

## May Parent Newsletter

### Spring Forward!

The sun is shining. The air is warm. Days have sunlight later into the evening. Spring is upon us! While flowers begin to bloom and birds start singing in the mornings, there are a few annoying parts about Spring too. Allergies can look a lot like a cold. Sometimes, a kiddo might have symptoms of asthma that look like allergies. We have a few tips and tricks for making this Spring one of the best seasons yet!



### Signs & Symptoms

It's not always easy to know if a sneeze is from allergies or a cold. If your child is sneezing and his throat and eyes itch, this is typically seasonal allergies. A runny nose with clear and watery mucus looks like allergies. Thicker, yellow/green mucus usually means your child has a cold.

### Inside or Outside?

Kiddos aren't only allergic to pollen and cotton when Spring hits. They might be allergic to dust mites or pet dander in the home.

### Mornings & Evenings

Grass and weed pollen get kicked up in the morning. Try to play inside until the evening, if possible. Shut windows before bedtime, and wash hair and bodies before sleeping.

Adapted from [Health Essentials](#).

### Community Services Consortium

Allergies and asthma can result from inside-the-home issues, such as black mold, dust mites, and other insect pests.

In partnership with Healthy Homes and the Samaritan Lebanon Health Center, families can receive free home upgrades for cleaner appliances, cleaning products, air filtration systems, etc. that decrease the severity of allergies and asthma.

Linn County (Albany) 541-928-6335  
Benton County (Corvallis) 541-752-1010  
Lincoln County (Newport) 541-265-8505

### Healthy Homes

Referrals to Healthy Homes are made through a Samaritan provider for children experiencing allergies or asthma that might be caused by the home.

The Samaritan provider and parent(s) complete an application during their appointment. Healthy Homes will review the application, evaluate the home if accepted, and determine which changes and repairs are needed for the household. Healthy Homes also offers starter kits, such as new pillowcases and linens that reduce allergies and asthma. Renters may qualify with landlord's permission.

## GREEN ACRES ELEMENTARY SCHOOL Book Fair

966 Bostwick Ln, Santa Cruz, CA 95062

**May 2 - May 10**

Thank you for visiting our homepage! Every purchase from the book fair earns rewards for our school, so please stop by and support us.

### Friday Family Fun Night

Join us for Friday Family Fun Night at the Carousel! Friday, May 3rd from 5:30-8:00 pm. Enjoy an evening of unlimited rides. With special appearance by our very own HUGGY BEAR!!!

May 3 @ 5:30pm | The Historic Carousel & Meseum, Albany | \$5 per person, children 3 and under free



### Lebanon Strawberry Festival

Bring your family for some fun and games. Come play on the jump houses and win some prizes. Buy raffle tickets to win some bigger items and visit the silent auction. We will have food trucks here as well.

May 30-June 2: Thursday @ 4:00pm, Friday @ 3:00pm, Saturday @ 1:00pm, Sunday @ noon | Cheadle Lake Park, 37919 Weirich Dr, Lebanon

### Pet Day

Pet Day is full of fun activities for the whole family, including your furry members! Activities include a petting zoo, kids zone with bounce house, reptiles, dog agility course, animal related vendors and so much more. You can learn about animal health and nutrition, adoptions and therapy. Many of the activities are free but some do include a small fee- dog wash, some kids zone activities, fun run.

May 4 @ 9:00am | 450 SW 30th St, Corvallis

### Corvallis Fire Volunteer Pancake Breakfast

The community is invited to the 16th annual Corvallis Fire Department Volunteer Pancake Breakfast. Meet your local firefighters, tour a fire engine, and grab a hearty breakfast of pancakes, eggs, ham, juice, and coffee. Breakfast is \$6 for adults, \$5 for students, and \$3 for kids 12 and younger. All proceeds go to support the Mario Pastega House at Good Samaritan Regional Medical Center.

May 4 @ 8:00am | 400 Nw Harrison Blvd, Corvallis

### ¡Los Cuentos! Bilingual Storytime

¡Los Cuentos! is a bilingual storytime, in Spanish and English, for children of all ages and occurs on the second Saturday of every month.

May 11 @ 10:30am | 645 NW Monroe Ave, Corvallis



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