

OFS STATS

From January through June, Ozaukee Family Services touched the lives of 5,257 local residents:

2,922 children and parents learned *Internet Safety*

1,434 children attended one or more of the 32 prevention programs on *stranger awareness, child abuse prevention, eating disorders and acquaintance rape.*

131 parents participated in at least one parenting program including: *Play Groups, Spirited Child and Love & Logic.*

119 children and 99 parents received 372 home visits from a *Parents as Teachers* educator.

94 parents attended *Beyond Divorce Class* to learn co-parenting techniques.

93 individuals received 833 hours of affordable counseling.

120 individuals received assistance and support through the *CST (Coordinated Services Team) Program*

20 adolescents attended a six week *Girls Group* or *Guys Group* mentoring/counseling program.

60 children and 53 parents have participated in the *Family Steps* program

37 children and 16 parents received support through the *RAINBOWS* program.

59 seniors received 655 instances of help including rides, chores and visits.

177 people are actively volunteering for OFS.

The results of all of these OFS programs are strong & healthy families that make Ozaukee County a great place to live, work and play.



Improving lives to help individuals and families succeed

News

FALL 2016



VOLUNTEER SPOTLIGHT — MARY WEBER

Mary Weber believes in OFS and its mission and has been a generous donor for years. But when she retired from working full time she decided she would also like to contribute to OFS by donating her time to the senior program.

According to Mary, "I have always worked in a caring, helping profession and have a lot of experience working with the senior population, so this volunteer opportunity gave me a chance to do all those things but with a more relaxed, flexible schedule." She also fosters dogs and volunteers at her church and at the Humane Society as a dog walker.

Mary worked as a physical therapist in skilled nursing facilities for the last 20 years. She worked primarily in geriatrics. "Once I retired, I had time on my hands and I remembered my mother doing something similar – providing rides for seniors. So I guess my Mom planted the seed for this particular role a long time ago. I knew I was good at and enjoyed working with the senior population. I believe they deserve dignity and respect."

Continued on next page...

... Continued from cover

Mary drives quite a few OFS clients but has about five regulars. She said it sometimes takes some of the clients a little time to warm up to her; some of them are tentative and a little nervous about allowing a stranger to drive them. However, with her outgoing, warm personality it is no surprise that they do. Maribeth Penno, OFS senior services coordinator, explains, "Mary is a wonderful volunteer - so caring and compassionate. Clients always mention how kind and accommodating she is. We are so lucky to have her."

According to Mary it is such an easy thing to do. She appreciates the flexibility that being a volunteer driver provides her. "I never feel pressured to do a ride if it doesn't fit in my schedule. Some of the clients are so close to me that I can give them a ride and be back home within 10 minutes. It's such a small amount of my time yet it makes me feel good knowing how much I am helping them."

"I enjoy their company and I see how difficult it is for them when they can no longer drive. Driving is such a huge piece of someone's independence, and it is tough to give that up. I like the feeling of knowing I am helping them. For many of the people I drive, their outing, whether to the doctor, store or beauty parlor, may be their only social interaction for the whole week so I am providing more than just a ride. They appreciate the company and the conversation."

As Mary gets to know the clients she finds out if they are fellow dog lovers. If they are, she asks if they would enjoy having her dog, Moose, along on future trips. "I would never do this the first time because not all of the clients like dogs. Some get nervous around them. But the ones that are dog lovers, well their faces just light up when I bring Moose along for the ride." (Moose, although his name would imply otherwise, is actually a small dog – a long haired dachshund).

"Although I no longer collect a paycheck, I am being rewarded in another way. I not only get thanked by the clients who are always very appreciative but also by people at the places I take them. I have had doctors and nurses come out to the waiting room to thank me for giving their patient a ride. I've had a nurse call me 'a little angel'. That's the best reward – the sincere appreciation that I receive."

We at OFS are grateful for Mary and for all of our volunteers. If you would like to learn more about how you can help, please call us at 376-7774.

VOLUNTEERS ARE THE HEART OF OUR AGENCY!

Rainbows Facilitators – Are you caring, compassionate, and a good listener? Facilitators assist children as they adjust to a death or divorce in their family. Rainbows is a 12 week peer support program that meets twice a month on Tuesday evenings beginning October 18. Training will be provided.

Driver – Driving is independence. Losing your license due to aging is difficult. You can help by providing just one ride a month. Our senior clients depend upon volunteers to get to medical appointments, the grocery store, pharmacy, etc.

Childcare – Have fun supervising kids while their parents attend one of our workshops. Some of them could not attend otherwise. Volunteers needed on select week day mornings and evenings.

