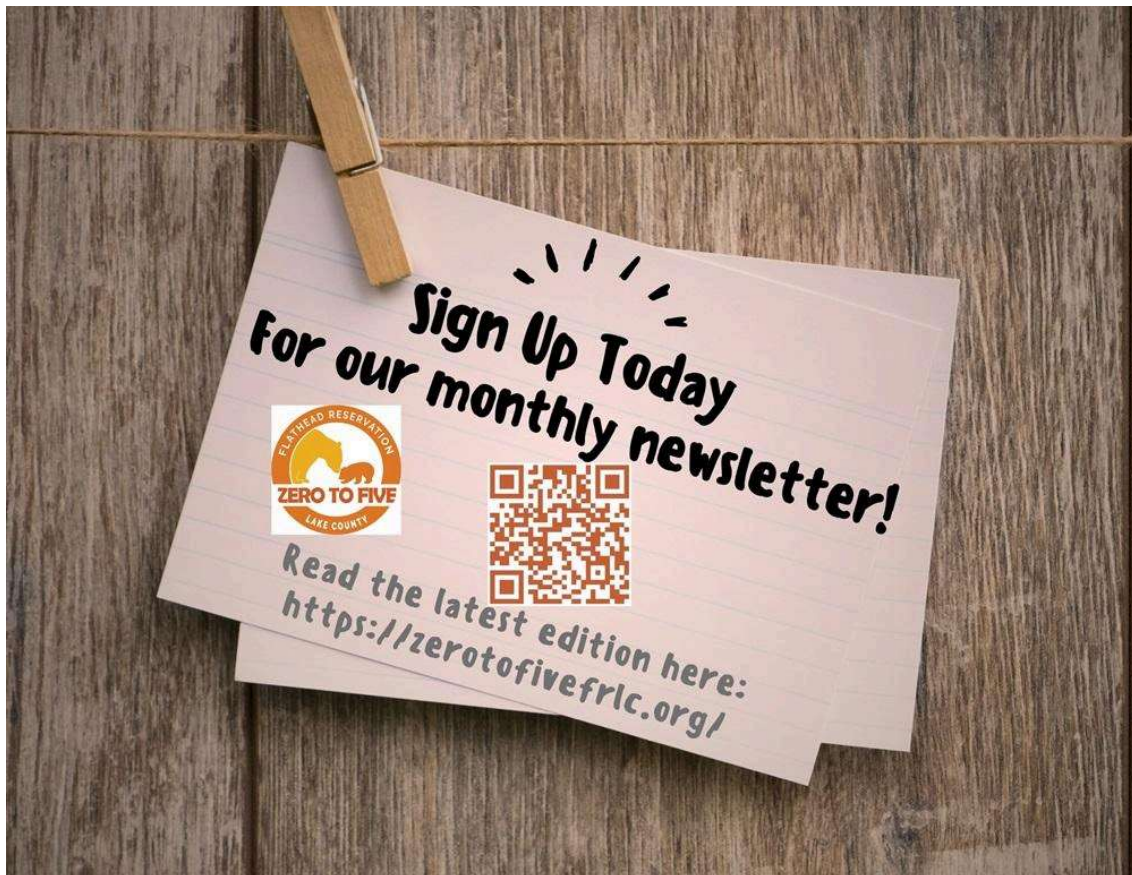
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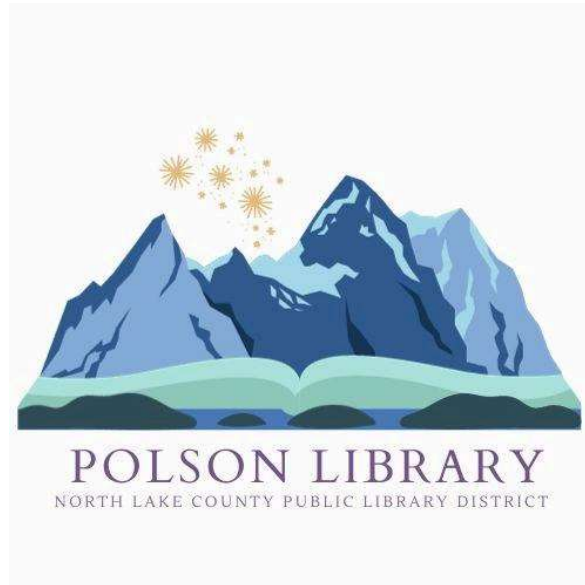
Volunteering your time, money, or energy to help others doesn't just make the world better—it also makes you better. Studies indicate that the very act of giving back to the community boosts your happiness, health, and sense of well-being.



