



September 2013
Volume 1, Issue 1

Building Healthy Families

Supporting families through support and education

WALLOWA COUNTY WELCOMES RALPH SMITH

What started as a promise at the All American City Awards in 2012, became a reality as Ralph Smith, Senior Vice President of the Annie E. Casey Foundation spent the day visiting community partners and agency throughout Wallowa County. In the spring of 2012, Building Healthy Families headed a community effort to develop a Community Solutions Action Plan outlining how our community as a whole can work to improve early education as benchmarked by 3rd grade reading scores. The plan, one of over 120 submitted, was selected by the National Civic Leagues as one of 32 finalists. Although Wallowa County was not selected as 2012 All American City, Ralph Smith, leading the Grade Level Campaign efforts, was inspired by the extensive collaboration found among Wallowa County schools, public and private agencies, local non-profits and the medical community and promised a visit in the upcoming year to experience first hand how our communities work to support children. Eager to see our community in action,

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BUILDING HEALTHY FAMILIES HAS MOVED

Since launching BHF in 1999, we have made our home in a few locations around Enterprise. Overtime though, as a result of community partnerships, BHF has grown in staff and community based programming. The previous location was viewed by many as a cramped working spaces and limited parking for everyone. We are committed to supporting families in the friendliest of environments; and so, over the past few months have been in search of a new home.

It is with great pleasure that I write to inform you that the search ended this past June. On the weekend of July 13th, we moved to more spacious and comfortable surroundings at our new home located at 207 NE Park, Enterprise, OR, just east of the old Wallowa Memorial Hospital in the old Wallowa Retirement Center. Anyone familiar with the area will know the building

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Upcoming Events for Families

- * Parent/Child Play
Groups 0-5 years
Tuesdays: 10:00
Baker Library
Fridays: 9:00/10:30
BHF Enterprise
- * Family Fun Friday:
2nd and 4th Friday ,
1:00-2:30 pm
BHF Enterprise
- * Nurturing Parenting
Thursdays 9/12 thru
12/12 5:30 pm
BHF Enterprise
- * Healthy Eating
Workshop Series
Wednes. 9/18-10/9
6:00-8:00 pm
BHF Enterprise
- * Parenting Now!
Wednes. 9/25-10/30
2:30-4:00 pm
Eagle Cap Academy
Baker City
- * Kidfest! Community
Health & Safety Fair
October 18th
3:30-7:00 pm
Cloverleaf Hall
Enterprise

For questions or registration information contact

BHF

541-426-9411



RALPH SMITH



Mr. Smith scheduled a visit to Wallowa County in August of 2013. Arriving with Swati Adarakar, of the Children's Institute in Portland, the pair spent their time in Wallowa County touring and meeting with a variety of community partners from health care, to school districts to public libraries.

Both Ralph and Swati were amazed by the entire counties commitment to all children and families in Wallowa County, our ability to work together

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to proactively solve problems and the hospitality they encountered at each and every stop.

In a thank you letter to Wallowa County community Partners Swati Adarakar wrote: "Ralph and I had such a wonderful time getting to learn about your incredible work up close. We look forward to staying engaged with you to support Wallowa's impressive efforts to ensure all of your kids are successful readers by 3rd grade. "

"Ralph and I had such a wonderful time getting to learn about your incredible work up close"

Swati Adarakar, Director of the Children's Institute

DID YOU KNOW?!!

- * 21% of children in Oregon live in Poverty
- * 24% of children in rural Oregon communities live in Poverty
- * 2/3rds of students who cannot read proficiently by the end of 4th grade, will end up in jail or on welfare
- * 85% of all incarcerated youth are functionally illiterate
- * 90% of welfare recipients are high school drop outs

Statistics from the National Assessment of Adult Literacy and the Oregon Progress Board

BHF HAS MOVED CONTINUED FROM PG. 1

Is spacious with great access and excellent parking. Our office telephone number has remained the same (541) 426-9411. Should you have any questions on the relocation, be sure to contact us so we can answer them. The Building Healthy Families staff looks forward to seeing and serving you at the greatly improved office surroundings. Please come and see us soon!

