



Relief Nursery Newsletter Vol. 44 Iss. 3

## PROTECTIVE FACTORS INCREASE POSITIVE OUTCOMES

At Relief Nursery, we work with families who experience multiple stressors, sometimes called risk factors, that can include poverty, addiction, domestic violence and mental health challenges.

Parents and children have the potential to succeed and thrive despite their family stressors. But what allows some people to overcome and grow from their challenges? **Protective factors** are circumstances that increase positive outcomes even if the family has significant stressors. Everything we do at Relief Nursery is connected to these factors that are proven to lead to better outcomes for children and families, including a reduction in the likelihood of abuse and neglect.

A **secure attachment between parent and child** is perhaps the most important protective factor, serving as the foundation for a child's development throughout life. In families with secure attachment, parents are able to read their child's cues and provide warm, consistent responses. They support their child's natural urge to explore, and they are a nurturing base for the child to return to when they need closeness. Parents help their child through difficult feelings, and enjoy

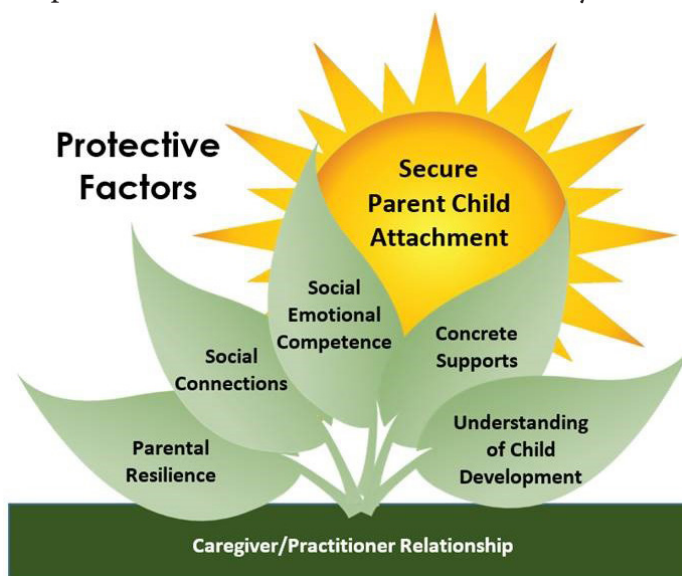
moments of play and delight with their child.

Research has shown that children who experience secure attachment with their parent are more likely to trust the people they love, and tend to have higher self-esteem. They have better problem-solving skills, learn how to regulate their emotions and behavior, form positive relationships with others, and communicate effectively.

There are other protective factors that help make nurturing and attachment possible. When parents have a strong understanding of child development, a supportive social network, access to basic needs such as food and housing, and the ability to create self-care strategies, then they are

better equipped to nurture their children in a way that supports the development of secure attachment.

Another protective factor is at the heart of Relief Nursery programs; the relationship that is fostered between our staff and the families we serve. By staying connected to parents and their children, Relief Nursery teachers, home visitors, and parent educators are available to provide the kind of individualized support that makes the other protective factors possible.



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## MEET BOARD MEMBER RALPH PARSHALL



*Ralph Parshall, Relief Nursery  
Board of Directors  
President Elect*

We are thankful to have **Ralph Parshall** on our Board of Directors. He currently is President Elect. Ralph brings with him deep passion for our community and a strong business background plus a lot of great humor.

Ralph came to Eugene in 1970 to run the Porsche/Audi dealership. Cars are in his DNA – his father owned Northwest Light Car, the Jaquar, MG and Austin Healey dealership in Portland. Ralph and his partners later bought the Riverside Pontiac Mazda dealership then sold it. He then worked nearly 8 years with John Sheppard at Sheppard Motors. Today, Ralph is the General Manager at Mercedes Benz of Eugene. A visit to his office is a treat as the walls and shelves are filled with photos, awards and sports memorabilia he has collected over the years. He even has a picture of himself with Yogi Berra.

Ralph credits John Sheppard with introducing him to Relief Nursery. “John also introduced me to Rotary where I was active in the Great Rotary Duck Race. I especially enjoyed being Papa Duck,” says Ralph. “The Duck Race supported many non-profits in the community and Relief Nursery was one of them. That’s really how I got to know and understand the programs and who they serve.

“You just can’t begin to understand all that happens at Relief Nursery until you see it. They are touching all these children and families in their time of crisis. And they are doing it in meaningful and effective ways,” Ralph says.

