



TOWN OF SUFFIELD

MEETING MINUTES SUFFIELD SOCIAL SERVICES COMMISSION ZOOM MEETING

THURSDAY, MARCH 10, 2022 – 8:30 AM
HELD VIA ZOOM TELECONFERENCE

Call recording available on Town website under Social Services Commission (SSC)

Members Present: Marcia Dufore – Vice Chair, Dianne Remington, Pam Sinofsky,
Chace Wessling and Robin Zatony
Department Heads Present: Kathleen Powers – Youth Services, Janet Frechette – Suffield Community
Aid, and Paula Pascoe – Suffield Senior Center
Guests: First Selectman Colin Moll and Peter LeClerc – Parks & Recreation

1. Vice Chair Marcia Dufore called the meeting to order at 8:34 am.
2. The minutes from the January 13, 2022 meeting were reviewed. Robin Zatony made a motion to approve the minutes as written. Chace Wessling seconded the motion. Motion carried.
3. Public Comment – NO PUBLIC COMMENT
4. First Selectman Colin Moll spoke with the SSSC and how they should be utilized to guide department heads. The different department heads spoke about their individual roles within the town. It would be good to have a community survey to see what needs there are in town. Targeted outreach is very important.
5. Department Reports
 - a. Suffield Youth Services – Kathleen Powers – report is attached
The youth services need assessment. There is 89% participation in grades 6-12. Focus groups to talk about the results of the assessment and what areas to focus on.
 - b. Suffield Community Aid – Janet Frechette – report is attached
They are updating fuel response needs for after hours. The First Church, on High Street, is holding an opportunity to hear about the aging process. The event is on April 7, 2022 at 7:00 pm. There is not charge.
 - c. Suffield Senior Center – Paula Pascoe – report is attached
With Paula's upcoming retirement, her position will be broken up into several pieces. A Senior Program Outreach Coordinator will need to be hired.
6. New Business
 - a. Robin Zatony made a motion to accept the resignation of Robert Michalman. Dianne Remington seconded the motion. Motion carried. Elections for a new chair and vice chair for the Commission will take place at the May 12, 2022 meeting.
 - b. Isolation of Seniors – It is hopeful that warmer weather and the pandemic subsiding that there will be more community involvement.
 - c. Consideration of Suffield Data – place item on May 12, 2022 agenda. Robin Zatony has read the information and will be in touch with Commission members via email.

SUFFIELD SOCIAL SERVICES COMMISSION

THURSDAY, MARCH 10, 2022

Page 2

7. Old Business

a. The Affordable Housing Plan has been endorsed and will be presented at the Board of Selectmen's meeting on March 16, 2022.

b. Hartford Foundation Community Development Grant update was discussed.

8. Chace Wessling made a motion to adjourn the regular meeting of the Suffield Social Services Commission (SSSC) held via Zoom on Thursday, March 10, 2022 at 9:38 am. Dianne Remington seconded the motion. Motion carried. The next Regular Meeting of the Suffield Social Services Commission (SSSC) will be held via Zoom on Thursday, May 12, 2022 at 8:30 am.

Respectfully submitted,

Connie Irwin
Recording Secretary

c: Town Clerk
Commission Members
Department Heads



Memo

To: Social Service Commission
From: Janet Frechette, Executive Director
CC: Colin Moll, First Selectman
Date: March 10, 2022
Re: Status Update: SCA Delivery of Town of Suffield Social Services

Town of Suffield Contracted Services & Updates:

- **Meals-on-Wheels:** Currently, we have 3 regular routes per day with 23 participants receiving meals. We continue to recruit more volunteers to help with delivery.
- **Rental Rebate Program:** the program will resume on April 1st. This OPM program provides rental rebates to eligible older and disabled residents.
- **CT Energy Assistance Program- CEAP:** So far this season, SCA has taken 189 applications for our residents, compared to 141 applications by the same time last year. With the removal of asset limit for qualification purposes, more folks are applying. Processing issues were addressed with CRT and this has reduced the need to tap our Private Fuel Bank for residents eligible for the State program. The last day to apply is May 31st and the last day to get a deliverable fuel is May 2. **Operation Fuel** – only five apps have been taken so far, but we anticipate more people will apply when the Winter Protection Moratorium ends on 5/1/22.
- **Emergency Food & Shelter Program:** I have been working on the funding request for Phase 39 and it will be submitted this week. We are requesting mortgage/rent and utility funding.
- **Salvation Army:** We use this fund to supplement requests that fall outside the parameters of our other benefit programs.
- **Juvenile Review Board** – The board has been meeting the last few months.

