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OFS STATS

Between January and September Ozaukee Family Services touched the lives of **5,304** local residents:

3,124

Children and parents learned Internet Safety

1,309

Children attended one or more of the **48** prevention programs on stranger awareness, child abuse, eating disorders, acquaintance rape, conflict resolution and stress management

165

Parents participated in at least one parenting program including: *Off to a Great Start*, *Spirited Child Workshop* and *Friends and Fun*.

151

Children and **118** parents received **476** home visits from a *Parents as Teachers* educator

140

Parents attended *Beyond Divorce Class* to learn Co-Parenting techniques

122

Individuals received **996.75** hours of affordable counseling

68

Seniors received **1,943** instances of help, rides, chores or visits

62

Children and **24** parents who have experienced death or divorce in their family participated in our 12 week *Rainbows* program

202

People are actively volunteering for OFS

PARTICIPANT SPOTLIGHT



Bee Janssen

F

or Bee and Gus Janssen, who set foot on every continent (yes, including Antarctica) and visited more than 53 countries, there was still no place sweeter than home.

After nearly 65 years of marriage, it would seem that Bee travels alone now – Gus died earlier this year. Yet Bee rarely feels alone – she has frequent visits from volunteers who help with her yard work, get her to doctor appointments, and provide the type of support Bee needs to remain living on her own.

The help from volunteers at Ozaukee Family Services started more than a decade ago; then a few years ago, Gus was no longer able to get around on his lawn tractor and keep the place looking the way he liked it. What started as yard work turned in to companionship visits and other forms of support. Full of stories, folks look forward to visiting with Bee as much as she looks forward to their visits.

(continued on following page)

If you are able to donate any of these items they will help keep our offices and programs running to their fullest.

RAINBOWS – Snacks (individually packaged items such as fruit snacks, cheese & crackers, granola bars, cookies, etc. – expiration date should be 11/30/10 or beyond); small gifts that children in the program can choose as a holiday gift for their parents (especially needed are gifts for dads).

PARENTS AS TEACHERS – Craft supplies (markers, finger paints, glue sticks), finger paint paper, Play-Doh®, small photo albums (4 x 6), blank audio cassette tapes, plastic needles (large eye – needlepoint type), “C” batteries, tape, paper towels, food coloring, Ziploc bags (sandwich & gallon size), kid’s scissors (rounded tip, metal – not plastic), small staplers and pencil sharpeners.

GIFT CARDS – Target, Kohl’s, Home Depot, grocery stores, gas stations for us to pass on to those in need

OFS OFFICE – Paper for our printers, three ring binders, manila folders, labels (avery #5160), legal size writing tablets, any size post-it notes.

COMPUTERS – New or used (less than 3 years old) desk top or lap top computers would greatly help update our technology used in programs and our office.

If you would like to make a donation, simply drop off your contribution at the OFS office or call us to schedule a pick-up. We will provide you with a receipt for tax purposes.

Thank You!

IN-KIND DONATIONS

VOLUNTEER SPOTLIGHT

What Mary VanCleave needed was flexibility; what she found was an opportunity to help seniors, children and adults.

It's one of the strengths of Ozaukee Family Services, Mary says. "No matter what you're interested in doing, the staff will find meaningful volunteer work for you – in whatever amount of time you want to give."

Mary knows first-hand about the opportunities – when she returned to the area after several years living out-of-state, first on her agenda was reconnecting with old friends and making new ones. She joined the Auxiliary – a group whose

sweat equity has resulted in raising more than \$350,000 so the agency can continue to serve families without ever putting anyone on a waiting list.

"I have been captivated with this agency from the beginning because I felt that the staff was incredibly dedicated and offered many options of what I could do," explains Mary. "I needed flexibility with visiting family around the country, so rather than employment I wanted a meaningful way to

spend my time volunteering. At Ozaukee Family Services there are so many ways to be involved and the staff is very open to helping you find the exact fit."

Mary has helped seniors; she's helped families; and now she's found a niche that combines her professional training and her volunteer passion: Mary is the volunteer facilitator for the Rainbows parent group. Rainbows is a grief and counseling group for children dealing with death or divorce.

"The focus of Rainbows is supporting children and parents during a very difficult time in their lives," says Mary. "I felt my background in counseling would help this group. I wish we didn't need a group like this; but we do, and this is a nurturing environment to begin to heal. I give these parents credit – their lives are changing, they live in turmoil and pain, yet they come to this group. I respect and admire their strength and resilience, and how they support and learn from one another. I am just here to facilitate that learning; they are doing all of the work."

As busy as Mary is, she's returning this fall for another year of facilitation. "I feel like I receive much more than I give," she says. "The staff, clients, other volunteers – they are so thankful. They continually acknowledge that volunteers are the heart of every program. I know my time and my contributions are valued. I can see it, I can feel it. I am thankful that Ozaukee Family Services has found a place for me, and in return I have been able to give back to the community, sharing with those who need it most."



