

# Care1st Avondale Resource Center Newsletter

## Senior Wellness

### Senior Biometrics Screening

The Maricopa County Public Health will be offering no cost Biometric Screenings and review of screening results on Wednesday, June 15, 2016 from 9:00a.m.-2:00p.m. at the Avondale Senior Center. Biometric screenings will include blood pressure, cholesterol, and glucose checks. A Community Health Educator will also be on hand to give seniors guidance to help manage their health. Location of Event: Avondale Senior Center, 1007 S. 3rd St, Avondale.



### Healthy Living Workshops

The Arizona Living Well Institute will be offering a no cost 6 week self-management, health living workshop for seniors that meets once a week, for 2 ½ hours. Each workshop is lead by 2 trained Community Health Educators. The workshops are designed to help people with ongoing health conditions manage them more effectively. Anyone with a chronic condition such as diabetes, arthritis, heart disease, asthma, or any other on-going health condition should participate. Caregivers or family members who serve as caregivers are welcomed. Topics that will be covered at the workshop are: Dealing with difficult emotions, Managing symptoms, Goal setting & Physical activity, Understanding medications, Making informed treatment decisions, Increasing strength and Stamina through better fitness. Complete the workshops and receive a no cost toolkit to help you live a healthy life and manage your diabetes, high blood pressure or high cholesterol. The workshop will be held on Tuesday, beginning June 21, 2016 from 9:00a.m.-11:30a.m. at the Avondale Senior Center. Location of Event: Avondale Senior Center, 1007 S. 3rd St, Avondale.

To register for the screenings and /or workshops, please call Care1st Avondale Resource Center at 623-333-2703

These Senior Wellness events are sponsored by the Care1st Avondale Resource Center.

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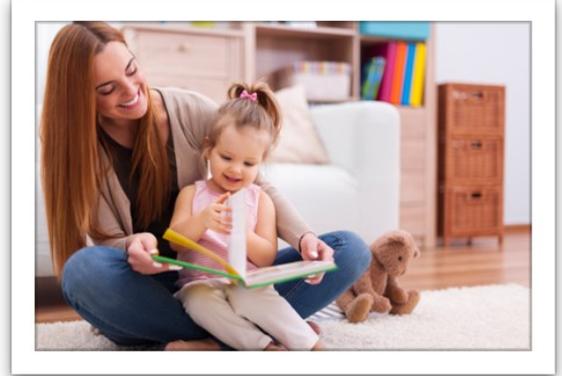
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# Summer Ideal Time To Prepare for Kindergarten Success

For young kids entering kindergarten, summer is the ideal time to instill the skills that will make the transition to school smoother.

Kindergarten has changed a lot since most of us started school. Today's 5-year-olds are expected to arrive with basic academic and social skills so they are prepared on day one to start learning to read, write and do basic math.

First Things First has a list of simple things parents and caregivers can do this summer to help kindergarteners prepare for their big day. Some tips include:



- Read to your child at least 30 minutes per day. Talk to your child; make up stories or songs.
- Play games about colors, numbers and shapes of objects. Point out letters and repeat them.
- Encourage your child to draw on plain paper with crayons.
- Make sure that all immunizations are current and have your child visit the dentist.
- Start talking to your child about the change that is coming when they start school. Be positive.
- Talk with your child and set an example of sharing and putting things back where they belong.
- Talk with your child about a typical school day. The more your child knows, the less anxiety he is likely to experience.
- Do a test-run of the new routine, including laying out clothes the night before, waking up with enough time to get ready and eating breakfast.
- Give your child a family picture for their pocket or backpack; reassure them about what time you will be back to pick them up.
- Most importantly, celebrate and enjoy this milestone with your child!

Additional tips can be found at [azftf.gov](http://azftf.gov) in the Parent Section under Early Education.

Even if you don't have kindergarteners this year, it's never too early to start helping kids prepare. Children who have positive early childhood experiences tend to score higher on school readiness assessments and are more likely to do well in school and graduate.

By turning everyday moments into learning moments, we can send our children to school with the skills – and the love of learning – that will help them succeed in kindergarten and beyond!

