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THE STAR PROJECT

AUGUST 2023

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The HOOPS Program



In June 2023, STAR with the financial assistance of the Wildhorse Foundation, implemented the HOOPS (Housing Obstacles Overcome by Participation) community-based pilot program. Enrollment was open to all and included Ready-to-Rent classes, which focused on Tenant Rights & Responsibilities, Credit Repair, Landlord Expectations and Rental/Lease Agreements. In addition, HOOP participants gave back to the community by helping local agencies, including The Children's Museum and Camp Fire Walla Walla with some much needed "Spring Cleaning".

Helping at Quail Run



The STAR Project has increased Community Outreach and this month Quail Run Retirement Home was chosen as the business our participants spent time at. They put in a full days work, weeding, landscaping and cleaning up the lawns, making things beautiful.



July 4th at Pioneer Park

The STAR Project had a booth at Pioneer Park on the 4th of July and it was a success. With volunteers ranging from staff to participants to board members, it was a chance to spend time together and get to know everyone a little more. The ring toss game for kids was a huge success (everyone likes ring toss!), and there was a raffle for a beautiful painting done by L. Dennis Wilson and gorgeous glasswork. It was a fantastic way to get The STAR Project's name out in the community and let everyone know just how much we have to offer Walla Walla and surrounding areas!



NURSE CYNTHIA'S CORNER

Hi STAR Project Friends,

It's Nurse Cynthia coming to you with a topic that a lot of people may be familiar with, passive vapor/smoke inhalation and its effect on kids.

I am of the generation whose parents, grandparents and caregivers smoked around their kids without a second thought about it. They smoked in the car, in the house, heck even the grocery store! In fact, I remember my mom giving me a note to take to the corner store to buy her cigarettes. It was perfectly normal in the 60's, 70's and early 80's.

What we didn't know then was the effect it has on little lungs. A child's lungs are still growing and developing until they are eight years old (Rehman and Bacha 2022). What this means for our little ones is until the age of eight is that their lungs are at greater risk of damage from things in the environment such as smoke and vapor from vaping.

If you have ever been around a sick child, your own, a friend's or even heard about it you probably know that children can get really sick really fast and it's really scary! This is because their little bodies are still growing and maturing and can't handle the stress of illness like a healthy adult can.

If you are curious about the specific kinds of effects passive smoke/vapor has on our little ones I would be happy to include that in a future newsletter or of course the internet has a lot of information on this topic.

With all that being said what this brings to mind is what Maya Angelou so beautifully said "Do the best you can until you know better. Then when you know better, do better".

I hope you are all enjoying this summer season, Nurse Cynthia

live
HEALTHY



LET YOUR
FAILURES
INSPIRE
YOU.



A very BIG THANK YOU to **Richard Wills** for helping us out in so many ways. You being you is a blessing and The STAR Project is SO thankful for you always being willing to step up and help out wherever needed.

August

is ADMIT YOU ARE HAPPY MONTH...

How cool is that people? Take a minute this month (or 5) and think about the people and things in your life that make you smile or that make things better in your day to day. Everyone can use a little gratitude!

On August 28 1963, Martin Luther King, an American civil rights campaigner made his famous "I have a dream" speech.

UPCOMING EVENTS

AUGUST 4TH @6:35 PM we will have our monthly get together, by going to a Walla Walla Sweet's game, located at Borleske Stadium and tickets will be covered. We will see the Walla Walla Sweets vs The Portland Pickles!

AUGUST 12th and 26th, The STAR Project is teaming up with Ian Gregoire who is a Peak Performance Coach/Life and Business Strategist!

AUGUST 31st is OVERDOSE AWARENESS DAY and there will be a free family-friendly BBQ @ Washington Park on Cherry St. from 5:30pm - 7:30pm.

FREE food, drinks, games & prizes provided!

SEPTEMBER 10TH, a Sunday, HelpLine is celebrating 50 YEARS Of Service with an Open House from 1pm to 4pm. This will be at HelpLine, 1200 SE College Ave and is open to the public.

Trilogy Recovery is teaming up with The STAR Project and will be offering a Smart Recovery class here at STAR. More information coming about this class!



Momentum

Ian Gregoire is a Peak Performance Coach/Life and Business Strategist from Walla Walla Wa. He helps professionals and business owners with streamlining processes, upleveling relationships and self-care, creative problem solving, custom action planning and personalized accountability.

Ian will be helping STAR Project attendees stay on track with their own goals and progress every other Saturday form 10:30am to 11:30am starting August 12th. This Saturday group was originally formed for participants who work and are not able to meet during STAR business hours, but this class will be open to anyone wanting to participate.

Be on the look out!

Don't forget that Apple Health (Medicare) is sending out 6 month re-certification letters. These need to be filled out and mailed back in. If you need any assistance, please contact the office and we will help.



Addiction Recovery

E R P I N E M E C N E D N E P E D R O Y
 E E O P S N O I T C I D D A E A I S H D
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Sponsor
 Change
 Obsession
 Recovery

Faith
 Spirituality
 Hopeful
 Addiction

Serenity
 Misunderstood
 Stigma
 Disease

Meetings
 Prayer
 Sober
 Dependence



School starts up at the end of August, for those needing help with school supplies, The STAR Project will have backpacks with supplies to hand out to students! Contact Rachael at the office and she will make sure that they are distributed!
If you have any questions about the upcoming school year or enrolling your child, please call the office and someone will be happy to assist.

Walla Walla Fair and Frontier Days

The 157th annual Walla Walla Fair and Frontier Days starts Wednesday August 31 and goes through Sunday September 3rd. FRIDAY September 2nd is KIDS DAY and gate admission is only \$3 for children