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“It isn’t always just how you look. Look at me, I’m handsome like anything and I haven’t got anybody to marry me yet.”
-Gary, 7

“It give me a headache to think about that stuff [love]. I’m just a kid. I don’t need that kind of trouble.”
-Kenny, 7

“I’m not rushing into being in love. I’m finding fourth grade hard enough.”
- Regina, 10



The year of 2020 will forever resound in our memories. It was a year of grief and unthinkable loss. To do our part and mitigate risk of exposure in our community, the Grandparents and Other Relatives as Parents (GORP) group continues to meet virtually out of an abundance of caution and respect for our members and those they love.

In this issue we explore love and it's power to carry and motivate us through challenging times. As Maya Angelou notes in her poem, *Touched by an Angel*,

“We dare be brave
And suddenly we see
that love costs all we are
and will ever be,
yet it is only love
which sets us free.”

As we continue to mask and distance ourselves from one another, our love is made known as we take action to take care of one another and protect those we love.



“ You can learn many things from children. How much patience you have, for instance!”

- Franklin P. Jones

As we look ahead to 2021, our love will continue to carry us through the fear, disappointment, and uncertainty.

Love is more than what a valentine can express. Love for self and others motivates us to be patient and preserve. It's a still, often silent message of: “**I am here. I see you.**”

In a time when our smiles are masked and our distance from one another at least six feet, we may not be able to **see** one another's face, or share the physical



space right **here** beside each other, nonetheless, our abiding love remains and even exceeds AND expands as we wait for a time when we can express our love through shared time & space again.

In the last year we have learned how to show affection in new and different ways. Below are some more ideas to make your own. No technology required.

1. Text or mail pictures of time spent together to remind those you love that a time will come when you're back to enjoying life with one another.
2. Schedule a virtual meet up, make it your goal to be playful and make each other laugh.
3. Remember important milestones and send cards to celebrate, include confetti.
4. Find an encouraging word or phrase that has special meaning. Sketch each letter and then cut them out. Place one letter a day in an envelope. Mail one envelope each day until the message has



been received. This will give your loved one something to open every day.

5. List your favorite memories. Write them down on a piece of paper, or a card. Place each one in an envelope. Add the envelopes to a decorated box and mail it to your loved one. Encourage them to open them one day at a time.

**SPEAKER'S
CORNER**

Touched by an Angel

We, unaccustomed to courage
exiles from delight
live coiled in shells of loneliness
until love leaves its high holy temple
and comes into our sight
to liberate us into life.

Love arrives
and in its train come ecstasies
old memories of pleasure
ancient histories of pain.
Yet if we are bold,
love strikes away the chains of fear
from our souls.

We are weaned from our timidity
In the flush of love's light
We dare be brave
And suddenly we see
that love costs all we are
and will ever be.
yet it is only love
which sets us free.

- Maya Angelou

January

Group Support

February

Group Support

March

Group Support

April

Group Support

May

Group Support

June

Kristi Baker
The Law Center, S.C.

July

Group Support

Families Like Mine
Virtual Conference
July 19th, 2021

August

Group Support

September

Group Support

October

Group Support

November

Caregiver
Appreciation Month

Jane De Broux,

Caregiver Program
Coordinator
Area Agency on
Aging of
Dane County

December

Group Support



THE RAINBOW PROJECT, INC.

CHILD & FAMILY COUNSELING & RESOURCE CLINIC

The Rainbow Project Vision

A safe, healthy and nurturing world for children and families

Mission

The Rainbow Project provides restorative healing and hope for young children, and their families who have experienced trauma, building a foundation for the mastery of life sustaining skills.

Values

Respect Philosophy of interactions with others. . .internally, consumers, other professionals and the community

Growth Desire to inspire, support, and foster others. . . consumer, families, colleagues, team members and the community

Compassion Recognition, empathy and support for individual differences. . .including, but not limited to life experiences, culture, background and abilities

Collaboration Interactive roles as part of a larger whole

Excellence Commitment to quality, integrity, leadership, professionalism and thoughtfulness

RESOURCES

Want to join the group or learn more about community resources and referrals? Contact below!

Referral & Community Programs Coordinator
[E] Referrals@TheRainbowProject.net
[P] (608) 255-7356 ext. 316