

Family

CENTRAL

Volume 8, Issue 4

The
Family Center

Grosse Pointe • Harper Woods

Enrichment programs
for families & professionals



CELEBRATE 8!!

From the Director

This fall marks a special **CELEBRATE 8!!** birthday celebration for The Family Center. Yes, we have turned **EIGHT!!**

The Family Center was founded in October 2000. Next year at this time, we'll be turning NINE and quickly approaching TEN: a full decade of providing enrichment programs & resources to our community!

Since our first year, we have worked hard to bring you accessible, quality, community-based programming. We have only been able to do this because of the strong partnership support received from individual donors, family foundations, organizations, businesses and you, "our friends of The Family Center."

By strong request, we continue to offer the following programs and resources:

- Play Central: a place for parents and all caregivers to play with their children while socializing with others.
- Special Community Enrichment Seminars that cover topics relevant to child development from infancy through adolescence, such as:
 - Kindergarten: Get Ready!!
 - College: Planned Choices for a Successful High School to College Transition
 - Partners In Parenting series featuring pediatric professionals
 - Annual Symposium for Parents & Professionals
 - Family Central Quarterly Newsletter
 - *Ask the Experts* weekly columns in the *Grosse Pointe News*

New initiatives in the coming year will include:

- New 2009 edition of *Navigating the Adolescent Years: A Road Map*. The Family Center's exclusive resource guide for parents and professionals is currently available.
- Improvements at www.familycenterweb.org. Our Web site will have a new look very shortly and will allow The Family Center to better serve as the true hub of information, resources and referral we are! It will provide new access to our weekly *Ask the Experts* collection of articles in the *Grosse Pointe News*; it will feature a new Professional Academy; it will allow us to accept donations and registrations online; access to flyers, the Road Map and more!
- Circle of Friends – a newly formed group is busy creating a new benefit for The Family Center...stay tuned!
- The 2009 "Partners In Parenting" series has doubled from four to eight sessions with participation from both Beaumont Hospital, Grosse Pointe and St. John Hospital and Medical Center pediatricians. It includes topics for parents and professionals related to childrearing from infancy through late adolescence.
- Special February presentation: Eric Hipple's "Hopeful Goal." Since losing his teenage son to suicide seven years ago, the former Detroit Lions quarterback has led a crusade to recognize and treat the signs of depression, especially in young people.

Many thanks to Tom Quinn for his endless support as past president; and to The Family Center's founder, Diane Strickler, who remains an active, passionate volunteer. Welcome to Helen Landuyt who now serves as our new Board President and to our new Advisory Council members.

Our goal for **CELEBRATE 8!!** is to raise **\$80,000** over the next year! Please consider becoming a **CELEBRATE 8!!** partner this year to help continue and enhance the work of The Family Center. With challenging times for all of us, our services will be depended upon more than ever. On behalf of the Board, Advisory Council, all of our volunteers who give of their time to make the programs happen, I ask you to support this year's annual appeal, **CELEBRATE 8!!** Names of all celebration partners who make a contribution will be listed in our upcoming newsletters over the next year. We have created several celebration gift levels, which are listed on the remittance envelope enclosed. Teaching values through philanthropic efforts is a great way to have your entire family involved in **CELEBRATE 8!!**

I look forward to meeting many of you at our 6th annual HOLLY FEST signature holiday benefit on December 4.

Wishing all of you a warm, wonderful autumn season!

Deborah A. Liedel, Executive Director
Debbie.Liedel@familycenterweb.org or
313.432.3832

Partners In Parenting

Popular Childrearing Series to Begin in January

The Family Center of Grosse Pointe & Harper Woods, in partnership with St. John Hospital and Medical Center and Beaumont Hospital, Grosse Pointe, will present "Partners In Parenting," an enrichment series for parents, caregivers and professionals, again next year.

All lectures are free of charge and will be held on Wednesday evenings from 6:30 to 8 p.m. Parents and caregivers are encouraged to attend and ask questions.