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



Willing to share your professional skills? Consider joining our Auxiliary (meets once a month during the day) or Advisory Board (meets early morning twice a year).

DONOR SPOTLIGHT – GIL AND LINDA VRANEY

Gil and Linda met in high school and dated on and off for nine years. They have seen a lot in their 47 years of marriage. They have lived in Ozaukee County for many years. They enjoy spending time with their kids and grandkids and love to travel. Being a former high school History teacher, Gil loves to expose their grandchildren to history in a way that will get them interested in it rather than just reading about it. They have an amazing trip planned to Virginia and Massachusetts next summer. They will visit four different historical sites that have hands-on exhibits that will allow them to experience a little bit of what life was like in the 1600, 1700, 1800 and 1900s and how things have evolved over time.

In addition to traveling and spending time with their kids and grandkids, Gil and Linda like to use their time and treasure to help others. They have been active in the community for years – at church, at their kids' schools and helping weekly at a local food pantry. As they got older a number of charities entered their horizon and they were mindful of choosing ones they felt offered more than just a "patch" or a "Band-Aid." Gil explains, "There are many things that we can do to help others in the short term but don't really change that person's situation. We support Ozaukee Family Services because they truly make a lasting difference in people's lives; people who are facing some really big challenges. We just feel real positive about being part of the process that facilitates changes and assisting people on their way to finding personal happiness."

Gil and Linda believe they, like many people, pick organizations to support because of a personal attachment or connection to that organization or its mission. Through their involvement with OFS they have witnessed the effect the various programs have had on people's lives. "You are never sure which child or individual's life you are going to have a major impact on but we have witnessed the positive changes that have happened; sometimes very quickly, almost magically."

They believe in supporting local organizations that use their money wisely and focus on helping children. They share the feeling that kids are often a byproduct of a situation; finding themselves in a situation they didn't create and have little or no control over. "We believe OFS is a good steward of our money and allows us to assist kids and families right here in our community."

One of Gil and Linda's favorite things to do is to volunteer in the Rainbows Program at OFS. It confirms their belief in the impact OFS is having on local kids and families. According to Linda, "We see kids open up and the meaningful experiences they have when they see other children their age going through similar struggles. Often kids will be hesitant to share but when one starts talking the others join in."

Gil sums it up, "I believe almost everyone is looking for a way to be helpful. To be able to support an organization like OFS that does so much good, well it is just a great feeling."

OFS thanks Gil and Linda and all of our wonderful donors!



If you would like to make a donation, send a check to: Ozaukee Family Services, 885 Badger Circle, Grafton, WI 53024 OR if you prefer to use a credit card visit www.OzaukeeFamilyServices.org/donations Ozaukee Family Services is a 501(c)(3) nonprofit agency. Gifts to OFS are tax deductible to the extent permitted by the law.

PARTICIPANT SPOTLIGHT — JEN

Being a parent can be tough. Even more so if you are a single parent of two boys who both struggle with mental health issues. Meet Jen, an energetic, kind-hearted woman who only wants what is best for her kids. Jen has been divorced for six years and has two sons ages 13 and 9; both have been diagnosed with ADHD and bipolar disorder.

“When I used to tell people what it was like at my house they didn’t always believe me, they probably thought I was crazy. Actually sometimes I wondered if I was crazy,” Jen shares. Both of her kids have a lot of aggression and behavior issues. Her older son tends to take most of his aggression out at home, towards his mom and brother. Braden, her younger son, struggles more at school.

Jen and her family have been receiving services from Ozaukee Family Services for several years. She not only agreed to have her name and photo used in this story she actually wanted it used - to show others that there is nothing to be ashamed or embarrassed of; she wants to help alleviate the stigma associated with mental health issues.

Her 13 year old son is currently in a residential treatment facility. Before being placed there he was in and out of Rogers Memorial Hospital. After being released the second time he was seeing a local therapist who referred Jen to the Family Steps program. “That was the best thing that happened to us. When your child is released from the hospital it is hard to know the next steps. I wanted to know how to help him. I knew I needed help and support.” That was about two and a half years ago, when Jen met Katie Baud, OFS Family Steps Coordinator. “Katie came to my house. It gave me someone, an adult, to talk to and she could observe my son’s behaviors in our home. It was such a relief to have an adult see what was happening and to believe me. It helped me to know that I wasn’t crazy. It was such a comfort talking to Katie. She helped me become a better parent. She listened, observed and gave me ideas and suggestions on behavior charts, rewards and consequences, and how to help my son cope with his emotions and control his behavior.”

