

# OFS STATS

From January through July, Ozaukee Family Services touched the lives of **4,742** local residents:

**1,806** children and parents learned about *Internet Safety* and *Cyberbullying*.

**1,482** children participated in one or more of the **32** prevention programs addressing child abuse, safety, eating disorders and personal boundaries.

**414** parents participated in at least one parenting program including: play groups, *The Incredible Years* or *Spirited Child*.

**119** children and **82** parents received **270** home visits from a *Parents as Teachers* educator.

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

**79** individuals received **567** hours of affordable counseling. In addition, **53** adolescents attended counseling groups.

**287** children and adolescents attended a *Girls or Guys Group* program and **7** boys participated in a mentoring program.

**121** individuals received assistance and support through the *CST (Coordinated Services Team)* program

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

**32** children and **9** parents received support through the *RAINBOWS* program.

**51** seniors received **397** instances of help including rides, chores and visits.

**177** people are actively volunteering for OFS.

These OFS programs promote 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 2018



## MARK WILLIAMS VOLUNTEER & DONOR

Mark Williams, who saw many terrible things as a prosecutor for almost 40 years, shares how rewarding and uplifting it is to help local senior citizens.

Mark and his wife Sandy, an Ozaukee County Circuit Court judge and former district attorney, enjoy life in Cedarburg where they raised their family; their son John is 27 and daughter Katie is 25. You'd never know by talking to this humble, mild man that he has handled more homicide cases than perhaps any other prosecutor in the nation. He is as kind and compassionate as they come.

Mark was a prosecutor in Ozaukee County for seven years before working in Milwaukee County for 32 years where he was the head of Homicide Prosecution. He handled 700 murder cases and tried 170 of them. Mark explains, "In that role I repeatedly saw some of the most horrible things in the world. When I left that career I knew I needed to do something more uplifting. Something to cleanse my soul from all the terrible things I had seen." That's when his wife Sandy suggested volunteering for Ozaukee Family Services. Sandy told him it was a place with great people that does a lot of good. (Sandy is one of those great people – she has served on our Board of Directors for almost 20 years).

Continued on next page...

... Continued from cover

"I was unsure at first. I didn't know if I would enjoy it, but it has turned out to be great! I have met some of the most wonderful people in the world. I know I am doing it to help them, but it has benefited me greatly. The people I assist provide me with insight and they make everything appear much more optimistic compared to what I witnessed during the many years I spent in homicide. There is a purity in helping people. It really has cleansed my soul. I feel better about myself by helping others. I don't look at it as a task or chore because I enjoy the time I spend with the clients. They have so much wisdom and knowledge to impart and I enjoy listening to them. Every client I have driven has been so appreciative. It's like I've made their day just by driving them somewhere. It makes me feel good."

Mark assists a number of our clients on a regular basis and he talks fondly of all of them. He started by assisting two elderly gentlemen that were roommates. Unfortunately, one of them passed away last year. Therefore, the remaining roommate is quite lonely. Mark goes to his house every other Sunday to do some yard work, grocery shop, take out the garbage and take a meal that his wife Sandy prepares. "I think he appreciates the companionship I provide as much as, or maybe more than, the assistance I provide him." Mark also enjoyed driving a local woman once a week to visit her sister who was confined to a nursing home in West Bend before she died. "She imparted a great deal of wisdom to me on those rides." He continues to enjoy the company of another elderly man that he drives every month on miscellaneous errands, "He has gone through a lot and I really like hearing about his life experiences."

“There is a purity in helping people. It really has cleansed my soul.”

In addition to the clients he assists on a regular basis, Mark helps with rides on an "as needed basis" as well. Sometimes he will provide 2-3 rides per week and other times it is about twice a month. Recently, a new client needed to get to an eye specialist in Milwaukee for a last-minute appointment and Mark offered to take her. "I can always count on Mark to go above and beyond. Often when there are challenging requests that I am doubtful about filling, Mark says, 'sure, I can do that.' His willingness to help always amazes me. If he can, he will," according to Sandi Mehre, Seniors Services Coordinator at OFS.

For anyone thinking about becoming a volunteer driver for OFS, Mark has this to share, "I don't think a person realizes how much it means to these elderly clients to have someone drive them somewhere or to listen to them. It makes them feel better and it makes the volunteer feel good too. It is such an easy thing to do and it is so rewarding."

*We appreciate Mark and all our volunteers. We are in need of more drivers! If you would like to learn more, give us a call at 262-376-7774.*

# 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 23. Training will be provided.

**Driver** – We need more volunteers willing to give a local senior an occasional ride to medical appointments, the grocery store or the pharmacy. Flexible – help when it is convenient for you. By providing just one ride a month you can help a local senior citizen remain living in their own home.

