

# Changing Times

News from the Changes Parent Support Network community

## Good things can come out of extremely trying times.

By Martha Shegrud

With the challenges facing all of us in 2020 we have been given the opportunity to adapt and to learn by doing. COVID-19 kept us indoors and taught us how to continue supporting each other without in-person meetings. Unlike Terry in Utah, I was not able to see into the future until it was forced upon us—meeting online. Many in the Changes community stepped up to get Zoom working for us. But we didn't stop there. For some time, there has been interest in starting Changes meetings in other states. The challenges seemed so overwhelming but now the solution was right there in front of our noses. Thanks to some special volunteers, in less than a month Changes will be going live with the Saturday Online Chapter and are we ever excited!

**If you want to refer a parent to one of our meetings, please have them call 1-888-468-2620 or speak to the Chapter Program Rep.**

**Redmond Chapter:** Tuesdays at 7pm  
**Seattle Chapter:** Wednesdays at 7pm  
**Everett Chapter:** Thursdays at 6:30 pm  
**Saturday Online Chapter:** Saturdays at 10am

In July the Changes Board of Directors unanimously approved the motion to immediately begin using the term Chapters instead of Meetings. There are many meetings within the Changes organization, so referring to each location as a Meeting just became too confusing for this President.



**\*\* NEW \*\***

**Saturday online chapter begins September 12**

10:00 am PDT/11:00 MDT  
Meets weekly in US and Canada

Zoom link.

<https://us02web.zoom.us/j/83018838068>

"We look forward to having you join us from wherever you are."



## If you are looking for a fight, you will find one.



**If you want to catch anyone doing something "wrong", you will.**

By Terry Ann Olsen

You can validate any point of view you want to. Figure out what your motivations are, and why you are feeling what you are. And what you want to be different. Then there is a chance you can create a plan for change. Allowing yourself to fall into the victim trap, "life has dealt me a bad hand, everyone hates me, everyone is mean, no one understands my pain... no one has been through what I have..." is truly feeding yourself poison, hoping someone else will die.

And you also have never been through exactly what they have. No one can truly understand what someone else's life has been like. Assumptions are killers!

Stop trying to prove your life is so much worse. Stop validating your misery.

Give yourself a chance to see. Really see! To hear, REALLY HEAR and to feel, REALLY FEEL our connection to each other. Our differences don't have to be dividing. You also don't have to join every fight you are invited to.

For the past couple weeks, I have pulled back, taken some time to clear my energy. Evaluate, take stock... re-boot.

Understanding what I can, and cannot control... and focusing my time and energy in places, and with people, who want to find common ground, forgive the mistakes we all make and look for ways to heal, not hurt, ourselves and each other.

Each person we meet touches our lives in some way and is an opportunity to learn very impactful lessons. Some will stay, and some will go.

**Dr Seuss said it best.**

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..."

**Dr. Seuss, Oh, the Places You'll Go!**

What we could all learn by just changing how we think and judge others. There are many things that should unite us. Let's do that.

## Volunteer Spotlight

Normally, Volunteer of the Year Appreciation Awards are presented at the Changes Annual Picnic. But 2020 is no ordinary year, so we are making the announcement here. Due to an oversight, we did not have a volunteer awarded in 2019, so we are doing both 2019 and 2020 now.



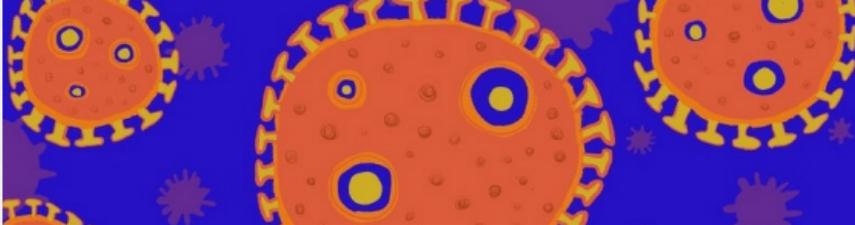
**Stephanie Mannion** was the perfect person to lead the Board and the Changes organization in 2019, as we transitioned away from an executive director. Stephanie has worked tirelessly, with multiple organizations to bring awareness of the help Changes has to offer parents. She has been and continues to be the bright and cheerful voice when a desperate parent calls the Changes Information Line. After serving six years on the Board, Stephanie stepped down as President of the Board of Directors and continues to give back to Changes as a Redmond Rep and loves helping new members by serving on their teams.



Speaking of teams, no the other teams—Microsoft Teams, our 2020 recipient has to be none other than **Katie Joannes**. Katie was instrumental in giving Changes leadership the ability to communicate all in one place. And when that system failed, she was the driver in getting Microsoft to fully restore it's use. It took months and hours on the phone and email with customer support, but she persevered, and we are so grateful to have it back. Katie is Vice-President of the Board and Program Rep for the new Saturday Online Chapter.

Take it away, Katie!

**NPR Special Series**  
Coronavirus Podcast Playlist:  
How to Stay Busy and Manage Anxiety



-   **The Pandemic Time Warp**  
NPR
-   **Our Better Angels**  
NPR
-   **'When Will This Be Over?' Sesame Workshop's Tips For Parenting ...**  
NPR

You can stream this playlist via [Spotify](#) and [NPR One](#).

Working from home. Homeschooling your kids. Financial uncertainty. Quarantine. Social distancing. These are just some of the stressful and sometimes overwhelming situations that people are handling in the time of the coronavirus.

To help you manage, NPR curated a playlist of podcast episodes from across public radio that cover everything from tips to help you keep busy to recommendations on how to stay entertained — cooking tips, music recommendations, a streaming guide and more.

## Fred Meyer Rewards Program

So many Changes members and others have connected their Fred Meyer Rewards cards to benefit Changes when they make purchases, that it has become a nice stream of funding for Changes.

If you are a Fred Meyer shopper, get a rewards card, link Changes as your choice for nonprofit donations—Changes gets a check from Fred Meyer each quarter at no expense to you. If you need more information or help enrolling, please contact the Changes office at [office@cpsn.org](mailto:office@cpsn.org)



Sign in and enroll your Fred Meyer card to donate to Changes at <https://www.fredmeyer.com/o/st-ore-services/community-rewards>



Society for Adolescent Health and Medicine



## Covid-19: Resources for Parents & Teens

We know that teens and their families are anxious about the coronavirus (COVID-19) outbreak, especially given the media attention to this issue. During this time, it is important for teens and families to get information from reliable resources.

SAHM recommends that teens and their families review the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) websites for the most up to date information about COVID-19.

**Topics include:** Teen Mental Health and Coping, Parenting and Caring for Your Family, Resources for Online Education, Talking About Social Distancing, Sexual Health Considerations, and Eating Disorders and Cover-19.

Read more at <https://www.adolescenthealth.org/COVID-19/COVID-19-Resources-for-Parents-and-Teens.aspx>

## Support Changes as You Shop

Amazon will donate 0.5% of the price of your eligible **Amazon Smile** purchases to **Changes Parent Support Network** when you shop at [smile.amazon.com](https://smile.amazon.com)

- Same prices and selection.
- No cost to you.
- Use your current Amazon account OR create a free account with an email and password.
- Amazon Smile eligible purchases will be noted on the product detail page.



**Amazon Smile** purchases provide funds for Changes program and services. For more information, visit [smile.amazon.com/about](https://smile.amazon.com/about)

## 2020 Events Calendar



**2nd Monday every month:**  
Board meeting

**Canceled due to Covid-19:**  
Annual Changes Picnic  
Auction and Social Event