Katie did do all those things but gives Jen the credit for doing all the hard work. According to Katie, “It helps that Jennifer is very open minded; she is open to ideas and suggestions. She is willing to accept help and her follow through is exceptional.”

As with so many other things in life, it takes a team effort. The family didn’t have much of a support system so in addition to Katie’s home visits she got Braden and the family enrolled in the CST (Coordinated Services Team) Program at OFS. CST is a community-based team process that assists families by promoting collaboration among their service providers. This process allows a team of providers to work with parents and natural supports to achieve goals and meet the needs of the youth and family. Braden’s team includes school personnel (a teacher, principal, psychologist), a police officer, an OFS Counselor, Katie and Jen.

The CST Team meets regularly and provides support, feedback and communication so that everyone is working toward the same goals. At Braden’s CST meetings, the team discusses and plans interventions for both home and school. Jen loves the team approach because often Braden, and other kids like him, only hear the negatives about their behavior. “It’s great for Braden to sit at a table with all these adults and hear all the positive things they have to say about him. They talk about how he is doing, what they see as his challenges and ideas for tackling those challenges. It has helped Braden’s self esteem. It has also helped him want to do better because all these people are cheering for him and he sees that they care about him and believe in him.”

It was through the CST program that Jen became aware of and was invited to participate in The Incredible Years. Danielle Brown, school psychologist at Saukville Elementary School, and Katie collaborate to work with many families in the CST program and the two also partner to offer The Incredible Years – an ongoing parenting program (see below for more info). “I have gained so much support from the Incredible Years. It is so nice to share information with other parents that are going through similar challenges; to know that I am not alone. I learn so much from them – what they have tried, what has worked and what hasn’t worked. My sons can leave me emotionally exhausted and it was great to hear how other parents deal with the challenges.” The Incredible Years has also helped Braden. It has given him kids to play with that are similar to him who understand him.



[Continued on next page...](#)

As for Braden he likes the home visits but isn't always crazy about the "appointments". His favorite part is "Culver's Club". It is reward system that the CST team enacted. Participating students can earn "Culver's Club" on Mondays by earning 80% or more on their behavior charts at school five times. They meet in Danielle Brown's room and play board games and have lunch from Culver's.

Jen credits the OFS programs with helping both her self-esteem and Braden's. She has learned ways to implement the interventions discussed at the CST meetings and received additional support during Family Steps and counseling sessions. She also learned new parenting strategies to use at home. The programs and the support have helped her be a better parent, and the positive effects on Braden have been noted both at home and school as his negative behaviors have reduced significantly.

As for advice she would give others, Jen says, "Be open to suggestions, seek support from people going through similar struggles and don't be hesitant to get involved."

We are impressed by Jen, her determination and her resiliency. She is a great example of the OFS mission in action: improving lives to help families succeed.

The Incredible Years - is an evidence based parenting program that is designed to promote social and emotional competence and to prevent, reduce and treat behavior and emotional problems in children. OFS will be offering this program as part of our Parent Education and Support Classes this winter.

THANK YOU FOR MAKING A DIFFERENCE!

In many of our programs (CST, counseling, Family Steps) part of the treatment plan often encourages an individual or family to become involved in positive, healthy and social activities. However, sometimes the cost of necessary equipment or supplies, or the activity fee itself, makes it impossible for them to do so. Your assistance has allowed us to help several families in the past several months by providing funds for:

- Lunch for kids that participate in Culver's Club* at Saukville Elementary School
- Grocery gift cards for a homeless family that moved into an apartment
- Summer School fees
- Sport fees
- Tickets to the Marvel Live show for two young boys
- Tennis shoes for a child in our CST program
- Backpacks and school supplies

**See Participant Spotlight article to learn more about Culver's Club*



Your generous donations allow us to not only offer our programs but also allows us to provide this extra assistance.

CST (Coordinated Services Team) - A community-based team process that assists families by promoting collaboration among their service providers. CST is focused on helping families whose children struggle with significant and serious behavioral issues and/or mental illness.

Counseling - Confidential counseling for children, adolescents, adults, seniors, individuals, couples and families. Counselors specialize in issues relating to relationships, communication, conflict resolution, mild depression, grief and adjustment issues, parenting issues, stress management and more.

Family Steps – Works with families to identify areas in need of intervention and helps develop an effective treatment plan to help resolve ongoing issues. Services include behavior modification, parenting skills enhancement, family therapy and helping families effectively utilize community resources.

If you would like to make a donation, send a check to: Ozaukee Family Services, 885 Badger Circle, Grafton, WI 52024

OR if you prefer to use a credit card visit www.OzaukeeFamilyServices.org/donations

Ozaukee Family Services is a 501(c) (3) nonprofit agency. Gifts to OFS are tax deductible to the extent permitted by the law.

