

Asotin County Community Services

Serving the Lewis-Clark Valley Since 1973

All people living, working, learning and playing in a community that values diversity before labels and strengths before barriers.

Edited by Felisha Sampson

(509) 758-8349; www.asotincountycommunityservices.com

May/ June 2023



Did you know...?

May is Mental Health month. Mental Health Month provides a timely reminder that mental health is essential and that those living with mental health issues are deserving of care, understanding, compassion, and pathways to hope, healing, recovery, and fulfillment. Mental health Month was established in 1949 to increase awareness of the importance of mental health and wellness.

Memorial Day

May 29, 2023

Memorial Day is a federal holiday in the United States to honor men and women who died while serving in the U.S. military. It originated during the American Civil War when citizens placed flowers on the graves of those who had been killed in battle.



A Tribute To Special Needs Moms On Mothers Day

By: Kera Washburn

I know what it feels like to believe you're not doing enough.

I know what it feels like to compare your child to others, even though you know you shouldn't. I know what it feels like to cry yourself to sleep at night, wishing your child didn't have to face extra challenges. I know what it feels like to fight for your child—something you didn't know you could do before.

I know what it feels like to see this motherhood thing for what it really is—a selfless path to learning self discovery through the eyes of your child—an opportunity to live with a love so strong its indescribable. No challenge, No disability, No health issue can take that feeling away.

Maybe your motherhood story wasn't what you expected, either. You are strong even if you don't feel like you are because you are doing something right now to help your child achieve their greatest potential. Yes, it may cause you to feel weak and tired from all the extra tasks required, but you are already strong because you are a mother.

To all the moms of children with special needs, I salute you and celebrate you this Mothers Day. You are doing a great job and remember , you are not alone.



How to find relief during summer heat waves:

1. **Stay hydrated:** It is so important to drink plenty of water during the summer, especially when you are spending more time outside. Fill up a water bottle to keep with you outside so you can have easy access!
2. **Wear sunscreen:** Make sure to protect your skin by applying sunscreen regularly anytime you go outside. Yes, even when it's cloudy! Another idea is to wear a hat and sunglasses for additional sun protection.
3. **Dress lightly:** Dress in loose, lightweight, and lightly colored clothing. According to the Huntsman Cancer Institute, "Darker colors absorb more UV than lighter colors like whites and pastels. This means the UV rays are less likely to reach your skin".



Asotin County Community Services will be closed on **Monday, May 29, 2023 for Memorial Day and Monday, June 19, 2023 for Juneteenth**. There will be no janitorial services at the Corps or the Social Security building. Please call the office (509) 758-8349 if you have any questions.

Asotin County Community Services is building a lasting legacy with the help of our Unleashed Marketing + Design, LLC Team, Michelle Witthaus and Jenny Purrington, and artist, Jeff Karlin. Karlin, as he prefers to be called, responded to the request for proposals, and was awarded commission to paint a mural on the front and side of our building, which will depict the culture and diversity of Clarkston citizens as they walk through a cross walk. Among his many talents, Jeff is a STEM teacher, college level instructor, children's book author, illustrator and musician. The mural is funded through the Washington Traffic Safety Commission's LOOK OUT! ASOTIN COUNTY Pedestrian Safety Grant.

Asotin County Community Services needs individuals with disabilities to help with some aspects of the building preparation, ribbon cutting ceremony, and other events. Participants will be paid through the grant at Washington minimum wage to assist. For more information please speak with Michelle Wilks or Cynthia Tierney 509-758-8349. For more information please visit our website: <https://asotincommunityservices.org/lookout-wheels-feet-are-on-the-street/>

Protecting Communities When the Heat Is On

Over the three weeks beginning June 25, 2021, communities across Washington State struggled with record-breaking high temperatures. On June 29, 2021, temperatures rose over 100° Fahrenheit (F) in Pullman (106°), Seattle (108°), Spokane and Vancouver (both 109°), Quilayute (110°), Tri-Cities (112°), Walla Walla (116°) and Omak (117°). According to the Washington State Department of Health, the heatwave resulted directly in 100 deaths, but researchers with the University of Washington attribute an additional 159 indirect deaths indirectly to the event.

Public Works Day is May 25th at the Lewiston Fairgrounds beginning at 9AM until 1PM. Asotin County Community Services will feature a booth to promote the activities of the Washington Traffic Safety's LOOK OUT! Asotin County Grant. Fun games for kids and some cool metal statues will be featured. If you are an individual with disabilities and would like to help with the booth, our grant will pay Washington minimum wage for your time. Contact Michelle Wilks at 509-758-8349 to sign up.