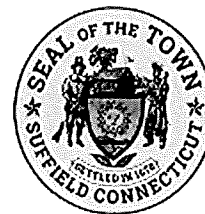
SCA Programs, Services & Updates – (Not part of the Town/SCA Contract):

- **Senior Center Lunch Subsidies:** SCA is paying for two lunches per week for eligible older and disabled residents. The number of residents taking advantage of the program has dropped off significantly since the pandemic. We are heavily marketing the program with fliers and targeted mailings. There are 14 on the program currently.
- **Transportation Subsidies:** The program goal is to provide transportation subsidies to financially qualified seniors, or persons with a disability, when the Mini-Bus is not available. Although we have signed up quite a few residents for the service, it is off to a slow start. We have increased outreach and promotion efforts.
- **Spring/Easter Baskets:** We are gearing up for the Easter/Spring Basket Program in April. Girl Scouts will create baskets for Suffield youth aged 11 and under. Older youth will receive candy and gift cards. All participating households will receive food and a gift card for meats and other perishables. Distribution will be by appointment over 3 days.
- **Bereavement Support Group at SCA:** A new 6 week in-person group will begin on April 1st.
- **After Hours Police Support Plan:** With a new SPD Chief and Captain, I updated the after-hours support plan to address emergency housing, fuel and food needs that occur outside our business hours of M-F 8:00 – 4:00.
- **Vision Screenings:** In conjunction with the Suffield Lion's Club, SCA will be reaching out to local preschools to offer eye screens partnering with the Lion's state of the art technology.
- **Volunteer & Dedicated Supporters Open House:** the pandemic changed the way we are able to honor our volunteers and supporters. During Volunteer Appreciation Week, we are hosting an open house to recognize their contributions. The dates are April 19th and 20th from 10:00-2:00. The open house will also provide an opportunity to introduce Danielle Annibalini as the new Executive Director of SCA and an opportunity for me to bid farewell.
- **Meghan Voisine "Kindness Matters" Summer Grant:** In honor of Meghan, a fund was established at SCA to support Suffield youth. This is the first initiative using these designated funds. The "Kindness Matters" Summer Grant will provide an opportunity for middle and high school students to apply for a \$1,000 grant for projects that promote friendship, kindness and inclusion. Expenses will be reimbursed for eligible projects.
- **Suffield Housing Rehab Program:** To promote provide safe and efficient housing for low- and moderate-income residents who own property, SCA is creating a program to provide funding, in the form of grants and zero-interest loans, to eligible applicants.

- **Parkinson' Peer Support:** Due to the significant drop in COVID positivity rates, Dr. de Marcaida came in person on Feb 18th. Twenty people attended in person and several via ZOOM. Dr. de Marcaida was enthusiastically received and spent 1.5 hours answering questions. Dr. de Marcaida is the Medical Director of Neurology, Movement Disorders at Hartford Healthcare. Personal trainer, Joseph Hicks was our guest this week.
- **SCA-Sponsored Blood Pressure Screenings:** Ongoing program two times a month at the Suffield Senior Center.

TOWN OF SUFFIELD

145 Bridge Street, Suffield, Connecticut 06078
www.SuffieldCT.gov



Paula J. Pascoe
Director, Suffield Senior Center & Mini Bus
PPascoe@SuffieldCT.Gov
860-668-8830

TO: Social Services Commission

CC: Colin Moll, First Selectman

DATE: March 8, 2022

Attached is the draft of our newly formatted April newsletter.