Beaumont Hospital, Grosse Pointe will conduct four lectures in the Connelly Auditorium at the hospital, 468 Cadieux Road:

- **Jan. 28: Adjusting to Parenthood** (early years, birth to age 6) by Kim Steggles-Zapata, M.A., L.L.P., Beaumont Parenting Program coordinator, Royal Oak

- **Feb. 25: Behavior Management** (early years birth to age 6) by Veronica McAtee, M.S., B.C.B.A., Beaumont Center for Human Development, Berkley
- **March 25: Assessing and Addressing Autism** (early years birth to age 6) by Lori Warner, Ph.D., L.P., B.C.B.A., HOPE Center director, Beaumont Center for Human Development, Berkley
- **April 29: Common Childhood Illnesses & Infections – Latest Strategies & Myths** (early years birth to age 6) by Peter Francis, M.D., Beaumont Hospital, Grosse Pointe

St. John Hospital and Medical Center will conduct four lectures beginning in January. They will be held in Room 108 at the Barnes Early Childhood Center, 20090

Morningside Drive, Grosse Pointe Woods. Dates, topics and presenters are:

- **Jan. 14: Nutrition & Obesity** (all ages) by Karen Alton, M.D. and nutritionist Filomena Castriciano
- **Feb. 11: Management of Common Newborn Issues & Special Care Needs** (newborns) by Christy Petroff, M.D.
- **March 11: Pediatric & Adolescent Sports Medicine & Injury Prevention** (all ages) by Robert McGahey, M.D.
- **April 8: Sports Concussions** (middle and high school students) by Michael McMillan, M.D.

For more information and to register for the lectures call The Family Center at 313.432.3832 or e-mail info@familycenterweb.org. Also, visit the center's Web site, familycenterweb.org.

Starting college stressful for freshmen . . . and parents

Ask the Expert: David Votruba, Ph.D.

Q: My daughter is a college freshman and she hasn't been herself lately. She doesn't call as much as she did when she first got to college, and when she does call, she seems stressed. I'm concerned about her and don't know what to do. Do you have any ideas?

A: Most college students find the transition to college involves acclimating to a new living environment, new relationships, new choices, and new identities. Although these changes can feel exciting, they can also feel overwhelming. While college students often enjoy the freedom that college brings, they can also feel confused and anxious as they face new challenges without the ready aid of their existing support systems.

Just as the new college student faces important adjustments, parents often find that their roles and relationships shift during this transition. Parents should monitor their own reactions and proactively address any difficulties that arise at home or in the parent-college student relationship.

Parents can minimize difficulties by engaging their college students in collaborative discussions about how this transition will affect their relationship. For example, parents

can express their need to maintain regular contact with their students and negotiate a flexible schedule of phone, e-mail, and in-person contacts. Like all meaningful conversations, this conversation should occur in-person and during a period of relative calm, preferably several weeks before the students leave. Such discussions are important because they communicate the message that the parents are still there for their students, albeit in new and different ways.

Once a flexible schedule of contacts is established, any significant variations from it should be discussed. The original schedule may have been too frequent or infrequent and may no longer be working. If this is true, then a collaborative discussion of the problem and any new expectations should help. Alternatively, significant changes may be indicative of more serious adjustment problems. If this is the case, then the parent's nonjudgmental and direct expression of concern is likely to elicit a positive response from the student.

College students usually begin to adjust to campus life approximately six to eight weeks after enrollment. If your student's emotional, social, or academic problems persist, or if she exhibits unusual, dangerous, or dysfunctional

behaviors, you should secure a commitment from her to seek a mental health consultation and follow-up with her to be sure that this commitment is kept. If necessary, you may also solicit additional help from your student's academic or residence hall advisors.

Despite the challenges posed by college adjustment, most students and families navigate it successfully. While you should expect changes in your student's thoughts, feelings, and behavior during this transition, collaborative communication can help to keep these changes positive.



David Votruba, Ph.D., PLC is a licensed clinical social worker and psychotherapist in private practice in Ann Arbor. A graduate of Grosse Pointe South High School, Dr. Votruba also works for both the University

of Michigan Division of Student Affairs and the Michigan Psychoanalytic Institute Treatment Clinic in Ann Arbor. He may be reached by phone at 734.929.3700, by e-mail at votruba@gmail.com, or by visiting his Web site: votruba.googlepages.com. Dr. Votruba will be a panelist at our College presentation on Oct. 28.

Kindergarten – it's more advanced than you think

Ask the Experts: Deb Kraft & Dorothy Heitjan

Q: My child will be entering kindergarten next fall, what can I do to ensure he/she is prepared?

A: It is vital in the preschool years to provide your child with the experiences that will build the foundation for later success in school. One must keep in mind the amazing developmental changes that occur in a child's body and brain during the preschool years. In order to help your child build these neural connections, parents should provide:

- A variety of hands-on experiences — dig in the dirt, cook, build.
- Unstructured time to move and use the body — play on the playground, jump, swing, run.
- Use toys that encourage imagination or thinking — plain blocks.
- Limit screen time.
- Establish a good home routine — healthy meals and snacks, set bedtimes.

Q: What is kindergarten like today?

