



# Newsletter

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

## ***Fundraiser with a Twist***

While attending an art event, Julie Fleck and Karen Dean came across these amazing necklaces which can be twisted every which way depending on the whim of the wearer. They investigated where to get them wholesale and now are selling them as a Sunburst fundraiser for mental health services. The proceeds go towards those expenses which aren't normally covered by fees or grants. These can include food for cooking classes, recovery recognition, taking a consumer to lunch, a gas voucher, etc. Julie and Karen have already sold enough necklaces to raise \$240. The necklaces can be worn in all sorts of ways from bracelets to hair adornments. If you would like to buy a necklace (or two as they come in a variety of colors), talk with Julie or Karen. They are \$10/piece and make a nice gift as well.



## **KALISPELL OPEN HOUSE!**

The Sunburst Village at Kalispell will host an Open House on May 1<sup>st</sup> from 3:00 – 6:00pm. The event celebrates the opening of the Village and activities that take place there including Sunny's snack bar. A recent DPHHS grant will help enhance programs at the Village drop-in center such as classes, groups and vocational opportunities.

## **Band Comes to Eureka**

Back in 2004 as part of a fundraiser, Sunburst in Eureka put out a cookbook with a CD for the public to buy, "Eureka Kitchen Serenade". The cookbook was a typical cookbook. The CD was a compilation of songs performed by Eureka musicians (and some written by them as well) which was recorded and mastered by the local high school music teacher. One of the youngest musicians on the CD was Jesse Phillips. Now fast forward to 2014 and Jesse Phillips is the bass player in the Alabama-based band, St. Paul and the Broken Bones. This band has toured internationally, has been interviewed on CBS's "Good Morning America", on NPR, and was written up in Rolling Stone Magazine. A hot sound and a band that is definitely gaining fame. As the band was lining up a western states summer tour, they contacted Sunburst in Eureka to see if there was interest in presenting them as a summer concert. So St. Paul and the Broken Bones will be playing July 23 in Eureka! Tickets go on sale June 2. We think it might just be a sell-out which would be great for Sunburst (another fundraiser!). For advance tickets, contact Eureka Sunburst (297-0197). You might also check out the band's website <http://stpaulandthebrokenbones.com/>



## Sunburst Gets Greener!!

In an effort to be more environmentally responsible, Kalispell staff are improving opportunities at that site to recycle paper, plastic, aluminum, and cardboard. With the help of Green Montana Recycling, there will be bins for all recyclables at the Kalispell site. Service coordinator Blake Sherman is heading up the action to make it easier for Kalispell staff, consumers and Sunburst visitors to recycle. Bins should be in place by the first week in May. If you have questions about the bins or which items can be recycled, contact Blake.



At the Eureka Sunburst site, recycling is managed by a local Navigator USA troop (an organization similar to scouts only co-ed). They pick up all recycling from the Sunburst office once a week to transport it to the recycling bins at the county landfill.

## Special thanks...

to the Sunburst staff and consumers who helped to clean out the backroom at the Kalispell site. Your efforts are mightily appreciated as we get spruced up for the Kalispell Sunburst Open House on May 1<sup>st</sup>. Your efforts help us shine!



## News from CAN Conference

All Sunburst Family Concepts and Families in Partnership staff attended the annual Child Abuse and Neglect Conference. Besides participating in the conference, Sunburst staff also had sessions organized by Julie Fleck and Kayla Friss. On Tuesday evening after a full day at the conference, staff met over a yummy Italian dinner to do some additional training. Kayla led the session that featured updates and reminders. She also had a presentation on how to scan documents into the Harmony system. Kayla ended the session with employee recognition. As each Family Support Worker was recognized for their service to families, they were presented with a "talking ball" that Kayla had made. Each ball has discussion points and questions written on it. They are designed to use when parents and children are having difficulty conversing together during visitations. Parents and children can roll or toss the ball back and forth. When they catch it, they read the words that are closest to their thumb. It is a great way to bring up feelings and emotions that are otherwise often difficult to discuss. On the last conference day, Julie Fleck talked with the group about mental health diagnoses and symptoms. She had a comprehensive handout for everyone. Julie then took questions from Family Support Workers about specific cases. It was helpful and informative for the FSWs to spend time with Julie who offered great insight and suggestions.

Kayla, Maya, Cami and Linda with Talking Balls at 2014 CAN conference



## Women4Wellness Health Fair

Sunburst will have a booth at this event on May 15<sup>th</sup> so be sure to stop by. Women4Wellness is an annual health fair provided to the Confederated Salish and Kootenai Tribes area since 2009. W4W aims to improve the health of area women through preventative education, health promotion, free screenings and tests. The goal is to help women become involved in their health care and to help them take the steps necessary to live healthier lives. Last year 1,280 individuals and 127 vendors attended the health fair. This year, fair coordinators predict that there will be a larger crowd, with 140 vendors. We are pleased that Brandy Couture and others from Sunburst will be participating. The event is held at the Joe McDonald Health and Fitness Center at Salish-Kootenai College.