

From: Helping Hands <carol@helpinghands.ccsend.com>
Sent: Monday, April 22, 2024 10:24 AM
To: info@polsonumc.org
Subject: Our latest news and updates

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Let the Heart Lead the Way.



[Donate here!](#)



A great big thankyou to the Mission Valley Choral Society!

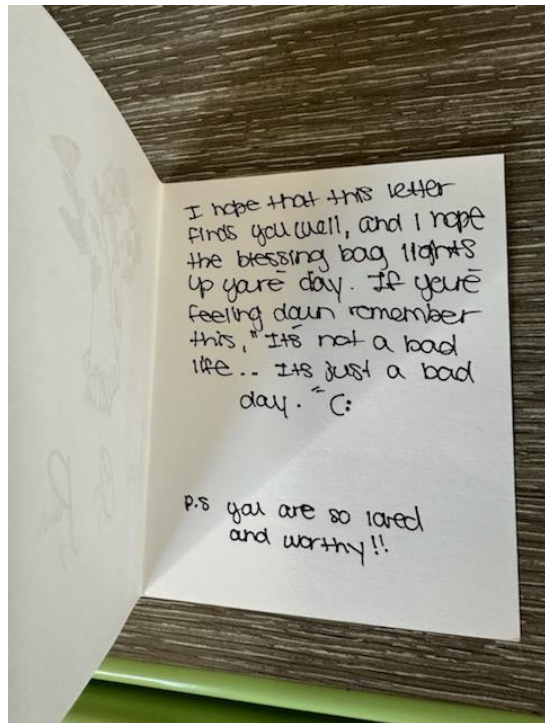
The Mission Valley Choral Society is a local community choir made up of some outstanding and generous people. Sunday afternoon they presented a Spring concert at the Immaculate Conception Catholic Church in Polson. Their

performance was very inspiring and heart felt. And above that they had a free-will offering benefit for Helping Hands of the Mission Valley.

Thank you and how kind!

Live Steam the Concert Here.





“Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another.”

Ronan High School Honor Society assembling Blessing

Bags to distribute to those in
time of need!

**Thank you to Ronan High School
Honor Society**

HAPPY EARTH DAY





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.



Upcoming Deadline 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

You have to pre register for the Women 4 Wellness health event and will get a band at the pre registration table the day of the event.

Registration with HealthSurvey



Ronan's 2024 MISSION VALLEY

CHAINSAW CARVING

RENDEZVOUS

JUNE

THU-SUN
6-9 2024

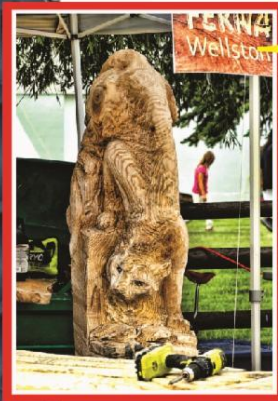
CARVING AUCTIONS FRIDAY & SUNDAY!

SEE WORLD-CLASS
CHAINSAW CARVERS
CREATE AMAZING
WORKS OF ART!

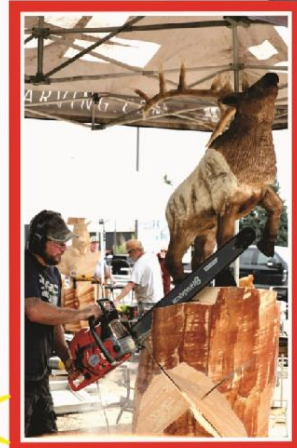
9 AM - 6 PM THU-SAT
9 AM - 1 PM SUNDAY

• CRAFT & FOOD VENDORS

AUCTION FRIDAY 6 PM



**MAIN
AUCTION
SUNDAY
1 PM**



LAKE COUNTY/RONAN FAIRGROUNDS

303 3rd Avenue NW
Ronna Walchuk 261-7579 • Susan Lake 261-4897

QUILT
AUCTION
SUNDAY!

Mission Mountain
Quilt Guild

QUILT SHOW

SAT: 9am - 6pm • SUN: 9am - 1pm
Ronan High School Gymnasium

MISSION VALLEY PRINTING



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



THE DAY OF HOPE. 2024

Featuring: FREE BACK PACKS, FREE FOOD & SUPPLIES w/Convoy of Hope, Tribal Health, Tribal Education, Polson Fire, Police, Search & Rescue, Local Medical Providers, Non-profits, Churches, Food Trucks, and more!

August 17th | 10am-2pm | Downtown Polson

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

Thursdays from 1030- 12 pm



Location Polson Boys and Girls Club

Room: St. Joe's Place

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

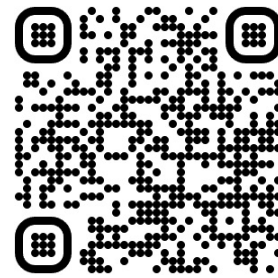
 YOUTHCONNECTIONMT@GMAIL.COM



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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Follow us on Facebook!

Sign up to get our newsletter

VOLUNTEER



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
NORTH LAKE COUNTY PUBLIC LIBRARY DISTRICT



**Humanities
MONTANA**

THE MAN IN THE ARENA

**MISSION VALLEY
Live**

POLSON LIBRARY
NORTH LAKE COUNTY PUBLIC LIBRARY DISTRICT

**THE MAN IN THE ARENA: A CELEBRATION OF
THE LIFE, THE ACTS & THE EXCELLENCE OF
THEODORE ROOSEVELT!**

**DEREK EVANS AS THEODORE ROOSEVELT:
FRIDAY, MAY 10TH, 1:00 P.M.**

IN THE POLSON LIBRARY COMMUNITY ROOM

**PICK UP YOUR FREE TICKET AT THE LIBRARY
SEATING IS LIMITED**

MISSION VALLEY LIVE & THE POLSON LIBRARY
ARE COHOSTING THIS EVENT.



Mobile Memory Café

Engaging in Social Activity & Raising Dementia Awareness For People with Early Dementia and Their Care Partner

Parked Next to the Library on Main St in Polson

Look for HERB (MSU Camper)

10 AM - 11:30 AM

Wednesday's, April 3, May 1, June 5

To register for the free event:

Contact: Dan Koltz, MSU Extension
406-994-4351 or email: daniel.koltz@montana.edu



Homeschool Parents Advisory Group

Please join us for the launch of the
Homeschool Advisory Group at the Polson Library!

**May 10,
10-11 am**

This group will be for parents interested in brainstorming ideas for library events and resources to better serve the homeschool community. Youth Librarian Felicia Gill will prepare a fun project for school age children (5+) but space is limited, so sign up ASAP by calling (406)883-8225 or stop by the front desk.



**Fraud Prevention: Protecting Yourself
from Scams, Phishing & Social Engineering
Saturday, May 4th from 1-3:00 p.m. in the
Polson Library Community Room.**




[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

Depression (PND)
Anxiety (PNA)
Panic Disorder
Obsessive Compulsive Disorder (OCD)
Postpartum PTSD
Bipolar Disorders
Postpartum Psychosis










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

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
-  Thyroid imbalance, diabetes, endocrine disorders
-  Lack of support from family and friends
-  Pregnancy or delivery complications, infertility, miscarriage or infant loss
-  Perinatal Loss (PML)
-  Financial stress or poverty
-  Abrupt discontinuation of breastfeeding
-  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








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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