Ralph’s favorite event each year is the Board-Staff-Family picnic where the Board of Directors prepares and serves the food to staff and families. “It’s a comfortable, relaxing and yet powerful way for us to engage with the families and show them we care. We eat, play games, do face painting. And Nori Hemphill is the best clown ever. It’s truly fun and meaningful for me.”

At Mercedes Benz of Eugene, Ralph models his passion for community involvement. He starts with Mercedes Benz as a community – every Friday a new Employee of the Week is announced. Each staff person then submits one word that describes that person and Ralph presents them to the winner along with other benefits like lunch for a week and a car detail.

In the broader community, he engages his employees in Relief Nursery and in fact, they’ve held several fundraisers to benefit our children and families. Ralph supports his employees in whatever they are passionate about and empowers them to make a difference. It’s not only good for his employees but for the company as well.

“Being engaged in your community is so important,” says Ralph. “I encourage folks to find their passion and get involved. You truly can make a difference.” Ralph is certainly making a difference at Relief Nursery and for him we are grateful!

Ralph and his wife of 44 years, Dianne, have three grown children and two grandchildren.

## MCKAY FAMILY FOUNDATION SUPPORTS OUTREACH



Relief Nursery advocates strengthening families as the best way to promote a child's healthy physical, social, emotional and cognitive development. With the belief that individuals and families have the capacity to grow, learn, and prosper - family strengths are identified and built upon to bring about successful outcomes. All Relief Nursery services are delivered in a manner respectful of ethnic, cultural, and community differences.

The Relief Nursery Outreach Program offers crisis response, home visiting, respite childcare, child developmental screenings, in-home parenting education, and referral to other Relief Nursery and community resources.



Outreach is where a parent in crisis can go to receive the immediate support, respite, and other services which can make the difference between a child being abused, and a positive outcome for the family. Outreach Early Intervention Specialists respond to crisis calls immediately, and to all calls within 48 hours.

Thank you, **McKay Family Foundation** for your support of our Outreach program, the "front door" to most Relief Nursery services and where we first come into contact with the vast majority of Relief Nursery families.



**McKay Family**  
FOUNDATION

## RELIEF NURSERY WISH LIST



• Books in Spanish and English for children 6 and under



- Diaper genies
- Wipes
- Kids mops

• Toddler diapers sizes 4-6

• Ear muffs, scarves and gloves

• Brooms to clean classrooms

• Big round rugs for circle time

• Costumes

• Bubbles



• Sand toys (pails, shovels)

• Chalk

• Cash registers

• Funnels

• Little tike's cars

• Children's aprons

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## AUXILIARY BOARD SUPPORTS PARENTS WITH SPECIAL PROJECTS

**W**hat do you do when your mission is to provide direct support to highly stressed Relief Nursery parents, but you can't host your usual events? You get creative!

In February, Auxiliary Board partnered with **Board & Brush** for a night of masked and socially distanced creative fun, with Board & Brush donating 20% of sales toward Auxiliary's fundraising efforts to assist Relief Nursery families with unexpected financial burdens brought on by the COVID pandemic.

Pamper Me Day, sponsored by Auxiliary Board, is a decades-old tradition at Relief



*Heather Gabbert, and Andrea Loomer pictured left.  
Allison Weber, Jayme McDonald and Ashley Appleton  
pictured right.*



*Allison Weber, Ashley Mielenz  
and Danielle Thomas*

Nursery. We weren't able to gather in person to treat parents to the usual haircuts, nail services, chair massage and dinner, so a determined Auxiliary Board assembled take-home self-care bags for more than 80 parents. Auxiliary Board would like to extend a very special thank you to everyone who purchased items for the care bags from our Amazon wish list, to **Reflections Salon, Gervais Salon & Day Spa**, and **Watershed Wax + Skin** for donating gift cards for services, and to **Board & Brush** for their partnership and kind donation.



## DULCE'S STORY

*Following is testimony presented by a Relief Nursery teacher/home visitor to the Oregon legislature on behalf of Oregon Association of Relief Nurseries, advocating for resources for Relief Nurseries across the state.*

**C**hairs Frederick and McLain, my name is **Dulce** and I am a teacher and home visitor at Relief Nursery in Eugene and Springfield.

Thank you for giving me the opportunity to give testimony and for taking time to listen to me.

At Relief Nursery, I work with children in the classroom and with their parents through home visiting. In the classroom we focus on children's healthy development, with an emphasis on social and emotional learning. On home visits we focus on strengthening the parent / child relationship because we know that when this relationship is strong it cushions children from the effects of toxic stress. Relief Nursery families are under an incredible amount of stress, and even more so now, because of the pandemic.