FALL 2016 CALENDAR OF PROGRAMS & EVENTS

OFS ANNUAL FALL FUNDRAISER LUNCHEON

Tuesday, November 1st
10:00 am – 12:30 pm at
The Watermark at Shully's
146 Green Bay Rd, Thiensville
\$50 per person

**Everyone has a story — at this year's fall luncheon
John McGivern will share funny and
heartwarming stories.
You won't want to miss it!**



Visit www.OzaukeeFamilyServices.org or call or email OFS for more information and reservations.

ONGOING PROGRAMS

PLAY GROUP – Meets 2nd Monday and 4th Tuesday each month (through December 12), 9:30-10:30 am. An open and interactive group for parents and their children aged 0-4. With books and activity stations centered around themes, come and play with your child while interacting with other parents in our safe and fun playroom! Enjoy different toys, ideas to try at home, and make new friends or bring friends you've already made! Grandparents and other caregivers welcome! Space is limited. Please call ahead to reserve a spot! Facilitated by PAT Parent Educators.

BEYOND DIVORCE - Learn how to help your children cope during this transition, how to 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 class fulfills the course requirement of 4 hours of co-parenting education for divorcing parents in Ozaukee County. Registration is required. Classes are scheduled for Saturday mornings. There is a \$50 fee for class and materials.

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 - For children birth to 5 years old. Personalized home visits help parents become their child's first and most influential teacher. PAT educators share information on the latest research and provide ideas and activities for stimulating a child's development to coincide with opportunities for learning. FREE.

WORKSHOPS & EVENTS – ALL CLASSES ARE FREE OF CHARGE!

Space is limited! Call to register for all workshops. Volunteer childcare may be available for some classes - advance registration required.

SATUR-PLAY!

Saturdays (Oct. 15, Nov. 19, Dec. 17), 10:00-11:00 am

Do you work full-time or always seem to miss our Play Group? Come play on a Saturday! Be sure to tell your friends! Registration is required. Facilitated by PAT Parent Educators.

LET'S PLAY TO LEARN

- Curious Colors - Tuesday, October 18, 10:00-11:00 am
- 3-2-1 Blast Off! - Tuesday, December 6, 10:00-11:00 am

Learn ways to stimulate your 2-4 year old's creativity and learning through these parent/child hands-on workshops. Facilitated by PAT Parent Educators.

RAINBOWS

Tuesdays, twice per month, October 18 - March 28, 6:30-7:30 pm

A 12-week small group program for children (K-12) and their parents who are going through major life changes such as divorce or death. Rainbows helps participants understand and express feelings, build self-esteem, and find peer support while directing energy toward healthy acceptance of change. Contact Haley Pfeuffer at 262.376.7774 Ext.124 or hpfeuffer@ozaukee familyservices.org (Childcare won't be offered during Rainbows.)

MORE FREE WORKSHOPS & EVENTS!

RAISING YOUR SPIRITED CHILD

Wednesdays, October 19 - November 2, 6:30-8:00 pm

In this 3-week course learn positive ways to work with your child's spirit and temperament. For parents of children who are more intense, persistent, resistant to change or generally more spirited than most. Facilitator: Kathy Bergmann, Parent Educator.

BIRTH ORDER: FACT OR FICTION

Tuesday, October 25, 6:30-8:00 pm

Explore the fascinating research on birth order and discuss how our concepts of birth order can influence us as parents. Participants can share their own perceptions and experiences and may be surprised as some birth order myths are debunked. This workshop helps parents look at their own families of origin and the families we are raising today to examine how we can better tailor our parenting uniquely for each child. Facilitator: Susie Knuth Miller, M.S. LPC, SAC-IT.

PARENTS OF TEENAGE GIRLS WORKSHOP SERIES

- *Creative Parenting: Shaping Behavior* – November 2, 6:00-7:00 pm
- *When Cause and Effect Don't Connect: Incomplete Wiring* – November 16, 6:00-7:00 pm
- *Tricky Talks: Picking your Approach* – November 30, 6:00-7:00 pm

Sugar and Spice, not always nice! Parenting a teen or pre-teen daughter can sometimes be frustrating, confusing, and unpredictable. OFS is here to help! Come and talk with other parents about the trials and tribulations of raising a daughter in today's world while finding ways to focus on all the positive and beautiful aspects of the young woman she is. This workshop series will look at how the teenage brain works, how you can help support your daughter's critical decision-making, and decreasing conflict with your daughter so you can open the lines of communication and improve your relationship. Facilitated by Judy Tegge, MS, LPC.

