

Care1st Avondale Resource Center Newsletter

MAY 2016

Avondale Senior Center Health Fair

The Care1st Avondale Resource Center is sponsoring the Avondale Senior Center Health Fair on Monday, May 23, 2016 from 9:00 a.m.-12:00 p.m. at the Avondale Senior Center located at 1007 S. 3rd St. Avondale, AZ 85323. There



will be vendors providing information and health screenings including Maricopa County Department of Public Health, Hospice Care, Next Care, APS, SRP and the Care1st Avondale Resource Center. There will be screenings such as blood pressure checks available at no cost. For more information, contact Doris Headenberg at 623-333-2744.

About the Senior Center:

The Avondale Senior Center and Active Adult Program provides services to seniors and those with disabilities. Participants are invited to come to the Center on their own or utilize the transportation program to and from the Center.

While at the Center, participants enjoy socialization, nutritional assistance through supplemental food programs and daily meal service, daily exercise, excursions, health and wellness presentations, informational seminars, financial assistance, and volunteer opportunities.

Program Hours:

Monday-Thursday 8:00 a.m.-2:00 p.m. and Friday 8:00 a.m.-12:00 p.m. Exercise is daily at 9:00 a.m. and lunch is served at 11:45 a.m. (or 11:15 a.m. on Friday). Home Delivered Meals are provided to those that are homebound. To learn more, call 623-333-2705.

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Making Proud Choices



What is making proud choices? Making Proud Choices (MPC) is an evidenced-based sexual health curriculum designed to help teens understand behaviors that put them at risk for pregnancy, HIV and other STDs/STIs, and empower teens to reduce this risk through healthy decision-making. MPC is suitable for facilitation in school and community-based settings. The goal of MPC is to empower youth to change their behavior in ways that will reduce their risk of an unplanned pregnancy or becoming infected with STDs/STIs.

The curriculum involves culturally sensitive video clips, games, brain storming, role playing, skill building activities and small group discussions that build group cohesion and enhance learning. Each activity lasts only a brief time and involves adolescents getting out of their seats and interacting with each other. In this way, it is possible to maintain interest and attention that might fade during a lecture or lengthy discussion. These classes are facilitated by Touchstone Health Services and will be held on Tuesdays, Wednesdays and Thursdays from May 3-18, 2016 from 3:00 p.m.-4:30 p.m. at the Care1st Avondale Resource Center. To register, call 623-333-2703.

Preschool/Prescolar Pre-Registration

Avondale Elementary School District is now accepting 2016-2017 pre-registration for the Avondale Preschool Development Program at no cost for qualified families. Applications are available at the Care1st Avondale Resource Center. For more information, call 623-333-2703.



El Distrito Escolar Elemental De Avondale estaran aceptando 2016-2017 preinscripcion para el programa De Desarrollo De Prescolar Avondale. Disponible para familias que califinca si costo. Appilcacions estran disponible en Care1st Avondale Resource Center. Para mas informacion llame a 623-333-2703.

Youth Substance Abuse Workshop



Join us for Touchstone Health Services' "Youth Substance Abuse Workshop," which will address topics such as underage drinking, prescription drug use and so on. Learn more about addiction as a *disease*, warning signs of drug use, local data reports, and where to seek help. This workshop kicks off on Tuesday, May 17, 2016 from 5:00 p.m-6:30 p.m. at the Care1st Avondale Resource Center.

These topics are intended for adults, but youth are encouraged to attend with parents and/or caregivers, as well. Participants will also enjoy food and raffle prizes! To learn more, contact 623-333-2703.

