



CHANGING LIVES

The newsletter for the Joyce L. Sobel Family Resource Center



NURTURING OUR NEWEST ISLANDERS: SUPPORTING EARLY CHILDHOOD DEVELOPMENT

Lots of people don't know that our very first Resource Center programs focused on early learning and support for new parents. More than 25 years later, those initial programs are still going strong, and have grown to encompass a broad range of opportunities for little islanders and their families. JLSFRC has four weekly playgroups, a free home visiting program for families with children 0-5, perinatal mental health support services and help with diapers and baby supplies for families on limited budgets. We're so happy to continue our long tradition of making sure our youngest community members get off to a great start. Want to find out more?

Give us a call at (360) 378-5246.

Our fun array of programs for children from Birth-5:

- **Rain or Shine Playgroup for Tots:** A chance for toddlers to explore, play, and learn, whatever the weather.
- **Toddler Tea Time:** A registration-required program offering a cozy environment for toddlers to interact and engage in fun activities.
- **Baby Toddler Time:** Dedicated sessions at the SJI Library that encourage reading, socializing, bonding, play, and developmental activities for babies and toddlers.
- **NEW! Saturday Drop-in Playgroup:** Understanding the busy schedules of families, we now offer a flexible option for weekend fun and learning with our drop-in playgroup.

Each program is carefully crafted to support the development of social skills, encourage learning through play, and foster a sense of community among our youngest islanders and their families.

WHAT'S NEW AT JLSFRC?



Discover our new Digital Home: JLSFRC.ORG

Exciting news! We've launched a new website designed with you in mind! With just a click on the accessibility icon and multilingual support in 10 languages, our website is designed to meet your needs. Explore our services, programs, and events that aim to bring our island community closer. Visit JLSFRC.ORG and connect with us in a whole new way.



A Celebration of Stories: Our Community Reading Nights Recap

Our Community Reading Nights in February and March were a delightful blend of stories, games, and books, uniting island families and featured readers for memorable evenings of literary fun. Watching the kids roam the tables in the cafeteria, perusing which books they would take home was definitely a highlight.

Immense gratitude goes to our dedicated volunteers and the generous support of the Stocker Foundation, which made these events a resounding success. These nights not only celebrated the joy of reading but also highlighted the strength and warmth of our community spirit. We're already looking forward to creating more enriching experiences like these in the future.

Virtual Mom Village

Calling all mothers on San Juan Island! In recognition of the unique journey that is motherhood, we're thrilled to introduce a new avenue of support and camaraderie tailored just for you—our Virtual Mom Village. Spearheaded by Ashley and Samantha, this group promises a haven for moms seeking connection and understanding without the constraints of physical meetings.



Join us every second and fourth Tuesday of the month, from 6:00 PM to 7:15 PM, via Zoom. Dive into discussions, share your experiences, and find the support you need to navigate the complexities of motherhood alongside fellow island moms.

Call Ashley at (360) 378-5246 to register.



Dementia Friends

Appreciation to the 32 islanders who attended the Dementia Friends Presentation at the Mullis Center last month. Nearly all Family Resource Center staff joined to gain better insight on supporting this vulnerable group in our community.

Key takeaway: "Individuals with Dementia can lead fulfilling lives." Despite the misconception of Dementia being purely negative, with community support and proper services, life can be rich and joyful for those affected.

Special thanks to Kelsey for sharing her wisdom and sparking conversations on nurturing a more supportive community for these islanders.

To learn more visit Dementia Friends Washington: <https://depts.washington.edu/mbwc/resources/dementia-friends-wa>



200+

yearly playgroup sessions for young families

30 & 27
families individuals

cheered up with holiday sponsorship help

231

SJ Islanders helped with counseling services in the past year

over
1,440

diapers distributed through our Household Essentials Program



10

Cords of wood delivered to low-income households through the Island Neighbors program

142

households provided with rental assistance in 2023

4

days per week of Recovery Café meals and support services



1

Awesome Office Dog (Say, "Hi!" Luna. Woof!)

1,428+

hours of 1:1 mentoring for local youth



21

Staff members - all San Juan Islanders!

COMMUNITY HEALTH WORKERS

When San Juan County Health & Community Services recently released its 2023 Community Health Assessment, one of the top three community-identified priority needs was Access to Health Care Services. That's why we were so grateful to help organize the first ever convening of our new San Juan County Latinx Community Health Worker network this spring. Our network has grown to include nine trained Spanish-speaking Community Health Workers (CHWs) and community volunteer *Promotores* who help organize and spread the word about local preventative healthcare opportunities.



At the recent convening, our CHWs learned about the emerging expansion of state health insurance eligibility, planned for increasing preventative health resources in the islands and connected with local county health representatives. Working together, this dedicated group is making grass roots progress improving local healthcare access and building a powerful collective voice for health equity across San Juan County.

If you would like to support these ongoing programs, please:



<https://jlsfrc.org/donate>

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