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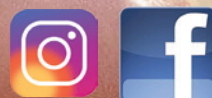
# *Family*

**Connecting  
Family  
and  
Community**

**October  
2023/  
January  
2024**

**Your guide to  
Family Friendly  
Events,  
Kids' Activities,  
Parenting Resources  
& much more...**

***Harvest  
&  
Holidays!***







# MEDFORD

PARKS, RECREATION AND FACILITIES



## The largest indoor recreation facility between Sacramento and Portland will soon open in Medford!

The Rogue Credit Union Community Complex ("Rogue X") is a \$76 million, 140,000-square foot recreation facility owned, maintained and managed by the City of Medford. The Rogue X contains a 76,000-square foot multi-purpose event center, an indoor recreation pool featuring two water slides, a 13-lane indoor competition pool, classrooms, an outdoor seasonal splashpad, and a food truck pod.

The Rogue X is situated in the heart of Howard Memorial Sports Park, a 54-acre community park in west Medford along Rossanley Drive and Ross Lane. When complete, the park will contain multiple sports fields and a playground.

The concept of an event center and an aquatics facility under a single roof received City Council approval in 2018, and financing was approved in July 2020. Construction began in April 2022; the Rogue X is set to open to the public in January 2024.

Rogue Credit Union agreed to a 10-year, \$2.145 million facility naming-rights agreement. Proceeds help offset operational costs and also provide water safety classes to all fourth-graders in the Medford School District.



The Rogue X will be a mecca for swim lessons, trade shows, youth and adult sports leagues and tournaments, dance classes, and much more! Monthly passes are just \$35 for adults and only \$24 for children; a family pass for up to eight people living in the same household is only \$99. Visit [RogueXMedford.com](http://RogueXMedford.com) for more details.



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- Food Trucks
- Special Celebration Display

**Time:** 4:30-7:30PM  
**Place:** Pear Blossom Park Blocks  
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# Harmonious Milestones: Music Activities to Support Your Child's Development

By Deborah Pratt, M.A. in Music Education

Cognitive development. Below are some musical activities for facilitating the achievement of developmental milestones at different stages of childhood:

### Infancy (0-12 months):

- Cognitive Development: Play instrumental music with repetitive patterns. Encourage hand-eye coordination by playing along with small baby-safe musical instruments like shakers or bells.
- Auditory Development: Sing gentle lullabies and songs to soothe your baby. Your baby loves your voice. Listening to you sing also strengthens your bond and comforts your baby.
- Motor Skills: Engage in baby exercise while singing or listening to music. This can include tummy time, offering toys or other objects for your baby to reach for and grasp, and encouraging your baby to roll over from back to tummy and vice versa to strengthen core muscles.

### Toddlerhood (1-3 years):

- Coordination and Language Skills: Play simple singing games like "Ring Around the Rosie" or "Head, Shoulders, Knees, and Toes." These songs incorporate both a variety of movements requiring coordination and repetitive use of words which encourages vocabulary development.
- Listening and Vocal Skills: Encourage your child to listen to animal sounds or different musical instruments and imitate them vocally.
- Motor Skills and Coordination: Incorporate movement into music, such as dancing or clapping to the beat to develop gross motor skills. Use small musical instruments like shakers or tambourines to develop fine motor skills and hand-eye coordination.

### Preschool Age:

- Cultural and Social Awareness: Listen to, move to, and discuss the music of different places and peoples.
- Cognitive Skills: Sing songs with numbers, colors, and shapes to introduce these concepts while enhancing memory, attention, and problem-solving skills.
- Social Skills: Sing and play musical games in groups or join an early childhood music class to promote social interaction, cooperation, and turn-taking.
- Emotional Regulation: Sing songs with your child to help them express their emotions and cope with stress or anxiety. Listen to calming music which will help your child to self sooth.



### Elementary School Age:

- Academic Skills: Provide music lessons for your child. Numerous studies have shown that students who learn to play an instrument tend to perform better in subjects like math and science.
- Creativity: Music encourages creativity and imagination. Participation in music activities can help your child develop enhanced creative thinking skills.
- Self-Expression: Music enables the expression of feelings through sound, which can help your child understand and convey their emotions.

### Adolescence:

- Identity and Self-Expression: Teenagers can use music as a means to express their identity and connect with friends who share their musical tastes. Learning to play an instrument often leads to songwriting or playing

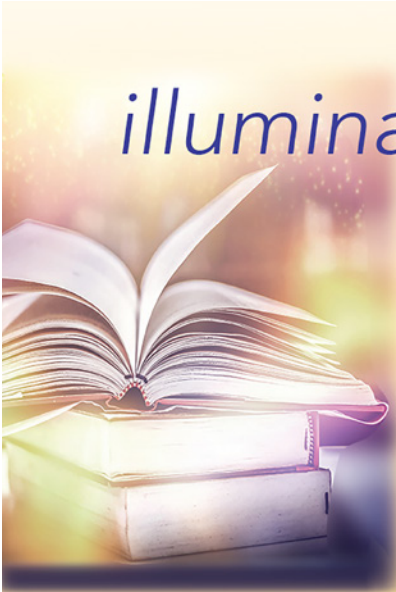


in a band which are powerful outlets for self-expression.