We received our new bus #21 in February. We now have a fleet of 3 new buses, 2 SUV's (one brand new), and one sedan. I do not anticipate needing to apply for another new bus until 2024/2025.

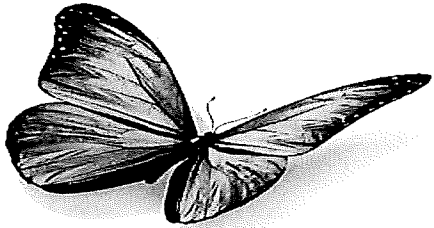
I officially submitted my notice to retire. I will be officially retiring effective Tuesday, September 6, 2022 after 20+ years of service as the Town of Suffield's Senior Center Director.

In the meantime, my goal is to continue to provide the quality, high-level of programs and services that promote and encourage independence and well-being of our senior population. Additionally, I will be working with Pete LeClerc to ensure a smooth transition to the new organizational structure, Suffield Community Services. I am confident in Pete and with this new structure and that it will be a tremendous benefit to our seniors, the Town, and our community. I am also extremely confident in my current team's ability to carry on their current roles under new direction seamlessly.

It has been my pleasure to have been committed to meeting the needs of our aging population throughout the years. We have grown in so many ways and now it is time to take a new direction that will only enhance the legacy I leave behind.

Bereavement Support Group

Share, Learn and Support each other
“Journey Through Grief”



If you have experienced the recent death of someone dear to you, join others in a supportive setting. Meet to share your stories, learn about grief, and discover how to support one another in a safe environment. The goal is to seek “The New Normal” The loved one will always be remembered AND it is possible to have joy again- over time.

Masonicare
Home Health & Hospice



&


Suffield Community Aid
your local safety net

Location: Suffield Community Aid 450 South St., Suffield, CT 06078
General Information, call SCA 860-668-1986

Time: Begins at 10:00 AM and ends at 11:30 – with light refreshments

Dates: Six Sessions – April 1st, 8th, 22nd, 29th & May 6th and 13th.

Transportation: Suffield Mini Bus is available for residents – 860-668-3844

For more information or to register, please contact:

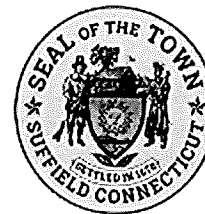
Linda Huff, Bereavement Coordinator at 860-500-4060; LHuff@Masonicare.org

It is expected that all participants will be fully vaccinated

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145 Bridge St, Suffield, Connecticut 06078
www.SuffieldCT.gov

Kate Powers, LMSW
Youth Services Coordinator
kpowers@suffieldct.gov
860-882-2022



Social Services Commission: 3-10-22 Youth Services Summary

Juvenile Review Board

3 current cases.

Covid-19 Support: Support for families and youth has been ongoing. Outreach to at-risk families performed at the request of the Suffield Public Schools and the School Resource Officer.

Parenting Support: *Peace At Home Parenting* provides live and recorded classes for a variety of parenting challenges. Families can go to the website, www.peaceathomeparenting.com and enter the promo code: SUFFIELDPACE to access free parenting courses and support. This program is a collaboration between Youth Services and Suffield Public Schools. The link and monthly newsletter are also available on the Suffield Public Schools website under School News.

Suffield Local Prevention Council

The next SLPC meeting will be held on March 9th. Members will discuss substance use prevention and mental health awareness activities for the community. The group is looking for new members. Please contact Kate Powers, Youth Services Director at kpowers@suffieldct.gov to join.

After School Programming for Teens

Youth Services programming is held on Tuesdays at the Youth Center for students in grades 6-8 with transportation available from Suffield Middle School to the Senior Center. Programs include: *Healthy Relationships, Cookies and Canvas, Game Day, Hike and Sketch, STEM Day: Marshmallow Catapult Challenge, Pool Tournament Day and Paint a Pot, Plant a Succulent*. The next program is *Open Lounge* on March 15th.