We are much more than teachers and childcare workers. We help parents learn to provide a responsive and safe environment for their children. We support parents when they are in crisis, we provide food boxes and other basic needs, we provide crucial resources for counseling, and for drug and alcohol recovery. I am always available for the children, and their families.

Children are our future, and their success depends mostly on their families. At Relief Nursery we provide the support their parents need so the children can stay safe, and grow and learn. The families are very engaged with me, and I love what I do. Not long ago a mom told my supervisor that I was the only person during all her life that made her feel like a human, that she feels that I care for her and I am her only support. Those are the little things that motivate me to give my best at my job.

I love what I do. I love helping families by providing quality services they need and deserve. Please support Relief Nurseries with additional funding.



# THE UNEVENT

main event 2021

an **unlikely unabashed** celebration of Relief Nursery

We are **un**believably excited to invite you to  
Main Event 2021 - The UnEvent.

We've gone virtual this year, kicking off the celebration with  
an online auction beginning June 2nd, and culminating in an  
**un**paralleled livestream presentation on June 4th.

## Wednesday June 2nd at 12 PM

The online auction begins!

Bid on your favorite items right from your phone or tablet during  
our **online auction**. You'll be notified by text if you're outbid, and  
you can make a donation to Relief Nursery at any time with the  
touch of a button. **Be sure to check back on Friday, June 4th at  
12 PM, when we reveal our premium online auction packages.**

## Friday, June 4th at 6 PM

Join the livestream event!

Join our **livestream** for an **un**abashed celebration of Relief  
Nursery, hosted by the **un**flappable Sid Voorhees. We'll have a  
few irresistible auction items, a raffle, including a beautiful Jamie  
Joseph ring, courtesy of NewTw!st, special giveaways for viewers,  
and more. You'll also have an opportunity to give generously to  
support Relief Nursery children and families, during "paddles up."

For more information, to register to bid, and to watch our  
livestream presentation on June 4th,  
visit [www.reliefnurserymainevent.com](http://www.reliefnurserymainevent.com)

Watch your email and social media for more details coming soon!

*"Please join us for this day, which supports Lane County's  
most compelling nonprofit cause and promises to be an  
event for the record books."*

- Jenny and Rob Bennett, Main Event 2021 Chairs

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## RELIEF NURSERY ANNUAL GOLF BENEFIT



### SAVE THE DATE

September 13, 2021  
Eugene Country Club

*If you're interested in sponsoring, or having a team, please contact Cortney Stevens at [cortro@reliefnursery.org](mailto:cortro@reliefnursery.org).*



## SPECIAL ACTS



Thank you **Euphoria Chocolate** for donating Easter chocolate to Relief Nursery children.

Thank you **Eugene Civic Alliance** for inviting Relief Nursery families to your Easter Egg-Stravaganza. It was great to have a safe and fun activity for Relief Nursery children to celebrate the holiday!



Thank you to the Psychology students at the University of Oregon, **Vanessa Avenia Garcia, Grace Epstein, Jessie Gregson-Williams and Grace DePriest**, for holding a remote volunteer group project where they translated documents from English to Spanish for our website. Your hard work will make information more accessible to Relief Nursery families.

100+ **Women Who Care** is a circle of women from the Eugene Springfield area whose mission is to serve the community by nominating local nonprofits and then making a donation. Although their quarterly meeting was cancelled, this wonderful group still supported Relief Nursery with a generous gift. Special thanks to **Kathleen Willett, Wendy Wheeler-Coltrane and Diane Bolte-Silverman**. We are grateful!

Thank you **Mike Giroux** of **Access Control Unlimited** for donating an automatic gate operating system for our new bus enclosure. We appreciate your kindness.

Thank you **Imran Nuri** and all of the members of the **52 Million Project** for choosing Relief Nursery as a beneficiary this March. The 52 Million Project asks donors to give just one dollar a week, with a different nonprofit receiving the contributions each week. Executive Director Kelly Sutherland and Director of Philanthropy Jennifer Solomon joined Imran on his podcast, which you can view at <https://youtu.be/M2qjvb-hgi8>.



Thank you **John Lorentz** for your contribution to our Thanksgiving meal fund. Your generosity helped ensure Relief Nursery families would have a warm nutritious meal to enjoy together.

We're grateful to **Julie and Stan Pickett** for donating some very special classroom and outdoor items for the children!



Thank you **Sleep Number** for donating pillows and sheets to Relief Nursery families.



