

## Request to join our Facebook Group! Mentoring Programs at Helping Services

### The Next Mentoring Event! NOT YOUR USUAL PICNIC



When visualizing a picnic there are certain things that are customary. Picnics are usually on a weekend and they usually have watermelon and lemonade. They usually involve ants. Well, our picnic will NOT have any of those usual components (o.k. maybe just a few ants).

Our next mentoring event will take place on **Thursday, June 17<sup>th</sup> from 5:30-7:00 pm at the Whalen Cabin in Phelps Park, Decorah.** It has been awhile since family members have been able to attend our events due to budget constraints. This time, everyone is welcome to attend --all family members, mentees, mentors, and Steering Committee members from Allamakee, Howard, and Winneshiek Counties.



The food being served will include a hot pasta dish, salads, water, and chocolate desserts. A surprise guest will bring fun and an element of learning to our event!

Whalen Cabin is an indoor and outdoor space, so rain or shine, we will enjoy this gathering. Please RSVP to your mentoring coordinator as soon as you know your plans.

### Sharing Mentoring Happenings

On May 11<sup>th</sup> mentors and mentoring staff gathered for a Mentor Break at Java John's in Decorah and shared ideas on two new initiatives, the Sparks Action Plan and the Modules of Mentoring. Mentors who attended raised some relevant questions that you might be wondering about too.

**Q: How flexible is the Sparks Action Plan once it is submitted?** A: The action plan is to provide you with a guideline of how to explore your mentee's spark. It is not set in stone and it can be adjusted as you further explore and find new interests to pursue.

**Q: How do we create a budget for the Sparks Action Plan if we are not sure what we are doing yet?** A: The budget in the action plan is a place to start thinking about how to spend money in your mentoring budget (ranging from \$50-\$100/year). It is very flexible. You can start by listing activities or purchases relating to a spark and then estimate the cost of each item (mileage calculated at \$0.39/mile). Please contact a member of the mentoring staff for questions related to the Sparks Action Plan.

**Q: Do I have to do the modules? Can I change them to work better for my mentee and me?** A: The Modules of Mentoring are an optional resource, although some mentors are required to complete one module per month to meet funding requirements. Otherwise use them as you see fit and adjust them to meet your needs. Please be sure to complete a module log as we use your feedback to complete our grant reports.

**NEXT: Join us for the next Mentor Break in Lansing at the Mt. Hosmer picnic shelter on Tuesday, June 15<sup>th</sup> from noon - 1:00 pm. Lunch will be provided. Directions:** from IA-9 East, head north on 6<sup>th</sup> Street to enter the park and follow the road up!

### Top 10 Reasons YOU Should Be a Mentor

MY Club Steering Committee member and mentor, Rita from Cresco, demonstrates reason #4 - **you can act like a kid again!**



### Mentoring Steering Committee Dates

**Monday, May 24<sup>th</sup>** - Allamakee Mentoring Program from 4:00 - 5:00 pm at the Waukon Wellness Center.

**Monday, June 14<sup>th</sup>** - MY Club in Cresco from 5:00-6:00 pm at the Cresco Library.

**Tuesday, July 13<sup>th</sup>** - Building Bridges Through Mentoring from 4:00 - 5:00 pm in Decorah, Workforce Development Office, 1111 Paine Street.

### Upcoming Events

#### Mentor Training: Understanding Family Dynamics

On **Thursday, June 3<sup>rd</sup> from 6:00-7:30 pm** at the Robey Memorial Library in Waukon, we will offer a mentor training, **Understanding Family Dynamics.** Presenting will be **Karen Hertges**, Elementary Counselor at North Fayette Community School, and **Steve Fate**, M.S. at Counseling and Family Centered Services. Join us for a light supper and learn about diverse family roles and how to communicate with your mentee about family interactions.

This is open to **all mentors from Winneshiek, Howard, Allamakee, and Fayette counties.** If you have wondered how to appropriately respond to your mentee when they initiate conversation about family matters, attend this training! Please RSVP to Rosa or Kathy and ask about sharing a ride.

