



One||Another Community News:

Living Today Forward

We are a group of parents in Linn County who want to be supports to other parents. We have difficult kids or kids with difficult behaviors, and have felt alone, misunderstood, isolated, confused, frustrated, and everything in between. Support to and from other parents has been a lifeline and reminded us that we do not have to be alone.

Comments, questions? Contact us by phone: 541-704-0221 or 541-730-8716 or e-mail: office@o2aprograms.com. To submit articles or feedback, or to sign up to receive this newsletter via email, write to crowell@o2aprograms.com or talk to Crystal Rowell.

Autism and Collaborative Problem Solving

Volume 8, Issue 3
April 2019

April is Autism awareness month, so I got to thinking about using the skills of Collaborative Problem Solving and Parenting Today Forward with children, teens and even adults who are on the autism spectrum. I found a blog entry on the Think:Kids blog and have reprinted it here for you (with permission);

While conducting a training in Oregon, one of the participants shared this amazing article from the New York Times with us: *Reaching My Autistic Son Through Disney*. Read it right away! And make sure to watch the video excerpt too! You won't be able to stop. Its

gripping and will bring you to tears. The dedication of these parents to understanding their child's inner world and connecting with him is inspiring. As is their son's determination to make sense of the world and



connect with others despite his challenges.

Using Collaborative Problem Solving with many kids on the autism spectrum, here's an excerpt that rang especially true:

“There’s a reason — a good-enough reason — that each autistic person has embraced a particular interest. Find that reason, and you will find them, hiding in there, and maybe get a glimpse of their underlying capacities. In our experience, we found that showing authentic interest will help them feel dignity and impel them to show you more, complete with maps and navigational tools that may help to guide their development, their growth. Revealed capability, in turn, may lead to a better understanding of what’s possible in the lives of

many people who are challenged.”

Their story shows the power of meeting kids where they are at, of joining, of listening intently for small clues to what they are experiencing and trying to communicate, immensely challenging though it might be. We are also reminded of the critical role of shared play and imagination in collaborating with children. Amazing stuff.

Read more at: <http://www.thinkkids.org/affinity-therapy/>

Spring Class Schedule

Albany—Thursdays, daytime group 12:30-2:30, and 5:45-7:45, First United Methodist Church, 1115 28th Ave. SW., beginning April 4th.

Lebanon—Tuesdays, 9:30-11:30. Crowfoot Baptist Church, 699 Cascade Dr., beginning April 2nd.

Sweet Home— Tuesdays, 9:30-11:00, Freedom Hill Church 2470 Main St., beginning April 2nd. *Facilitated by consumer April Wheeler

Harrisburg—Tuesdays, 3:30-5:30. Church of God Seventh Day 820 Diamond Hill Rd. beginning April 2nd.



Children Activities available at some locations. Lebanon and Albany groups are facilitated by Debbi Barreras—dbarreras@o2aprograms.com

Questions? Please call 541-704-0221 or 541-730-8716, or visit: www.parentingtogether.us

Ways to celebrate Earth Day

By Crystal Rowell

Earth Day is celebrated on Saturday, April 20th this year. There are several events, and destinations in the area to celebrate Earth day.

1. April 20th will be the grand opening of the Albany Farmers Market. It takes place on the corner of 4th and Ellsworth from 9:00-1:00

2. The Linn County Master Gardener's Demonstration Garden is open from March through October from dawn till dusk. There will be people on site to answer questions about gardening on Wednesdays and Fridays from 10-12. the garden is located on the North side of the Linn County Exp Center at 3700 Knox
3. Butte Rd (behind the hotels)
3. The Talking Water Gardens located at 577 Waverly Dr NE is a great place to observe and appreciate nature and learn about responsible water reclamation and environmental sustainability.
4. In Lebanon, on April 13th from 9-12, there will be an opportunity to shred whatever

papers you need shredded at no cost to you. Bring your shreddables to The Lebanon Chamber of Commerce at 1040 Park St. and load them into the industrial shredders that will be there.



Deviled Egg Chicks



Submitted by Michelle Jondahl

Ingredients:

12 large eggs hard boiled and peeled
1/3 cup mayonnaise
1 1/2 tsp Dijon mustard* or add to taste
1/4 tsp garlic powder
1/8 tsp salt or to taste
1 small carrot peeled and sliced into rings
6 black olives

Instructions:

Peel 12 hard-boiled eggs. With a sharp knife, slice off a very thin layer from the base of the egg - this will give it a flat surface to

stand on. Cut off a generous top third of the egg. Squeeze around the egg base gently to loosen the yolk and it should pop right out. Keep the lids paired with their bases.

In a medium mixing bowl, combine all yolks and mash well with a fork. Add mayonnaise, Dijon (to taste), garlic powder and salt, or season to taste. Mash until smooth. Transfer mixture to Ziploc or pastry bag and pipe generously into egg bases. Place top 1/3 back over

the base and press down slightly to adhere.

For eyes, poke through an olive with a plastic straw several times then gently squeeze down the straw and the little circles of olives will pop right out. For the beaks, thinly slice a few rings of carrot and cut each ring into sixths. Insert 2 olive spots for eyes and 2 carrot wedges the beak. Garnish with fresh parsley or dill for a "free range" feel.

Easter Egg Decorating Ideas

There is no limit to the imagination when coloring Easter eggs. Here are some ideas to spark your imagination

- Use temporary tattoos applied directly to the egg shell the same as you would to skin
- Washi tape makes a nice, no mess alternative to dyeing eggs.
- Stickers are another way of adding pictures and pretties to the shells of eggs either by themselves, or on an already dyed egg.
- Wrap your egg with rubber bands before dunking, Or get really creative and apply rubber bands to an already dipped egg and dip it in a darker color to make the places the

rubber bands protected, colored.

tie dye effect.

Whatever you choose to do with your eggs, the most important tip is to have fun.

