



See page 9

for permission slip
for all activities

Impact Nights

Impact Workouts

Terrarium Making and Calming our minds

at the Flower Market



Must RSVP
Space limited

Pizza night!

MAY 1ST @ 5:30 PM

DOWNTOWN, 510 N Dewey

Celebrating 1
year of Positive
Impact
Workouts!

May 6th
1 to 2:30 pm

Nebraska Athletic Club
1701 E 4th St



HOW RUDE!

Let's talk about etiquette
and respect.
Dinner will be served.

JUNE 5TH @ 5:30 PM

NP Senior Center, 901 East 10th

June 10th 1 to 2 pm

Join the monthly workout with Tommy V

Don't forget that every participant must have
waiver signed for Nebraska Athletic Club

MAY activities

JUNE activities

Join us in breaking
pinatas at the
Cinco De Mayo
community celebration!

downtown on the bricks

May 5th from 6 pm to 9 pm

Youth activities as well as food trucks, dancers, music

Sign up to help run a game or man the booth
or just come enjoy the fun!

Join us for an art lesson with

**Impact ART
from Lincoln Ne**

June 3rd

10 am to 1 pm

Salvation Army

Nebraska Game and Parks

FISHING

Iron Horse Park
June 27th

from 5:30 to 7:30 pm

Supplies provide. Adults must have fishing
license to hold pole but can help youth.

Celebrate Summer

Cody Go Karts

805 Halligan Drive

May 25th from 5:30 to 7 pm

We will share the tickets
until they are gone.



MARCH & APRIL ACTIVITIES

Piñata Making

Pancake Making



Minute To Win It Game Night



Fish Hatchery Tour

Learn more at <https://outdoornebraska.gov/conservation/fisheries-management/aquatic-habitat/>

MAY 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|------------------------------------|-------------------------------|------------------------------|-------------------------------------|---------------------------------------|---|
| 30 | 1 Impact Night Flower Market | 2 | 3 North Platte Giving Day | 4 | 5 Cinco de Mayo festival downtown | 6 Happy Anniversary 1 pm Impact Workout |
| 7 | 8 | 9 | 10 | 11 NATIONAL SCHOOL NURSE DAY | 12 | 13 NPPS high school graduation |
| 14 | 15 NATIONAL Chocolate Chip Day | 16 | 17 | 18 | 19 NATIONAL ENDANGERED SPECIES DAY | 20 Prescription Drug Collection event |
| 21 | 22 | 23 NPPS LAST DAY OF SCHOOL | 24 | 25 SUMMER KICK OFF CODY GO CARTS | 26 | 27 |
| 28 | 29 MEMORIAL DAY | 30 | 31 | 1 | 2 | 3 |

Holidays and Observances: 5: Cinco de Mayo, 14: Mother's Day, 29: Memorial Day

Homemade
GIFTS MADE EASY

JUNE 2023

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---------------------------------|------------------------------|-------------------------|----------------------------|--|---|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 IMPACT ART 10 am to 1 pm |
| 4 | 5 Impact Night Senior Center | 6 | 7 | 8 | 9 | 10 1 pm Impact Workout |
| 11 | 12 | 13 | 14 | 15 | 16 World SEA TURTLE Day | 17 Prescription Drug Collections event |
| 18 NATIONAL Go Fishing Day Father's DAY | 19 Juneteenth | 20 | 21 1st day of SUMMER | 22 | 23 NATIONAL Take your Dog to Work Day | 24 |
| 25 | 26 | 27 FISHING w/GAME & PARKS | 28 | 29 National BombPop Day | 30 | 1 |

Holidays and Observances: 14: Flag Day, 18: Father's Day, 19: Juneteenth

Homemade
GIFTS MADE EASY



World SEA TURTLE Day June 16th

There are seven species of sea turtles. These include green, hawksbill, Kemp's ridley, leatherback, loggerhead, and the Olive ridley. Of these species of sea turtles, the leatherback is the largest. The leatherback sea turtle weighs anywhere from 550 to 2,000 pounds! This type of sea turtle grows up to six feet in length. Sea turtles live in both cool and warm waters throughout the world. However, the flatback can only be found in Australia.



Sea Turtle Facts

- Sea turtles can live between 50 to 100 years.
- Some sea turtles travel more than 1,000 miles to return to their nesting ground.
- Sea turtles nest multiple times, about two weeks apart, and lay up to 125 eggs per nest.
- Most sea turtles nest at night, except for the Kemp's ridley.
- Leatherback sea turtles can dive nearly 4,000 feet into the water.
- Unlike other kinds of turtles, sea turtles cannot retreat into their shell.
- A large group of nesting sea turtles is called an "arribadas", which is Spanish for "arrival."

Unfortunately, nearly every species of sea turtle is considered endangered. The hawksbills and Kemp's ridley are both critically endangered. Entanglement in marine debris, destruction of habitats, and poaching for meat and eggs are among the top reasons for their endangerment.



Cinco de Mayo

May 5th 2023 | 6PM to 11PM

Downtown on the Bricks (5th and Dewey)

Food vendors, music, dancers,
many prizes, children's activities,
piñatas, raffle, and more...



