Southern Oregon Child & Family Council, Early Head Start, Head Start, The Family Connection & LISTO

The Weekly Memo

Program Year 2023-2024
January 29, 2024 / Volume #19

Our Agency Values

Transparent Respectful Communication

Compassionate Inclusivity

Teamwork

Integrity & Accountability

Safe & Responsive Culture

You can't use up creativity.

The more you use, the more you have.

~ Maya Angelou

Our Mission:

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

Weekly Memo Submissions:

If you would like your submission to be shown in the following issue please submit any pdfs, jpegs, and text to

Angie Salazar — asalazar@socfc.org

by Thursday at 12 p.m.

Editors: Angie Salazar & Ashley Clayton

Inside this Issue:

FREE LEARNING, ART, FOOD, & RESOURCES!

Our Data, Our Story

What will you do?

- Stroll through interactive displays
- Share your opinions with health advocates & professionals
- Enjoy a meal together from Rogue Food Unites (on-site or to-go)
- Art projects for kids!
- Gather health resources from community organizations

When?

February 6th | 5PM to 7PM

Where?

The Merrick at The Commons
200 N Riverside Ave, Medford

Recently, data was collected in our community for the 2023 Community Health Assessment to better understand our health priorities.

You're invited to continue the conversation with other community members through a fun, interactive event. Help us to create a vision for a healthy Jackson County!

Questions?

sidersSW@jacksoncountyor.gov
(541) 774-3899

FORTIFY
Better Homes. Stronger Communities.

ALL IN FOR HEALTH
Jackson & Josephine Counties
A healthy community is everyone's business

ROGUE FOOD UNITES

TALENT MAKER CITY

FREE LEARNING, ART, FOOD, & RESOURCES!

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When?

February 7th | 4PM to 6PM

Where?

Josephine County Fairgrounds Pavilion Building

Recently, data was collected in our community for the 2023 Community Health Assessment to better understand our health priorities.

You're invited to continue the conversation with other community members through a fun, interactive event. Help us to create a vision for a healthy Josephine County!

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¡GRATIS! APRENDIZAJE GRATUITO, ARTE, COMIDA Y RECURSOS

Nuestros Datos, Nuestra Historia

¿Qué harás?

- Pasea por exhibiciones interactivas.
- Comparte tus opiniones con defensores y profesionales de la salud.
- Disfruta de una comida juntos de Rogue Food Unites (en el lugar o para llevar).
- ¡Proyectos de arte para niños!
- Recopila recursos de salud de organizaciones comunitarias.

Recientemente, se recopilaron datos en nuestra comunidad para la Evaluación de Salud Comunitaria 2023 con el fin de comprender mejor sus prioridades de salud.

Estás invitado a continuar la conversación con otros miembros de la comunidad a través de un evento divertido e interactivo. ¡Ayúdanos a crear una visión para un condado de Jackson saludable!

¿Cuándo?

6 de febrero | 5:00PM - 7:00PM

¿Dónde?

The Merrick at The Commons
200 N Riverside Ave, Medford

¿Preguntas?

hansenda@careoregon.org
(458) 500-9004

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NATIONAL PUZZLE DAY

January 29

The Benefits of Doing Jigsaw Puzzles

There are countless benefits to challenging your brain, and one of the most important is that it can help keep you mentally sharp as you age. When you challenge your brain, you're essentially creating new neural pathways and connections, which helps keep your mind active and functioning at its best, and puzzles can do just that.

Indeed, jigsaw puzzles are a great way to pass the time and challenge yourself. They can be a fun and rewarding activity for people of all ages. There are many benefits to doing these puzzles, including improving your memory and concentration, developing problem-solving skills, and reducing stress. Keep reading to learn more about the benefits of doing puzzles.

They Can Improve Memory Skills

Puzzles have been around for centuries, and there's a reason why they continue to be popular—they offer a number of cognitive benefits. Chief among these is the improvement of memory skills. When you work on a jigsaw puzzle, you are forced to focus on the task at hand. You can't allow yourself to become distracted by anything else, as that will only lead to frustration and mistakes. This level of concentration is beneficial for your memory because it helps train your brain to stay focused and ignore distractions. As you get better at completing puzzles, you will find that you are able to apply this skill in other areas of your life as well.

They Can Improve Hand-Eye Coordination

Puzzles are known to improve hand-eye coordination. The activity of piecing together a jigsaw puzzle involves looking at a piece, assessing its fit, and then placing it in the correct spot on the board. This requires good eye-hand coordination.

