



## ***From Our Wesley Nurse . . .***

**Parents Helping Parents (PHP)** is a program brought to the Elgin community through a partnership of the First United Methodist Church of Elgin (FUMC) and the Methodist Healthcare Ministries (MHM) of South Texas. MHM is an independent nonprofit organization whose mission is to improve the health of those least served in the Rio Texas Conference. United Methodist Churches are given primary consideration for the PHP resources given to the community.

On April 7, 2016, the Parents Helping Parents (PHP) group met for the first time at the Elgin Head Start facility. Twelve families are attending the 10-week sessions, which will end June 9. The weekly sessions are led by two parent facilitators. The topics available to be discussed are, but not limited to:

- Child Development
- Child Guidance
- Raising a Moral Child
- Health & Safety
- Parent Development
- Family Management
- Special Topics
- Inspirational Topics/Handouts

The PHP program is available to other parents and agencies who want to partner with the Elgin First United Methodist Church and MHM to implement it.

**Sustainable Food Center (SFC)** and our Wesley Nurse, Debi Laurents, are working together to identify sites available in Elgin to start a school and/or a community garden. The SFC provides in the form of training classes and consultations to community at no cost. There will be more information to share about this in June.

**Powerful Tools for Caregivers classes** are sponsored by FUMC through AGE of Central Texas/Caregiver U and St. David's Foundation. The tools learned in the classes benefit caregivers by developing a wealth of self-care strategies to better handle the unique challenges faced by family caregivers. The evidence-based curriculum was developed by Dr. Kate Long, Stanford University, and has benefited over 80,000 caregivers nationwide.

Giselle Young and I began the classes on April 6, 2016. Participants learn to:

- Identify and reduce stress
- Communicate needs, feelings, and concerns
- Take care of themselves
- Learn from emotions
- Communicate more effectively during challenging situations
- Master caregiving decisions

Another Powerful Tools for Caregiver classes will be held later this year.

***Have a Blessed Mother's Day and Graduation.***