

# FAMILIES PLUS NEWS

## Mentors & Family Friends

Dorothy Allen  
 Richard & Linda Bell  
 Dennis & Mary Bollig  
 Beverly Bull  
 Renae Coffman  
 Ursula Craig  
 Linda Croft  
 Jared & Nicole Davis  
 Alisha Johnson & Kurt Roithmayr  
 Sheldon & Hazel Kier  
 Shane & Mary Jo Lance  
 Stephen & Cynthia Lewis  
 Diana Matus  
 Debbie McCarty  
 Lorene McDonough  
 Verena McKenney  
 Artis Miller  
 Lyn & Gini Mosley  
 Rita Murphy  
 Edward & Cheryl Oeltjenbruns  
 Jenifer Oien  
 Robert & Corey Rice  
 Dennis Schwartz  
 Mike & Vickie Street  
 John & Reveille Sullivan  
 Diana Tayir  
 John & Susan Triebwasser  
 Ruth White  
 Dave & Jill Knutson  
 Cassandra & Troy Schenk  
 Matt & Terry Clark  
 Pat & Harry Masington  
 Deeann & Jim Swiekert  
 Susie & Jeff Hirsch  
 Diane & John Almy

## Staff

Brenda K. Holland, Ph.D.  
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 Mental Health Professional  
 Karen Wolfram, M.A., L.P.C.  
 Mental Health Professional  
 Danielle Kemper, MSW, C.C.S.W.  
 Mental Health Professional  
 JoAnn Scherer, Program Manager  
 Dave Shishim, Director of Outreach  
 Moni Slater, Newsletter Publisher  
 Dave Armlovich, Web Master

## Mentoring Family Focus: *Michelle and Lewises enjoy time together*

Since the Spring of 2009, Michelle Tucker and her family have enjoyed time and fun with Cindy and Steve Lewis along with their son Jacob. The Lewises live on a small farm with gardens, animals, and even a trampoline for exercise and fun.

Michelle and Cindy have developed an especially close bond. They work together in the home on projects that promote good nutrition and healthy self-care. Michelle loves the freedom of the rural farm environment.

Michelle and her mother, Amy Quick, and Grandmother, Cindy Quick, moved to Okla-

homa in the spring of 2010. Cindy organized a potluck going away party for them at the Crawford park including family, teachers, and friends to give them a supportive send off.

Very recently Michelle and her family have returned to Delta County. Michelle took right up where she left off with her relationship with Cindy. Michelle has also enjoyed Camp Red Cloud, swimming passes, Kids' Pasta Project and other activities organized for her

by the Families Plus program. Michelle very much enjoys art and animals in her spare time.



*Michelle, Cindy, Jacob and Steve enjoy spending time together on the family farm.*

## From the editor: Kids add energy to newsletter!

Working on this newsletter has been an especially gratifying experience thanks to all of the kids from Families Plus who helped with it!

We got together as a group for three very productive and fun working sessions to discuss what might go into the newsletter, decide who would contribute what,



practice interviewing each other and work on writing.

The kids brought so many different talents and personalities to the table and it truly was a pleasure to work with them. Thanks to all who participated!!

And to Tom for his extra help!

~Moni



## RELAY FOR LIFE

BY ANA FULLER

This is my second year running in the American Cancer Society's Relay For Life. I started running because one of my friends told me about it and thought it would interest me. When I first started it was kind of scary and embarrassing because there weren't many kids there. It was kind of hard because we had to be on the track the whole entire night. You can walk or run. You can't sleep, but I did anyway, for about five minutes. I ran a lot because I needed to get all of my laps done. We were supposed to have eight to fifteen people on the team, but we only had five so we had to run more laps.

I like the relay for life and would recommend it to everyone else who likes walking or running. We also had good meals like pizza and got to buy things.

I wrote the following for the relay website. You can check out the website and donate online at [www.relayforlife.com](http://www.relayforlife.com).

### My Reason to Relay

I am participating in the American Cancer Society's Relay For Life because I want to make a meaningful difference in the fight against cancer.

Almost everyone has been touched by cancer, either through their own personal battle or through someone they love.

Every day, the American Cancer Society is helping us stay well by preventing cancer

or finding it at its earliest, most treatable stages. They assist families in finding the best resources to help their friend or loved one deal with a diagnosis and their journey to get well. The American Cancer Society is also rallying communities (like ours!) through events like Relay For Life, to fight back and find cures for this disease.



Please join my team or make a donation to help the American Cancer Society create a world with less cancer and more birthdays. Together, we can help make sure that cancer never steals another year of anyone's life!

*"When I first started it was kind of scary and embarrassing because there weren't many kids there. It was kind of hard because we had to be on the track the whole entire night."*

## DAMION'S NEWS

### WHAT I LIKE

Flowers

Computers

Riding my bike

Music



My favorite flower.

### How to play soccer

By Damion Kirksey, age 10

Today we will learn the basic rules of how to play soccer. When you play soccer you want to keep your eye on the ball. Then, stay with your opponent. After that, you get the ball and kick it into the goal.