- Emotional Well-being: Music can be a source of emotional support during the challenging teenage years, helping adolescents cope with stress, anxiety, and mood swings.
- Self-Confidence and Self-Esteem: The achievement experienced when playing and performing on an instrument can boost a teenager's confidence and self-esteem.

It's important to note that the benefits of music on developmental milestones can vary from person to person. The way in which music is introduced and integrated into a child's life plays a significant role in determining its impact.

Encourage active participation in music, provide a wide range of musical experiences, foster a positive and supportive environment, and music will enhance your child's development and bring joy to their world for a lifetime.



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# ROGUE Winterfest

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A MAGICAL FESTIVAL FOR THE WHOLE FAMILY.

## VIRTUAL SILENT AUCTION

Shop for Christmas and support Mental Health,  
Silent Auction days/hours are:

Opens: Tuesday, November 28th at 9:00am  
Ends: Sunday, December 3rd at 7:00pm

## WEEKEND HOLIDAY EVENTS

Enjoy viewing the holiday trees, strolling through  
the Southern Oregon Adventure, and visiting  
Santa and Mrs. Claus - family fun for everyone!

Saturday - Sunday, December 2nd & 3rd  
10:00am - 5:00pm

Tickets are sold at the door only  
\$5 per person  
Children 2 and under are free  
\$25 per family of 6

Location: Evergreen Federal Bank's Bear Hotel  
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MAGAZINE

*Happy Holidays*

from  
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Family

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**Next issue:**  
**Feb./March 2024**  
Deadline January 20th

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On the cover: Lorenzo  
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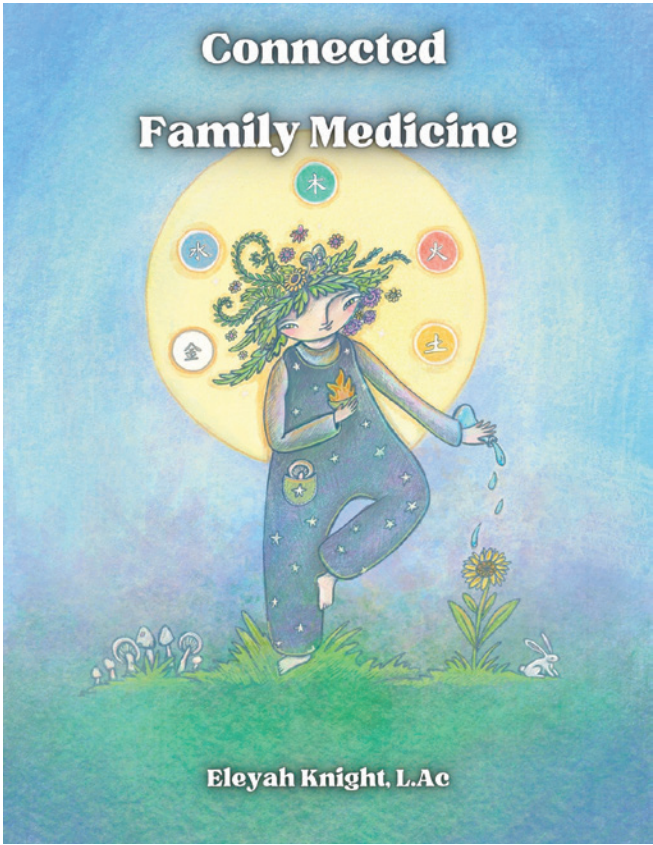
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# Connected Family Medicine

## An Interactive Book About Natural Medicine



By Eleyah Knight L.Ac.,MTCM, Elated Family Accupuncture

The most valuable gift of all is the quality time we spend with our kids through various activities that make us feel most connected to each other and the world around us. These memories are what stays with us for life, no matter what material possessions have come and gone. This book was written to provide a simple, basic layout of educational and fun information, ideas, and projects that parents can do with their children to understand and implement nature-based living.

My experience as an acupuncturist has shown me how powerful, gentle, and supportive Chinese medicine is for kids and their families. It’s been my burning desire to share far and wide how potent the natural remedies are by applying them to every aspect of life. I’ve also felt called to clarify many common concerns about acupuncture for kids, especially in regards to needles (there are SO many other tools we can use instead- did you know that? :) ).