Kids Under 6 Need to Stay Cool, Active Despite the Heat

Record temperatures and heat advisories are as much a part of Arizona summers as pool parties and barbecues. While we should all stay indoors between 10:00 a.m. and 4:00 p.m., young, healthy minds and bodies need the stimulation of movement and play! Use the following tips to keep kids 5 and younger safe – and entertained – during the dog days of summer:

Bring The Play Inside:

- Read stories, then let kids dress up and create their own tales. Many libraries offer story times, as well.
- Keep a list of activities you can suggest if kids become restless, like board games, craft projects, finger-painting and playing musical instruments.
- Museums and other attractions often offer special hours – and discounts – for families during the summer.
- Get social – trade play dates with other parents so you can all get things done while kids play inside together. Also, use social media to steal shamelessly from other parents' ideas for activities – from building a furniture obstacle course to whipping up cookie cutter snacks.

Keep Kids Cool Outside:

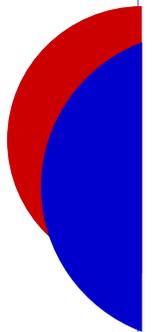
- Remind kids to drink something every 30 minutes or so. Water is best, but water-dense foods like fruit, yogurt, oatmeal, beans, and pasta are good, too.
- Keep infants under 6 months out of the sun; for kids over 6 months, keep them inside or shaded between 10:00 a.m. and 4:00 p.m.
- Use an SPF 15+ sunscreen on kids 30 minutes before sun exposure; re-apply often.
- Dress kids in lightweight cotton clothing that covers their arms and legs, plus sunglasses and hats!

Pool and Safety:

- Keep kids within arm's reach, and don't assume anyone else is watching them.
- Install and maintain pool fences and gates.
- Search parks and community centers for swim lessons available at no cost or reduced cost.
- Never leave your child unattended in a vehicle.
- Always make sure all children have left the car when you reach your destination.

Please use the information above to keep young kids cool and happy over the summer, so they can start school in the fall healthy and ready to succeed!

Sam Leyva's is Chief Executive Officer of First Things First. He can be reached at sleyvas@azfff.gov.



Upcoming Events

May 2016

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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| <ul style="list-style-type: none"> • Goodwill Career Services: May 2, 9, 16 and 23 –1:00 p.m.-3:00 p.m. • Arizona Science Center: May 21- 10:00 a.m.-11:00 a.m. • KidsWatch Activity: May 21 – 11:00 a.m.- 2:30 p.m. • Act Your Wage Financial Class: May 12 – 5:30 p.m.-6:30 p.m. • Savvy Shopping Financial Class: May 25 – 10:00 a.m.-11:00 a.m. • Developmental, Hearing and Vision Screenings: May 17 –1:00 p.m.-3:00 p.m. • Youth Substance Abuse Workshop: May 17 – 5:00 p.m.-6:30 p.m. • Play & Learn Play Group: May. 5, 12, 19 and 26 -10:00 a.m.-11:00 a.m. | <ul style="list-style-type: none"> • Making Proud Choices: May 3, 4, 5, 10, 11, 12, 17 and 18 – 3:00pm-4:30pm • Nurturing Parents Raise Great Kids: May 3, 10, 11, 24 and 31– 9:00 a.m.-11:00 a.m. • Southwest Family Advocacy Center: May 24 – 5:00 p.m.-6:30 p.m. • Citizenship Classes: May 2, 4, 9, 11, 16, 18, 23 and 25 – 4:30 p.m.-6:30 p.m. • Taking Turns Toybrary: May 5, 12, 19 and 26 – 9:30 a.m.-1:00 p.m. • Open Saturday : May 21 – 9:00 a.m.-1:00 p.m. • Jobs for Arizona Graduates (JAG) Class: May 19 – 3:00 p.m.-5:00 p.m. • Closed: May 30 – Memorial Day |
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Care1st Avondale Resource Center

328 W. Western Avenue, Avondale, AZ 85323

623-333-2703

resourcecenter@avondale.org

Monday-Thursday: 8:00 a.m.-7:00 p.m. and Friday: 9:00 a.m.-5:00 p.m.

Open Third Saturday: 9:00 a.m.-1:00 p.m.

