

Friend to Friends NEWSLETTER

Summer 2007

"What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal."

Albert Pike



Access to CareerLink Services Closer to Home

Are you looking for a job? Friend, Inc. Community Services can help. We are now an Outreach Point for PA CareerLink-Berks County. The Friend Outreach Point is currently the only public access to CareerLink in northeastern Berks County.

Area residents can sign up for CareerLink which allows them to create their resume, search for employment and conduct other job search-related activities via the PA CareerLink web site without having to travel to Reading.

"Serving as an Outreach Point for CareerLink is the next logical step for Friend," said Friend's Executive Director Theresa Ann Barbieri. "We work with many clients who are unemployed but would like to be



Friend, Inc. Case Manager Steve Sadusky (right) works with a client using the PA CareerLink web site to search for a job.

employed. Having CareerLink accessible in Friend's office makes it easier for everyone who wants to search for a job, but might not be able to get to the Reading CareerLink sites."

CareerLink hours at Friend are Mondays and Wednesdays from 10:00 a.m. to 12:00 p.m. or by appointment. For more information, please call the Friend office at 610-683-7790.

Money Management Volunteers Trained

Congratulations to the following volunteers who completed our Money Management training: Ellen Finks, Steve and Charlene Fisher, Hatsie Forsman, Lori Henninger, Bob and Darlene Riffel and Bill and Carol Strause.

The following staff members also completed the training: Theresa Ann Barbieri, Catherine Dill, Rita Lieb and Steve Sadusky.

Volunteers will meet with individual clients to teach them how to set a budget and stick to it, how to save money, how to understand their credit report, and much more.

If you're interested in becoming a volunteer, please call us at 610-683-7790.

Children's Corner

Take time to do fun things with your children! It can be as brief as a few minutes, or as long as a day. The key is to make it fun! The more you enrich your relationship with your child, the more he or she will allow you to influence them in their lives.

STOVE TOP PLAY DOUGH

- 1 cup white flour
- ¼ cup salt
- 2 tablespoons cream of tartar
- 1 cup water
- 2 teaspoons food coloring
- 1 tablespoon vegetable oil

Mix flour, salt and cream of tartar in a pot. Mix water, food coloring and oil together and add to the flour mixture. Cook this mixture over medium heat for about 3-5 minutes. (The mixture will look lumpy.) When it forms a ball in the center of the pan, remove from heat. Let the dough cool for 10 minutes then knead with a little flour to prevent sticking. Store in an airtight container.



Bathtub Fun: Have your child play with different sizes of objects, punch holes in recycled plastic containers. Or, let your child play with shaving cream in the dry tub. Fun to play with and easy to clean!

Goopy Fun: Mix together 2 cups cornstarch with water to make Goop

Here are some great places to take your kids to visit. There are more ideas throughout the newsletter!

DaVinci Science Center

Cedar Crest Blvd, Allentown
484-664-1002

Promotes learning about science, math & technology



American Helicopter Museum

1220 American Boulevard, West Chester
610-436-9600
www.helicoptermuseum.org

From the Executive Director
You Are Critical to Friend's Success

It's hard to believe, but by the time you read this, I will have been the executive director of Friend, Inc. Community Services for one year. In that year, I've met many people. Some have been in need of our services and others have felt the need to reach out and help us provide our services.

Ask almost any nonprofit executive director how his or her organization manages to stay afloat and he or she will tell you—our volunteers. Without them, it would be difficult to keep Friend operating.

Our Board of Directors and committees are made up of volunteers. Our money management volunteers help our clients learn how to better manage their money. Still other volunteers help plan our special events, staff the events and clean up after them. Volunteers keep the food pantry operating. Volunteers are the lifeblood of our organization.

So if you've always wanted to get involved with Friend but weren't sure how you could help, take a look at the article below that provides details on a few of the volunteer opportunities available at Friend.

Let me just give you a personal appeal here. We are in special need of volunteers to serve on our Public Relations and Development committees. You don't have to be an expert, you just have to believe in what you're doing and to be willing to share some of your time and talents. Give me a call at 610-683-9011 or send me an e-mail at TBarbatFriendInc@aol.com and I'll give you more details about whichever volunteer opportunity you're interested in.

Hawk Mountain, Kempton, PA
610-756-6961
Exhibits, programs and hiking

Calling All Volunteers

Without volunteers, most nonprofits would not survive and so it is at Friend, Inc. Community Services. We are always in need of your help to maintain effective and cost-efficient operations. We are looking for volunteers in the following areas:

Serve on a committee: We need volunteers for our Public Relations and Development Committees. Whether you have experience or are interested in learning, we need help to write and/or design our marketing materials, staff our booth at community events, plan and staff our special events, and assist us in

solicitation of donations.

Money management: Volunteers help families learn how to manage their income. If you've always been successful keeping a budget and finding ways to save money, this could be the spot for you. Training is provided.

Salvation Army Kettle: As a Salvation Army Service Unit, we staff the red kettles that appear outside various local stores during the holiday season. If you have a block of time and would like to ring the bell for us, give us a call.

Food Pantry: The pantry is held on the third Thursday of every month.

Volunteers are needed to stock the pantry shelves between pantry dates and to assist in the distribution of items during pantry hours.

Office work: Serve as receptionist from 9:00 a.m. to 1:00 p.m.; assist with data entry; staff our PA CareerLink Outreach Point during open hours, or help with mass mailings, or data entry. Training is provided for the CareerLink position.

Summer Reading Programs
610-358-5260
At local libraries

----- ✂ -----please detach here----- ✂ -----

Name _____

Address _____

City _____ State _____ Zip _____

Enclosed is my tax-deductible gift of \$ _____.