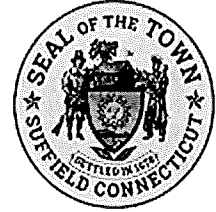
Suffield Youth Advisory Board

Suffield Youth Services launched a new youth advisory board with support from Suffield Public Schools, Suffield Parks and Recreation and the Suffield Local Prevention Council. Students in Suffield Middle School and High School learn leadership skills, participate in community service, and advocate for youth wellness in Suffield. This group also participates in the Suffield Local Prevention Council. As part the SLPC, students plan and promote youth mental health wellness and substance use prevention activities. Approximately 20 Suffield Youth Advisory

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www.SuffieldCT.gov

Kate Powers, LMSW
Youth Services Coordinator
kpowers@suffieldct.gov
860-882-2022



Board members meet monthly after school. The next meeting is at 2:45 on March 10th in the Suffield Middle School Library. New members are always welcome!

Mental Health Check-in Program

Suffield Youth Services is working with the Suffield Youth Advisory Board and Suffield Public Schools to offer resiliency programming to empower youth. Youth Services purchased the Jordan Porco Foundation's Check-in Program: a fresh solution for mental health awareness. *Check-in* is an uplifting mental health promotion program that creates an approachable atmosphere and fosters dialogue about mental health. The program includes interactive expo booths, community resources and fun! The next mental health *Check-in* is on March 16th at Suffield High School.

Mental Health Speaker

Motivational speaker Jeff Yalden will provide an assembly at Suffield Middle and High School to discuss mental health wellness and suicide prevention on April 1st. He will also record a parent and caregiver presentation which will be shared with the school community.

Youth Needs Assessment Survey

In collaboration with Suffield Public Schools and the Suffield Local Prevention Council, Youth Services implemented a youth needs assessment survey for students at Suffield Middle and High School on March 4th. The previous assessment was completed in 2017. By providing the assessment for youth in grades 6-12, we can account for changes in youth behavior in the time of Covid. Suffield Youth Services contracted with Youth Voices Count Survey Services to provide statistical research regarding youth behaviors, perspectives and experience, specific to substance use, mental health and related risk and protective factors. The results of this survey will give our community the tools needed to implement targeted supports and interventions as well as improve the lives of youth and families.



SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS
TRANSPORTATION NEWSLETTER

APRIL 2022
VOL. 23 | IS. 4



CENTER STAFF

Paula Pascoe

Director

MaryLou Brewster

Assistant to the Director

Marzena Heimowski

Transportation Scheduling

Cindy Adams

Driver

Vic Mathieu

Driver

Duncan Wingood

Driver

Janet Morrell-Ferris

Driver

Tracy O'Toole

Driver

Susan Thorner

Kitchen Assistant

145 Bridge Street
Suffield, CT 06078

860-668-8860

Ppascoe@suffieldct.gov

www.suffieldct.gov/
departments/seniors

Mon. - Thurs. 8 a.m. - 3 p.m.
Fri. - 8 a.m. - 12 noon

DIRECTOR'S CORNER

An itchy nose, watery eyes, painful congestion, and intense sneezing can all be signs you have a seasonal allergy. These symptoms might be caused by flowering trees or pollen-filled flowers. Allergies can be uncomfortable for people of all ages but can be managed with a little help.

What Triggers Allergies?

The first step in managing allergies is to identify the triggers. Here are a few of the most common spring and summer allergy triggers:

Outdoor elements: Pollen, mold, grass, or dust are often the culprits, and they can be tough to avoid.

Pool chemicals: Chlorine in swimming pools can be another trigger, especially for red, scratchy eyes.

Smoke: Summer barbecues and bonfires are popular, but the smoke they generate can be irritating.

Bites: Insect bites and stings can be more than annoying for some seniors. This is often due to decreased immunity that is more common with aging.

While many of the symptoms associated with allergies can be present year-round, they often peak when the weather is warmer. There are steps you can take to manage allergies without medication.

