



# The Mentors Plus Match

For members of the Mentors Plus Family

February, 2016

Volume 4, No. 2



*Matt trying out Dave's drums...*

### Quote of the Month

“Success is liking yourself, liking what you do, and liking how you do it.”

-- Maya Angelou

Assisting our mentees in learning new skills, broadening their experiences and making them more aware of the processes involved in their everyday successes are gifts that we, as mentors, are in a key position to give. Thanks so much for doing your part!

Julie

### ✓ Save the Dates!

**\*Advisory Committee Meeting**

**Monday, February 29, 6:00 p.m.**

**\* All Mentor Meeting**

**Monday, March 28, 6:00 p.m.**

**Both at the Executive Office Bldg.  
2100 Pontiac Lake Rd., Waterford**

### Fun Things to Do Anytime

- \*Make Valentine's Day door or room decorations to give to friends or neighbors– an inspiring surprise!
- \*Go for a walk on a snowy trail in the woods and count how many different kinds of birds you can find.
- \*Make coconut macaroons and dip the bottoms in chocolate for a particularly wonderful sweet treat.
- \* Buy an inexpensive box of classroom cards for kids, sign them and give them out at a senior's home or center to share smiles.
- \*Draw or paint a picture of a lovely winter landscape at the same time and compare how your perspectives & styles differ (through a window).

### ★ February Announcements

Please submit *Monthly*

*Reports* by Wednesday, 2/10/16.

★ *Mentors Plus Orientations:*

**Saturday, 2-20-16, 10:00 a.m.**

**Please send anyone interested!**



*The Piston's Basketball Season* continues. We have a very limited number of tickets available. Let Julie know as soon as possible, if you would like any.

### Julie's Corner



*Some Mentors Plus matches visited the Auto Show on January 18<sup>th</sup>. Here's Connor trying out a great car.*



Many Mentors Plus Matches cheered, as the Globetrotters played at the Palace on January 2<sup>nd</sup>. Annessa, one of our newest mentees, was there cheering them on with her mentor, Brenda.



Oakland County Youth Assistance

# Mentors Plus

Be a friend. Show the way.

Oakland County Circuit Court-Family Division  
Oakland County Youth Assistance  
1200 N. Telegraph Road, Building 14 East  
Pontiac, MI 48341-0452  
248-858-0041



