

White River Families First Coalition

Meeting Highlights – April 24, 2017

Present: Monica Robbins, Jan Burley, Julie Bevaart, David Wells, Pat Valentine, Hugh Flint, Jennie Nicolls, Geri Gamblin, Gretchen Nelson, Todd Hobart, Sue Z Hart, Krista Shafer, Eddie Haberkorn, Mary Whittington, Morgan Whittington, Harvey Perez, Monica Gaub.

Let's Make a Deal for Families:

- Krista has a twin bed available with sheets and comforter call 253-312-8740.
- Julie has a set of tires for a small SUV, small truck or mini-van with front wheel drive – Free, please contact her at julie@wrco.org.

Knowing our Communities – CHI Franciscan Health, Stroke Prevention Topic

May is stroke awareness month and focus on reducing risk, recognizing symptoms and responding appropriately. Stroke is the 5th leading cause of death in the US, used to be 4th and is the leading cause of disability. A stroke happens every 40 seconds and every 4 minutes someone passes away. 8 of 10 strokes are preventable. Biggest risk factors: high blood pressure, smoking, overweight, and high cholesterol. Women have more strokes than men due to hormones and birth control pills. African Americans and Hispanics are more likely to have a stroke. Family history of stroke is also a predictor of strokes in family members. Stroke means that there is a sudden loss of blood flow to the brain, aneurisms, and/or hemorrhagic. Symptoms include droopy face, pins and needles or sudden weakness in arms or legs, and slurred speech or mixed up words. Call 911 immediately and don't wait. Use the acronym FAST (face, arms, speech, time). Prevention includes a variety of medications available to lower blood pressure, being more active, quit or cut down on smoking, and drinking in moderation. People with diabetes should closely monitor blood sugar. Appears that marijuana has an impact on strokes for younger people and smoking it in general will restrict blood vessels. Meth use also affects blood vessels. When treating stroke, there is "clot-busting" medication that needs to be administered as soon as possible after the stroke. The fire stations will do blood pressure tests at no charge. The American Stroke Assn. and American Heart Assn. has info online. For more information about the stroke program at CHI Franciscan Health, call 888-825-3227.

Coalition Business: Champion Award nominations are now closed. Committee will be meeting soon. Krista agreed to also be on the committee. Award recipients will be honored at our June meeting.

Announcements / Networking:

Krista Shafer, Relay for Life – May 19th and 20th this year. There is also a free cancer survivor dinner at 6:00 and opening ceremony at 7:00. All cancer survivors are welcome for the free meal. Flyers distributed. There is also a 24/7 phone support line, rides to treatment and more information based on research, where much of the Relay for Life money goes. Partnering with Rainier School this year, including making luminaria bags. Please bring cans of food for Buckley Food Bank.

Eddie Haberkorn, Bonney Lake Lions - Lions Club International 100 year celebration will be in Dupont on August 12th from 11 am to 3 pm. Accepting donations at event for Emergency Food Network. Bonney Lake Lions Club had a successful Death by Chocolate event. Next Saturday is the Special Needs Fishing Derby in Auburn for handicapped kids ages 3 – 13 from 9 to 1.

Jenney Kyllonen, BYAC - Buckley Youth Center Benefit had great attendance and it was a good experience for the youth. Emcee Keith Eldridge and Pete Combs did a great job. Thanks to all who supported this event. Summer events will be in City's billing mailing. June 19th half day will have free lunch at noon and school sponsored lunches will begin June 20th Monday through Friday. Buckley Senior Center is hosting a joint senior center breakfast at Applebee's on May 13th from 8 to 11 am. \$10. Only 66 tickets are available and must purchase at the senior center.

Hugh Flint, WRSD Support Services - Key Communicators Breakfast last Friday announced that the district passed a bond and it will affect where ECEAP and White River Family Center, who will temporarily move to the Wickersham campus due to construction at Wilkeson Elementary who is moving to the Educational Service Center. A new covered stadium at WR high school will be complete by the first home football game.

Geri Gamblin, Just Serve – JustServe.org is a free site that matches people who want to serve with opportunities for service. Organizations that need volunteers can sign up online. No cost.

Gretchen Nelson, Bonney Lake Library – Working on summer library events now. Upcoming programs is Armed Forces Day on May 20th Read with a Service Member. Flyers distributed for May events.

Todd Hobart, Safe Families For Children – For families in crisis that need care for their children temporarily. Looking for church partners.

Sue Z. Hart, Building Beyond the Walls – Free construction skills training program. Invited to participate in the Seattle GiveBig and raising matching funds – deadline is April 26th. Trying to get 100 people to give \$25 or more and your donation will double. May 6th is Prairie Ridge Playhouse dedication and event. Tiny House Showcase is May 10th at the Enumclaw Expo Center. Ramp class is a 10-hour class on how to build a wheelchair ramp – on May 13th at the Enumclaw Expo. Cost is \$99 but is reimbursable if you build for the ramp-a-thon the following weekend. June 2nd is fundraising event hosted by Calvary Comm. Church for BBtW with a free dinner. June 3rd begins the half-class on four Saturdays in June at the Expo. Organizations can sign up to bring lunches for the class and share how they can volunteer with their organization.

Monica Robbins, RFWF – Prevention Week is May 11 – 19 and presenting in the schools and pledges by elementary students. On Monday May 15th there will be a drug and alcohol health summit at Enumclaw High School. Speaker is Scott DePuy who lost his son Ryan to an overdose. Senior Center presentation “drugs 101” at Enumclaw Sr. Center on Thursday, May 11 at 12:30pm. “Whispering Spirits” move night at Enumclaw Library May 17th at 6:30 pm. Free and open to all.

Jan Burley, Community Presbyterian - Backpack program is holding steady at serving 85 children. Glad there will be free lunches at the youth center. Wilkeson is an area that needs lunches. This is the 125th anniversary of the Presbyterian Church and looking for something to do in community as a service project.

David Wells, City of Buckley – July 26th is Salute to Armed Forces Day. More info at the next meeting on summer programs and concerts.

Harvey Perez, Supt. Rainier School – 2nd annual fashion show was Saturday. 30 Clients were models. Successful event with community partnership. Big purple push for Relay for Life.

Pat Valentine, Buckley Eagles – Easter Egg hunt was a big success with over 200 kids. About 100 baskets were given away. Eagles Auxiliary will be hosting the Soup Supper on the 2nd Wednesday in May at the Multi-Purpose Center. Everyone one is invited.

Buckley Bicycle Co-Op is open most Saturdays from 9:30 am to noon at the Wickersham Campus. Not open holiday weekends or Log Show Saturday. More kids are needed to participate.

Next Meeting: Monday, May 22nd at 3:30 pm at the Buckley Fire Station.