

# Arbor Accents

Spring 2007



## Our Mission:

*The Junior League of Ann Arbor is an organization of women committed to promoting volunteerism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its intent is wholly educational and charitable.*

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*Spring Zing, March 30<sup>th</sup>*



## Going Strong Over The Summer

By Kathy Gaines



The first year of the Strong Moms, Strong Girls project, a three-year partnership with the University Center for the Child and the Family (UCCF) has been a great success! Although this was very much a planning and development year, education of the JLAA membership on the topic of relational aggression was a primary goal of the Strong Moms, Strong Girls committee. Increasing awareness on the topic was accomplished through attendance at a fall lecture, guest speakers at the November GMM and February training session, and three book discussion groups held throughout the year. Members also received Done in a Day hours for assisting with the mother-daughter workshops that were piloted this year, which have been very well received by those in attendance.

This summer, the Strong Moms, Strong Girls committee is keeping the momentum going with more workshops for mothers and their 6th and 7th grade daughters. JLAA members can help not only by volunteering to assist with the workshops, which will be held **Sunday, June 10th and Saturday, July 21st**, but also by spreading the word to friends who might be interested in attending the workshops with their daughters.

Training for the SMSG Community Presentations will also start this summer with detailed information about the program to follow in late May.

Another way for members to get involved is by picking up a copy of ***Girl Wars*** by Cheryl Dellasega and Charisse Nixon, which was the spring book discussion title and will be repeated for an early fall discussion group. Members earn 3 hours for reading and attending the discussion groups, but more importantly, gain knowledge about the topic of relational aggression and tools to help them in their own lives and relationships.

We would like to thank everyone for all your support during the first year of the project. We are excited about the many more opportunities for the "strong" women of the JLAA to get involved with this amazing project in the fall!

## Flexifund Grants 2006-2007

By Shannon Campbell

Each year, Flexifund Grants are awarded to local organizations who apply for financial assistance up to \$1000 for projects appropriate to the League's focus areas. The following are the grants that were awarded for 2006-2007:

The Junior League awarded \$1000 to **Community Action Network** to purchase items for the toy library operating out of the Hikone and Green Baxter Community Centers. The goal of this toy sharing program is to allow low income children to play with toys that their families cannot afford to buy on their own. Benefits to the parents during these toy library events include: socializing, networking and role-modeling.

JLAA gave \$500 to support the **Girls Group** for young women in the 8<sup>th</sup>-10<sup>th</sup> grades who are from low-income homes. The program is designed to help girls develop into self-aware, healthy, self-confident, articulate women and to prepare them for lives free of crime, underemployment, unwanted pregnancies and substance abuse. Girls Group meets after school, on weekends and in the summer to have events such as Career Day, Book Club, and Poetry Club.

The Junior League awarded \$1000 to **Helpsource** to provide volunteer training materials for the Big Brother Big Sister program, which serves over 500 youth in Washtenaw County. This grant will allow Helpsource to improve the presentation materials that the volunteers use for recruiting and provide them with activities planning for the kids they work with. The information will be offered in a lending program which should increase the number of volunteers who may have the time, but not the out-of-pocket money to spend on necessary materials to mentor these children.

One thousand dollars was given to **SOS Community Services** to purchase deeply discounted food. The donation of \$1000 will purchase \$4000 worth of food for local families in need. The population most served by this program is single parent families with two or more children. These parents work low-wage jobs or are on public assistance. SOS estimates that this year, 5000 children will be served from their emergency food distribution.

**Washtenaw Success by 6** received \$1000 to purchase "development wheels" which are included in a new parent hospital packet provided free of charge to all parents who deliver at Washtenaw County hospitals (over 8000 families per year). This wheel of information is to improve



new parent's awareness of child development, supportive parenting, and community resources.

The Junior League of Ann Arbor provided **Therapeutic Riding, Inc.** with funding for \$500 worth of equipment purchases. This program has over 90 horseback riders a week: 64% of the riders are under age 18 and all riders have a physical, cognitive or emotional disability, including: Down's syndrome, cerebral palsy, autism, and hearing, speech and language impairments. Therapeutic Riding believes that this equipment will improve communication and comfort during the horse riding experience and improve the independence of their riders.

JLAA awarded a Flexifund grant of \$1000 to **Washtenaw Area Council for Children** to print copies of the Parenting Resource Directory. The directory will be targeted to professionals who work with parents in Washtenaw County, particularly at-risk families, in order to direct them to the wide range of programs available. There is currently no single source of this information and no other updated directory of parenting resources that includes both public and private sources.