**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).

# PLANNED GIVING

## HAVE YOU EVER CONSIDERED PLANNED GIVING?

### WHY SHOULD YOU?

Long time board member, auxiliary president and volunteer Pam Stark shares why she decided to include OFS in her estate planning and why others should consider it as well.

Ozaukee Family Services is very near and dear to Pam's heart which is evident by the fact that she has been involved with the agency for more than 25 years. Pam explains, "I have seen firsthand the impact my financial donations make from a lot of different angles. I know that every penny goes back into the community. I like knowing my money is being put to good use and is staying here in my backyard - helping my neighbors. It's a great investment in my community." So, it is no surprise that Pam chose to incorporate OFS in her financial planning.

According to Pam, "Many people think you have to wait until you die to make a planned gift. But you can enjoy giving on an on-going basis and while you are alive. Talk to your financial advisor about various ways you can incorporate planned giving. It's really easy to set up and you might be surprised by some of the tax benefits you could enjoy by including planned giving in your financial plan."

For Pam there are several reasons she made planned giving part of her financial plan. First, she feels fortunate to have money to give, but at the same time, she wants to dispel the myth that you need to have a lot of money in order to do any sort of planned giving. Another reason is that she has always believed in paying it forward and giving back. Helping others is a legacy she would like to leave behind. In addition, she feels that this form of giving, along with the many other ways she gives back to her community, sets a good example for her children. Other reasons that planned giving make sense for Pam are the tax benefits (both now and for her heirs in the future) and the fact that she gets to direct where her money goes – not the government or her heirs.

Pam shares this advice when considering planned giving, "You need to do your due diligence. Research the organization and see how they spend their money. Don't let it be strictly an emotional decision; pick a charity/ organization that you feel will be a good steward of your gift. And, reflect on your life. What things are important to you? Who do you want to help? What do you want your legacy to be? Then talk to your financial advisor or attorney about what to give and the best way to go about doing that."

If you would like to include OFS in your planned giving plans, contact Lisa Holtebeck, executive director of Ozaukee Family Services at 262-376-7774.



“...reflect on your life. What things are important to you? Who do you want to help? What do you want your legacy to be?”

— Pam Stark

### WHAT IS PLANNED GIVING?

It is the act of making a commitment to give a charitable organization a gift, over time or at death, as part of the donor's overall financial and estate planning. Far and away, the most common type of planned gift is the simple charitable bequest, a gift made in someone's will. However, there are other types of planned gifts including annuities, charitable remainder trusts and gifts of stock or real estate.

# FAMILY STEPS

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. Many times, Family Steps clients are referred to other OFS programs. Here is a look at one family that has participated in the program (names have been changed).

Julie and Mike have four kids ranging from newborn to 9 years old. Julie has physical limitations and mobility issues due to a central nervous system disorder and Mike has both physical and mental health issues. Mike is on disability and suffers from regular seizures so therefore cannot drive. No doubt their children have been affected by witnessing many of these seizures. On top of all that, one of their children is autistic, another has ADHD, the family lacks a support system and is financially strained.

Julie and Mike were referred to Family Steps because of safety concerns. Based on their circumstances, it's understandable that they felt overwhelmed. Katie, OFS Family Steps Coordinator, began working with them almost two years ago. It took a while for them to trust her; both Julie and Mike have a lot of pride and had difficulty accepting help. But over time, as Katie provided guidance through some difficult parenting situations, they began to trust her and seek her assistance. She provided them with positive parenting approaches and stressed the importance of routines and consistency. Katie also connected them to other community resources including two other OFS programs – CST (Coordinated Services Team) and PAT (Parents as Teachers).

A CST team was formed for their oldest child, Claire, who is going into 4th grade. Her team included her classroom teacher, special ed teacher, other school personnel and Julie and Mike. Since being enrolled in CST, Claire has shown tremendous improvement - less truancy (going from missing 50% of the time the previous school year to missing less than 10 days the following school year) and dramatically improved behaviors at school and at home. In addition, the CST program has benefited the entire family by improving the communication and collaboration with the school.

Meanwhile, the Parents as Teachers program assisted Julie and Mike by helping them set realistic expectations and incorporating age appropriate activities. The program also addressed newborn issues, toilet training and challenging toddler behaviors. According to all three OFS staff members that work with this family, the parents are extremely nurturing and caring, open to suggestions and ideas, and are very appreciative of the assistance.