1. **Limit time outdoors:** When peak allergy season arrives, it might help to limit the amount of time you spend outdoors.
2. **Control your environment:** When the pollen count is high or when it's windy outdoors, keep your windows closed to limit the amount of pollen and dust from getting inside.
3. **Work around the pollen count:** Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone.

If none of the remedies listed about help, your primary care physician might need to order allergy testing. This will help pinpoint the source(s) of your allergies making them easier to treat.



MINI BUS TRIPS

Trips require 5 passengers and are weather permitting. Please call (860)668-3844 to make a reservation.

ACTIVITY TITLE

Date, Time, Location

Description: Ferro et molorem alitatur, sam facped.

WALMART SHOPPING

Thursday, April 7

Pick up begins at 8:30 a.m.

ACTIVITY TITLE

Date, Time, Location

Description: Ferro et molorem alitatur, sam facped.

ACTIVITY TITLE

Date, Time, Location

Description: Ferro et molorem alitatur, sam facped.

WALMART SHOPPING

Thursday, April 21

Pick up begins at 8:30 a.m.

ACTIVITY TITLE

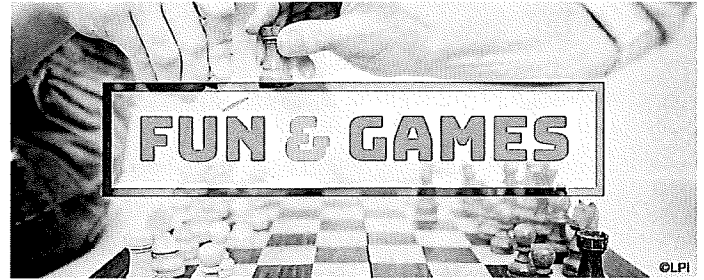
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ACTIVITY TITLE

Date, Time, Location

Description: Ferro et molorem alitatur, sam facped.



BINGO

Every Wednesday & Thursday at 1 p.m.

\$1 per card goes toward prize money.

BUNCO

Every Monday at 1 p.m. & Friday at 10 a.m.

\$5 per person goes toward prize money.

KNITTING

Every Wednesday at 1 p.m. Bring your project or something you could use help with.

PICKLEBALL

In-door court and equipment available. Please call for court availability.

POOL TABLE

Thursdays 9:30 a.m. - 11:30 a.m. Lessons and other times are available; please call to inquire.

WII BOWLING

Check availability. A few people are anxious to get a team together!



BLOOD PRESSURE SCREENINGS

April 6th & 20th at 11 a.m.

Sponsored by Suffield Community Aid

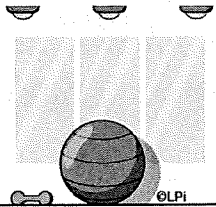
FOOTCARE

Wednesday, April 27th. Fee is \$30 payable to the nurse. Call to schedule your appointment today!

HEARING SCREENINGS

Free hearing screenings and services provided by NOVA Hearing Services on April 6. Please call for an appointment.

Exercise CLASSES



ACTIVE & FIT

Tuesdays & Thursdays 9 a.m. March 1 - April 28 with personal trainer, Joseph Hicks.

ACTIVE & FIT ADVANCED

Mondays & Wednesdays 10:30 a.m. March 2-April 27 with personal trainer, Joseph Hicks.

BEAT PARKINSON'S TODAY

Every Monday at 11:15 a.m.

Contact Beat Parkinson's Today at (860)918-9594 or email at www.beatpdtoday.com for more information or to register.

CHAIR STRETCH

Tuesdays 9:30 a.m.
FREE

CHAIR STRENGTH

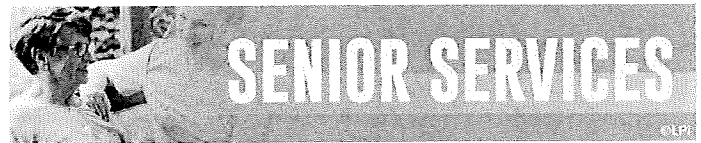
Thursdays 9:30 a.m.
FREE

LINE DANCING

Thursdays 10 a.m.
\$2 payable to the instructor.