Healing and maintaining balance in health doesn’t just happen in a treatment room; it’s a lifelong process that begins in youth, when habits are being developed and passed down from parents and role models. How can we best serve our children and future generations to be self-sufficient, inspired, and connected to what really matters- their natural sources of power and energy? I ask myself this every day, and I’m intending this book to spark this question in everyone who reads it.

Connected Family Medicine is the perfect way to spend quality time with the kids we love, as parents, teachers, mentors, or friends. As they grow and develop, they will discover their true powers and remember the deeply nurturing activities that shaped their self-image, perspectives, and lifestyles. This book will also guide those who generally want to make more connections with what they eat and how they live to be attuned to natural order within and outside of their bodies.

Connected Family Medicine is now available on Amazon: <https://tinyurl.com/connectedfamilymedicine>

It can also be picked up from the author at her clinic in Ashland or Rogue River: (831)428-4003, [elatedfamilyacupuncture@gmail.com](mailto:elatedfamilyacupuncture@gmail.com)





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# Gingerbread JUBILEE

## CALLING BAKERS OF ALL AGES FOR THE 21ST ANNUAL GINGERBREAD JUBILEE!



Architects of all ages are invited to create imaginative wonders and fantastical objects using gingerbread and other edible materials for this year's 21st Annual Gingerbread Jubilee, a benefit for the Craterian Theater at the Collier Center for the Performing Arts in Medford. The contest is open to interested bakers of all ages and skill levels — individuals and groups, students, businesses, youth organizations, scout troops — anyone who loves the creative challenge of crafting with all-edible products. The deadline for submitting contest entry forms is November 1st, and gingerbread creations must be delivered to the theater at 23 S. Central Ave., Medford, Tuesday, November 14th.

There is no cost to participate and creations benefit the non-profit Craterian Theater. More than \$3,850 in cash prizes — including \$1,000 for Best in Show — will be awarded in multiple categories (adult, group, student, and the new jr. student category for kids under 11). Participants will be invited to attend a Baker's Reception & Award Ceremony at the Craterian. Following the reception, all gingerbread creations are sold at the Gingerbread Jubilee Auction on November 17th and are then featured in the Community Tour that follows. The last in-person Community Tour in 2019 drew nearly 3,000 visitors. Tour hours are 10:00 a.m. – 6:00 p.m. Saturday &

Sunday November 18-19th, and 10:00 a.m. – 4:00 p.m. Monday, November 20th. Admission is \$3 and benefits the nonprofit Craterian Theater.

Contest Entry Forms and more information can be found at [www.craterian.org](http://www.craterian.org). An Exhibition category (not judged for cash awards) is also available. For more information, contact Baker Coordinator, Noelle Murray-Sigrist, at [Gingerbread@craterian.org](mailto:Gingerbread@craterian.org) or Development Director, Aspen Droesch, at [aspen@craterian.org](mailto:aspen@craterian.org).



The Gingerbread Jubilee is one of the Rogue Valley's most unique benefit auctions and a favorite holiday celebration. Proceeds from this event help make it possible for Craterian Performances to fulfill its mission to increase and enhance the Rogue Valley by: Presenting a diverse season of national and international performing artists: including, for the 2023-24 season: The Vienna Boys Choir, Straight No Chaser, Leonid & Friends, Ruben & Clay ~ Twenty Years One Night, Million Dollar Quartet, A Celtic Christmas, Broadway Legend ~ Brian Stokes Mitchell, Johnny Cash ~ The Official Concert Experience, Classic Albums Live ~ Rolling Stones, The Brothers Reed, Brian Regan, Vitamin String Quartet ~ Music of Bridgerton, Postmodern Jukebox, Jim Witter's American Pie, The Simon & Garfunkel

Story, Drum Tao, and The Gothard Sisters. Want to catch a show with the whole family? We recommend: Nutcracker ~ The Magical Christmas Ballet, TMTO's The Music Man, The Peking Acrobats, TMTO's Bye Bye Birdie, and iLuminate!

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In early-2024, BAM will provide a space for birthday parties, LEGO® themed events like after-school clubs, “Make-and-Takes” and Brick Derby races. The space will also be available

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## Tips for Busy Families This Fall

Compiled by Diana Bennington of The Family Connection from "Oregon Parenting Together" Vol 11 Issue 3

Fall is a time for change. The leaves change color, the weather gets cooler, and kids head back to school. But for parents, fall can also be a time of chaos. With school, extracurricular activities, family commitments, and holiday celebrations it can be hard to keep track of everything. Here are a few tips for juggling the busyness of the Fall season as a parent:

