



Community Links

February 2010

“To provide quality services in a cost-effective manner through innovation, leadership and the cooperation of dedicated people.”

Fare for All— Stretch Your Food Budget

Big savings every month on fresh, high quality, nutritious groceries – that’s what Fare



For All, EFN’s largest supplemental food program, is all about! Fare For All is open to anyone who wants to save money on their groceries.

Participants (Fare For All is great for seniors, working families, individuals who are both employed and unemployed, or individuals on fixed incomes) have the opportunity to save 40-50% off their monthly food budgets and access fresh fruits and veggies, frozen meats of all kinds, and a variety of non-perishable staple items.

Anyone who is interested in reducing his or her monthly food expenses qualifies for this program! For more information on how to participate in the Fare For All Program, call 763-450-3880 or if you are outside the metro area, call 1-800-582-4291.



What’s up in Washington County

The CCP Foundation and Two Steps Forward

The CCP Foundation exists to instigate action so that people with developmental disabilities can prosper in their communities. In 2010, our focus is on the Stillwater area with our Two Steps Forward initiative.

Our goal is to support people with developmental disabilities to be involved in the everyday life of the Stillwater community. We base our vision on the work of John O’Brien particularly the Five Essential Accomplishments that support valued experiences and build community competence. Here in Stillwater, we are focusing our efforts on growing relationships and providing experiences.

Towards these ends we will organize and facilitate activities in a way that encourages potential leaders, identifies needs, recognizes opportunities and brings about coordinated action.

The Foundation works directly, by engaging in activities that help organize and facilitate action; indirectly, by encouraging and supporting the activities of community organizations and others. We do this by providing grants, technical assistance and seed money funds to help launch certain activities.

There are several ways to become involved in the Foundation’s work:

- Visit our website to register your email to receive regular updates and learn about what is happening in our community www.ccpfoundation.org.
- Call our Foundation Administrator, Jammi Hansen Blair at (651) 356-1013.
- Email us your thoughts and ideas at jammihb@ccpfoundation.org.

Social Groups for Children and Adults!

Fraser Home and community supports division has launched Connect for Recreational Respite Care with the opportunity for children to make social connections in an interactive group setting.



This program is provided on Saturdays and designed for children 3-12 years of age. For more information regarding this service please call 612-767-5150 or contact your social worker.

through individualized planning. Our Choice meets on Monday’s at Boutwell’s Landing in Stillwater and Wednesday’s at Woodbury Lutheran Church in Woodbury. For more information regarding the Our Choice program contact Cindy at 612-382-3939 or Lois at 651-303-7284.

Get Down and Boogie Family Connections – First Sunday of each month, 2-3 p.m. This is for families who have children with special needs. There will be a different topic each time with guest speakers and childcare provided. \$5 per family (photo ID required). Integrated play group for kids with special needs – Thursdays 12:30-2:30 p.m. All kids are welcome. Members are free and non-members \$5 per session. Contact Sara Hayden at 651-275-1449 for more information.



Our Choice is an alternative option for young adults mostly in their 20’s who have chosen to develop lives with purpose

County Tidbits: Easy Sensory Fun!

Edible Dough

Mix 1 cup
of peanut
butter,
1 cup of
honey, 2
1/3 cups of powdered milk.



Finger Licking Finger Paints

One can of whipping cream, food coloring, small container. Spray whipping cream into container and add food coloring.



Oobleck—Is it liquid? A Solid? Slime?

Mix 1 box of
cornstarch,
1½ cup of cold water
and 1 tablespoon of
food coloring.

Oatmeal Playdough

One cup flour, two cups oatmeal,
one cup water. Mix ingredients
together and form into shapes.
Note: The items made from this
play dough recipe can be painted
when they are dry.

Community Activities

Needing a creative adaptation? Courage Center and Cummins Generator have been partnering to create adapted equipment for clients with special needs. They have created numerous special items like adapted bikes, special switches, and a doll cart that can be pushed by wheelchair. For more information, contact Kim Lewandowski at the Courage Center (651)351-2353 or Kim.lewandowski@couragecenter.org).

Discovery Series

The Discovery Series with comprehensive information for parents new to the autism spectrum diagnosis will be starting again soon in Dakota County. Go to www.helpmegrowwashco.org for registration and information.

Little Flyer's Therapeutic Preschool

A preschool with an integrative approach including the social, emotional, and educational areas of child development. A multi-disciplinary approach offers access to a team which may include Early Childhood Consultants, Mental Health therapists, Special Education, Speech and OT Experts. The team offers an array of services such as therapy, parent education and support, speech, OT, mediation assessment & support, and in-home consultation. Developed by a team of partners including Peace of Mind Preschool and Human Services, Inc. For more information, contact Tracey Bishop at HSI (651) 351-3151.



Community Education Websites

- South Washington County: www.cecool.com
- Oakdale: <http://communityeducation.isd622.org/>
- Forest Lake: http://www.forestlake.k12.mn.us/community_education/programs/
- Mahtomedi: <http://www.mahtomedi.k12.mn.us>
- Stillwater: <http://ce.stillwater.k12.mn.us/>

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More Information!

State ID and Anglers License-

Contact your Social Worker for more information on how to get a reduced rate Anglers License or State ID.



Children's Museum-

Every third
Sunday of
each month the
Minnesota Children's Museum has a
"free visitor day" from 9am to 5pm.

Courage Center Family Swim Night-

Visit www.couragecenter.org for more information regarding times/days.

Coming Up in the Next Issue- Summer Camps!

How to receive additional issues of Community Links!

Interested in receiving more issues of the Washington County Community Links Newsletter? Please send an email to: paul.simon@co.washington.mn.us to be put on the email list for the quarterly newsletters.

Washington County respects the email information you provide, and will not sell or distribute your information to anyone else.