#### Allamakee Mentoring Birthday Party!

The Allamakee Mentoring Program celebrates its 12<sup>th</sup> birthday on **Tuesday, June 8<sup>th</sup>** and all mentors, mentees, Steering Committee members and their families are invited to attend. The celebration will be at the Jaycee's Shelter in Waukon City Park from 5:30-7:00 pm and includes a delicious dinner and recognition ceremony. Be sure to bring balls, gloves, Frisbees or board games, and bug spray! **Please RSVP to Rosa or Kathy at (563) 387-1720.**

### June Calendar of Events

**Thursday, June 3<sup>rd</sup> - Mentor Training:**

**Understanding Family Dynamics** from 6:00-7:30 pm, Robey Memorial Library in Waukon, light supper included.

**Tuesday, June 8<sup>th</sup> - Allamakee Mentoring Birthday Party - All Invited!** from 5:30-7:00 pm, Jaycee's Shelter, Waukon City Park.

**Tuesday, June 15<sup>th</sup> - Mentor Break** from Noon-1:00 pm at Mt. Hosmer picnic area, Lansing, lunch included (see article for directions).

**Thursday, June 17<sup>th</sup> - ALL INVITED! Picnic Supper** at Whalen Cabin in Phelps Park, Decorah, please watch for upcoming details.

**Thursday, June 24<sup>th</sup> - Mentor Training: Safeguarding Children** from 6:00-8:30 pm, West Union Community Library, light supper included.

**Community Events:** Take A Kid Outdoors- **FREE FISHING-**

**Saturday, June 5<sup>th</sup>** at Volga Lake, West Union from 10:00 am - 2:00 pm

**Sunday, June 6<sup>th</sup>** at Fontana Park, Oelwein from 10:00 am - 2:00 pm

For more information: call 563-380-7600 or email [bearjanice@msn.com](mailto:bearjanice@msn.com)

For more information contact:  
**563-387-1720**

**Kathy Schwartzhoff, ext. 108**  
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Mentoring applications are available  
on-line at: [www.helpingservices.org](http://www.helpingservices.org)

Editor: Jill Hollowell



To those of you who returned authorization forms and surveys, thank you so very much! These forms are priceless in providing funders with information and helping mentoring staff assure program quality.



If you haven't had a chance to fill yours out yet, you will be receiving these forms in the mail. Please return them promptly as our due date is rapidly approaching!



New mentoring match, Robyn and Dom, demonstrate their brute strength in a friendly tug-of-war game hosted by MY Club.



### What's A Sparks Action Plan?

"My SPARK is art." The action plan for this mentee included purchasing lots of art supplies. Another mentee and mentor are creating a mentoring scrapbook with the help of a local artist that designs rubber stamps. Swimming lessons, golf lessons, and fishing lessons are other activities being explored by mentors and mentees creating an action plan this summer.

Please **submit your ACTION PLANS for reimbursement no later than August 15<sup>th</sup>.** The new cycle begins on September 1<sup>st</sup> for another year of discovering SPARKS!

### MY Club Hosts Fun and Games

Prairie's Edge Nature Center was the site for our most recent event hosted by Howard County's mentoring program, **MY Club.** Twenty-five mentors, mentees, and Steering Committee members gathered for a morning of fun with the help of five high school students working to earn their Silver Cord honors.

Indoor and outdoor games were set up for all to enjoy. Outdoor games included the spider web challenge (pictured below), three-legged races, Frisbee tosses, and tug-of-war. The indoor games had everyone laughing as they strung noodles on a spaghetti strand, stacked golf balls, and got rolled up in toilet paper!

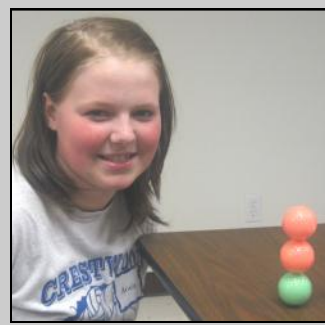
The event concluded with a picnic luncheon of hot dogs, baked beans, chips, and ice cream sundaes. We extend our thanks to the Steering Committee who planned this event and to our helpful Silver Cord volunteers!



Tayton and Chase win the three-legged race!



DJ gets passed through the spider web



Arielle stacks golf balls three high!

Someone was having fun being wrapped up in toilet paper! But who?

