



SERVICES CIRCULAR

June 2011
Volume 6, Issue 5

June 19 – Father's Day

June 27 – Start of
Many Mansions
Summer Camp

Free and Nearly Free Movies All Summer Long Around Ventura County!

This list of course is subject to change. Contact event organizers to confirm.

Agoura Hills: Free Movies in the Park at Reyes Adobe Park, 2 Saturday Nights - June 11th and August 13th

Calabasas: Regal Grand Palace Stadium at The Commons \$1 Summer Movies, Tuesday/Wednesday mornings - June 21st to August 17th (18 \$1 movies)

City of Calabasas Movie Under the Stars, Friday nights - June 24th and TBD other date

Oak Park: Drive-In Movies at Oak Park High School, Only \$5 per car, Saturday nights, July 9th and August 6th

Simi Valley: Regal Civic Center Stadium \$1 Summer Movies, Tuesday/Wednesday mornings - June 14th to Aug 17th (20 \$1 movies)

Free Movies at Rancho Madera Community Park, Saturday nights - June 17th, July 15th and August 19th

"Dive In" Movies (\$3 per person) at Rancho Simi Community Park, Saturday nights - July 2nd, July 23rd and August 13th

Thousand Oaks: Mann Theatre Janss Marketplace Thousand Oaks Free Family Film Festival on Tuesday/Thursday Mornings - June 14th to August 25th (22 free movies)

Muvico Free Summer Film Fest on Tuesday/Wednesday/Thursday mornings - June 14th to August 4th (24 free movie showings)

Thousand Oaks Library Free Movie Matinees, 2nd Sunday of the Month - May 9th, June 13th

Ventura: Century 16 Summer Movie Clubhouse \$1 Family Movies (or 10 for \$5) on Tuesday/Wednesday mornings - June 21st to August 24th (20 \$1 movie showings)

Free Pirate Themed Outdoor Movies at Harbor Cove Café on July 8th through 10th

Westlake Village: Mann Westlake Promenade Free Family Film Festival on Monday/Thursday Mornings - June 13th to August 25th (22 free movies)

Screen on the Green Series at Four Seasons WLV, \$20 entry includes UNLIMITED snacks, under 5 is free, Friday nights - May 27th, July 1st and other dates TBD

For other local cities and more information visit: www.conejovalleyguide.com

Many Mansions Summer Camp

Many Mansions runs Monday through Thursday from June 27, 2011 – August 11, 2011. Time of camp runs Monday-Wednesday 11:30am-3:30pm, Thursdays are field trip days and times vary. **Children must be on the lease as a Many Mansions resident to attend.** The camp is held on three sites: Hacienda de Feliz, Shadow Hills and Villa Garcia. If you have any questions about the camp or registering your child, please contact the Coordinator at your site.

Camp themes

Week 1: E=M²

Week 2: S.O.S.

Week 3: Animals Gone Wild

Week 4: Soak City

Week 5: Movin' and Groovin'

Week 6: Camp MM Got Talent

Week 7: Surf's Up

Hacienda de Feliz - 805-557-2723

Shadow Hills - 805-379-1216

Villa Garcia - 805-777-7922

How Your Stress Affects Your Kids

If you're frazzled—and who isn't?—your children may be suffering, too.

According to a new American Psychological Association (APA) study of more than 2,000 children and adults, 90 percent of kids say they know when their parents are stressed because they see them arguing and complaining, or because their parents won't spend time with them. As a result, many of the kids reported they felt sad, worried, and frustrated. In fact, nearly a third of them complained of stress-related headaches or stomachaches. Yet the survey reports that nearly 70 percent of parents say their own anxiety barely affects their children. Given today's economic instability, along with other pressures, how can parents address the effects of their stress on their children?

Acknowledge it. Don't underestimate how tension influences kids. Sue Schellenbarger, the Wall Street Journal's Work and Family columnist says she was "surprised to learn that my children knew I was stressed-out, even during times I thought I was doing a good job of protecting them from it."

Watch yourself. Simon Crabb, a dad who blogs about kids and stress, says "You have to check how you react when you feel anxious. Your kids get these negative vibes from you, and it puts pressure on them. Anxiety is contagious." In addition to making them nervous, you might be setting long-term behavioral patterns in motion that could harm their health, even putting them at higher risk of heart disease, diabetes and depression, says the APA.

