

1st week OCTOBER



10590 HWY 88
Jackson, CA 95642

(209) 223-1485

atcaa.org

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

28 Hey Neighbor

Today is *National Neighbor Day*. If you have neighbors, do you help each other sometimes? During these challenging days, neighbors may also be a lifeline. Depending on your ages and life style, there are safe ways to support each other: Deliver baked goods or a meal; offer to pick up groceries if you are going shopping; share contact information; write chalk or poster board messages; do an outside

chore for them; or at the very least, agree to a quick "Hello" with each other.

The View From Up Here

With your child, draw a "birds eye view" map of your neighborhood. Include the 4 directions, roads, landmarks, buildings, distances, vegetation, bodies of water, etc. Name the occupants if you know them, or a business name, and addresses.

29 VFW Day

For 121 years, *Veterans of Foreign Wars* are celebrated on this day each year. Are you, or someone in your family, a veteran of an overseas conflict? How have you talked with your family about what this means? Do you have any traditions in your family to honor this service?

vfw.org

20 Questions

This is an old game, that is convenient to play indoors, on road trips, or as a quiet activity. 1 person will be the *Answerer*, they will choose the subject. The other is the *Questioner*, they may only ask Yes -No questions. If playing with a group, take turns asking a total of 20 questions. The skill to this game is asking effective questions, listening to other questions and the response to the clues.

30 Little Acorns

As a family, create your family tree. Talk about what type of tree you would be. Make a list of all the relatives you know of, on each side of your family. Use sticky notes to begin laying out the branches of the "tree". Include full names, birth and death dates if you know them. Decide what material you will use for the finished tree, what the names will be on, & how to include photos if you have them.



Do 2 Things

To be more efficient, do 2 things for the same task; fold & put away; replace what you are using; empty & fill; sort & file; organize & label.

1 Full Moon Tonight!

Watch for this harvest moon-rise around 7:15 pm tonight. As a family enjoy it with some fall snacks: apples & cheese slices, chex mix, spiced nuts, caramel corn, pretzels & mustard, cider.....



Moony Bites

Staying with the moon, try these: Thinly slice firm bananas, spread nut butter on one slice and top with another slice. Make a sandwich, use a biscuit cutter to create round "moons". Make a moonwich using shortbread or sugar cookies, spread frosting or nut butter between two cookies.

2 I Feel Safe

Not everyone can say that. It may be a person or a place that feels unsafe. If that is true for you, or someone you care about, there is support.

Instead of lectures, judgments or rescue, use education, respect, encouragement and resources.

In Amador County call Operation Care: **209-223-2897**

Or their 24 hour crisis line at: **209-223-2600**

More information at:
operationcare.org
breakthecycle.org
ncadv.org
cdc.gov

CRISIS SUPPORT:

Amador County Behavioral Health
(209) 223-6412

24 Hour Line
1-888-310-6555do

National Suicide Prevention Lifeline
1-800-273-8255

Operation Care, Domestic Violence and Sexual Assault 24 Hour Crisis Line

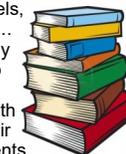
1-209-223-2600 or
1-800-675-3392

National Crisis Text Line
Text HOME to 741741



3 Reading Club!

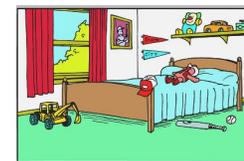
Some kids love to read books or have books read to them. Others, not so much. Sometimes it is a matter of finding the right interest and who they share it with. Offer your child a variety of things to read; magazines, comics, graphic novels, joke books.... Ask who they would like to share them with. Talk with family or their friend's parents to set up Facetime or Zoom, so your child can have fun talking about what they are reading. For more ideas:



readingrockets.org
readwritethink.org

Picture It Clean

Children are sometimes overwhelmed when told to "clean your room!" A photo may help them remember where to start, where things go, or what it looks like clean. A photo in each part of their room may prevent it getting out of control. Choose a time, with your child, when this needs to be done.



4 What A Pickle

How many ways can you put a pickle in your meal? Use sweet or dill to try these: Spread cream cheese on lunch meat or a slice of soft cheese, put a pickle on one end and roll up. Stack pickle chunks, cheese squares & a cherry tomato on a toothpick. Pickles-in-a-blanket - lay a slice of cheese and a pickle spear on a canned crescent, roll up and bake; add chopped & dried pickles to Jiffy cornbread batter. Add pickle slices to grilled cheese sandwiches.



Step & Jump

Get to it family! Create a home aerobics routine made of steps, jumps, and stretching. As a family, decide what order you will do these and for how long.

The Definition Is.....

Family challenge! Take turns closing eyes, opening the dictionary, run a finger down a page to pick a word, write it down. Read the definition to others and use it in 2 sentences.

***Adapt these ideas and activities based on your child's age, abilities, and your family style.

AMADOR SERVICES

Early Head Start and Head Start:
Centers in Jackson & Ione

Energy Assistance:
PG& E bills
Home Weatherization
Water Conservation Improvements

Housing:
Emergency Shelter
Housing Assistance
Smart Money Classes

Lifeline:
Personal 24 hr.
Emergency Response-
advise / service.

Youth:
Free Child Therapy (CHAT)
IDA - Foster Teens
Financial Literacy

Literacy Support Programs

Pat Porto

Family Resource Services, Director
EHS - HS Parent Mentor
(209) 223-1485
ext 236

pporto@atcaa.org

LOCAL SUPPORT:

Amador County Behavioral Health (209) 223-6412

<https://www.amadorgov.org/services/behavioral-health>

Amador County Social Services (209) 223-6550
<https://www.amadorgov.org/services/social-services>

Amador County Unified School District (209) 223-1750
<https://amadorcocoe.org/>

Operation Care (209) 223-2897
<https://operationcare.org/>

Sierra Wind Wellness Recovery Center (209) 223-1956
<https://www.facebook.com/Sierra-Wind-Wellness-and-Recovery-Center-144502349253793/>

LOCAL SUPPORT:

Sutter Amador Hospital (209) 223-7500
<https://www.sutterhealth.org/find-location/facility/sutter-amador-hospital>

WellSpace Health (209) 286-0560
<https://www.wellspacehealth.org/>

Network of Care
<https://sutteramador.networkofcare.org/>

"It's OK to not be OK"

NAMI Amador (209) 256-1293
namiamador.org

Interfaith Foodbank (209) 267-9006
<http://www.feedamador.org/site/pages/home.cgi>

LOCAL SUPPORT:

First 5 Amador (209) 257-1092
<https://www.first5amador.com/>

Amador Child Abuse Prevention Council (209) 223-5921
<https://www.amadorcapc.org>

The Resource Connection (209) 223-1624
<https://trcac.org/>

Amador Senior Center (209) 223-0442
<https://www.amadorseniorcenter.org/>

Tribal TANF (209) 257-6150
<http://cttp.net/about/office-locations/>

National website for COVID-19 information:

Centers for Disease Control
<https://www.cdc.gov/>

MORE INFORMATION :

Amador County Public Health

(209) 223-6407
<https://www.amadorgov.org/services/public-health>

California Office of Child Abuse Prevention
<https://www.cdss.ca.gov/inforesources/ocap>

