



## "Mom Group"

### Calendar of Events

**We will be meeting on the 1st and 3rd**

**Tuesday @ BFCBC**

**9:45 am-10:45 am**

**You are welcome to bring your kids!**

***May 7th** Mom talk and prayer for wisdom,  
raising our kids"*

***May 20th** Gardening in raised beds and  
containers"*

***June 4th** Summer fun ideas with the kids  
& play on the lawn @ parsonage*

***June 18th** Healthy cooking, meal ideas and  
prayer for kids*

***July 2nd** Lawrence pool"*

## A Word From Your Community Health Center



**With Spring here and morels popping it's also Poison Oak season!**

If you get poison oak easily and you are often in the woods there are several things to do to help.

When you get home, shower immediately, there are special soaps for poison oak but Dawn dish soap works great as well.

Throw your clothes in the wash. Have an old set of outer clothing and boots just to wear when there's poison oak around.

If you have a campfire, don't burn anything that could possibly be poison oak! Split kindling from large pieces of wood rather than gathering twigs.

Once you have poison oak a couple of things help:

Hydrocortisone ointment on the rash, calamine can help as well. Take Benadryl or allergy medicine, especially at night, to help with itching.

If it gets on your face, in eyes or covers a large part of your body you need medical attention to determine if you need steroids.