1. Create a family calendar. This will help you keep track of everyone's appointments, activities, and due dates. There are many different ways to create a family calendar. You can use a traditional paper calendar, a digital calendar, or even a shared Google doc.
2. Delegate tasks. Don't try to do everything yourself. Ask your partner, older children, or other family members for help with things like laundry, dishes, and grocery shopping.
3. Be flexible. Things don't always go according to plan. Be prepared to make changes to your schedule as needed. For example, if your child's soccer game gets cancelled, you can use that time to run errands or do some chores.
4. Take breaks. It's important to take some time for yourself, even when you're busy. Taking care of yourself will help you stay sane and refreshed. Join a free parenting program or workshop at [thefamilyconnect.org/families-parents](http://thefamilyconnect.org/families-parents) as part of your self-care!
5. Don't be afraid to say no. It's okay to say no to commitments that you don't have time for. Your family's well-being is more important than anything else.
6. Plan ahead. Take some time to sit down and map out your family's schedule and holidays. This will help you identify potential conflicts, and you can adjust.
7. Get organized. Have a system for keeping track of paperwork, school supplies, and other important items. This will help you avoid stress and chaos.
8. Communicate with your children. Let them know what's expected of them

and how they can help out around the house. This will help them feel involved and responsible.

9. Don't sweat the small stuff. It's okay if things don't always go perfectly. Focus on the big picture and don't let the little things get you down.

Juggling the busyness of the Fall season can be challenging, but it's definitely doable. By following these tips, you can make the most of this special time of year! If you want additional support on parenting, please reach out to The Family Connection at [thefamilyconnect.org](http://thefamilyconnect.org); We're here to help!



Preschool

School Age

Tweens & Teens

more info & RSVPs online:  
[thefamilyconnect.org/families-parents](http://thefamilyconnect.org/families-parents)

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 Children's Advocacy Center of Jackson County  
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- Here are a few tips to help keep the holiday fun:
1. Do not allow your children to go trick or treating without a responsible adult.
  2. Make sure that your trick or treaters have either reflective gear on or carrying a flashlight. It is hard to see little people dressed up in black Halloween gear at night.
  3. Make sure to only trick or treat at houses that have a porch light on. They are signaling they are prepared to give you a treat.
  4. Make sure that your trick or treaters know the rules about whose house they may go inside and whose house is off limits. It is not a good idea for children to go into houses of people they do not know.
  5. Do not allow your children to eat candy or treats that have already been opened or appear to have been tampered with in any way.

This is also a great opportunity to go over the safety rules for crossing the street such as crossing only at the corner, making contact with drivers before crossing in front of their car and always stay on sidewalks or designated paths. Make sure that your trick or treaters are paying attention to cars that may be backing out of or turning into driveways. Also make sure to practice with your child saying NO! in a loud voice if someone tries to get them to go in their car or off the designated paths.

However, the safest thing is to take the opportunity to walk through the neighborhood with your child while they trick or treat. Great opportunity for exercise for you and is the best option to keep your child safe.

If you would like more information about keeping kids safe in today's world, take a Stewards of Children child sexual abuse prevention class through the Children's Advocacy Center. Call 541-734-5437 to sign up.



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Medford

Oct. 6, 7, 13, 14, 20, 21, 22,  
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Information:  
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# HAPPY FALL AND HOLIDAYS FROM SOUTHERN OREGON FAMILY!



## As the seasons change, so do fire and life hazards. . .

*Battalion Chief Brian Bolstad, Jackson County Fire District 5*

**A**s cooler weather sinks in, our activities change and we spend more time indoors. Here are some seasonal tips to help protect you and those around you:

Cooking equipment is the leading cause of home fires and fire injuries, causing 47% of home fires that result in 20% of the home fire deaths and 45% of the injuries.

- Be on alert! If you are sleepy or have consumed alcohol, do not use the stove or stovetop.
- Stay in the kitchen while you are frying, grilling, boiling, or broiling food.
- If you are simmering, baking, or roasting food, check it regularly, remain in the kitchen while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire—oven mitts, wooden utensils, food packaging, towels or curtains—away from your stovetop.
- Make a safety plan with your family in case of emergency
- Have a fire extinguisher in good working order.



- Interestingly, candles account for only 2% of home fires, despite their reputation. Use caution with candles, however, and never leave them unattended.
- Working smoke alarms are key to early notification of a fire, especially at night when people are sleeping. Replace smoke alarms every 10 years. Test them a couple of times a year.
- If you have a fuel-burning device in your home, like a woodstove or gas furnace, a carbon monoxide (CO) alarm is essential. CO gas can leak from faulty equipment, and is called the “silent killer” because it is odorless and colorless. CO gas in the home can cause illness and death over time.
- Winter is a good time to prepare for next fire season. Trim brush and trees and clean up around your home to create defensible space.
- With a little common sense and foresight, we can all enjoy a safe and healthy winter season!

For more information on community fire safety, see the Rogue Valley Fire Prevention Cooperative’s website at <https://rvfpc.blogspot.com/> Statistics and material from the National Fire Protection Association’s website, [www.nfpa.org](http://www.nfpa.org)

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