**Folklorico
Group: Raices
de mi Pueblo**

Food Trucks
Sprocket Freedom Dogs
La Pachanga
Mr. Taco Loco

North Platte
Pow Wow
Honoring Our Veterans

July 7-9th, 2023

North Platte, Nebraska

2921 Scouts Rest Ranch Rd, North Platte, NE 69101

Dance Contest/Drum Contest

Host Drum: White River Crossing

MC: Reggie Little Killer PA: Perry Zephier

Arena Director: Morris "Misu" Bull Bear Head Dancer: TBA

Basketball Tournament • PTSD Awareness Walk

Inter-Tribal, Everyone is Welcome!

Grand Entry: Fri 7pm, Sat 1pm & 7pm, Sun 1pm

Admission: Weekend Pass \$15, Day Pass: \$7

(A portion of the proceeds benefit Operation Christmas Card a 501c3 Non-Profit)



Featuring: Dancers, Singers, Vendors & Special Guests

Primitive Camping Available On-Site, NE Game & Parks Permit Required

Contact: Char Swalberg 308/520-9516 Email: northplattepowwow@gmail.com

Follow Us on Facebook: @NPpowwow

Mentors -if you and your mentee would like to attend the Pow Wow for any of the three days reach out to me for tickets.

Upcoming in July:

Pow Wow, Kayaking, Positive Impact Workout, and Impact Night will be different due to the July 4th Holiday

Staff and Directors

Mentoring Staff

Angela Hipp - Mentoring Coordinator

Jayna Schaaf - Community Connections Executive Director

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Kara Hahn
Matt Foskett
Val Hyde
Ashley Vak
Tina Maria Fernandez
Jim Strecker

FOLLOW US ON SOCIAL MEDIA FOR MORE INFORMATION

Facebook CCMentoring

INSTAGRAM communityconnections_lc

Welcome to new mentees:

**Connor
Cameron
Chloe**

And new mentoring match:

Deb & Lilly



Connor R- 9th

Lilly R- 9th

David D- 29th

Betsy R - 30th

MAY

JUNE

Silvia - 10th

Taylor F- 11th

Jeb G - 14th

Sutherland Bioblitz

May 27, 2023 • 7 a.m. - 10 p.m.

(open house event/come and go as you please)



Sutherland Reservoir State Recreation Area

Enjoy learning from Nebraska biologists while finding and identifying as many species of plants and animals as possible!

All materials needed for sessions will be provided.

Be sure to dress according to the weather. Bring boots, hat, jacket, sunglasses, sunscreen, water bottle, etc.

Lunch and dinner will not be provided, but you are welcome to bring your meals to eat at the park!

For more information contact Meghan Manary at Meghan.Manary@Nebraska.gov.

Event is free except for the park entry permit.

- 7 - 8:15 a.m. Small Mammals
- 8:30 - 9:45 a.m. Birding (binoculars provided)
- 10 - 11:15 a.m. Native Pollinator Plants, Medicinal and Edible Plant Hike
- 11 - 11:30 a.m. Make a Nature Journal
- 11:30 a.m. - 1:30 p.m. Lunch Break
- 1:30 - 3:30 p.m. Rep t iles /A mphibians
- 3:30 - 4:30 p.m. Macr oinver t ebr a t es
- 4:30 p.m. - 7:30 p.m. Dinner Break
- 7:30 p.m. - 8 p.m. Dark Skies and Light Pollution Discussion
- 8 - 9 p.m. Moth Lighting
- Bat Acoustics



Sutherland Reservoir SRA

301 East State Farm Rd. • North Platte, NE 69101
308-535-8025
Nebraska park entry permit required

Learn more at
OutdoorNebraska.gov

THE OUTDOORS & NATURE

Spending time in nature is linked to many positive mental health outcomes – improved focus, lower stress, better mood, and reduced risk of developing a mental health condition.¹ Most studies on nature and well-being look at green spaces like parks and forests, but researchers are also beginning to look at blue spaces – places with ocean and river views. However, you don't need a picture-perfect outdoor experience to get the benefits of nature.



PLANTS & GREEN SPACE

Seventy percent of respondents to a Mental Health America Connection Survey reported wishing they had more time outdoors, ideally in nature away from their neighborhoods. Cities often have more stressors to physical and mental health, but green space (like parks and gardens) can reduce their impact. Even spending some time in your backyard (if you have one) can produce positive outcomes, and feeling connected to nature helps your mood even if you don't spend time outdoors.¹

Children living in neighborhoods with more green space had a reduced risk of developing depression, mood disorders, schizophrenia, eating disorders, and substance use disorder.²

Even being in the presence of indoor plants is worthwhile – studies have found this to improve focus, memory, and stress tolerance.³

WHAT CAN I DO TO FIND GREEN SPACE?

Don't discount the little things. While being in the wilderness is especially nice, even city parks, a small garden, or sitting under a tree can support your mental health.