PILATES WITH YOGA

Mondays, Wednesdays & Fridays 9 a.m. March 23 - April 29 with instructor, Michelle Rancourt.



ASK THE ATTORNEY

First Thursday of each month. Call for an appointment.

SCA BEREAVEMENT SUPPORT GROUP

Masonicare is partnering with Suffield Community Aid to offer a 6 week in-person support group. The group meets Friday mornings 10:30-noon April 1-May 13. Please call Linda Huff at (860)500-4060 to register or SCA at (860)668-1986 for more information.

DEMENTIA CARE GIVER SUPPORT GROUP

Last Tuesday of the month at 11 a.m. Build a support system with people who understand. For more information, call Nicole Matson at (860)810-6123.

MEDICARE IS COMPLICATED

First Monday of each month beginning at 10 a.m. Trained volunteers are available to provide unbiased assistance on Medicare options. Please call for an appointment.

PARKINSON'S PEER SUPPORT GROUP

Second Monday of each month at 10:15 a.m. Topics vary monthly and refreshments are served. For more information, please call Suffield Community Aid at (860)668-1986.

SUBSIDY AVAILABLE - LUNCH

Would you like to get out more?

Would you enjoy going out to lunch twice a week? If you qualify, Suffield Community Aid will pay for your lunch at the Senior Center twice per week. Fresh, nutritionally balanced (and really delicious) meals on Wednesdays and Thursdays. Call Suffield Community Aid to inquire at (860)668-1986.

TRANSPORTATION ASSISTANCE BEYOND SUFFIELD MINI BUS

In conjunction with Nutmeg Senior Rides, Suffield Community Aid has funding to assist financially qualified residents, age 65 or older or individuals with a disability, to get where they want to go during times the Mini Bus does not run or locations they do not provide transportation. Nutmeg Senior Rides provides door-through-door transportation for any purpose, 365 days a year. Call Suffield Community Aid at (860)668-1986 to see if you qualify.

VETERANS ASSISTANCE

Wednesdays at 3:30 p.m. FFritz King can be reached at (860)758-0418 or by email at veterans@suffieldct.gov.



• Please make lunch reservations by noon the day prior.

• Lunches are \$4 and include coffee, tea, cold beverage, and dessert.

WEDNESDAYS**06**

Macaroni & Cheese, Vegetable

13

Pizza Party *

20

BBQ Chicken Leg Quarter, Potato Salad, Baked Beans

27

Hot Dog on a Roll, Tuna Macaroni Salad

THURSDAYS**07**

Shepard's Pie, Garlic Stick

14

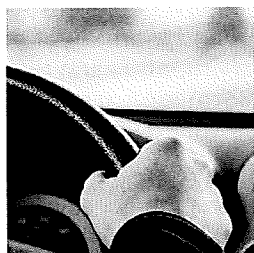
Seafood Salad in a Pita, Chips

21

Raviolis with Brown Butter & Sage, Vegetable

28

Ukrainian Baked Noodle Casserole with Chicken & Peas

AARP**SMART DRIVER COURSES
THROUGH JUNE 2022**

Registration is available at AARP.Cvent.com/dsvirtual. Please note Cvent registration closes 7 days prior to the course date. Classes are 4.25 hours. Cvent will provide the Zoom link and additional course information.

April 11 12:30 p.m.

April 28 9:30 a.m.

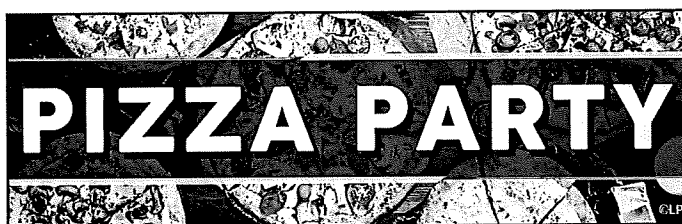
May 9 12:30 p.m.