A big thank you to **Vitality Bowls** and **Jessica Hufford** for the Cold Brew Smoothie and Matcha Bowl fundraiser they hosted for us back in March. We appreciate the many ways Vitality Bowls supports Relief Nursery's mission throughout the year.

Thank you **Benjamin Pedersen** for your generous contribution to our Virtual Giving Tree program. Your support ensured a cheerful holiday season for Relief Nursery families.

## RELIEF NURSERY EARNS CHARITY NAVIGATOR'S HIGHEST AWARD



We are proud to announce Relief Nursery has earned its fourth consecutive **Charity Navigator 4-star rating**, the highest possible, for demonstrating strong financial health and commitment to accountability and transparency. Attaining a 4-star rating verifies that Relief Nursery exceeds industry standards and outperforms most charities in our area of work. According to Charity Navigator, only 21% of the charities it evaluates have received at least 4 consecutive 4-star evaluations.

The intent of Charity Navigator's work is to provide donors with essential information to give them greater confidence in both the charitable decision they make and the nonprofit sector. Charity Navigator has a unique

method of applying data-driven analysis to the charitable sector. It evaluates ten times more charities than its competitors, thus making it the leading charity evaluator in America.



"We take stewardship and donor intent seriously," says Kelly Sutherland, Relief Nursery Executive Director. "Our donors can be absolutely certain their financial gifts in support of our children and families are used for that purpose. We've also established an endowment for those wishing to make a legacy gift toward our long-term financial sustainability."

For questions about our legacy giving program, please contact **Jennifer Solomon, 541-485-0007 ext. 213**.

## BLUE RIBBON MONTH



Thank you for supporting Relief Nursery's **Blue Ribbon Campaign**, in honor of **National Child Abuse Prevention Month**. Every April, Relief Nursery partners with local businesses to raise awareness and to invite our community to become involved with our mission.

We are deeply grateful to the businesses that took part in this year's campaign, and to all the individuals who gave of their time and resources.

Here at Relief Nursery, child abuse prevention is a year round effort, and it's your generous support that makes our work to strengthen parents and keep children safe possible.





## IN MEMORY OF JIM WILDISH

### GIFTS IN HONOR

**Amy Beauchamp**  
*From Colbey Carpenter*

**Jenny and Rob Bennett**  
*From O'Hara Sports Pod Parents*

**Bryn Garrett**  
*From Katherine Ghiselin*

**Mary and Jim Hixson**  
*From Nia Hartzell*

**Johnny and Jeannie**  
*From Thomas David Landry*

**Laura at Garden Answer**  
*From Allison Lonczak*

**Linda Spray's Birthday**  
*From Darlene and Charles Fisher*  
*From Gloria Orrick*  
*From Jeffrey David Rice*  
*From Charles Spray*  
*From Connie S. Stuart*

### GIFTS IN LOVING MEMORY

**Greta Anderson**  
*From Stacy and Matt Haugen*

**Elizabeth Ankeny**  
*From Julie and Todd Ankeny*

**Tom Kelly**  
*From Debbie and Rob Laney*  
*From Pamela and Jack Watson*  
*From Kelly Sutherland*

**David Krueger**  
*From Anonymous*

**Sara Siler**  
*From Cara Haakanson*

**Troy Thoreson**  
*From Nancy and Ray Shoptaw*

**Jim Wildish**  
*From Yvonne Wildish*

**Bill Young**  
*From Rhonda Hendricks*



*Jim Wildish*

In January Relief Nursery lost a great and true friend in **Jim Wildish**, president and CEO of Wildish Land Co. Jim was hardworking, humble and absolutely dedicated to this community as evidenced by his lifetime of service, a value he learned early on from his parents.

In fact, his company has contributed money or volunteer efforts to more than 100 local organizations, including Relief Nursery where they participated in the construction of our Eugene and Springfield buildings.

Jim showed his support not only with money, but with his time and energy. You could always count on Jim and Yvonne, his beloved wife of 68 years, to come to our annual gala, Main Event, ready for fun in support of our children and families.

A recognized industry and business leader, Jim received many awards for his service, including Eugene's First Citizen in 2004 and Springfield's Distinguished Citizen in 2009. Jim took great pride when the company received OSU's 1996 Austin Family Business of the Year Award.

His service to the Oregon Trail Council BSA spans 58 years. He believed in Scouting values, commitment to service and the character building the programs provided.