### Important Reminders From the Communications Committee!

By Alison Cotsonika

#### Update Your Contact Information

Have a new mailing address, new or different e-mail address? Want to make your cell phone number available to other league members? Please make sure to take a few minutes to update your profile ONLINE at [www.jlaa.org](http://www.jlaa.org). Sign in to the *Members Only* section with your login and password. If you need help, please contact Sarah Kautz at [sarah\\_kautz@comcast.net](mailto:sarah_kautz@comcast.net).

***The Communications Committee gathers all of its material for the printed handbook from your ONLINE PROFILE, so it's important to make sure your information is accurate - especially since work starts on the handbook during the summer!***

#### E-News

E-News will move to a bi-weekly schedule for the summer beginning Friday, June 1<sup>st</sup>, and return to its weekly format a few weeks before the September GMM. Please make sure to send all submissions to [enews@jlaa.org](mailto:enews@jlaa.org) by the Wednesday prior to each issue. Keep submissions short and relevant to events that will occur in the next few weeks following the submission.

## Time to Celebrate our Community Partnerships!

By Shannon Campbell

The Junior League of Ann Arbor provided material support to low-income, uninsured and at-risk teens between 12-22 years of age, in addition to their children, by replenishing the Store: an incentive based program operated by the **Corner Health Center** ([www.cornerhealth.org](http://www.cornerhealth.org)). The Store provides incentive for teens to utilize health care for treatment and prevention, including immunizations and pediatric care for their children. Teens earn movie passes and restaurant gift cards; teen moms may select items needed to care for their children, such as car seats and diapers. The Corner provides primary health care, prenatal care and pediatric care, and health prevention programs in the community.

JLAA helped raise the visibility of domestic violence awareness month and **SafeHouse Center** by coordinating with local businesses and organizations to display the "silent witness" silhouettes throughout the month of October, with a final display at the Oct. 29 vigil at SafeHouse. Additionally, we collected old cell phones to be repurposed as emergency phones for SafeHouse visitors. JLAA volunteers will be planting a cutting garden this month for survivors to have bouquets of flowers on site. The SafeHouse Center ([www.safehousecenter.org](http://www.safehousecenter.org)) is dedicated to ending domestic violence and sexual assault in Washtenaw County. Programs include counseling, court accompaniment, information and referrals, emergency shelter and advocacy.

The Junior League of Ann Arbor joined with **Girls on the Run** to assist with The Haunted Hustle 5K Race and Monster Mile held last fall, as well as a run this month. The mission of the Girls on the Run organization ([www.girlsontherunsemi.org](http://www.girlsontherunsemi.org)) is to provide "a healthy living after school program for girls in grades 3-5 and 6-8. The program helps girls discover that regular physical activity is fun and empowering. When girls train for and complete their first 5K they learn that they can accomplish anything. At the same time, the curriculum works to prevent common challenges of adolescence — low self-esteem, body dissatisfaction, depression, and substance abuse."

JLAA members donated books to the **Family Book Club** ([www.familybookclub.org](http://www.familybookclub.org)) to help provide children from low-income families in Washtenaw County an opportunity to discover reading and the lifelong learning it promotes. In coordination with local health care clinics, schools, correctional facilities and outreach programs, Family Book Club helps parents and caregivers learn about the importance of reading to children.

JLAA partnered with the **Ann Arbor Center for Independent Living** ([www.AACIL.org](http://www.AACIL.org)) by providing volunteer support at the Walk and Roll, 2007 event: a day of friends, fun, and information. AACIL serves to "assure the equality of opportunity, full participation, independent living and economic self-sufficiency of people with disabilities in our community."

The Junior League of Ann Arbor played a leading role in the creation of Ann Arbor's **Ronald McDonald House** ([www.rmh-annarbor.org](http://www.rmh-annarbor.org)), whose mission is "to provide families of children experiencing a serious illness or injury requiring hospitalization or treatment on an outpatient basis, a "home away from home"

that assists in alleviating the families' emotional and financial stress". Members of the League continue to support the Ann Arbor Ronald McDonald House by providing a home cooked meal once a month.

Junior League of Ann Arbor volunteers delivered meals through **Motor Meals of Ann Arbor** ([www.med.umich.edu/chs/meals.htm](http://www.med.umich.edu/chs/meals.htm)) to "the frail, elderly, and disabled of the Ann Arbor area so that they may remain in their homes with dignity".