They Can Improve Problem-Solving Skills

There are many benefits to doing a jigsaw puzzle, including improved problem-solving skills. These puzzles require patience and concentration, which can help improve focus and attention span. They also require analytical thinking, as you have to figure out how the pieces fit together. The games help to improve cognitive skills, critical thinking, and logical reasoning. They also help to improve patience and perseverance. This can help improve problem-solving skills and reasoning abilities.

They Can Improve Concentration and Focus

Completing a jigsaw puzzle offers a fun way to improve your concentration and focus skills. When you are doing a puzzle, you have to concentrate on the piece in front of you and how it fits into the puzzle. You also have to focus on where the other pieces go and how they fit together. This can help improve your concentration and focus skills.

The Benefits of Doing Jigsaw Puzzles

They Can Reduce Stress

People love puzzles because they offer a fun challenge that can be solved in a variety of ways. Puzzles also offer a sense of accomplishment and satisfaction when completed. What most people don't know is that puzzles offer some major health benefits, too! Puzzles can help reduce stress levels. When you're faced with a difficult puzzle, your brain works hard to come up with a solution. This can help to distract you from any stressful thoughts or problems you may be dealing with. Plus, the sense of satisfaction you feel when completing a challenge is a great way to boost your mood and reduce stress.

Your brain is what allows you to think, learn, and remember. It is essential to keep your brain sharp and to function well throughout your life. There are many things you can do to keep your brain healthy and active, and completing puzzles is a great first step in the right direction. These fun challenges can keep your brain healthy by keeping it sharp regularly. Challenging your brain helps keep your mind active and engaged.

This article was derived from: The Benefits Of Doing Jigsaw Puzzles (nyu.edu)


JANUARY 31ST
INSPIRE YOUR HEART WITH ART DAY!

colour wheel

colour wheel

Colour wheel showing the RYB colour model.

colour wheel, a diagram used in the visual arts to represent the colours of the visible spectrum and their relationships to one another. The colours are arranged systematically into a circle, with each hue usually falling into one of three categories: primary, secondary, or intermediate. In fields such as painting, fashion, film, and design, artists use the colour wheel to assemble colour schemes and visualize how colours appear beside one another.

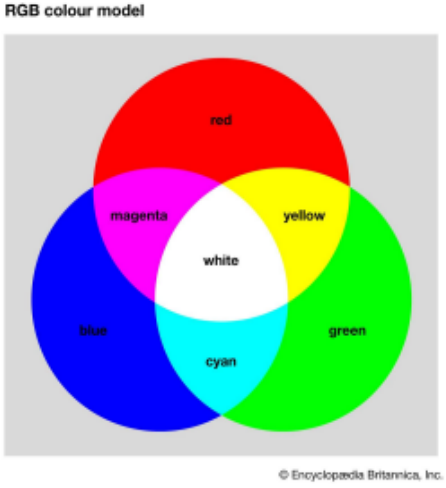
There are a number of colour wheels, each representing a different colour system. Colour systems are based on three primary colours from which all other colours in the system can be produced. The set of colours produced from the primary colours is known as the colour gamut. Although elementary-school students are typically taught that the primary colours are red, yellow, and blue, there is in fact no set standard of primary colours; any three colours can be assigned as primary colours to create a colour system. However, there are sets of primary colours that are more effective—that is, produce a more extensive colour gamut—than others. A couple of the best known are the subtractive colour system and the additive colour system.

The traditional painters' colour wheel is one example of the subtractive colour system. Its primary colours are red, yellow, and blue (hence, it is also called the RYB colour model, after the first letter of each primary colour). The colours are called primary because they cannot be created by combining other hues. Any two of the three primary colours can be mixed to produce the secondary colours: green (made by combining yellow and blue), orange (yellow and red), and violet (blue and red). Mixing a primary colour with an adjacent secondary colour creates an intermediate colour. In this model, the intermediate colours are vermilion (red-orange), amber (yellow-orange), chartreuse (yellow-green), teal (blue-green), indigo (blue-violet), and magenta (red-violet).

RYB colour model

Diagram of the RYB colour model, one example of the subtractive colour system, showing how colours mix.