Jim was a loyal Rotarian, serving for 45 years. He gave countless hours of time to many Delta Rotary projects. Among his favorites were the Owen Rose Garden and the annual Boy Scout canned food drive. In 1999, Jim was recognized as Delta Rotary's, Rotarian of the Year.

Jim served on numerous boards over the years, including Jaycees, Junior Achievement of Lane County, Goodwill Industries of Lane County and United Way of Lane County to name a few. Jim was a man of strong faith and active member of Central Lutheran Church since 1952 when he and Yvonne were married there.

The Wildish companies have done much of the southern Willamette Valley's construction work over the years. Projects include hundreds of miles of roads, much of the Eugene Airport, Lane Transit District's Downtown Station and expansions of both Eugene's Autzen Stadium and Corvallis' Reser Stadium.

Scott Williams, Chairman of Hamilton Construction and member of Relief Nursery Board of Stewards, said when Wildish spoke, people listened.

"I have the utmost respect for how he ran his company, treated his employees and gave back to the community," Williams said. "Hamilton and Wildish partnered on several projects and often we did business on a handshake. Jim's word was his bond, and he never broke it."

## IN MEMORY OF CHARLENE SUE COX



*Charlene Cox*

Relief Nursery lost a dear friend earlier this year, **Charlene Cox**. She was a passionate community advocate for at-risk children, teens and families.

A petite and soft-spoken woman, Charlene was appreciated by all who knew her and worked with her for her remarkable organizational skills and the ability to listen, to learn and to care. Her take-action approach to problem-solving inspired others to follow. She will be remembered for her love of history and her profound commitment to families – her own and others'.

As an executive board member of the Junior League in Eugene in 1976, Charlene was instrumental in the grassroots creation, community support, funding and development of Relief Nursery's program.

In its beginning, Relief Nursery operated as an all-volunteer organization providing day care services in church basements. At that time, almost half of the families in the program were involved with child protective services. No longer a Junior League project, Relief Nursery today serves more than 1,000 children and families in our community. Most importantly, fewer than five percent of the families report abuse or neglect after utilizing services.

"Charlene was always a joy to work with," recalls Jean Phelps, former Executive Director of Relief Nursery. They worked together on a number of projects through Junior League. "She was innovative, bright, and caring. She absolutely gave of herself on these projects that truly made a difference for children and families."

Charlene later served as head of the Teen Mom Program for the Springfield School District. In addition to managing the program and staff, Charlene was the "one-room-school teacher" of teen girls who ranged in ages from 13 to 18 and who rotated in and out of the program. Charlene's challenge was to ensure that the teens completed their requirements for high school graduation. Suffice it to say she changed lives.

Friends are unanimous in describing Charlene as a friend who was always there for others. "She was 'a rock' for many of us," one claimed. Another of the women who worked with Charlene had this to say: "The impact she had on so many children's lives was tremendous. She gave so much to all of us."

## IN MEMORY OF MARY VOORHEES



*Mary Voorhees*

**Mary Voorhees**, beloved wife of Sid Voorhees and friend of Relief Nursery, passed away in April after a brief illness. Mary was known as a selfless giver and a source of strength to those around her, ready with a hug for anyone who needed it.

Mary worked as a legal secretary for local law firms, and served on the boards for NALS of Oregon and NALS of Lane County, an association for legal professionals. Later, she worked for Pacific Continental Bank and Umpqua Bank in special assets.

Mary was an active and enthusiastic volunteer for the Eugene Downtown Lions Club, serving as President and receiving numerous awards for her service. She also volunteered for PeaceHealth, working in the hospital's gift shops. Besides volunteering, Mary enjoyed travel, tending her flowers, and cheering on the Ducks.

In 2019, Mary reconnected with longtime friend Sid Voorhees and they were married that November. Relief Nursery staff had the pleasure of getting to know Mary during the planning of Main Event with Sid last year; her positive energy bolstered our spirits as we worked through planning our first virtual fundraiser.

Mary is survived by her husband Sid, son Bryan, daughter Lisa, a granddaughter and two great grandsons.

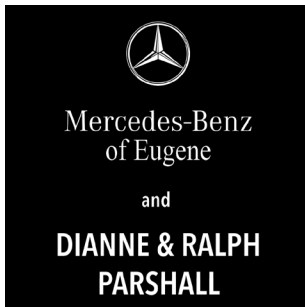
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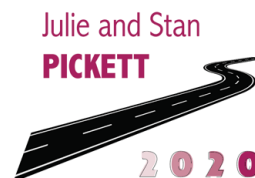
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## NATIONAL VOLUNTEER WEEK

During the week of April 18th-24th we celebrated **National Volunteer Week** with the volunteers and interns at Relief Nursery!

