



# Newsletter

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[www.sunburstfoundation.org](http://www.sunburstfoundation.org)

## Happy Birthday, Sunburst!!

There is a lot of excitement as we prepare for Sunburst's 20<sup>th</sup> anniversary celebration. There will be two major birthday events with other smaller celebrations happening at our various sites. On Friday, September 25, there will be an all-staff training in Kalispell. Staff from other sites including Helena, Hamilton, Libby, Eureka, St Ignatius Thompson Falls, and Polson will gather in Kalispell for a morning of training and then a luncheon with all sorts of treats and activities. Sunburst board members are also invited to attend the luncheon along with others who are important to what Sunburst has accomplished and to be part of this anniversary celebration. On Sunday, September 27 there will be a celebration in Eureka which is where Sunburst originally began twenty years ago. This event will feature ice cream, cake, beverages and live music. It will take place at RiverSide Park in Eureka from 2:00 – 4:00pm. The Sunburst Eureka advisory board (a group of volunteers who help with Sunburst fundraising and events in Eureka) will organize this part of the 20<sup>th</sup> anniversary celebration and plan to invite the numerous individuals who have been part of the Sunburst family since it began in 1995. Kathy Estes heads the committee that is working to make the various events recognizing Sunburst's birthday as special as possible. Besides the larger celebrations in Kalispell and Eureka, there will be smaller ones at some of our other sites as well as a Sunburst birthday party with cake and ice cream for the many people served in Kalispell through Sunburst mental health services and Family Concepts. For more details on the various events or if you are interested in volunteering to help with any of the celebrations in September, contact Kathy Estes.



## Funds for Cooking Classes – yummm!

The Western Service Area Authority (WSAA) of Montana awarded Sunburst a \$900 grant to help cover the cost of ingredients for cooking classes at our Polson and Kalispell sites. The proposal was for support that will allow Sunburst staff to offer eight-week sessions during which time class participants meet weekly to design meals, get the necessary groceries, prepare food and eat together. Although the sites in Lake and Flathead Counties have been doing cooking classes for some time, it has been a struggle to find the necessary funds to cover the cost of the groceries for these classes. The WSAA grant will facilitate this and allow the classes to be further developed. This is the second year that Sunburst has been fortunate enough to receive a grant from the Western Service Area Authority.



Sunburst booth at Farmers Market w/ items from Polson Sunburst artists.

## Sunburst Village Receives Grant Renewal!

The Village Drop-In Center has received a renewal grant that will allow it to continue to offer the many great services that it has established over the past two years. The Village welcomes anyone who needs assistance. This open door policy offers help with homelessness, housing applications, public transportation, job information, public assistance and/or other community resources. The Village offers a safe and respectful environment where individuals can relax, socialize and participate in various activities such as support groups, educational activities, family events, peer support, case management and other services. The comfortable setting provides a quiet place to read, talk over a cup of coffee, watch a movie or even do some art. Sunny's snack bar is open weekdays providing beverages and food. There is a rotating art show in the lobby and a bulletin board that provides information on resources in the Flathead Valley. There is a computer available as well as a telephone to help anyone who is looking for additional information or needs to contact someone. There are also great staff available to assist with any needs. Mandy Winegardner continues as the program supervisor for the Village Drop-In Center



### *Anime Art Group in Polson*

Two groups have formed in Polson that do anime. Anime is a term used to refer to “Japanese animated productions featuring hand-drawn or computer animation. In Japan the word refers to all animation, being a shortened form of the rōmaji *animēshon* (animation). Outside Japan, the meaning of the word anime can vary slightly; definitions include animation from Japan or, alternatively, a Japanese-disseminated animation style often characterized by colorful graphics, vibrant characters and fantastical themes.” Faith Dawson, a Sunburst service coordinator in Polson, explained that the Anime Art Therapy Teen Group is composed of youth who start “by enjoying the intricate shows of Japanese animation (Anime) to discuss life lessons and social skills. They learn to draw their favorite characters and/or create their own original artwork to unleash their creative side, relieve stress, and make friends with other artists.” Although originally there was only one Anime Art Group in Polson, the popularity has grown so now two groups meet on a regular basis.

### *New Energy in Eureka*

To help mental health services grow in Eureka, Sunburst management assigned more staff to Eureka to encourage community outreach, networking, and internal organization. Tina Taurman who does amazing things at our site in Kalispell, now spends Tuesdays working at the Eureka office. Mandy Winegardner also will be helping at the Eureka site twice a month along with Julie Fleck who goes to this site once a month. Tina and Julie will help other Eureka staff and volunteers in the Sunburst booth at the Lincoln County Fair (8/27-30) which will provide information on all our services as well as fun activities for children and teens. Eureka staff includes Naomi Kubica, Deb Bressler, Linda Baldwin and Rita Collins.

### *Sunburst in Hot Springs*

Sunburst therapist Emily Pray will offer a training for the front line staff at Hot Springs Health and Rehabilitation in early August. The training is about mental health conditions and how to respond to behaviors and/or symptoms that may occur. Emily has done similar trainings in Flathead County for first responders which were very well received.