Linda Stolz, Rainbows coordinator, and Mary VanCleave, Rainbows parent group facilitator

PARTICIPANT SPOTLIGHT *(continued from front cover)*

"It's rough," Bee says, "to be independent all of your life and then have to rely on people. But it is wonderful to know that there are volunteers who just want to help. These people are from all walks of life and they each have a different reason to give their time and talents, but what they all have in common is their dedication to others."



Gus and Bee Janssen

Despite the sadness of the past year, Bee focuses on the joy and comfort she receives from those around her. With those volunteers she often shares one of her favorite poems, *The Dash*, by Linda Ellis. It refers to the dates on a tombstone, from the beginning to the end, and how the most important is that space in-between – the dash.

"...For it matters not, how much we own, the cars... the house...the cash. What matters is how we live and love. And how we spend our dash.... So when your eulogy is read, with your life's actions to rehash, would you be proud of the things they say, about how you spent your dash?"

"I'm happy," Bee says, "with how I've spent that dash."

A WOMAN OF INFLUENCE

Cheri Farnsworth, executive director of Ozaukee Family Services, was named a 2010 Woman of Influence by the Business Journal of Milwaukee. Twenty-four area women were recognized for making a difference in their workplace and in the community every day.

Cheri has been at the helm of Ozaukee Family Services for more than 17 years. Not only has she managed to keep the non profit agency going strong during an unstable economy she has helped the agency grow. Under her leadership, Ozaukee Family Services has expanded to include parent education and support, prevention education, Rainbows support for children who have experienced death or divorce in their family, confidential and affordable counseling for individuals, couples and families, and services that help senior citizens continue to live independently.

"I am proud to work for an agency with such an important mission," Cheri said. That mission is improving lives to help families succeed. All services are free or on a sliding fee scale – no one is ever turned away because of the inability to pay. "Ozaukee Family Services is truly a grass roots effort. Last year we were able to assist more than 6500 people because of our generous donors and volunteers."

"People tend to forget that in a county as wealthy as ours, there are people who are struggling," Cheri continued. "We have parents who are struggling because one or both have lost jobs, and as their marriage is under stress, so are their children. We have families doing all they can do to make it – seniors cutting back on medications; moms making hard choices between food for their families and diapers for their children."

Carol Jors, president of the agency's board of directors commended Cheri for cutting costs and increasing fundraising efforts, "The community has benefited because of her. She is not in this for herself; she's in it for the community." Cheri graciously accepted the award by saying, "I am happy to accept this award on behalf of ALL the influential people at Ozaukee Family Services - staff, board, auxiliary, advisory board, volunteers, donors, friends, participants and clients."

... it is wonderful to know that there are volunteers who just want to help.

Bee Janssen

2010 CALENDAR OF PROGRAMS & EVENTS

ONGOING PROGRAMS

FRIENDS AND FUN Get support from other parents while your children play. The group meets twice a month on Tuesdays, 10:00 – 11:30 am. Two groups to choose from 1st and 3rd OR 2nd and 4th Tuesday of each month. New parents can join any time. Call for details.

BEYOND DIVORCE Learn how to help your children cope during this transition; deal more effectively with the problems that often result from divorce; and get advice on how to co-parent so that everyone in your family can maintain healthy relationships. This course fulfills the court requirement of four hours of co-parenting education. Registration is required. \$50 fee for class and materials. Saturday mornings.

COUNSELING Confidential & affordable counseling for individuals, couples, families, children, adolescents, adults and seniors. Sliding fee scale based on income, ensuring availability to anyone in need.

PARENTS AS TEACHERS (PAT) PROGRAM Personalized home visits help parents become their child's first and best teacher. PAT educators share information on research and provide ideas and activities for stimulating the child's development to coincide with opportunities for learning. For children birth to five years old.

WORKSHOPS & EVENTS

5C'S OF PREVENTIVE PARENTING

Monday, November 8, 6:30-8:00 p.m.

Do you want to learn how to help your children avoid compromising their health or safety with risky behaviors as they make the passage from childhood to adulthood? Parents will learn the formula to help their children navigate through their most "dangerous decade." Come and learn the Five C's of Preventive Parenting. Leader: Gail Bruss, Starting Point of Ozaukee.

MAKING MARRIAGE WORK

Wednesdays, November 3- December 15 (no class 11/24), 6:30-8:30 p.m.

Married? Thinking about marriage? Discover the secrets the experts use to enhance, build and de-stress your relationship. \$10 fee to download the couple's workbook. Limited childcare is available – call for registration form. **Register early, space is limited.**

Leader: Barbara Bartlein, RN, CICSW, Associate Director of Ozaukee Family Services and author of *Why Did I Marry You Anyway? Overcoming the Myths That Hinder a Happy Marriage*.

POTTY TIME

Thursday, November 4, 6:30 - 8:00 p.m.