If all of the colours of the RYB colour model were combined, theoretically they would create black. This is because colorants, such as pigments or dyes, selectively absorb and reflect light to create colour. For example, a yellow pigment absorbs blue and violet wavelengths while reflecting yellow, green, and red wavelengths. Blue pigment absorbs primarily yellow, orange, and red wavelengths. If the yellow and blue pigments are mixed, green will be produced, since it is the only spectral component that is not strongly absorbed by either pigment. In a sense, the yellow and blue pigments take colour away from one another, leaving only a green colour; hence, the RYB colour model is also called a subtractive colour system.



RGB colour model

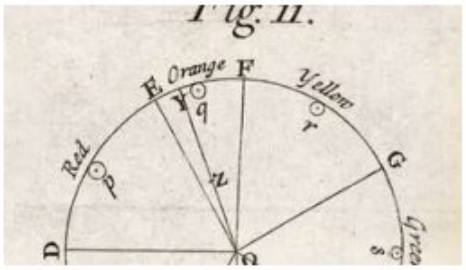
Diagram of the RGB colour model, an example of the additive colour system, showing how colours mix.

Digital artists and those working with coloured light use the RGB colour model, an additive colour system named for its primary colours red, green, and blue. The RGB colour model has a larger colour gamut than RYB, and it works in the same way that the human eye detects light —by adding wavelengths of red, green, or blue together to create all other visible colours. It is thus considered more accurate than the RYB colour model in modern colour theory. Additive mixing can be demonstrated physically by using three slide projectors fitted with filters so that one projector shines a beam of saturated red light onto a white screen, another a beam of saturated blue light, and the third a beam of saturated green light. Additive mixing occurs where the beams overlap (and thus are added together). Where red and green beams overlap, yellow is produced. If more red light is added or if the intensity of the green light is decreased, the light mixture becomes orange. Digital displays that emit light, such as computer monitors or televisions, use the RGB colour model to produce images.

Pablo Picasso: *Seated Harlequin*

Seated Harlequin, oil painting by Pablo Picasso, 1923; in the Kunstmuseum Basel, Switzerland.

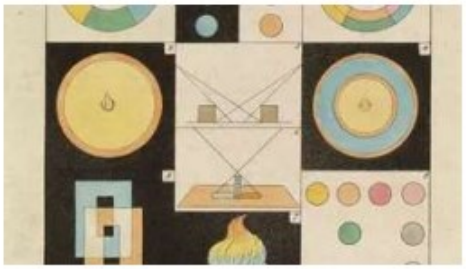
The placement of colours on a colour wheel indicates important visual relationships. Colours of similar hue are grouped together, with warm colours (such as red, vermilion, orange, amber, and yellow) on one side and cool colours (including green, teal, blue, and violet) on the other. Colours that are side-by-side on the wheel are called analogous colours and are often used in paintings to evoke a mood or in design to create a sense of cohesion and harmony. Colours in direct opposition to one another, such as red and green on the RYB wheel, are called complementary colours. When viewed side by side, two complementary colours will appear brighter and more vivid than they would on their own or beside an analogous hue. The complementary colour of a primary colour will always be a secondary colour and vice versa. The complement of an intermediate colour will always be another intermediate colour.



Isaac Newton: colour wheel

Detail of an illustration from the book *Opticks: or, A Treatise of the Reflexions, Refractions, Inflexions, and Colours of Light* by Isaac Newton, 1704.

Isaac Newton was the first to arrange colours into a wheel; the illustration appeared first in his 1704 book *Opticks*. During his famed prism experiments, Newton discovered that by refracting sunlight onto a wall, white light was made of seven visible colours: red, orange, yellow, green, blue, indigo, and violet. He then organized the seven hues into a wheel in the order that they appeared.



Johann Wolfgang von Goethe

A plate from *Theory of Colours* by Johann Wolfgang von Goethe, 1810, showing a colour wheel and diagrams

In the wake of *Opticks*, other scientists, artists, and writers composed colour wheels and theories of their own, including English entomologist Moses Harris, whose colour wheel in *The Natural System of Colours* (1766) shows a variety of colours produced from red, yellow, and blue; and German author Johann Wolfgang von Goethe, who argued in *Theory of Colours* (1810) that colour is a result of light and darkness interacting—though modern physics does not accept this theory. Others catalogued colours in a variety of shapes,

of theories of distorted colour perception.

including a starburst (George Field; 1841) and a spherical system (Albert H. Munsell; 1915). The myriad of colour wheels and diagrams through the centuries shows that the effort to systematize the seemingly boundless array of visible colours always left room for improvement.

Emily Kendall The Editors of Encyclopaedia Britannica

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