

## Pollywog to present at the Unite Us “Mid-Valley Spotlight”

In an effort to strengthen our relationship with Unite Us (Connect Oregon) and its partners, Pollywog has been asked to give a brief presentation about our services at the next Mid-Valley Spotlight meeting that Unite Us will be holding on Monday, October 25, from 11:00-12:00pm.

At this meeting several other Pollywog partners will also be presenting, including the Old Mill Center, the IHN-CCO, and the Community Doulas.

If you are interested in attending the Mid-Valley Spotlight meeting, you can email a request for the meeting registration form, [joyce.stone@uniteus.com](mailto:joyce.stone@uniteus.com).

### What's Happening

- ✓ The next Pollywog Partner Meeting is scheduled for Thursday, October 14, from 9-10:30am. This will be a remote meeting, using the Zoom platform. Meeting log-in information will be available on the Google meeting invitation-but NOT on the Early Learning Hub website, or you may call us to receive the information.
- ✓ Currently there are 2,001 individuals in the Pollywog database, as well as 23 prenatal and 25 parenting education classes being taught, 8 courses taught in Spanish, and 382 referrals have been sent through Pollywog. This fall, prenatal classes are still being held remotely, but some parenting education classes are being taught in person.

## Guest Bloggers

In September we were approached by a blogger from New York state who offered to write a guest blog for us. We agreed and it posted on the Pollywog Facebook page on September 20. The post got a great response, which led us to wonder if maybe we were missing out on this great idea.

Are there any Pollywog Partners out there who might be interested in sending us a guest blog? If so, please contact Pollywog at [pollywog@linnbenton.edu](mailto:pollywog@linnbenton.edu)

### Guest Blogger, Colleen Stewart: A Survival Guide for Remote Working Parents With Young Children

September 20, 2021, Pollywog Staff

Working remotely from home is a great opportunity for parents with young children. It's a chance to be involved in your child's life every step of the way. Bringing work and life together so intimately makes for a balancing act with its own unique challenges, however. Remote working parents of toddlers and babies can lessen the burden by implementing a few handy survival tips from Pollywog.



#### Prepare a Workspace and Schedule

The most important thing a work-from-home parent can do to maintain productivity is to create a **distraction-free workspace**. This can be an extra bedroom or another area of the home that your family or housemates respect as a “do not disturb” zone. Keep in mind that your virtual workspace is just as important as your physical space, which means clearing away unnecessary apps or browser windows during

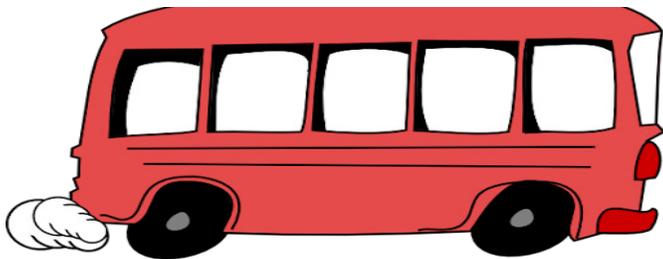
## New Pollywog Email Account

Due to the rising cost of having individual email addresses through Google, we have decided to cancel our current emails. We have talked to LBCC, and they have graciously supplied us with a shiny new email! In the future, if you need to get a hold of us generally, please email us the new email, which is: [pollywog@linnbenton.edu](mailto:pollywog@linnbenton.edu)

# Changes to Coast-to-the-Valley Transportation Rates/Times

One of the many problems that we have heard families express in the last several years is the lack of transportation between the coast and the valley.

We are happy to report that we recently encountered the Benton Area Transit team at a tabling event, and they were excited to tell us about their new routes and prices, and the impact that this will make for families from the coast needing to travel to the valley! The new routes will begin at 6:15am and end at 6:55pm each day--longer service hours. Prices are also easier to calculate and multi-day passes will be available for purchase.



All of this information is available on their website at [www.RidetheBAT.com](http://www.RidetheBAT.com) or you can call the Lincoln County Transit office at (541) 265-4900.

# Pollywog Partner Update

Below is a list of all of the Pollywog Partners, by county, who are trained and ready to receive referrals through the Pollywog database:

## Linn County:

Linn County Home Visiting Nurses  
Kidco Head Start  
Samaritan Albany General Hospital  
Samaritan Lebanon Community Hospital  
Obria Medical Clinic  
Family Tree Relief Nursery  
DHS (Albany & Lebanon) - no incoming referrals  
Family Connections  
WIC  
Old Mill Center / Healthy Families  
Options Pregnancy Center

## Benton County:

Old Mill Center / Healthy Families  
Old Mill Center / Preschool & Counseling  
Good Samaritan Regional Medical Center  
DHS (Corvallis) - no incoming referrals  
Community Doulas  
Benton County Home Visiting Nurses  
Community Outreach Inc.

## Lincoln County:

Samaritan Pacific Communities Hospital  
Samaritan Health Center - Newport  
The Olalla Center  
Lincoln County Home Visiting Nurses  
DHS (Newport) - no incoming referrals  
CSC (Newport)  
Children's Advocacy Center

More will be coming soon!

## Contact Us

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