

HUB



HOPE UNIVERSITY BULLETIN

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Serving Roslyn, Ellensburg, Cle Elum & Kittitas

Who We Are

At HopeSource, our Mission is to move people to self-sufficiency by providing access to education, employment, economic development and vital services. Hope University offers classes and referrals for people who want to change the direction of their lives but lack the resources to do so.

Did You Know?

HopeSource Has a Youth Recreation Scholarship Program!

Busy, active kids are happy kids. But sometimes the fees for after-school activities can really add up. HopeSource can help! Our Youth Recreation Scholarships can pay 75% of the cost of an activity, up to \$75. Scholarships are available for a range of activities: flag football, gymnastics, ballet, art classes, swimming lessons and basketball. One family used a scholarship to buy wrestling gear. The opportunities are as varied as your children's interests. For more information and an application (which includes income qualifications) call (509) 925-1448 and ask for Vickie.

November Events!

FREE NUTRITION CLASSES!

The Stan Bassett Youth Center in Ellensburg offers free nutrition classes to students in 3rd-8th grade. They teach youth basic cooking skills, kitchen safety, and expose youth to a wide variety of foods. These classes are offered on the 2nd and 4th Thursday of each month, from 4:00-6:00 pm.

COMMUNITY DANCE

Join us for live music, and dancing of all kinds! All dances are taught, so any skill level is welcome. All are welcome including singles, couples, children, and beginners. The event is free on November 4th at 7:30 pm the Hal Homes Center.

OPERATION HARVEST

Calling all community members! FISH Food Bank is hosting their annual food drive on Nov. 4th. Head to any major grocery store to make a donation of non perishable food.

FREE THANKSGIVING DINNER!

Join us for a free meal hosted by Adult Activity Center and Fish Food Bank. Located at the fairgrounds in Teanaway Hall. November 22 from 3:00-6:00PM.

FOR WHAT IT'S WORTH:
IT'S NEVER TOO LATE TO BE
WHOEVER YOU WANT TO BE.
I HOPE YOU LIVE A LIFE YOU'RE
PROUD OF, AND IF YOU FIND
THAT YOU'RE NOT, I HOPE
YOU HAVE THE STRENGTH TO
START OVER. -

F. SCOTT FITZGERALD

We're Here To Help

- 1:1 Coaching
- Job Search & Job Retention
- Life & Family Skills
- Money Management
- Vocational or Continuing Ed Preparation

HOPE FOR YOU



Inspiring Words of Hope & Encouragement

STRESSED?

Stress can come from a multitude of different things; our jobs, kids, busy schedule, finances... Stress can cause many poor outcomes in our lives and our health. People who face more stress also experience more health problems, such as high blood pressure, heart disease, obesity and diabetes.

Learn to manage stress well. Stop letting stress win!

HOW TO MANAGE STRESS WELL:

SLEEP.

Your body will not run efficiently if you are lacking sleep. Try shutting off screens and noises an hour before bed. Work on setting a routine bed time and stick to it!

PLAN.

Planning will be the key to reducing stress in your everyday life. From meal planning to outfit planning to financial planning, help yourself out and organize a PLAN!

TALK TO SOMEONE.

Talking can work by either distracting you from your stressful thoughts or releasing some of the built-up tension by discussing it out-loud.

RELAX.

Relaxation looks differently for everyone. Maybe take a nap, or read a good book! Do yoga, or breathing exercises to help yourself stay calm

EXERCISE.

Exercise releases endorphins which relieve pain and stress! Find fun ways to start moving!

DO THINGS YOU ENJOY

Write, paint, sing, dance, jog, meditate, or hike! Make time for the activities that make you happy!