

MENTORING

April News
2010

 **Mentoring Programs at Helping Services is now on Facebook!**

The Next Mentoring Event!



Come and celebrate Spring with a round of frisbee golf or climb the rock wall at Luther College. That is what's in store for mentees and mentors from Allamakee, Howard, and Winneshiek programs at the next mentoring event on **Saturday, April 17th from 10:15 am-1:15 pm.** We'll begin at the Regent's Center at Luther College. Our hosts, Luther Athletes Serving Others (LASO), will lead us through a day of fun and enjoyment. At 10:30 am we will meet Dan Bellrichard and learn how to play frisbee golf and practice a

few holes on Luther's course. The **first 30 people to RSVP to this event will get to take home their own frisbee golf disc.**

After enjoying lunch in the cafeteria, there are two options: 1) Youth 10 years and older that have signed 'a rock wall release' may climb the rock wall (release form is enclosed). 2) For those not wishing to climb, choose a favorite activity: soccer, basketball, volleyball or other fun activities led by the LASO students. **All mentees attending this event will have a choice of a soccer ball, a volleyball, or a basketball to take home!** Please RSVP to your mentoring coordinator at (563) 387-1720 or to the e-mail addresses shown in our newsletter below. Be sure to request a Mentor For A Day! This event is sponsored by the Winneshiek County Community Foundation.

Thank You to a Valued Mentoring Friend

Carol Schaefer has been at nearly every Allamakee Mentoring Program event for five years and she has been an extremely active member of its Steering Committee too. Her ever present smile, great ideas, follow-through on details, and her homemade cakes will be missed.

The Allamakee Steering Committee will honor Carol at the birthday party/recognition event this May. A special thank you goes out to Carol for her years of dedication to the Allamakee Mentoring Program.



Carol's granddaughter, Erin Troendle, pictured here with Carol, serves on the Allamakee Steering Committee and they've enjoyed coordinating mentoring events together.

Mentees! Don't Miss the Fun!

Always let us know when your mentor is not able to attend an event. We will make arrangements with a Mentor For A Day so you can join the fun.

Call today to make a request at 563-387-1720.

Ignite Your Spark!

Develop your **Sparks Action Plan** to include summer recreational activities too!

Mentoring News is a publication of the Mentoring Programs at Helping Services: Allamakee Mentoring Program, Building Bridges Through Mentoring, and MY Club.

Upcoming Events



Mentors, come enjoy a light supper and learn how to recognize signs and symptoms of child abuse and find out what to do if you are concerned about a young person in your life. Presenters Adrian Walter and Karen Tjossem are professionals who work to keep youth and families safe in our communities. Adrian Walter is the Youth and Family Pastor at First Lutheran Church in Decorah. Karen Tjossem is a Social Work Supervisor at the Department of Human Services. They both bring a wealth of knowledge and genuine care for the families and children in our communities.

Mentor Training Safeguarding Children

"Parenting Wisely" It's an open invitation, bring a friend!

Parenting is not an easy job for anyone, instruction books were not included. By attending this two-part workshop, you will learn new ways to parent using active listening, assertive discipline and strategies for managing sibling conflict.

Today's parents are faced with unique challenges that their parents never encountered, like monitoring computer and cell phone usage. Facilitator Bill Deutsch will lead group discussions on how to resolve conflicts after attendees view video segments showing common family challenges. It's a fun way to learn new skills. Mileage reimbursement will be provided for mentoring families, child care is provided for everyone upon request. Join us on

Mondays, April 19th and 26th from 6:30-8:30 pm at the Lansing Library. **Supper and child care check-in at 6:00 pm.** Park and enter from first level, rear entrance. **Please RSVP by April 14th** to your mentoring coordinator at (563)387-1720. There is no charge for this workshop, friends and family are invited too!

Calendar of Events

Mentoring Event at Luther College from 10:15 am-1:15 pm on **Saturday, April 17th** at the Regent's Center, Luther College.

"Parenting Wisely" from 6:30 pm-8:30 pm on **Mondays, April 19th and 26th** at the Lansing Public Library's lower level.

Mentor Training: Safeguarding Children from 6:00 pm-8:00 pm on **Thursday, April 29th** at the Cresco Bank and Trust in Cresco

Mentoring Steering Committee Dates

Building Bridges Through Mentoring on **Tue., April 13th**, 4:00 pm in Decorah, 1111 Paine Street

MY Club in Cresco on **Mon., April 12th**, 5:00 pm at the Cresco Library

Allamakee Mentoring Program on **Mon., May 10th**, 4:00 pm at Waukon Wellness Center



Making new friends: Courtney, Yadira, Margaret and Gustavo at Oneota Lanes.

Mentoring Buddies Bowl

There were high fives, cheering teams, strikes, gutter balls, and lots of smiles during an afternoon of fun on March 27th for the Mentoring Buddies Bowl at the Oneota Lanes.

Many mentees had never bowled before, while other mentees told stories from previous bowling events. Bowlers enjoyed learning everyone's team names, viewing door prizes, and eating pizza!

Twenty-four local businesses donated door prizes

which added to the excitement of the day. One mentee gave a really big smile exclaiming he had won a door prize each year!

Our appreciation goes out to the hard working steering committee members that made this event a great success and especially to those attending in support of mentoring.



Bowling Buddies: Andrew, Brad, Scott & Adrian



Mentor Kathi Wild samples the chocolate fondue and assortments at the Mentoring Chocolate Extravaganza held March 18th at McCaffrey's Dolce Vita in Decorah.

Be a friend
Become a mentor

Your Input Is Greatly Valued

Helping Services is fortunate to have so many wonderful people supporting our mentoring programs. To help us improve the programs, each year we ask for surveys to be completed. These surveys can show how youth are growing and they also help us show our funders that their dollars are being well spent. Your input helps mentoring coordinators do their jobs better too!

During the next few months, mentoring staff will be delivering surveys; we love your ideas and need your feedback! You may be asked to complete a survey at an event or you may receive a survey enclosed in the next newsletter. Please complete this important survey and view it as an opportunity to offer your input.

As part of our survey, we are also going to be asking for an authorization form. This form gives mentoring staff permission to seek information required by our funders about school performance, behavior and attitude changes, or juvenile court incidents. This information will be kept confidential.

Please know that our staff is dedicated to creating the best program possible, and collecting information helps us secure the funding needed to create quality programs. **Please be sure to get all information back to us quickly.** If you have questions with any part of what we send, please call your mentoring coordinator.

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Mentoring applications are available on-line at: www.helpingservices.org

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