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"If you could only sense how important you are to the lives of those you meet; how important you can be to the people you may never even dream of.

There is something of yourself that you leave at every meeting with another person. "

- Mister Rogers



Grandparent and Other Relatives Program (GORP) is off to a great start this year! Beginning in 2019 our newsletter will be offered quarterly. This is a change from our previous, monthly deliveries.

Readers will continue to enjoy updates on monthly groups, speakers and resources. Additionally, they can expect to read fresh content on issues relevant to caregivers. In the future, look for the newsletter to be posted to the Rainbow Project website.

In the meantime, enjoy reading about how to weather winter!





“In the depths of winter I finally learned there was in me an invincible summer.”

- Albert Camus

Jack be Nimble, Jack be Quick, Jack be Anything Except Jack Frost . . .

Weather in Wisconsin is a legitimate conversation starter, and, on some occasions, stopper! For those of us who live in Wisconsin, we know our weather from January to March 2019 has been unpredictable, requiring local

schools to cancel classes more often than usual. As a result we have found ourselves looking for playful ways to preserve as we wait for spring to bloom and warmer days to grace us. Read on about ways to constructively pass the time when it is not an option to leave the house.



Five Ways to Make Memories

When School is Cancelled (Again!)

1. Look at old photos. Not only is it fun to pull out old pictures and play a game of “guess who,” it’s an opportunity to share stories and pass on a bit of family history.
2. Create a cleaning crew. Make a list of chores, turn up the music and get started.
3. Cook together. Grab a favorite recipe and take the time to teach it. Enjoy a delicious meal together.
4. Build a fort. Find some blankets and couch cushions and start building. Celebrate a job well done with hot coco.
5. Go to the movies. Pop some popcorn and pull out your favorite movies. Line up on the couches, and hit the lights. Pretend your at the local movie theatre.



The Hole

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am helpless.
It isn't my fault.
It takes forever to find a way out.

II.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But, it isn't my fault.
It still takes me a long time to get out.

III.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault. I get out immediately.

IV.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

V.

I walk down another street.
- **Portia Nelson**

SPEAKER'S CORNER

January
Group Support

February
Jane De Broux,
Caregiver Program
Coordinator
Area Agency on
Aging of
Dane County

March
Legal Panel

April
Group Support

May
Group Support

June
Union Corners
Representative
Group Support

July
Group Support

August
Meghan Teigen
Estate Planning

September
Group Support

October
Group Support

November
Caregiver
Appreciation Month

December
End of Year Potluck
Celebration



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!

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