Sincerely,

Amy N. Johnson, Executive Director



CELEBRATE FAMILY

For the last several years in Wallowa County we have celebrated “National Family Day – A Day to Eat Dinner with Your Children”. This year we are at it again, working with local restaurants that have agreed to offer discounts for families who chose to eat out on that day. However, what started out in 2001 as a small undertaking to inform parents about all the benefits of frequent family dinners, has grown into a national movement that is supported by a network of partners and sponsors across the country.

Family Day has evolved and expanded to reflect how important it is to connect with your kids at various times throughout the day including while driving your kids to soccer practice, tucking little ones into bed or having frequent family dinners. Each one of these every day activities have a lasting effect on your children offering opportunities to communicate with your kids and to really listen to what’s on their mind. If you work at keeping the lines of communication open while children are young, it will come more easily as they move into adolescence when they are at risk of engaging in risky behavior including smoking, drinking or using drugs.

CASA Columbia’s 2012 family dinners report finds that compared to teens who have dinner with their parents five to seven times a week, teens who have fewer than three family dinners per week are almost three times likelier to say it’s okay for teens my age to use marijuana and three and a half times likelier to say it’s okay for teens my age to get drunk.

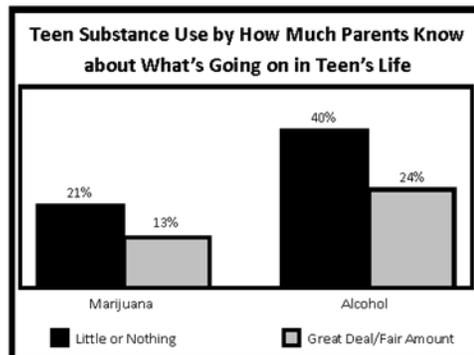
September 23, 2013 is National Family Day. Don’t forget to watch your child’s backpack this month for a flyer containing a list of local restaurants giving family discounts on that day. Call the Wallowa County Prevention Coalition at Building Healthy Families for more information! 541-426-9411.

“America’s drug problem is not going to be solved in courtrooms or legislative hearing rooms by judges and politicians. It will be solved in living rooms and dining rooms and across kitchen tables – by parents and families.” ~Joseph A. Califano, Jr., CASAColumbia Founder

Compared to teens who say their parents know a Great deal or a fair amount about what’s really going on in their lives, teens who say their parents know Very little or nothing at all are:

One and a half times likelier to have used marijuana (21 percent vs. 13 percent) and

One and a half times likelier to have used alcohol (40 percent vs. 24 percent)



BHF Wish List

The items below would help us better serve our families. If you would like to donate, please call or deliver the items to our office.

- Healthy Snacks for our afterschool program
- Dry/canned goods for Alt Ed food program
- Arts and Crafts Supplies
- Diapers in all sizes, including pull-ups
- New toddler/preschool socks
- Cardstock
- Reams of white printer paper
- Bottles of water
- Paper products: Cups, napkins, plates, etc
- Misc. Tools

Get Kids Involved!

Kids love to help in the kitchen. Here are some ideas to get them started!

- Have kids help measure, pour and stir
- Let kids use hands to tear lettuce for salad
- Teach children how to set the table. If you are nervous about broken dishes, start with napkins and silverware!

DINNER ON A DIME

Spanish Chicken & Rice

4 boneless, skinless chicken breasts

1 small onion, chopped

1 can Mexicorn

1 cup chicken broth

1 cup salsa

1/2 tsp chili powder

1 1/2 cups uncooked instant rice

Optional: Salt, Pepper and shredded cheese

In a large skilled sauté chicken and onion until chicken is no longer pink. Add corn, broth, salsa, pepper and chili powder. Bring to a boil. Stir in rice, cover, remove from heat and let stand for 10 minutes, fluff with a fork. Add cheese if desired, cover and let stand another 2-3 minutes to let cheese melt. Serve with a salad or side.

Building Healthy Families

207 NE Park Street

Enterprise, OR 97828

541-426-9411

[Www.oregonbhf.org](http://www.oregonbhf.org)

[Www.oregonbhf.blogspot.com](http://www.oregonbhf.blogspot.com)



Building Healthy Families (BHF) is an independent, nonprofit family support organization, offering personalized universal family support and education programs for parents, caregivers, parents-to-be, students and children through diversified programming. At BHF, we focus on child development, age-appropriate behavior, parent-child interaction, positive discipline, and family health and safety. We promote family access to needed resources in the community and advocate for children and families.