

Kinship Newsletter



Thurston-Lewis-Mason Counties

November - 2020

November National Days

- Nov. 17th~ National Take A Hike Day**
- Nov. 18th~ National Princess Day**
- Nov. 19th~ National Play Monopoly Day**
- Nov. 21st ~ National Gingerbread Cookie Day**
- Nov. 26st ~ Turkey Day**
- Nov. 28th ~ National French Toast Day**
- Nov. 30th ~ National Personal Space Day**
(A favorite)



8 Ways to Teach Kids About Gratitude

1. **Thankful Jar**– Fill a decorated jar with slips of paper with blessings. On Thanksgiving, read them as a family.
2. **Gratitude Journal**– Keep a daily journal with a few things they are grateful for.
3. **Gratitude Collage**– As a family, clip pictures and make it an arts-n-crafts afternoon.
4. **Thanksgiving Calendar**– With the premise of an advent calendar, replace the candy with gratitude notes.
5. **Daily Thankfulness Postcard**– Have kids write gratitude notes to family and friends showing their appreciation.
6. **Gratitude Games**– Go around the dinner table saying things you are grateful for with each letter of the alphabet. . .A, B, C, etc.
7. **Thankful Hearts**– Make a large paper heart for each family member and write their name on it. Other family writes attributes that are appreciated about that family member.
8. **Serving those in Need**– There is no better way to cultivate gratitude than to serve others who are less fortunate.

<https://pickanytwo.net/teach-kids-about-gratitude/>



Gratitude
turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today and creates a vision for tomorrow.
-Melody Beattie

Join the Kinship Group on Zoom

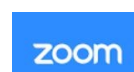
Take a much needed break, meet up with your fellow Kinship Caregivers & enjoy some well deserved "Me Time" in a very supportive environment.

Meetings are:

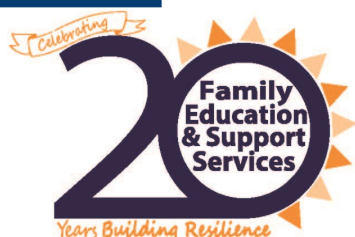
Tuesday Afternoons 2 - 3:30 pm

Wednesday Evenings 6:30 - 8 pm

Contact Tammara for signup information:



Tammara@familyess.org





The most powerful weapon against your daily battles is finding the courage to be grateful anyway.

UNKNOWN



THURSTON COUNTY Seasonal Assistance 2020



THURSTON COUNTY FOOD BANK

220 Thurston Ave NE, Olympia, WA 98501 | (360) 352-8597

Thurston County Food Bank will be distributing in the following way:

- Monday, November 23rd and Wednesday, November 25th Thurston County Food Bank will offer regular food distribution with additional Thanksgiving boxes and turkeys. This service will be provided at their downtown Client Service Center.
- Tuesday, November 24th, regular food distribution with additional Thanksgiving boxes and turkeys will be provided at the remote site at Saint Martin's University.
- For more information on the Food Bank's distribution hours and location, visit www.thurstoncountyfoodbank.org

ROOF COMMUNITY SERVICES

10140 US-12, Rochester, WA 98579 | (360) 273-6375

All services are for the Rochester/Grand Mound community. Clients must live in the Rochester School District. Call ROOF for more details at 360-273-6375.

Food Bank Distribution
Monday, Tuesday and Thursday, 2:00 p.m. – 5:00 p.m.
Holiday foods will be distributed November 16th, 17th, 19th, 23rd and 24th from 2:00 p.m. – 5:00 p.m.

Rental, mortgage and utility assistance is available for people who are behind in their payments (especially due to COVID).

Operation Santa is a gift giving program for low-income families. To register for this program, please call ROOF at 360-273-6375 between November 2 and December 4, 2020.

UNION GOSPEL MISSION

413 Franklin Street NE, Olympia, WA 98501 | 360-709-9725

Thanksgiving/Christmas Hot Meals
THURSDAY November 26, 2:00 p.m.
FRIDAY December 25, 2:00 p.m.