May 23 9:30 a.m.

June 9 12:30 p.m.

June 20 9:30 a.m.

The on-line course is still available at a 25% discount.



***Join us on Wednesday, April 13 for a Pizza Party!**

Our First Selectman, Colin Moll, is sponsoring this free pizza party followed by free bingo. Prizes will be lottery scratch tickets.

Space is limited to be sure to register as soon as possible.

The Town of Suffield, Senior Center & Mini Bus Transportation, operates its programs and services without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act of 1964. Any person who believes they have been aggrieved by any unlawful discriminatory practice under Title VI may file a Title VI complaint with the Suffield Senior Center, 145 Bridge Street, Suffield CT 06078 (860)668-8830 or filed directly with the CTDOT, 2800 Berlin Turnpike, P.O. Box 317546, Newington, CT 06131-7546. If information is needed in another language, contact (860)668-8830 or hearing impaired dial 7-1-1. Jeśli informacje są potrzebne w języku polskim, skontaktuj się z 860-668-8830.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				01 9:00am Pilates/Yoga 10am Bunco
04 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	05 9:00am Active & Fit 9:30am Chair Stretch	06 9:00am Pilates/Yoga 10:00am CHOICES 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 1:00pm Bingo/Knitters 1:00pm Hearing Scr.	07 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 10:30am Ask Attorney 12:00pm Lunch 1:00pm Bingo	08 9:00am Pilates/Yoga 10am Bunco
11 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco 1:00pm CSEA	12 9:00am Active & Fit 9:30am Chair Stretch 9:30am Card Making 11:30am Parkinsons Support Group	13 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 12:00pm Lunch-Pizza 1:00pm Bingo/Knitters	14 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	15 Good Friday Closed
18 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	19 9:00am Active & Fit 9:30am Chair Stretch	20 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 1:00pm Bingo/Knitters	21 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	22 9:00am Pilates/Yoga 10am Bunco
25 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	26 9:00am Active & Fit 9:30am Chair Stretch 11:00am Caregiver Support Group	27 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 12:00pm Lunch 1:00pm Bingo/Knitters	28 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	29 9:00am Pilates/Yoga 10am Bunco





PEACE AT HOME
PARENTING SOLUTIONS

March 2022 Newsletter

Dear Peace At Home Parents & Caregivers,

Spring is a hopeful part of the rhythm of seasons that we (mostly) enjoy up here in the northeast. We are naturally rhythmic creatures - heartbeats, footsteps, breaths. As you ponder cleaning up your parent routine for this season, consider transforming some of your communications from nagging to not only rhythm but song. Stay with me here - you do not have to be a good singer for this to make a difference. Science tells us that music and rhythmic movement actually helps you and your children bond - you did this intuitively with your infant, but it works throughout human development. So, add in those nightly dance parties or take a walk with your teen to help you both get in sync. Music also taps into the emotional and memory centers of the brain. Childcare programs know that having clean up songs and nap songs are powerful tools to increase cooperation - the brain just remembers better and feels calmer. You can do it too. Use

songs - silly or sweet or whatever - to transition to bath time and bedtime, and even spirited songs for wake-up time or getting coats on to go to school. Yes, you can do this with older kids too - song and rhythm calms all our brains. And consult with your teens about their choice of music to cue chores, homework, or end of screen time by using your phone or smart speaker. Don't worry that they will think you're ridiculous - they already do. Music and rhythm are easy gifts that are helpful to all of our brains and will sweeten your transition into this gentler season on the horizon.

Stay with us.

We've got your back.

Ruth E. Freeman -

President and Founder

Peace At Home Parenting Solutions



Spring Cleaning isn't just for your home...



Why not make time to "Spring Clean" our family priorities as well?

The Winter chill is starting to thaw, and the flowers are getting ready to bloom. Perhaps you have settled

into some habits that are no longer enhancing your time as a family. Maybe you want to focus on putting the electronics away or enjoying more meals together. Open the windows and take a deep breath of that fresh 'almost' Spring air. Spring is the season of renewal after all! Whatever you do to help hit the refresh button, just remember we've got your back. And we wish you Peace At Home!