*Victoria Bray is the Southwest Maricopa Outreach Coordinator and can be reached at [vbray@azftf.gov](mailto:vbray@azftf.gov). To learn more about how to help your young children stay healthy and ready to succeed visit, [www.azftf.gov](http://www.azftf.gov).*

## Arizona Science Center – “Ocean Commotion”

Let the Arizona Science Center bring the ocean to you! We'll dive right in with a hands-on, sensory exploration of these large bodies of water. Children, ages 3 to 5 years old, will explore the movement, sounds, and critters of the ocean on Wednesday, June 8, 2016 from 5:30p.m.-6:30p.m. at the Care1st Avondale Resource Center. Each child will receive a Take-Home Science Kit to continue the learning at home. To register, please call 623-333-2703.



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## Developmental, Hearing and Vision Screening



Do you have concerns regarding your child's development? Would you like to ensure that your child is developing on target? Do you have concerns regarding your child's hearing or vision? The Care1st Avondale Resource Center is offering developmental, hearing and vision screenings on Tuesday, June 21, 2016 from 1:00p.m.-3:00p.m. Activities and educational materials will also be provided to parents to help promote their children's development. Resources and referrals will be provided to parents if a child is screened with a possible developmental delay.

*No appointment necessary; walk-ins welcomed.*

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## CPR Class

CPR Training will be available at no cost on Tuesday, June 14, 2016 from 9:00a.m.—12:00p.m. at the Care1st Avondale Resource Center. Registration is required. To register, call 623-333-2703.



## First Aid Training

First Aid Training will be available at no cost on Tuesday, June 28, 2016 from 9:00a.m.-12:00p.m. at the Care1st Avondale Resource Center. To register, call 623-333-2703.

# Employment

## Career Coaching Seminar



In preparedness for job seekers intending to attend the Job Fair, Goodwill Industries is offering a Career Coaching Seminar. The Career Coaching Seminar will be offered Monday, June 6 at the Care1st Avondale Resource Center. Learn techniques to set you apart from the rest. Career advisors will provide assistance with applications, interviewing strategies and resume writing assistance. Two session times are made available for this program, 10:00a.m. to 12:00p.m. and 5:00p.m.- 7:00p.m. Preregistration is requested for the seminar, by calling 623-333-2703.

## Job Fair

Care1st Avondale Resource Center in partnership with Goodwill of Central Arizona will host a Job Fair Event on Thursday, June 9<sup>th</sup> from 5:00 p.m.. to 7:30 p.m. at Avondale City Hall, 11465 W. Civic Center Drive in Avondale.

The Job Fair is offered with the intention to provide experienced and highly-motivated job seekers options to find work. More than 20 businesses in addition to service programs and resources will be on site. Bring copies of your resume, and come prepared to meet many local prospective employers, representing various industries including Warehouse, Production, City Jobs, Retail/Food Service, and Caregiving. Military support employers will be represented at this event.



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## Teaching Kids About Money



Care1st Avondale Resource Center is hosting a financial literacy workshop in partnership with Take Charge America on Friday, June 10<sup>th</sup>, 2016 from 1:00p.m.- 2:00p.m. The workshop will consist of teaching kids the basics about money. To register, please call 623-333-2703.

No cost! Light refreshment will be served. Child care will not be available during workshop.

# Upcoming Events

## June 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		

- Citizenship Classes: June 1 —4:30p.m.-6:30p.m.
- Play Groups: June 2, 9, 16, 23 and 30 —9:00a.m.- 10:00a.m.
- Taking Turns Toybrary: June 2, 9, 16, 23 and 30— 9:30a.m.- 1:00p.m.
- Career Coaching Seminar: June 6 —10:00a.m.-12:00p.m. and 5:00p.m.-7:00p.m.
- Goodwill Career Services: June 6, 13, 20 and 27—1:00p.m.- 3:00p.m.
- Arizona Science Center “Ocean Commotion!”: June 8 — 5:30p.m.-6:30p.m.

- Teaching Kids about Money: June 10—1:00p.m.-2:00p.m.
- CPR Class: June 14— 9:00a.m.- 12:00p.m.
- Open Saturday: June 18— 9:00a.m.-1:00p.m.
- First Aid Class: June 28 — 9:00 a.m.-12:00 p.m.
- Developmental, Hearing and Vision Screenings: June 21 — 1:00p.m.-3:00p.m.

### 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 3rd Saturday: 9:00 a.m.-1:00 p.m.