'Hope you're here next week! We are going to play a game of soccer!



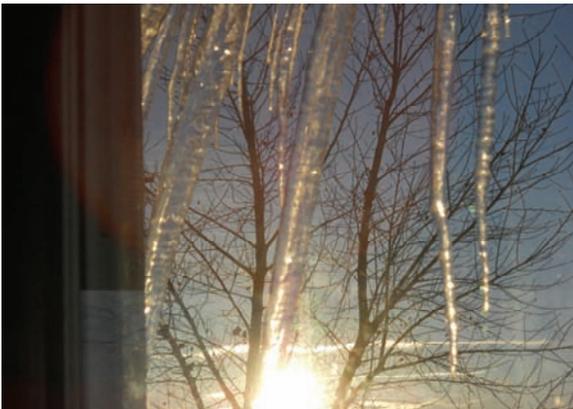
# Fishing with Ben

**Ben's points of interest about fish:**

- Trout are tasty. They are usually easy to catch.
- Catfish usually like warm water. They are good to eat with cocktail sauce.
- Bass are usually found in warm places. I like the large-mouth bass best, but they are not as good as catfish.

This is my first newsletter. I am in fifth grade at Garnett Mesa Elementary, the school at the top of the hill. It is now spring break and I'm happy spring break is here. I like to go fishing and swimming at the pool in Montrose that has the indoor water slide. (I want to get my own pool that has a water slide

someday.) I went fishing up on the Grand Mesa during spring break with my Uncle Tim. It was still cold on Grand Mesa but we had fun anyway. We caught eight golden trout, but we would have caught more if that wasn't the limit. I filleted the fish and we ate them for dinner with teriyaki sauce and potatoes and gravy.



*I like this picture because it reminds me of how cold I was fishing on*

## Loco Fish

Some fish can be really loco. Why the fish are loco? Because their brains are as small as a pea. I first discovered this when I cut open a fish's head when I was about five. It was in between small and big.

You can tell if a fish is ticked because it will attack you in the water. One time when I was catfishing snoodleing (fishing from the water), a catfish swam up from behind and bit me. I still like to snoodle, but I always check behind!



## Fund Raising Continues to be Challenging

by Dave Shishim

*Unless you're a hermit who has been living in a cave for the past several years, you're well aware of how bad the economy has been and how slow the recovery is going. You also know that the government is spending more than it has been taking in and that spending cuts are all the rage in Washington and Denver.*

*Families Plus, as a non-profit organization that furnishes its services free-of-charge to the families in our program, is dependent upon donations and grants from various foundations to pay for the services it provides. While we have been very fortunate in that a*

*number of supporters, individuals as well as foundations, have stuck with us through this very difficult time, and we are extremely grateful for their continuing support, in order to be able to offer our mentoring programs to the many children on our waiting list, we need to raise more money. Donations to Families Plus, a 501 (c)(3) under the Internal Revenue code, are tax deductible. If you or your organization is interested in helping, we have many ways, financial and non-financial in which you can help. For more information, please contact Families Plus [allamerican-families@gmail.com](mailto:allamerican-families@gmail.com) or call us at [\(970\) 874-0464](tel:970-874-0464). Thank you!*

## New staff bring wealth of experience to Families Plus!

**JoAnn Scherer** came to Families Plus as Program Manager in April this year, after serving on the senior staff of a Harvard University School of Psychiatry non-profit research program called Project Outreach, where she was the Program Administrator for five years, and on the senior staff at Yale University Department of Pathology as Grant Coordinator for two years.

JoAnn has an M.A. in German from C.U. Boulder, a B.A. in Humanities and German (double major, summa cum laude) also from C.U. Boulder, an A.A. in Theater from Mesa College (before it became Mesa State), and studied two years at the University of Regensburg in Germany (one year undergrad, one year on a graduate stipend). She also used to be Tradeshow Manager for a computer company, Exhibit Coordinator for an American Indian art exhibit travelling through Bavaria (Germany) for half a year, and Office Manager in a few of her past lives.

JoAnn taught German at the University of Colorado for 2 years while she was getting her Master's, and taught English at Lado International College in Tokyo, affiliated with Georgetown University, for 4 years. She has travelled most of her life and been to about 80 countries, and has lived in Boulder, Denver, Boston, Connecticut, Tokyo, Italy, Peru, and Germany.

JoAnn was drawn to Families Plus because she likes what the organization does for kids. Her favorite thing about the job is the community networking. As time goes on, she will be doing more community awareness and fundraising.

Families Plus welcomes JoAnn and appreciates all of the experience she brings to our community!

**Danielle Kemper** is a Licensed Clinical Social Worker and holds a masters degree in social work. She has a private psychotherapy practice in the North Fork area and treats a variety of diagnoses including anxiety, depression, and grief. She has extensive training in trauma resolution and has 18 years' experience working with children and families in school, community behavioral health, and private settings.



