



VILLAGE NEWS

AUGUST/SEPTEMBER 2021



RCN will be at Selby Jazz Fest!

Save this information to join RCN at Jazz Fest, where we will be fundraising through raffles, selling ice cream & getting the word out about RCN!

September 11th, 2021 at 11am

@ Selby Jazz Fest in Saint Paul, Minnesota

Booth sponsored by Deerwood Bank, Saint Paul



Committee Leadership Update

The RCN board has made an update to the leadership for each committee!

Resource Line: Desiree Phillips

Outreach: Taylor Heitkamp

Grants: Sara Nelson

Communications: Ellen Brokl

Fundraising: Anna Lebsock

Volunteer: Sade Kelly

Accounting: Susan Schultz

Executive: Sarah Ellefson

Becoming more accessible

Ramsey Crisis Nursery is overjoyed to announce our new partnership with Language Line. Our service exists to serve you in your own words, no matter what language you speak. The services of language line allow us to move closer to our goal of removing all barriers to care and creating a diverse space for families of all backgrounds. We welcome non-English speakers to call the Resource Line for support.

Help Spread the Word

RCN's Outreach Committee wants to get the word out about RCN. Join an outreach event:
September 18th 10:30am-12:30pm on Zoom
September 28th 5-7pm @ Newell Park
Please sign up if you plan on joining, as drinks and food will be provided! Links will be sent out with the newsletter email. Or, email us for the signup link.



Back To School

Many families are experiencing a mix of stress, anxiety and overwhelm as we anticipate the return to in person early learning for young children this fall. If you (or someone you know) feels this way, know you're not alone. It makes perfect sense to search for support at this time, and we're here for you.

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Donate

RCN will be a helping hand to individuals that are experiencing challenging times. Ramsey Crisis Nursery is asking for your support. Monthly donations are the most effective way to support us. Any small donation will go a long way towards starting up our overnight care services and bring us closer to being able to support Ramsey County families!

You can donate to RCN by going to:
www.ramseycrisisnursery.org/contribute-donations



Give Time

RCN now offers an easy way to learn more about giving time! Our volunteer coordinators have created a video about the importance of giving time and how to sign up to give time at RCN. This can be found on the website:
www.ramseycrisisnursery.org/contribute-time

Currently, our main needs for help are:

- Resource Line Support
- Grant Creation Support
- Financial Team Support

Spread the Word

- Join us on Facebook by searching Ramsey Crisis Nursery
- Follow us on Instagram @ramseycrisisnursery
- Tell others about our opportunities for giving time
- Join an Outreach event (information on page 1)
- Join us at Jazz Fest on Sept. 11th at 11am (more information on page one)

We are grateful for all that have been spreading the word about RCN, as the only way that we can receive support and give support is through people like you!



Back To School Cont.

The first rule for parents is often forgotten: remember to take care of yourself so you can be better equipped to take care of others! Feeling sad, lonely, or stressed? We found an incredible CDC resource with helpful tools and articles called How Right Now. As always, our RCN Resource line is also here for referrals (651.356.8678). Beyond the basic rule of self-care, the Centers for Disease Control has some other relevant suggestions for parents with young children:

- Talk with teachers about the best way to separate from your child during the day -- brief goodbyes are often best;
- Try to stay calm and reassuring during transition—using a calm voice, with a relaxed face and body to let your child know that you wouldn't leave them if the child were not safe and protected.
- Make sure your child has a daily, predictable routine, with regular times for healthy meals, naps, and night sleep at home. Having a rested body and knowing what to expect at home helps children cope.
- Monitor your child's developmental milestones and learn what to do if there are concerns.



Finally, Minnesota families have a special resource for parents found in no other state: Every school district in Minnesota has an ECFE program. The Early Childhood Family Education (ECFE) is a program serving families with children from birth to kindergarten. Among their many services they offer phone consultations with early childhood professionals, home visits, parenting classes and much more.



For more information check out:

www.ssps.org

or

www.cdc.gov/howrightnow/



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