Thanks to our donors, Katie was able to take groceries to the family when Julie was in the hospital giving birth via C-section to their 4th child. With Mike not being able to drive, he had no way to get to the grocery store. In addition, on a recent visit, Katie took some diapers and new clothes for the kids. She shared their reaction to these gifts, "Two of the children immediately started trying on the clothes, twirling and modeling and repeating 'this is so new' as they were completely overwhelmed with the basic clothing (leggings, shirts, socks, underwear) that they received. They had never had new clothes before."

Katie summed it up by saying, "These parents just want to do right by their kids. It took them almost 8 months to trust me. But now that they do, they are open and willing to try the strategies and approaches that I suggest. They have gained a lot of confidence in their parenting. I have seen tremendous growth and improvement."

***The Family Steps Program is an example of our mission in action - improving lives to help individuals and families succeed.***



# 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

- Robotics summer class offered at a local university
- Swimming lessons
- Shoes
- Science summer school class
- Grocery gift cards
- Sport fees
- Backpacks and school supplies
- Movie passes

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 53024*

*OR if you prefer to use a credit card visit [www.OzaukeeFamilyServices.org/donations](http://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 2018

## CALENDAR OF PROGRAMS & EVENTS



### OFS ANNUAL FALL FUNDRAISER LUNCHEON

**"Thanksgiving and Family Traditions"**  
*including a cooking demonstration by the Shully family*

Tuesday, November 6

10:00 Registration; Program with luncheon to follow  
Shully's Watermark, 146 Green Bay Rd., Thiensville  
\$50 per person



Visit [www.OzaukeeFamilyServices.org](http://www.OzaukeeFamilyServices.org) or call or email OFS for more information and reservations.

### ONGOING PROGRAMS

**PLAY GROUP** – Meets the 2nd Monday and 4th Friday of the month (through December 10), 9:30 - 10:30 am. Please note: Play Group will NOT meet on Friday, November 23.

An open and interactive group for parents and their children age 0-4 using 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, gain ideas to try at home, make new friends or bring friends to share in the fun! Space is limited. Please call ahead to reserve a spot! Facilitated by Parents as Teachers staff.

**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 \$75 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 AND SOME CLASSES FILL QUICKLY. CALL TO REGISTER FOR ALL WORKSHOPS. INCLUDE CHILD'S NAME AND DOB AT TIME OF REGISTRATION. LIMITED CHILDCARE MAY BE AVAILABLE FOR SOME CLASSES — ADVANCE REGISTRATION REQUIRED.**

#### BEDTIME BLUES

Thursday, October 4, 6:30 - 8:00 pm

A good night's sleep... Sounds like a dream? This class will provide information to promote good sleep habits for babies and offer guidance and solutions for toddlers with sleep issues. Laugh while you learn. This class is facilitated by experienced parent and pediatrician, Dr. Dan Hagerman, Cedar Mills Medical Group.

#### ANXIETY MANAGEMENT AND SELF-REGULATION

Elementary School Age (through 5th grade): Tuesday, October 9, 6:30 – 8:00 pm

Middle-High School Age (6th-12th grade): Tuesday, December 11, 6:30 – 8:00 pm

What is the difference between 'normal' and situational anxiety? How can we as parents, caregivers, and teachers, support someone who is struggling with anxiety? Gain understanding of how to recognize symptoms and manage them in day-to-day life. This workshop offers information to ease challenging situations. Learn strategies and tools that can help kids recognize and regulate their own symptoms. Facilitated by Dr. David Eichenhofer, Ph.D., Eichenhofer Psychological Services and Allie Eichenhofer, MSW, APSW.

## MORE FREE WORKSHOPS & EVENTS!

### LET'S PLAY TO LEARN – COUNT ON FUN: NUMBERS & COUNTING

Tuesday, October 16, 10:00 - 11:00 am

Learn ways to stimulate your 2-4 year old's learning and creativity in this play-based parent and child workshop. Facilitated by Parents as Teachers staff.

### RAISING YOUR SPIRITED CHILD

Wednesday, October 17, 6:30 - 8:00 pm

For parents of children who are more intense, persistent, resistant to change or generally more spirited than most. Learn ways to work with your child's spirit and temperament, including positive parenting and discipline techniques. Techniques and teachings based on Raising Your Spirited Child by Mary Sheedy Kurcinka. Facilitated by Kathy Bergmann, Parent Educator at Ozaukee Family Services.

### RAINBOWS

Every other Tuesday, October 23 - April 2, 6:30 - 7:30 pm

Rainbows is a program for children and adolescents (K-12) who are dealing with major family changes such as divorce or death. The 12-week program seeks to provide a "rainbow" after the storm in a child's life. Its goals are to help participants understand and express their feelings, to build a stronger sense of self-esteem, and to direct their energy toward a healthy acceptance of the changes that have taken place. Facilitated by Abigail Ribecky, MS, Trauma Certified, Rainbows Coordinator at Ozaukee Family Services.