Teach your kids. They'll model what you do, so manage your stress by using healthy activities, such as listening to music or exercising, to calm your nerves. Even something as mild as blowing bubbles can teach little kids how to take long, deep breaths, a technique that will likely come in handy later. (All of this, of course, is predicated on the idea that you are making an effort to deal creatively with your own nervous tension.)

And play! Psychiatrist Stuart Brown, founder of the National Institute for Play in Carmel Valley, California, said in *USA Today* that "play is particularly important" for stressed-out parents today, who should find a way to have fun whenever they have a chance. Explore an activity that you and your kids both really love—other than a sedentary one (TV, video games and the Internet don't count!)—and make a point to work it into your schedule. Your nervous system (and your kids) will thank you.

Sources: wsj.com, *USA Today*

IMPORTANT TELEPHONE NUMBERS
NUMEROS DE TELÉFONO IMPORTANTES

Shadow Hills: 805-379-1216

Coordinator/Coordinadora de Casos Extendidos - Kathy Bernstein

Esseff Village: 805-371-7774

Case Manager/Coordinador de Casos - Dani Nagel

Job and Life Skills/Destrezas de Vida/Trabajo - Melissa Stewart

Richmond Terrace: 805-777-7078

Case Manager/Coordinador de Casos - Melissa Stewart

Job and Life Skills/Destrezas de Vida/Trabajo - Heidi Marine

Casa De Paz: 805-520-4818

Case Manager/Coordinador de Casos - Heidi Marine

Job and Life Skills/Destrezas de Vida/Trabajo - Dani Nagel & Jessica Ramirez

Stoll House:

Case Manager/Coordinador de Casos – Susan Callahan

805-497-4302

Coordinator/Coordinadore – Katie Tomastik - 805-557-2723

Extended Case Manager/Coordinador de Casos Extendido – Jessica Ramirez

805-496-4948 ext 243

Homework Tutoring Club/Club de Tarea (HTC)

Coordinators/Coordinadores:

Hacienda de Feliz – 805-557-2723

Katie Tomastik

Shadow Hills – 805-379-1216

Kathy Bernstein

Villa Garcia – 805-777-7922

Jamie Goldberg

Many Mansions President/Presidente de Many Mansions:

Rick Schroeder – 805-496-4948 ext. 227

Food Share/Compartir de Comida

English – 805-496-4948 ext. 240

Español – 805-496-4948 ext. 249

Lutheran Social Services: 497-6207
Human Services Agency: 385-1800
CV Neighborhood for Learning: 496-9035

Conejo Youth Employment:
496-6868

Manna: 497-4959

Senior Concerns: 497-0189

Ventura County Behavioral Health
Thousand Oaks: 777-3500

Simi Valley: 981-6830

Conejo Free Clinic: 497-3575

Westminster Free Clinic: 241-8366

Friendship Line

Have you ever needed someone to talk to, just to help you get through your day, or just needed a friendly chat to help perk you up? The Friendship Line is open Fridays through Mondays 7pm-10pm. Each call is 15 minutes with a maximum of 2 calls per night.

Toll Free: 1-877-672-2972

Lunch Bag Program

If you would like to receive a lunch bag, please contact the Case Manager at your property site to sign up.

Upcoming Lunch Bag Days

June 20, 2011

Summer Healthy Eating Recipe

Grilled Lemon-Honey Chicken

Makes 4 servings

Ingredients

- 4 skinless boneless chicken breast halves
- 1 small onion, finely chopped
- 6 T fresh lemon juice
- 2 T vegetable oil
- 2 T honey
- 1 T soy sauce

Directions

- 1.** Place chicken breasts in shallow dish. Mix onion, lemon juice, vegetable oil, honey and soy sauce in small bowl. Pour 1/2 cup onion mixture over chicken; turn to coat. Let stand 1 hour at room temperature or refrigerate up to 4 hours.
- 2.** Pour remaining onion mixture into small saucepan. Boil until slightly reduced and thickened, about 2 minutes; reserve for glaze.
- 3.** Prepare barbecue (medium-high heat). Brush grill rack with oil. Remove chicken from marinade, shaking off excess. Sprinkle chicken with salt and pepper.
- 4.** Grill chicken until cooked through, brushing occasionally with reserved marinade glaze, about 8 minutes per side. Transfer to plates and serve.