Having served as an adjunct professor for Northern Arizona University in the College of Social and Behavioral Sciences, Danielle has

been a lecturer for Arizona State University in the Graduate School of Social Work extended campus. She has also trained providers on trauma for Victim Witness Services in Jefferson County, Colorado.

A former Peace Corps volunteer in the Dominican Republic,

Danielle is fluent in Spanish and has extensive cross-cultural experience. She has worked with Native American populations on the Navajo and Hopi reservations in Arizona and has provided services and overseen non-profit organizations working with teen parents and gang-involved inner-city youth. She is a certified family and community mediator and a Child and Family Investigator for the 7th Judicial District in Colorado. She has provided expert testimony on mental health and child custody issues in family and dependency courts in Texas, Arizona, and Colorado.

Danielle also holds a level-two certification with Eagala, a program that uses the assistance of horses in the therapeutic process with adults and children. She returned home to the western slope in 2006 and lives close to the single-room schoolhouse where her grandmother taught more than eighty years ago.

Any extra time she finds, Danielle runs the back trails with her border collies, rides and trains horses, gardens with passion, and writes fiction and poetry. She is excited to work with everyone involved in the Families Plus program and loves being a member of this amazing team of therapists.

## Jarrin interviews Ivorie about her love of animals

*Ivorie's love of animals became clear very quickly in our newsletter meetings. Jarrin interviewed her about a time she saved a squirrel's life and her ambitions to work with animals. Following are parts of the interview:*

Jarrin: Why did you save the squirrel?

Ivorie: I like squirrels.

Jarrin: How did you save it?

Ivorie: I was in the front seat. My mom was starting to drive and I said, Mom, watch out! There's a squirrel!"

Jarrin: You say you like squirrels because they are so fluffy. Why do you think squirrels are so fluffy?

Ivorie: They have thin little hairs like a cat but they're long.



Jarrin: What makes you want to be a vet?

Ivorie: I love animals and the first time I saw this one dog, I instantly wanted to be a vet.

Jarrin: What dog was it?

Ivorie: A chiwiener. It's half chihuahua and half wiener.

Jarrin: What did it look like?

Ivorie: He was white with a small head, pointy ears and he had black and white dots on his tongue. His name was Oscar.

Jarrin: What do you think you have to do to become a vet?

Ivorie: I have to go to school to study animals. I am studying about mammals and amphibians now. For a couple of days, I went to the animal shelter in Cory and swept the cages and helped. That's when I got my cat, Darla.

Jarrin: Why did you name her that?

Ivorie: She just looked like a Darla.

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## Kids find ways to give to the community through serving pasta dinners

Families Plus kids are find many ways to participate in their communities. One very clear way that is catching on is through the Kids' Pasta Project (KPP), an organization that raises funds for local organizations through serving pasta dinners. Courtney Mailer, Michelle Tucker and Kayla Rood each serve a volunteer shift approximately once a month.. Working in the kitchen, they learn to make home made pasta, desserts and salads. They are part of a team of kids and adults who all work together to serve up to fifty dinners.

In the dining room, volunteers start out as busboys and busgirls. In addition to helping serve and clear three courses, they make the rounds with pepper and cheese grinders and help keep the water glasses full.

Volunteers start preparing for the dinner around 3:30 and take a dinner break before the guests arrive during which time they hear about the organization of the week.

and Kayla has been coming to KPP with her mentor, Cassandra Shenk, and her kids. Sometimes other parents or community members fill in as mentors or just come to dinner to make sure the volunteers have rides to and from their shift.

As these volunteers become more comfortable in their jobs, they move on to other positions such as waitress, pasta making manager, cashier and front manager. They are all doing a wonderful job of serving our community and learning more about it at the same time!

# Mentoring Kids for Life!

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**Save the date!**  
**August 19**  
**Back to School**  
**Picnic**  
**At the Pavilion**  
**Beginning at 5:30**

## FROM THE DIRECTOR:

### New Mentoring Families are popping up like Tulips!

Since January, Families Plus has added five new mentoring families to support the children participating in our program. These families bring indescribable hope and excitement into the lives of the children they include in their home. Having personally experienced two of these mentoring beginnings, I cannot adequately describe the mixture of joy, shyness, curiosity, and pleasure that the children and their families experience as this whole new dimension enters their life.

The new mentoring families come in from all parts of Delta county including Cedaredge, Delta, Hotchkiss and Paonia. The mental health professionals help all family members make the agreements to work together and establish strong patterns of communication and collaboration to support the child. We welcome Cassandra and Troy Shenk, Deeann and Jim Swiekert, Pat and Harry Masington, Diane and John Almy, Jill and Dave Knutson, Terrill and Matt Clark, and Susie and Jeff Hirsch into the Delta County Community effort to raise all our children to be successful adults. I never miss an opportunity to say that being a mentoring family makes your life rich. You or someone you know might consider contacting Families Plus to get more information about getting involved.

~Brenda