A: Kindergarten is still your child's first experience in a formal education setting. Kindergarten bridges working one-on-one with parents and working together with peers in small and large groups. Excellent kindergarten programs address the social

and emotional, as well as the academic needs, of your child. They provide opportunities for your child to play and learn in structured and unstructured situations. Kindergarten provides hands-on experiences to enable your child to connect what they already know to their new learning.

Kindergarten, however, has changed drastically in the last 10 years. Expectations include many former first-grade skills. Michigan Kindergarten State Guidelines and Expectations (GLCEs) now include reading and writing. Sight words as well as emergent spelling skills are included. Knowing what a word and even what a sentence looks like in a story as well as reading and writing their own words and thoughts are expectations. These skills are at the emergent or beginning level. There are also new GLCEs for math, social studies and science. Our students will recognize characteristics and patterns, know numerals to 100, count by

twos and fives to 30, and express story equations with drawings and numbers.

Q: How do I enroll my child?

A: Enroll your child at your school district's administrative offices. You will need to provide a birth certificate, immunization records and physical examination forms (in September) and proof of residency.

You should enroll your child as early as possible. By enrolling your child, you are placed on the public school mailing list and will receive important information by mail. When enrolling your child, you may have to choose between programs. Current kindergarten programs include the traditional half-day program as well as all-day programs (ADK) or extended-day programs (EDK).

Until then, enjoy talking, playing, riding, cooking, building, and exploring with your child every day!

KINDERGARTEN: Get Ready!!

A presentation by kindergarten teachers Deb Kraft and Dorothy Heitjan on preparing young children for kindergarten today.

Thursday, Nov. 20, 7 p.m.

Barnes Early Childhood Center, 20090 Morningside, Grosse Pointe Woods
Fee \$5. Register early! RSVP 313.432.3832

Programs & Resources

Did you know?

That we now have DVDs from several of our programs available for check-out at the Grosse Pointe and Harper Woods public libraries?

Here are the titles of our 17 DVDs currently available:

- Remarried Families: Making the Most of the Holidays
- Promoting Maturity
- Depression in Children & Adolescents
- Drinking, Smoking & Parties
- How to Say "No": The Difference Between Enough and Too Much
- How Much is Enough? Raising Likable, Responsible, and Respectful Children
- In Tune with Your Child's Temperament
- Parenting with Love & Logic
- Getting Ready For College: Promoting Healthy Independence
- Immunizations: The Myths, The Facts, The New
- Promoting Sexual Responsibility in our Adolescents: A Panel Discussion with Parents & Professionals
- The Pressured Child
- Expectations & Consequences: The Importance of Collaboration When Establishing Limits
- Child Predators: Hidden Dangers on the Internet
- The Moody Adolescent: What's Normal and What is Not
- Recognizing the Signs of Autism, ADHD and Learning Disabilities
- How to Survive Parenthood Without Losing Your Mind or Your Marriage

Look in your library's Parent Education Section.

COLLEGE: Planned Choices for a Successful High School to College Transition

Presentation will feature a panel discussion about "Real Issues Facing Young Adults Today." Presented by The Family Center and co-sponsored by the Grosse Pointe North Parents Club and Mothers' Club of Grosse Pointe South.

Tuesday, Oct. 28, 7-9 p.m.

Grosse Pointe North High School Library, 707 Vernier Road, Grosse Pointe Woods
RSVP 313.432.3832

PLAY CENTRAL

A place for parents, grandparents and all caregivers to play with their children while socializing.

- Tuesdays, starting Nov. 4, from 9:30 to 11:30 a.m., at The Neighborhood Club upstairs gym.
- Wednesdays, starting Nov. 5, from 9:30 to 11:30 a.m., at the First English Lutheran Church gym, 800 Vernier.

Fee is \$3 a session per family. No registration required.

SAVE THE DATE – HOLLY FEST

Thursday, Dec. 4 – The Grosse Pointe Club \$80/person, \$175/Friend of HOLLY FEST
6 p.m. Cocktails and Hors d'oeuvres; 7 p.m. Dinner Tickets limited
Silent Auction 6 - 8 p.m. Live Auction 8:30-9:30 p.m. RSVP 313.432.3832

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HOLLY FEST

A holiday benefit to support The Family Center of Grosse Pointe & Harper Woods

Thursday, Dec. 4

The Grosse Pointe Club

\$80/person, \$175/Friend of HOLLY FEST

Tickets limited

6 p.m. Cocktails and Hors d'oeuvres • 7 p.m. Dinner

Silent Auction 6-8 p.m. • Live auction 8:30-9:30 p.m.

RSVP 313.432.3832