Think your daughter could use a group just for her? Call us and find out about our Girls Group for 6th-8th graders.

DAD'S NIGHT WITH THE KIDS AT THE FEITH FAMILY YMCA

Friday, November 4, 5:30-8:00 pm

A fun night just for dads (or grandpas!) and the kids! Come and hear why dads are so important in the lives of their children and how to better connect with your kids in the special ways that only fathers can. The evening kicks off with a hands-on activity for the dads and their kids beginning at 5:30 pm. From 6-8 pm you can enjoy the services of the Feith Family YMCA and their Family Fun Night with swimming, open gym play, and bounce houses! Participants must be registered through OFS by noon the day of the event in order to be admitted at the YMCA without a membership. Anyone wanting to participate should contact Ozaukee Family Services to register.

PARENTING WITH LOVE AND LOGIC

Mondays, November 7 - December 12, 6:00-7:30 pm

Learn the foundation of the nationally accredited Love and Logic Parenting method in this 6-week course for parents and caregivers. Find out how to set and enforce limits and be consistent in your parenting, while providing your child with the empathy and social-emotional skills they need to be successful in today's world. Facilitator: Sara McManus, Parent Educator.

TOTS AND TECHNOLOGY

Thursday, December 8, 6:00-7:30 pm

In today's world, where cell phones have replaced land-lines, computers, answering machines, TV's, and even alarm clocks, is it possible to keep your young children away from technology? This is a discussion workshop for parents of young children to explore how much and what kinds of technology you allow your toddler access to. Find out what experts say, discuss what's ideal compared to what's realistic, and hear what other parents of young children are doing when it comes to TV, computers, and cell phones. Get ideas for healthy limits and how to monitor your child's technology usage through safe and open discussion with other parents. Facilitator: Sara McManus, Parent Educator.



Improving lives to help
individuals and families succeed

For more information on OFS programs and events, please visit
our web site OzaukeeFamilyServices.org or call 262.376.7774.





OZAUKEE Family SERVICES
Improving lives to help individuals and families succeed
262.376.7774

885 Badger Circle
Grafton, WI 53024-9436

ADDRESS SERVICE REQUESTED

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
PERMIT #41
GRAFTON, WI

Thank You!

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.

purchase ink cartridges.

OFS OFFICE – Post it notes (all sizes), printer paper, new three ring 1" binders, Avery address labels #5160, Office Max gift card to **GIFT CARDS** – Target, Walmart, Kohls, Home Depot, grocery stores, gas stations - for us to pass on to those in need.

department stores or local restaurants.

CST (COORDINATED SERVICES TEAM) – Items to be used as incentives/rewards: gift cards in small amounts for movies theaters, household cleaning products (Lysol wipes, sprays, etc), gas cards, gift cards for grocery or department stores, WE energies gift cards.

INCREDIBLE YEARS – Items for door prizes for parents who commit to coming to class for 8 weeks: laundry detergent/fabric softener, diapers, dish soap, soap/body wash, lotions, shampoo/conditioner, toothpaste/toothbrushes, paper towels, toilet paper and wipes, (sandwich and gallon size), plastic table cloths (rectangle), tape, Clorox wipes, cornmeal, balloons, plain white paper plates, iTunes cards. with clasps, food coloring, plastic needles (large eye, needlepoint type), yarn (small amounts leftover from projects are fine), Ziplock bags poster board (11" X 14" or larger), finger paint (prefer Crayola® brand in squeeze bottles), finger paint paper, card stock, pocket folders **PARENTS AS TEACHERS** – 1" or 1 1/2" binders, paper towels, corn starch, Play-Doh® (regular size), butcher paper or packing paper (rolls).

gifts for dads).

should be 1/31/17 or beyond); small gifts that children in the program can choose as a holiday gift for their parents (especially needed are **RAINBOWS** – snacks (individually packaged items such as fruit snacks, cheese & crackers, granola bars, cookies, etc. – expiration date

GIRLS GROUP – card stock, poster board, canvasses, paint, clipboards.

AmazonSmile is a simple and automatic way for you to support OFS at no cost to you. When you shop at smile.amazon.com, you'll find the exact same items and prices as on Amazon.com, with the added bonus that Amazon will donate 0.5% of the purchase price to OFS. You simply go to smile.amazon.com it is a parallel web site; your password, shopping cart, order history, wish lists, registries and other account settings are all the same. On your first visit to AmazonSmile (smile.amazon.com), just select Ozaukee Family Services to receive donations from eligible purchases before you begin shopping. The site will remember your selection and then all future eligible purchases you make at smile.amazon.com will result in a donation to OFS.

IN-KIND DONATIONS