



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,



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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 wrong out.

Upcoming Winter Class Schedule

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

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

Sweet Home— 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 poi-
son 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 scari-
est 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
are

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

Now I hope you will take
flight
Fly out of the dead of night

And soar into the light of
hope

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:

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

Directions:

1. 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 13x9-inch (3-quart) glass baking dish.
4. Bake 45 minutes.



Thanksgiving Word Search

N N R O C T N C G A
S T U F F I N G R C
N I K P M U P D A J
S Q U A S H H J V L
H T U R K E Y Y Y D

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