Check out our website! Scan this QR Code

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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

File Management

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



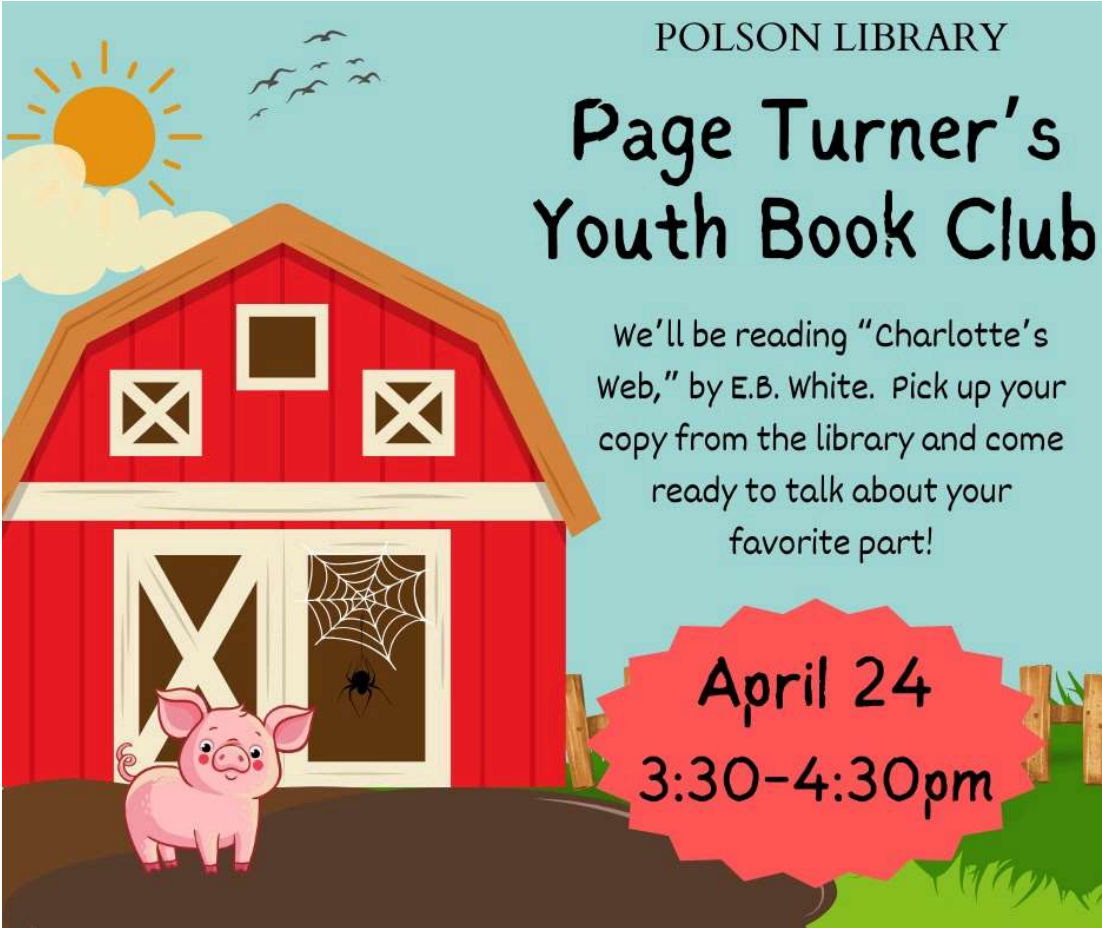
COMPUTER FILE MANAGEMENT

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.



POLSON LIBRARY

Page Turner's Youth Book Club

We'll be reading "Charlotte's Web," by E.B. White. Pick up your copy from the library and come ready to talk about your favorite part!

April 24
3:30-4:30pm

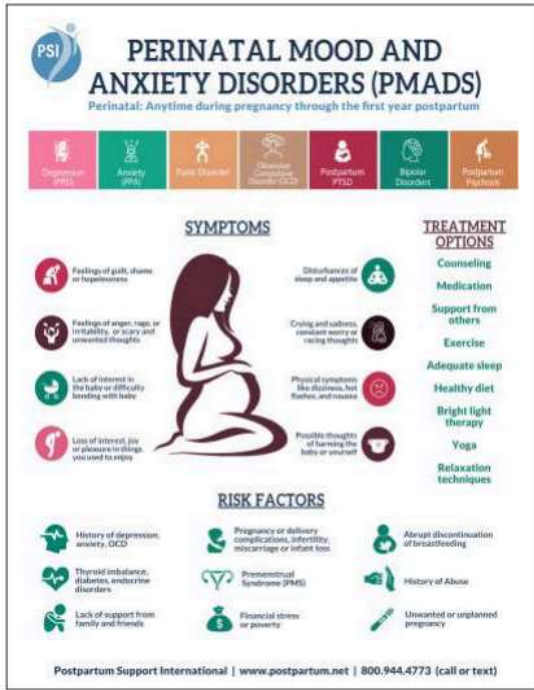
[Visit our Website](#)

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.



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

SYMPTOMS

- Feelings of guilt, shame or helplessness
- Feelings of anger, rage or irritability, or scary and unwanted thoughts
- Lack of interest in the baby or difficulty bonding with baby
- Loss of interest, joy or pleasure in things you used to enjoy
- Disturbance of sleep and appetite
- Crying and sadness, recurrent worry or racing thoughts
- Physical symptoms like dizziness, hot flashes, and nausea
- Possible thoughts of harming the baby or yourself

RISK FACTORS

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

TREATMENT OPTIONS

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

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
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

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Donate

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

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