### COMMUNICATION GAP: LANGUAGE VS. BEHAVIOR

Wednesday, October 24, 6:30 - 8:00 pm

Are you and your child feeling frustrated when trying to communicate? Wondering what language skills your child should have? Find out how to determine if language frustration is driving the behaviors or vice versa. Learn tips on how to encourage good communication and language skills and resolve frustration for you and your child. Facilitated by Ginny Jagla, MS, CCC SLP.

### LOST IN CYBERSPACE: EFFECTIVE PARENTING IN A DIGITAL WORLD

Wednesday, November 7, 6:00 - 7:30 pm

Understand the power, potential and risks of social media and the internet. Parents will learn how families, teens, and adults are affected, and gain tools for minimizing risks and maximizing benefits of the digital world around us. Facilitated by Ruba Al'Saman, Prevention Specialist at Ozaukee Family Services.

### CO-PARENTING AFTER DIVORCE

Tuesday, November 13, 6:00 - 7:30 pm

Parenting is an important role that changes after divorce. How do you navigate the new challenges of co-parenting with similar or differing perspectives? How do you communicate, collaborate or resolve conflict, while keeping what is best for the kids in mind? Learn strategies to successfully approach old and new challenges, such as structure, boundaries, schedules and new relationships/re-marriage. Facilitated by Nanci Schiman, MSW, APSW.

### LET'S PLAY TO LEARN – BIG MUSCLES! LARGE MOTOR ACTIVITIES

Thursday, November 29, 10:00 - 11:00 am

Learn ways to stimulate your 2-4 year old's learning and creativity in this play-based parent and child workshop. Facilitated by PAT staff.

### RESPECT & RESILIENCY

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

R & R is a class to help parents understand the intricate dynamics of school age kids' peer relationships while developing healthy friendships. This class is designed to aid parents in promoting positive ways to discuss, support and understand concerns about peer relationships. Facilitated by Melissa Wellenstein, BSW, MS, LPC.

## HEARTFELT THANKS TO OUR CORPORATE PARTNERS



For more information on OFS programs and events, please visit our website

[OzaukeeFamilyServices.org](http://OzaukeeFamilyServices.org) or call us at 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

## IN-KIND DONATIONS

**AMAZONSMILE** – 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.

**GIRLS/GUYS GROUPS** – Items/trinkets for prize box (e.g. fun pencils, bouncy balls, hair accessories, erasers, matchbox type cars, etc.); individually packaged snacks (nut free), art supplies (canvases, paper, markers, colored pencils, paint and brushes, scissors, sharpies), balloons, 2-pocket folders with 3-prong fasteners, card stock, poster board.

**RAINBOWS** – Snacks (individually packaged items such as fruit snacks, cheese & crackers, granola bars, cookies, etc. – expiration date should be 1/31/19 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** – Finger paint (prefer Crayola® brand in squeeze bottles), finger paint paper, washable paint, colored pipe cleaners, bubble wrap, clear glue/school glue, glue sticks, foam shaving cream, stickers, laminating sheets (letter size pouches), 1" or 1 1/2" binders, paper towels, corn starch, Play-Doh® (regular size), butcher paper or packing paper (rolls), poster board (11" X 14" or larger), card stock, food coloring, plastic needles (large eye; needlepoint type), yarn (small amounts leftover from projects are fine), Ziploc bags (sandwich and gallon size), plastic table cloths (rectangle), tape, Clorox wipes, cornmeal, balloons, plain white paper plates.

**INCREDIBLE YEARS** – Items for door prizes for parents who commit to coming to class for 7 weeks: laundry detergent/fabric softener, diapers, dish soap, soap/body wash, lotions, shampoo/conditioner, toothpaste/toothbrushes, paper towels, toilet paper and wipes, household cleaning products (Lysol wipes, sprays, etc), gas cards, gift cards for grocery or department stores, WE Energies gift cards.

**CST (COORDINATED SERVICES TEAM)** – Items to be used as incentives/rewards: gift cards in small amounts for movies theaters, local restaurants or department stores.

**GIFT CARDS** – Target, Walmart, Kohls, Home Depot, grocery stores, gas stations - for us to pass on to those in need.  
**OFFS OFFICE** – Laptop computer (Windows 10), post-it notes (all sizes), printer paper, new three-ring 1 1/2" binders, Avery address labels #5160, Amazon gift card to purchase ink cartridges and other office supplies.

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!