JLAA volunteers donated their time by shopping with needy families to purchase items with money provided by The Ann Arbor News **Warm the Children** Program (<http://www.mlive.com/aanews/warm/>).

## Become Part of the Legacy of Women Who Make a Difference: The Junior League of Ann Arbor

By Katie Fraumann

### Who are we?

We live all over the Ann Arbor area and we come from various backgrounds. We are women that share a common commitment:

### To improve the quality of life for our community.

We train, volunteer, advocate, lead, laugh, teach, network, raise funds, research, make new friends, learn, grow, and most importantly, help women and children in need.

We are looking for enthusiastic women who are committed to *promoting volunteerism, developing the potential of women and improving our community.*

**Please join us for upcoming information sessions. We encourage all to come and meet some members, learn more about the Junior League of Ann Arbor and learn the steps of becoming a member.**

- **Saturday May 19<sup>th</sup> at 10:00 am**, Sweetwater's Café in the Kerrytown Market located at 407 N Fifth Avenue in Ann Arbor
- **Monday May 21<sup>st</sup> at 7:00 pm**, Panera Bread located at 903 West Eisenhower Parkway in Ann Arbor
- **Saturday July 14<sup>th</sup> at 10:00 am**, Sweetwater's Café in the Kerrytown Market located at 407 N Fifth Avenue in Ann Arbor
- **Monday July 16<sup>th</sup> at 7:00 pm**, Panera Bread located at 903 West Eisenhower Parkway in Ann Arbor

Visit [www.jlaa.org](http://www.jlaa.org) for more information about the Junior League of Ann Arbor.

## Hands Are Not For Hitting Update

By Holly Heaviland

The Hands Are Not for Hitting (HANFH) Task Force has been working all year on editing the curriculum. We have condensed the 6-8 week conflict resolution program for young children into a more sustainable product. Our goal was to focus on the teaching points of the curriculum in a DVD format that will not be volunteer dependent. We are also creating teacher extension activities, as well as classroom reproducibles that utilize common materials found in classrooms. We plan on sharing with those in our community, as well as the numerous Junior Leagues who have contacted us about replicating this program. We are budgeting to spend the Crest Whitestrips Award on the DVD and the accompanying materials during the 2007-08 year. Many thanks to the visionary task force members for their work and dedication to this project: Elizabeth DeRose, Anne Bennington-Helber, Kim Lyon, Stephanie MacGillivray and Amy McNulty.



*Day at the Capitol, March 14<sup>th</sup>*

## 85<sup>th</sup> AJLI Annual Conference 2007 Impact Tomorrow Today

By Kim Scartelli, Heidi Nelson and Deb Urquart

From April 18<sup>th</sup> – 22<sup>nd</sup>, Kim Scatelli (President), Heidi Nelson (President-Elect), and Debbie Urquhart (President Elect-Elect) traveled to Boston for the Association of Junior Leagues International Annual Conference! We are grateful to you, our members for this extraordinary opportunity! We joined 267 other leagues from across the country and the world to learn from each other about the best ways to serve our communities and develop the potential of you, our members. We spent time talking about what will make the Junior League movement sustainable and an organization of choice for all women in the future. Kim was part of a panel discussing emerging community issues, and very eloquently represented our work with Dating Violence Prevention over the last several years. We also heard from amazing speakers throughout the conference.

**Swanee Hunt** – Author of *Half Life of a Zealot*, founding director of the Women and Public Policy Program at Harvard's Kennedy School of Government. Swanee offered 5 bits of advice to us: Give up on balance in your life and follow your passion; Know your own constraints; Be bold (i.e. design the table, instead of trying to get a place at the table); Face the future instead of living in the past; and Meet hardship with compassion – even your own failures.

**Maria Otero** – President and CEO of Accion International (an amazing company that gives small loans to women who run businesses throughout many impoverished countries and the U.S.) Maria shared these ideas with us: share your vision by pushing yourself and others; learn about other parts of the world; and reach out to communities that are less fortunate; beyond your own.

**Marian Heard** – President and CEO of Oxen Hill Partners, a leadership development organization, and founder of MENTOR/National Mentoring Partnership (currently striving to set up 1000 mentorships for women in the U.S)

Marian's amazing insights were: Thank those that helped you get to where you are; organize your passion; and recharge and renew yourself so you can keep giving.



To take Marian's advice, thank you to all of you for allowing us to develop as leaders and have this amazing training experience. Have a wonderful summer!