General Hot Meals
MONDAY – FRIDAY
6:30 a.m., Noon and 5:30 p.m.
SATURDAY
Brunch 10:00 – 11:00 a.m.
SUNDAY 7:30 a.m. and Noon

BARB O'NEILL'S FAMILY & FRIENDS GRINCH FAMILY FOUNDATION

Thanksgiving Dinner: Food Truck serving Turkey Dinners to go. Clothing and warm coats will be available to those in need – Wednesday, November 25th, 12:00 p.m. – 5:00 p.m. at Columbia Hall, 6794 Martin Way E, Lacey, WA 98516.

Community Christmas Meal: Hot meals for takeout, clothing, toys, and gifts – Thursday, December 19

Facemasks are mandatory.

SENIOR SERVICES FOR SOUTH SOUND

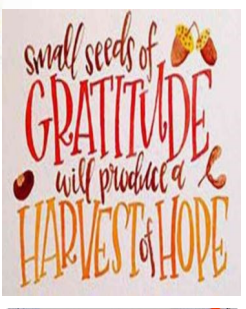
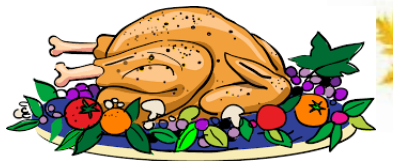
Senior Services for South Sound provides Meals on Wheels to seniors who are 60+ in Mason and Thurston counties. Frozen holiday meals will be delivered before the holidays. Frozen 53-6 per meal are appreciated, but not required. Anyone who is over 60 can receive meals during the time of the pandemic. Please call Stephanie at 360-586-6181 ext. 124 to get signed up.

United Way of Thurston County encourages all of our community members to follow public health guidelines concerning masks, social distancing, and group gatherings. Thank you for your cooperation!

GIVE. ADVOCATE. VOLUNTEER.

Thurston County:
Application dates: Nov. 26, 2020 to Dec. 14, 2020
For applications and further information, please check out their website:
<https://olympia-wa.toysfortots.org/local-coordinator-sites/lco-sites/about-local-toys-for-tots.aspx>

Lewis County:
Contact Coordinator **Bonnie Holden** 360.339.3446 or email at chehalis.wa@toysfortots.org



Mason County is proud to present our annual Toys For Tots drive in Mason County!

Register your child(ren) between November 15 - December 18, 2020

Where to Register:
Online at: <http://shelton-wa.toysfortots.org>
Click Apply Now

Gift distribution will be held at Mason County Senior Center
12/19/2020 & 12/20/2020
9:00am to 4:00pm
Located at 190 W Sentry Dr, Shelton WA 98584

FAMILY EDUCATION & SUPPORT SERVICES PRESENTS

THE PARENTAL COMPASS
WITH BOBBY WILLIAMS

The Parental Compass with Bobby Williams

Designed to provide parents/caregivers with evidence-based parenting information, ideas, and on-the-ground resources.

The goal is to skill build, gain tools and confidence to be the best parents/caregivers possible.

ACCESS THIS PODCAST LIBRARY, FREE TO YOU, ONLINE AT:
<https://familyess.org/theparentalcompass/>



WE HAVE MOVED

THE SHELTON OFFICE

760 E. Johns Prairie Rd, Suite A
Shelton, WA 98584

Shelton Office Hours:
9 am – 2 pm
Monday – Friday
Phone: 360.545.2060

WE'VE LAUNCHED OUR NEW WEBSITE!

Family Education & Support Services
Regional Resilience Center

CHECK US OUT AT → <https://familyess.org/>



Stay Updated with the Kinship Navigator Program Notifications during COVID-19 on our Facebook Group Page

Lewis-Mason-Thurston Kinship Caregivers

The Brookdale Foundation Group

The Brookdale Foundation The Glendale Foundation Ramapo Trust
Supporting today's seniors and tomorrow's leaders in aging

Family Education & Support Services
Supporting Families...Strengthening Communities