Bring the outdoors in. Adding greenery to your space can have a similar effect to seeing plants outdoors – and some, like snake plants and bamboo palms, can purify your air.⁴

NATURAL LIGHT

Sunlight triggers the release of serotonin and vitamin D, which are associated with boosting mood and focus and reducing stress.⁵ Without enough sun, these levels can drop, leading to symptoms of depression, anxiety, and other mental health challenges. Light exposure also has a direct impact on your body's sleep-wake cycle, and consistent sleep is one of the most important factors in your well-being.

• More time spent in outdoor light is associated with lower odds of using antidepressant medications and fewer symptoms of insomnia.⁶

• The natural lighting of a home is known to impact how you describe your own mood. Improvements to natural lighting have a positive impact on overall emotional social well-being, particularly among women and younger population.⁷

WHAT CAN I DO TO GET NATURAL LIGHT?

Enjoy the sunshine. Just 10-15 minutes of sun on your arms and legs a few times a week has the potential to generate all the vitamin D you need; however, this depends on factors like the season, time of day, pollution, skin tone, and more.⁸

Try a light box. Light therapy can help with symptoms of depression and sleep disorders. The bright light from a light box mimics natural sunlight, causing the brain to produce serotonin and regulate your internal clock.⁹



permission slip

Community Connections Mentoring and Hope Esperanza

YOUR CHILD WILL NOT BE ABLE TO PARTICIPATE IF PERMISSION SLIP

IS NOT SIGNED and RETURNED PRIOR TO OR AT THE FIRST EVENT in which he/she is participating

I acknowledge that my child/children _____, has/have voluntarily applied to participate in the following mentoring activities. **Please cross out any that you do not want your child to attend.**

May 1st – Impact Night 5:30 – 7 pm - at NEW LOCATION downtown at the Flower Market (510 N Dewey). Assembling terrariums and talking about strategies to calm our minds. Dinner provided. Youth may attend with a parent or mentor or ask for a ride. SPACE LIMITED - please RSVP

May 5th, 2023 from 6 pm to 8:30 pm- Cinco de Mayo festival downtown on the bricks May 5th (see page 4 for more details) open to the public. Bring families. Mentors and mentees that want to help with Community Connections booth or youth activities contact Angela 308-696-0975. Event is free. Pinatas and games. Dancers and Music. Food trucks and vendors.

May 6th & June 10th at 1 pm—Nebraska Athletic Club—this is a local gym with cardio and strength training equipment. This class is geared for youth ages 1st to 6th grade. It is also open to youth not in mentoring but that may be interested. A PARENT WAIVER will need to be signed for the gym owner and will be available at the event (or prior upon request).

June 5th - Impact Night NP Senior Center 901 East 10th, Dinner provided. Lesson on etiquette.

May 25th from 5:30 - 7 pm, 805 Halligan Drive at Cody Go - Karts. MUST HAVE PERMISSION SLIP!! Each mentor and mentee will receive two tickets to ride - go carts or bumper boats or do mini golf. Then we will share until gone! Please follow the rules of the establishment.

June 3rd - 10 am to 1 pm - art project with Impact Art at the Salvation Army building - details to come...

June 27th 5:30 pm to 7:30 pm- Fishing with Nebraska Game and Parks at IRON HORSE park fishing docks. Supplies provide. Anyone 13 and over must have fishing license to cast or reel in pole. This is catch and release. We will be use nightcrawlers and hooks. Permission slip a must!

I am aware that these activities may be hazardous and that my child could be injured. I'm voluntarily allowing my child to participate in these activities with knowledge of the risk involved, and agree to assume any and all risks of bodily injury, death, or property damage, whether these risks are known or unknown.

I forever release the sponsor of the activities and its agents, directors, officers, employees, volunteers, contractors, and representatives from any and all actions, claims, or demands that I, my assignees, heirs, guardians, spouse, and legal representative now have, or may have in the future, for injury, death, or property damage related to my child's participation.

I also waive any claim of liability for any injury my child may receive arising out of the transportation to or from any event or activity by the agency, its sponsors, agents, employees, volunteers, or representatives in any fashion.

Parent/Guardian Name (print): _____

Parent/Guardian Signature: _____ DATE: _____

Emergency Contact Name: _____ Phone # _____

Please sign waiver and return to Community Connections Mentoring Staff either before or at the time of the first event in which your child is participating. Without this signed form, your child or children will not be allowed to participate. **No Exceptions.**

If you have questions or concerns, please call Community Connection Mentoring at 308-696-0975, or send an email note to mentor@communityconnections.org. Hope Esperanza can be reached at 308-660-5935



Mentoring

121 North Dewey
P.O. Box 852
North Platte, NE
69103



COMMUNITY CONNECTIONS *Mentoring*

Mentoring, at its core, guarantees young people that there is someone who cares about them, assures them they are not alone in dealing with challenges, and helps them to know that they matter.



<https://www.northplategiving.org/CommunityConnections>

North Platte Giving Day is May 3rd. Please encourage your friends and family to make a \$10 or more donation to Community Connections. These funds help to support our activities!

www.northplategiving.org/CommunityConnections