Please make checks payable to Friend, Inc. Community Services, 658D Noble Street, Kutztown, PA 19530

I wish to serve as a Friend, Inc. volunteer: Phone Number: _____

THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION OF FRIEND, INC. MAY BE OBTAINED FROM THE PENNSYLVANIA DEPARTMENT OF STATE BY CALLING TOLL FREE, WITHIN PENNSYLVANIA, 1-800-732-0999. REGISTRATION DOES NOT IMPLY ENDORSEMENT.

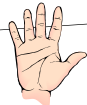
Going! Going! Gone!

Friend, Inc. Community Services 18th Annual Benefit Auction was held on Saturday, May 5th at Beltzner Hall in the Kutztown Fairgrounds. A wide variety of items were auctioned, including gift certificates, art work, antiques, a hot air balloon ride, stays at a number of bed & breakfasts, and much more. As always, our special dessert auction was a hit with the much-coveted hickory nut cake bringing in a whopping \$250. Food was provided by Appeeling Fruit, Basin Street, Betty's, Camillo's Italian Restaurant, Dori Martin's Catering, La Cocina Mexicana, Mamma's Delight, Market Street Café, and TC's Food and Spirits. Blair Vineyards provided a wine tasting. Thank you to all of the above vendors and also to the hundreds of individuals and businesses who donated items to be auctioned off.



Friend Board member Donna Knox helps auctioneer Terry Lieb display parts of a sea boat that was auctioned off at Friend's 18th annual benefit auction.

Hands on House
721 Landis Valley Road, Lancaster
717-569-KIDS
Imaginative play inspired by Interactive Exhibits



Reading Public Museum
500 Museum Road, Reading
610-371-5850
www.readingpublicmuseum.org

Berks County Parks & Recreation Dept.
610-374-8839
www.co.berks.pa.us/parks/

Parenting Groups Make a Difference

The following article was written by Tamie Scalise, a parent who resides in Fleetwood, who attended one of Friend, Inc.'s parenting support groups.

We're educated people, schooled in child development, effective discipline, and the art of teaching. My husband holds a doctorate in education, and I have earned my masters in elementary education. Together, we bring 49 years of teaching and school administration experience to the table. Yet, we couldn't understand how our five-year-old son and two-year-old daughter could destroy our confidence, crumble the foundation of our knowledge, and bring us to our knees with exhaustion.

That's how I found myself sitting among a group of nine parents who were as bleary-eyed as I, a group of parents who wanted answers to what appeared to be the simplest of questions:

- How do I get my child dressed for school on time?
- How do I get two siblings to share?
- When and how do I steal time for myself?
- How do I encourage my child to clean up the toys and cooperate?

Why attend a parenting support group? I've read books, commiserated with many other parents, argued with my own husband over how to effectively parent, and even consulted with a psychologist. I was running out of options. But if I spent just two hours a week for six weeks in Friend, Inc.'s *Parenting the 5 to 12-Year-Old* support group and walked away with just one idea to make our family life more enjoyable, I decided it would be worth it.

In the end, it was more than worth it. Before the support group started, I spent hours moving toys just so I could clean. Now, we have a designated "toy clean-up" before bed when the whole family works together to put the toys in their proper place – without any arguments! Why? My son helped decide on this solution during a family meeting we initiated because of the parenting class. We incorporate family meetings into our daily living now to resolve lots of new issues, like changing dinner time to accommodate my children's favorite television show or how to handle morning misery with an early bedtime.

"When you finish your homework, then you may watch television," encourages Samuel to do his homework on his own time with a built-in consequence that he chooses to accept or not accept. The pressure is off me, no punishment has to be enforced, and the choices develop confidence and decision-making skills in my children.

There is no question that parenting is difficult and demanding. I now understand that all families have problems to overcome. The difference is how a family handles them. Because of this class, my family interacts with each other in a new way. We encourage our children to communicate, resolve conflict, solve problems, and take responsibility for themselves and their actions. Meanwhile, our whole family enjoys a more positive lifestyle.

For more information about upcoming parenting support groups, call Rita Lieb at 610-683-7790, voicemail #3 or email her at RitaatFriendInc@aol.com.



Friend, Inc. Community Services
658D Noble Street
Kutztown, PA 19530

NON-PROFIT
U.S. POSTAGE PAID
KUTZTOWN, PA
PERMIT NO. 87

Friend, Inc. Community Services

Is Your Group Looking for a Speaker?

Do you need a speaker for your church, school, service group, employees, or club? Friend, Inc. Community Services will be glad to send a representative to speak at your meeting about the work we do in northeastern Berks County. Our presentation can be tailored to fit the allocated time and your group's interests and needs. For those with a DVD player or VCR, the presentation can also include our new video, so we can bring Friend to your location. If you're interested, please contact Theresa Ann Barbieri, executive director, at 610-683-9011 or via e-mail at TBarbatFriendInc@aol.com.

OFFICE HOURS:

Monday through Friday, 9 a.m. to 1 p.m. Other times by appointment.
658D NOBLE STREET, KUTZTOWN, PA 19530 610-683-7790

THERESA ANN BARBIERI
STEVE SADUSKY
RITA LIEB
CATHERINE DILL

EXECUTIVE DIRECTOR
CASE MANAGER/INTERN SUPERVISOR
CASE MANAGER/OUTREACH COORDINATOR
OFFICE AND PROJECTS MANAGER

THERE IS NO FEE AND SERVICES ARE CONFIDENTIAL
www.friendinc.org FriendIncCS@aol.com

