



Kinship Newsletter



Thurston-Lewis-Mason Counties

May ~ 2021

Family Education & Support Services Is Partnering with Vroom

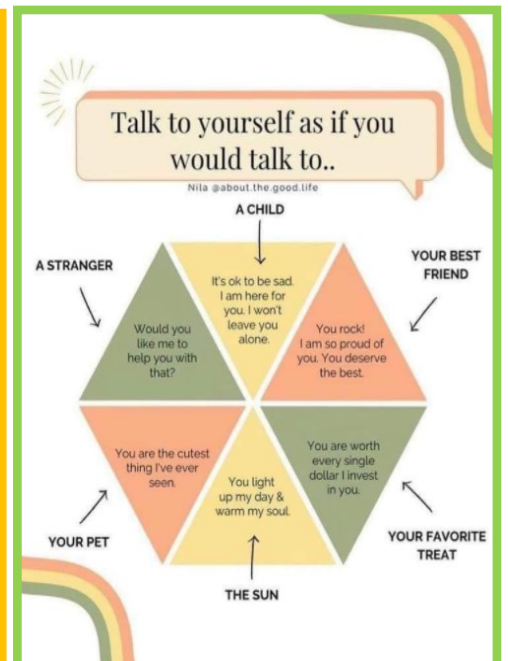


Vroom works to turn moments shared between parents/caregivers and children into brain building moments. Whether it is mealtime, bath time, or anytime in between, there are always ways to nurture our children's growing minds.

What is Vroom? New science tells us that our children's first years are when they develop the foundation for all future learning. Every time we connect with them, it's not just their eyes that light up– it's their brains too. In these moments, half a million neurons fire at once, taking in all the things we say and do. We can't see it happening, but it's there, all at work. That's why Vroom is here.

The Daily Vroom App creates easy to access fun activities any time to make the most of these precious years when the foundation for all future learning is happening. Daily Vroom enhances the things you already do and helps spark new ideas!

Check out more Information About Vroom on the [Familyess.org](https://familyess.org) website.



"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"



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:

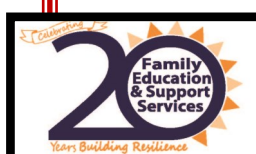
Tuesday Afternoons 2 - 3:30 pm

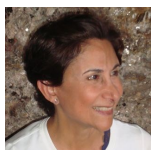
Wednesday Evenings 6:30 - 8 pm

Contact Tammara for signup information:

Tammara@familyess.org

zoom





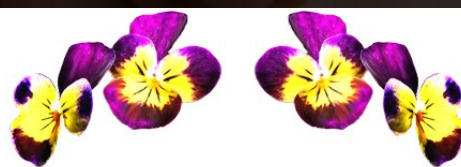
ANATHA'S CORNER

Spring is a season for celebrating hope and renewal, and perhaps this year, more than any other, deserves the promise of Spring. In the Northwest, most of us look forward to longer, warmer days. The new yellow and violet crocuses seem to call us out of doors. There are more than a few reasons to step outside. The first is that, by going outdoors, we escape the stress of household tasks, including work-from-home responsibilities, and homeschooling, two of the many new challenges of these COVID times. While just being outside can give us a boost, our sense of ease can be amplified when our time is spent in a natural setting like a park or garden. Besides this, when we take a break from focusing on how the children are doing in school, or the fact that the laundry isn't done, and focus instead on the natural beauty around us, we might notice that the mind settles down. Finally, with brighter, warmer longer days ahead, we can enjoy the company of family and friends out of doors. Take a break from your daily routine, walk around the block, or simply sit outside on the porch with a cup of tea. Relax, enjoy the new garden blooms, and welcome Spring!



The Parental Compass

<https://www.parentalcompass.org/feed.xml>



What is the Emergency Broadband Benefit Program?

The Emergency Broadband Benefit Program is a **Federal Communications Commission (FCC) program** that provides a temporary discount on monthly broadband bills for qualifying low-income households. If your household is **eligible** you can receive:

- Up to a \$50/month discount on your broadband services and associated equipment rentals.
- Up to a \$75/month discount if your household is on qualifying Tribal lands
- A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50).

Only one monthly service discount and one device discount is allowed per household.

The FCC has announced that consumers can begin applying for and enrolling in the Emergency Broadband Benefit Program on May 12, 2021. The program will end when the fund runs out of money, or six months after the Department of Health and Human Services declares an end to the COVID-19 health emergency, whichever is sooner.

Apply at: <https://getemergencybroadband.org/>



LEWIS-MASON-THURSTON AREA AGENCY ON AGING

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Call Us! 360-664-2168 or visit
LMTAAA.org

being a mother

is learning about
strengths you didn't
know you had...
and dealing with
fears you didn't
know existed.

- LINDA WOOTEN



**Stay Updated on COVID-19
with the most recent information
on our Kinship Facebook 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



Area Agency on Aging

Family Education & Support Services

Supporting Families...Strengthening Communities