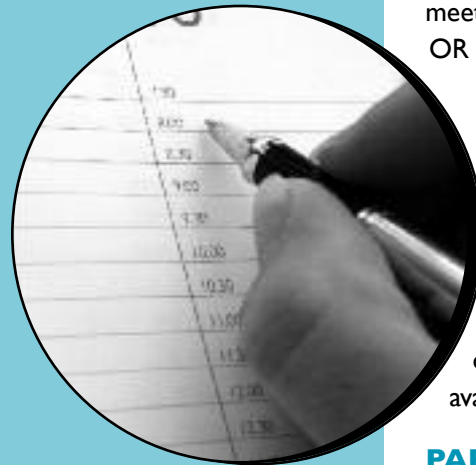
Dr. Dan Hagerman of Cedar Mills Medical Clinic will offer techniques that will make potty training more successful and less stressful for you and your child. Preschool Enrichment staff from the Feith Family YMCA will lead two programs for preschoolers while their parents attend Dr. Hagerman's class.

Adventures in Art will let your child express his/her creativity using different mediums.

Kindergym will let your child have a great time while exploring the fun of fitness.

Limited childcare will be available for those not in preschool. Call for registration form.

For more information or to register for any of these events, please visit www.OzaukeeFamilyServices.org or call us at 262.376.7774

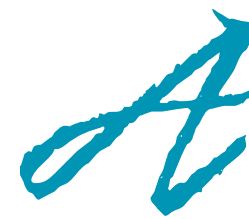


“THERE'S NO PLACE LIKE HOME”

The Fall Luncheon will be held on **Tuesday, November 16th, 11:00-1:30** at the North Shore Country Club. \$45 per person. Please visit www.OzaukeeFamilyServices.org for more info or call or e-mail OFS for reservations



DONOR SPOTLIGHT



As owners of Casper Creative Group, they create advertising and marketing campaigns that make companies stand out among the competition. They are committed to taking care of every last detail for their clients – and that, they say, is the kindred spirit they have found at Ozaukee Family Services.

“Before we got involved with Ozaukee Family Services,” Paul explains “we weren't really aware of all the needs in the community and we didn't know exactly what we could do to help those we knew about.”

All of that changed when Julie joined the board of directors in 2006. She donated her professional expertise to help the agency produce beautiful printed and electronic materials – worth thousands of dollars in billable time and all free of charge – and then started learning more about how she and Paul could invest their time to help others.

“Julie started coming home from board and committee meetings excited about the wonderful things OFS was doing for so many people,” Paul said. “Seniors who needed rides, chores and companionship. Families who needed counseling. Parents who needed support and guidance.”

“I have lived in this community for almost 30 years,” Paul says, “and I admit, I was mostly unaware of the broad range of challenges people faced, and where they turn for help. The depth and breadth of struggle in this community surprised me.”

What they found out, Paul says, is it doesn't take much to make a great difference. “If everyone did just a little,” he says, “we could touch so many more lives and the problems of the community would become more manageable.”

Julie talks of the work the staff and volunteers of Ozaukee Family Services accomplish. She and Paul especially like spending time with seniors, taking them to appointments, doing chores and helping out. “We have one senior who does not want to depend on anyone,” Julie recalls, “and we know she needs help from time to time, so when we don't hear from her, we call.”

Julie and Paul took a senior couple on a tour of the holiday lights last year, and would enjoy doing it again this year. “It's a joy for us to spend time with seniors,” Julie says. “These are wonderful people who have spectacular stories and experiences to share.”

Paul enthusiastically agrees. “If you want to feel better yourself, do something for somebody else. It's guaranteed to work every time.”

VOLUNTEERS ARE OUR HEART

SNOW REMOVAL Winter is right around the corner. Help a senior citizen by clearing their sidewalks. We can match you with someone close to your home. Volunteer by yourself or with family/friends. It can be fun and is great exercise too!

DRIVER Losing your license due to aging means giving up much of your independence – not an easy thing to do. You can help by giving a local senior just one ride a month. Our senior clients depend upon volunteers to get to medical appointments, the grocery store, etc.

CHILDCARE Have fun with kids while their parents attend one of our weekday morning or evening workshops.

GROUP PROJECTS Looking for a volunteer opportunity for a group (i.e. Scouts, youth group, church group)? Contact our Volunteer Coordinator for projects that can be done right here in Ozaukee County.

WILLING TO SHARE YOUR PROFESSIONAL SKILLS? Consider joining our Board of Directors (meets monthly in the evening), Auxiliary (meets monthly during the day) or Advisory Board (meets early morning twice a year).

SUPPLY DRIVE Don't have time to volunteer? You can still help by organizing a supply drive in your work place, civic group, school or church – collect items listed under in-kind donations or baby supplies (especially diapers) for families who struggle to meet the needs of their children.



Paul and Julie Casper