Every week of the year, volunteers and interns join us in our classrooms, on our bus rides, in the kitchen, on our boards, and in other areas to support our mission. We are grateful for every student and member of our community who donates their time and talents, and we were thrilled to celebrate National Volunteer Week with them this April.



## THANK YOU VOLUNTEERS

Lois Andersen  
Amy Astion  
Bianca Badillo  
Alondra Barbosa-Ceja  
Makyle Barnes  
Lainey Bayr  
Raychel Brown  
Katy Burkhardtmeier

Tori Cartwright  
Jem Cowan  
Oceana Creach-Faulkner  
Lizzy Duarte Rodriguez  
Taylor Elliott  
Tessa Evans  
Wendy Fan  
Molly Folkers

Tatyana Gomez  
Tammy Goss  
Allison Granet  
Monet Haney  
Izzy Hazard  
Renee Heller  
Marleigh Hudlow  
Emma James  
Grace Lambdin

Amber Leavey  
Madison Michael  
Olivia Paden  
Cessa Raimondo  
Bailey Schleicher  
Noah Schlossberg  
Carlyn Schreck  
Iris Shimizu  
Lindsay Taitz

Natasha Temple  
Jaci Walker  
Brittany Wearing  
Adryana White  
John Wischnowski  
Monica Wolter  
Tong Wu

Please contact our Volunteer Coordinator Maggie Dorris at (541) 343-9706 ext. 104 or [maggido@reliefnursery.org](mailto:maggido@reliefnursery.org)

## CONNECT WITH US!

Join the conversation. Be in-the-know for special and fun ways you can get involved with Relief Nursery and learn more about what we do to help the children and families of our community.

**Relief Nursery**  
1720 West 25th Ave.  
Eugene, OR 97405  
(541) 343-9706  
[www.reliefnursery.org](http://www.reliefnursery.org)

**Relief Nursery**  
**Robin Jaqua Child and Family Center**  
850 South 42nd Street  
Springfield, OR 97478  
(541) 485-0007



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## THE DANCE BATTLE THAT FUNDS PARENTING EDUCATION



On April 7, Relief Nursery's Leadership Board hosted Lip Sync Battle Virtual, raising thousands of dollars for our Parenting Education Program. Miss Spicy, **Mary Reilly** and the effervescent **Liz Kelly** set the mood for the night as our extraordinary emcees, alongside our fabulous and energetic judges, **Chino**, **Matt Sayre**, **Allan Benavides** and **Caitlin Vargas**.

The stage was overflowing with talent and entertainment all night long, as seven teams battled for the crown. **Summit Bank's Ladies of the Bank** and **University of Oregon Cheer's Cheetah Girls** took home the golden mic for best performance. Thank you **Old Dominion**, who not only rocked the crowd with their moves but took the trophies for most funds raised and best costumes. Thank you **Lane Leaders Association**, **Grocery Outlet Eugene**, **Springfield Library Foundation**, and **University of Oregon Cheer's Directioners** for bringing the heat; it was a close competition the whole way.



*University of Oregon Cheer's Cheetah Girls*



*Summit Bank's Ladies of the Bank*

Thank you to our Headlining Sponsor, **Kendall Auto Group**, our Red Carpet Sponsor, **The Human Bean**, and to our Opening Act Sponsors, **Oregon Community Credit Union**, **Director's Mortgage**, **Oakmont Family Dental**, **Duncan Real Estate**, and **Northwest Community Credit Union**.



Special thanks to all the volunteers who made the event possible by donating their time and talents. With special thanks to **Relief Nursery's Leadership Board** and our production volunteers, **Jennifer Richardson** and **Richardson Media**, **Ivan Torres**, **Cy Senestraro** and **Visuals IT**, **Ryan Rosenberg** and **Ekklesia**, and **Jared Swezey**. Without your help this event would not be possible.

We are already getting ready for the next Lip Sync Battle. If you'd like to form a team or sponsor this fun event benefiting Relief Nursery Parenting Education, please contact **Kristen Bartels** at [kristen@reliefnursery.org](mailto:kristen@reliefnursery.org).



*Liz Kelly and Mary Reilly*



*Chino, Allan Benavides, Caitlin Vargas and Matt Sayre*



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## We Proudly Support Relief Nursery

Hamilton Construction is proud to support Relief Nursery - an organization that works tirelessly and effectively to protect the most vulnerable members of our community, our children.

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