

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: questions@parentingtogether.us. To submit articles or feedback, or to sign up to receive this newsletter via email, write to fsveditors@gmail.com or talk to Crystal Rowell.

Guide to Holidays with Introverts

By Joel Wheeler

It's not that I'm shy or really anti -social, but modern society places an inordinate amount of value on being outgoing and social. The real difference is that I find it draining to be around other people, while someone who is more of an extrovert generally finds it energizing to be around others. This means all those holiday gatherings that excite you are actually sources of anxiety and dread for those of us who tend toward the introverted end of the spectrum. In my own case, I can enjoy a good evening with a good friend or two, having an in depth discussion of some novels we've read, and come away quite pleased with the world. Stick me in a crowded dining hall with one side or the other of my family,

and I have to get out of there in a couple hours or I'll go insane. Sure, it might be nice for you to get an update on how your uncle has gotten a new job and another cousin

went to prom with her high school sweetheart, but I haven't talked to that uncle in three or four years, and that

cousin? Yeah, I've never talked to her in my life. However, I'm obliged to greet all these people who are not really parts of my life, and who are only gathered together because we share some genetic material, and listen to them go on about the others who aren't there. It's not okay for me to say that I don't care, and I spend the entire time

trying to fake caring, while worrying the entire time that someone is going to notice I don't actually care because I'm not asking questions, or I'm asking the wrong questions,

or for any other of a million tiny cues of body language. That's really the main reason I find it so draining, I think, because I'm spending the

time not thinking about these other people, but about how they perceive and react to me. I'm hoping that by sharing this about me, it will help some of you understand why someone else might not get all jazzed up because of a family gathering. That maybe these words will help some parent or spouse understand their child or partner a little better,

Volume 7, Issue 9

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and recognize that it's not because we actively dislike these gatherings, but simply that we don't feel truly connected, and being around so many people, in a setting which is clearly not anonymous, is not pleasant. So maybe it's okay to let your kid hang out with a friend on a holiday eve because they wish to avoid the chaos of having all your brothers and sisters over, or let your spouse hold up in a spare room while your house is invaded by two dozen folks for a Halloween party. It's not that we dislike the people (we don't know them well enough to make that call), but a large gathering is not a comfortable place to try and gain that level of relationship, and leaves us feeling wrung out.

Upcoming Winter Class Schedule

<u>Albany</u>—Thursdays, 12:30-2:30 and 5:45-7:45, First United Methodist Church, 1115 28th Ave. SW., beginning January 10th.

<u>Lebanon</u>—Tuesdays, 11:15-1:15. Church of the Nazarene 600 W. D Street, beginning January 8th.

<u>Sweet Home</u>— Tuesdays, 9:30-11:00, Freedom Hill Church 2470 Main St., beginning January 8th. *Facilitated by consumer April Wheeler

Children Activities available at some locations. Lebanon and Albany groups are facilitated by Debbi Barreras.

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



Your Eyes

by Stephanie Presley

Your eyes were bluer than the bluest sky. Deeper than the deepest oceans wide.

They filled with love, More potent than any poison could deny

Your eyes were, Full of hopes and dreams and promise that they kept

Bright enough to make the sun envy you

But now when I look into your eyes

all I see is darkness

Darkness that could swallow me whole Darkness that could scare even the scariest of demons away.

Now your eyes hide secrets behind their lies Fearing and hating the truth that haunts you like a ghost from the inside out.

Now all I can do is hope for you

Hope you return to your former self

Hope your eyes see the

truth again Hope that they can stop to See who you really

Not a monster nor a demon You are more like the fiery phoenix about to take flight

Now I hope you will take

Fly out of the dead of night

And soar into the light of

Be the hero I know you are For you hold beauty beyond compare

More beauty than the world can bear

Now look into the mirror See who you are And be free once again

For this is you Take pride Don't hide Be who you are.

Cheesy Potato Casserole

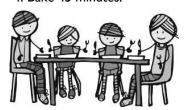
Ingredients:

- -I pint (2 cups) sour cream
- -Ican (10 3/4 oz) condensed cream of chicken soup
- -1/2cup butter, melted
- I tablespoon garlic salt
- I cup chopped onions
- -Ibag (30 oz) frozen countrystyle shredded hash brown potatoes, partially thawed -2cups shredded Cheddar cheese (8 oz)

Directions:

I. Heat oven to 350°F.

2. In large bowl, combine sour cream, condensed cream of chicken soup, melted butter. garlic salt, chopped onions, frozen hash brown potatoes, partially thawed, and Cheddar cheese; stir until well blended. 3. Pour into ungreased 13x9inch (3-quart) glass baking dish. 4. Bake 45 minutes.



Thanksgiving Word Search

corn gravy pumpkin squash stuffing turkey



How My Kid Shows "I Love You"

Parenting Today Forward teaches that behavior is communication. We asked some parents to tell us how their kids show their love. Here are some answers:

- Drawing me pictures
- Not being afraid to tell me the hard stuff
- · Randomly giving me a hug
- When I'm not feeling well they "fix me", getting me

food and water taking care of me

- Holding me accountable to the culture
- Taking me out to dinner
- Forgiving me with kindness
- Sitting near me
- Helping me with the task I am working on
- Hugs and Kisses

- · Help me with making dinner
- Noticing me upset and asking if I want to talk
- Adjusting the visor on their side of the vehicle to shield my eyes while I'm driving without me asking
- Holding my hand and saying I love you even when siblings say that's strange
- Smiles and Hugs

- · Leaves me notes on my desk or pillow
- My dog makes me laugh when I need it



Volume 7, Issue 9 Page 2