



# 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](mailto:office@o2aprograms.com). To submit articles or feedback, or to sign up to receive this newsletter via email, write to [crowell@o2aprograms.com](mailto:crowell@o2aprograms.com) or talk to Crystal Rowell.



## Love Day



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By April Wheeler

Instead of Valentine's Day, where the focus is usually on romance, I like to celebrate Love Day. For me, this holiday celebrates anyone and everyone. It's a time where I choose to look at people and let them know what I appreciate about them. Co-workers, co-volunteers, the mailperson, teachers, mentors—the cashier at my usual store. I think of it as "Planned Acts of Kindness"; it isn't required, but I try to take time to really consider what I know about someone, so I can give

them positive recognition. One of my favorite memories is how one year, I bought heart-shaped doilies and wrote words I thought described my husband and kids, and then I taped those paper hearts to their bedroom doors. There were plenty of smiles from that experience.

A second part of Love Day is spreading empathy. Not only do I think about the positives people share with others, but I try to focus on being empathetic with people I encounter—even the dude who just cut me off when I'm driving. I work on putting

myself into their shoes and trying to see things from their viewpoint. And I listen more. I listen to the person standing next to me when I order food, I listen to the students I work with, I listen to those close to me.

This is what I take with me during February: a focus on what strengths or positives people have or bring or do, and I purpose to let them know how valuable they are and a purpose to hear how life is

for those around me and validate how they feel. A little empathy and compassion go further than we think sometimes and can truly brighten someone's day.



## Upcoming Spring Class Schedule

**Albany**—Thursdays, 12:30-2:30 and 5:45-7:45, First United Methodist Church, 1115 28th Ave. SW., beginning April 4<sup>th</sup>.

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

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



Children Activities available at some locations. Lebanon and Albany groups are facilitated by Debbi Barreras—[dbarreras@o2aprograms.com](mailto:dbarreras@o2aprograms.com)

Questions? Please call 541-704-0221 or 541-730-8716, or visit: [www.parentingtogether.us](http://www.parentingtogether.us)

## Teaching Kids About Love on Valentine's Day

This week, I read an article about using Valentine's Day as a time to teach kids about love. Suggestions they had for doing this included;

- Express "I love you" in notes and writing. You can leave notes in lunch bags or on pillows or any place your child will find them.
- Spend meaningful time with your child. Your time is valuable and

your kids know that. Getting some quality time with mom or dad is special and teaches them to give their time as well.

- Make something with your child for Valentine's day. A special card for a relative, cookies, a song, or a poem to suggest a few. It helps display the value of homemade gifts.

- Celebrate your child's best effort rather than achievements. What better day to show your child how proud you are of them for just being them and doing their best?
- Dream with your child. Play with your child's imagination and engage your own. What shapes do you see in the clouds? If you had a castle, what would be

in it? Get wild and creative with them.

- Let go, listen, and laugh. We as adults are so busy that it matters to our kids when we set our adult worries aside and just spend time getting to know our kids.

If you would like to read more, go to; <https://www.brighthorizons.com/family-resources/true-love-on-valentines-day>

## 2-Ingredient Brownies

### Ingredients:

1 C. chocolate graham crumbs  
1/2 C. Sweetened condensed milk

### Directions:

Mix together until well mixed, pour into loaf pan and bake at 350° for 10-12 minutes

**Options:** You can add chocolate chips or M&Ms or whatever you think would taste good. Have fun.



## Valentines Day Scramble

DYNCA

PUCDI

THAER

SROES

FGSIT

PHYPA

HTOCLAOCE

WSFOLRE

YFERBUAR

ORMMACIN

## Valentine's Day

I just got a text from my girlfriend that said, "I bought you an awesome Valentine's Day gift! xox"

I really hope she spelled "Xbox" wrong.

\* Joke by Kyle W., Farmington, N.M.

**Ben:** What did one magnet say to the other magnet on Valentine's Day?

**Finn:** I have no idea.

What?

**Ben:** "I find you very attractive!"

\* Joke by Ben M., Doylestown, Pa.

Q: Why did the man send his wife's Valentine through twitter?

A: Because she is his sweetheart.



Q: What Valentine's Day candy is only for girls?

A: HER-SHE's Kisses.

Q: What do you call a very small Valentine?

A: A valentiny.

Q: What did the calculator say to the pencil on Valentine's Day?

A: You can always count on me.

Q: What did the

pickle say to the other pickle on Valentine's Day?

A: You mean a great dill to me.

Q: Where do hamburgers take their sweethearts on Valentine's Day to dance?

A: To the meatball.

Q: Why do Valentines have hearts on them?

A: Because gall bladders would look pretty yucky.