Flash Class Solution Series

Listen or Watch & Learn

Visit your [Parenting Solutions Center](#) for helpful Flash Class answers 24/7. These quick 15-minute videos and handouts are developed around a specific parenting challenge, one question - one solution. Each Series includes a collection of hand-picked, flash classes which unlock a key piece of the parenting puzzle. [Email us](#) with any questions.





PEACE AT HOME
PARENTING SOLUTIONS

March 2022 Newsletter

Our experts can offer something for everyone. Find the class that is right for you in one of our 5 categories below:



Peace At Home Parenting's March Schedule

PARENTING ESSENTIALS

WED 3/2 12 PM Mealtimes: End the Power Struggles

FRI 3/11 12 PM Co-Parenting & Single Parenting: Let's Talk

TUE 3/15 12 PM FACEBOOK LIVE EVENT You Have Questions, We Have Answers: On the Spot Monthly Q&A With Ruth

WED 3/16 7 PM SPANISH CLASS Ensenale a tu hijo a manejar sus emociones

WED 3/16 8 PM Find Time For Fitness

PRENATAL- 1st YEAR

THU 3/10 12 PM
Infant Toddler Brain Development: Why Parents Matter So Much

TODDLERS & PRESCHOOLERS

MON 3/7 8 PM
Positive Discipline for Toddlers & Preschoolers

THU 3/10 12 PM
Infant Toddler Brain Development: Why Parents Matter So Much

SCHOOL AGE

MON 3/14 8 PM
How to Talk with Your School, to Support your Child's Success

WED 3/16 12 PM
ADHD and Autism: Why does my kid act this way?

WED 3/23 12 PM
Manage Screen Time: End the Power Struggles

WED 3/23 8 PM
Positive Discipline for Peace at Home

TEENS & YOUNG ADULTS

TUE 3/1 8 PM
Approaching the College Admissions Process

WED 3/16 12 PM
ADHD and Autism: Why does my kid act this way?

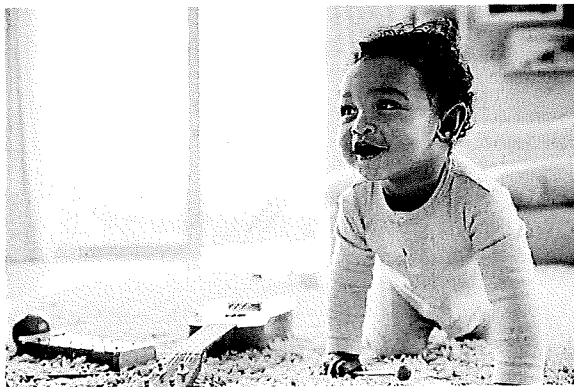
WED 3/23 12 PM
Manage Screen Time: End the Power Struggles



PEACE AT HOME
PARENTING SOLUTIONS

March 2022 Newsletter

P@H Tip of the Month: Routines that work are built on a foundation of clear and consistent rules. Rules (*how* we do things) become routines (*when* we do things) which become rhythms and eventually family rituals. Rhythms and rituals soothe and signal safety to the brain and they create the space where the strongest family memories are created.



March Blog: Positive routines for toddlers eat, play, and sleep

You are your child's first teacher. Together you and your child will learn what is needed to support their learning to do things. Children's inborn preferences and responses to experience, their temperament, will help guide you. It's important to respect that there are tasks your child will dislike; you can help them gradually learn to do them through persistence and playfulness. [Read More >](#)

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March Featured Teacher:

[Learn more about our Experts>](#)



JoAnn Robinson, PhD is an internationally recognized researcher on parent-child relations and young children's emotional development. JoAnn is a retired university professor where she served as director of early childhood studies and has more than 80 papers published in scientific journals on supportive interventions for vulnerable families. She has been part of investigative teams studying parents' perinatal well-being and mental health for 30 years.