# February, 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 <b>*Ground Hog Day:</b> South Lyon Library, 10:00a.m. - 6:44 p.m. <b>*Family Jazz/Blues:</b> Dickey's Barbeque, Ferndale, 6:30-7:30, Supports YA.	3 <b>*Teen LEAD Volunteer Meeting:</b> Clarkston Public Library, 5:00 – 6:00. <b>*Yoga for Beginners:</b> 6:30 to 7:30, SL Libr.	4 <b>* Intro To Archery: Royal Oak Public Library, 6:30 – 8 p.m.</b> <b>*Tug the Heart Strings</b> Valentine Craft, South Lyon Library, 7:00-8:30.	5 <b>* Northville First Friday Experience:</b> Downtown, 6:00- 9:00, Art, Food, Projects for kids, etc.	6 <b>*Wild Winter Weekends:</b> The Detroit Zoo, 11 a.m. – 3 p.m. <b>* Berkley Winterfest:</b> 12:00-4:00.
7	8 <b>* From Sci Fi to Sci Fact:</b> Royal Oak Library, 7 – 8:00 p.m. <b>*Chinese New Year Celebration:</b> Novi Public Library, 3-4:30 <b>*Charlie Brown:</b> South Lyon Lib., 7:30.	9 <b>*Pizza Taste Fest:</b> Novi Library, 3 – 4:00. <b>*Middle School Writing Club:</b> Clarkston Library, 6:00-7:00 p.m.	10 <b>*How to Make Studying Fun:</b> South Lyon Public Library. 7 –8:00 p.m.	11 <b>*Make Valentine's Chocolates:</b> Royal Oak Library, 6:30 – 7:30 p.m. <b>*Maker Magic with Family &amp; Friends,</b> Clarkston Public Library 6:30 – 8 p.m.	12 <b>* Word of Art Teen Poetry Night:</b> Clarkston Public Library, 7 – 9:00p.m.	13 <b>*Metro Jazz Voices:</b> Royal Oak Library, 3– 5:00. <b>*Fire and Ice with Spice</b> Clawson Center, 11-4:00. <b>*Teen Movie Night:</b> Pontiac Public Library, 2:30 – 4:30 p.m.
14  <b>2016</b> <b>Winter Blast:</b> Campus Martius, Detroit, 11:00-9:00, 313-963-8418.	15 <b>*Make It Mondays:</b> Royal Oak Public Library, 4:00 – 5:00 p.m. <b>*A History of Jazz:</b> Farmington Library (12 Mile), 7:00-8:30	16 <b>*Winter Break Crafts:</b> Auburn Hills Library, 10:30a– 8:00p. <b>*Legos Block Party:</b> South Lyon Library 2 – 3:00, Ages 5-11.	17 <b>*Winter Break Crafts:</b> Auburn Hills Library, 10:30-8:00. <b>*Community Sing with Matt Watroba:</b> Farmington Library, 7:00 to 8:30 p.m.	18 <b>*Winter Break Crafts:</b> Auburn Hills Library, 10:30 a.m. – 8:00 p.m. <b>*No Sew T-Shirt Tote Bags:</b> Royal Oak Public Library,	19 <b>*Winter Break Crafts:</b> Auburn Hills Library, 10:30– 8:00. <b>*Teen Chocolate Party:</b> Novi Library, 4:30 – 5:30 p.m.	20 <b>*Winter Break Crafts:</b> Auburn Hills Library, 10:30 to 8:00. <b>*Reading and Science Workshop:</b> Museum of Natural History, SL Library, 11:00-12:00.
21 <b>*Pistons Basketball:</b> New Orleans at the Palace, Auburn Hills, 3:30 pm.	22	23 <b>* Science Workshop:</b> Royal Oak Library, 7:00 – 8:00 p.m. <b>*Teen Resume Writing:</b> Novi Library, 7:00– 8:00 p.m. <b>*Middle School Writing Group:</b> Clarkston Public Library, 6:00-7:00.	24 <b>*Young Artists Club:</b> Auburn Hills Library, 5 – 6:00 p.m. <b>*Pistons Basketball:</b> Philadelphia at the Palace, Auburn Hills, 7:30 pm.	25 <b>*Video Games:</b> Royal Oak Public Library, Ages 7 – 11: 4:30 – 5:30 Teens: 6:30 – 7:30.	26 <b>*Teen Fun Friday:</b> Auburn Hills Public Library, 6:00 – 8:30 p.m.	27 <b>* Lego Club:</b> Clarkston Public Library, 2 – 3:00 p.m.
28 <b>*Pistons Basketball:</b> Toronto at the Palace, Auburn Hills, 6:00pm.	29				<b>* Remember: 1<sup>st</sup> Fridays</b> are free at Cranbrook Institute of Science after 5:00.	



**Brenda and Annessa at Globtrotters**



**Annessa at the Mall**



**Dave and Matt having fun!**



**Mike and Lee at the North American International Auto Show**



**TO GRANT SMITH AND THAD BOGERT, WHO HAVE HELPED SO MUCH WITH OUR ON-LINE PRESENCE THIS YEAR!**

**PLEASE SEND IN PICTURES OF YOUR ACTIVITIES WITH YOU AND YOUR MENTEE OR INTERESTING ARTICLES THAT YOU MIGHT HAVE READ TO JULIE. WE REALLY APPRECIATE THOSE OF YOU, WHO ARE DOING THIS ON A REGULAR BASIS ALREADY!**

**Please visit our FACEBOOK page to see MORE PICTURES!**

**Did you know that Mentors Plus is on Facebook? Be sure to check out our Facebook page for updates about Mentors Plus and for photos of past events. <https://www.facebook.com/mentorsplusprogram> While you're there, be sure to share and click "Like" on posts to improve our visibility on Facebook timelines. Are you not familiar with using Facebook? The following are links to tutorials: <http://goo.gl/SncwQm>, <http://youtu.be/ewlC5p851KE>, <http://freefacebooktutorials.com/>, and <http://youtu.be/ZpLiODJsp4Q>**

**HELP RECRUIT MORE MENTORS AND SUPPORT MENTORS PLUS!**

**Henry Ford Museum – a terrific place to have fun and learn!  
Engines Exposed begins on January 9<sup>th</sup> and runs through February 28<sup>th</sup>.**



**Please contact Julie for tickets by the 15<sup>th</sup> of each month for the next month's tickets. I have some extras ordered for February already.**

**Take an unprecedented excursion as we pop the hoods of more than 40 of the most iconic cars in The Henry Ford Archive of American Innovation,<sup>TM</sup> including our Bugatti Type 41 Royale Convertible, our 1933 Willys Racer and dozens more of the most innovative vehicles ever envisioned.**



# Youth Focus: More on Promoting Resiliency: Some Materials from Workshop

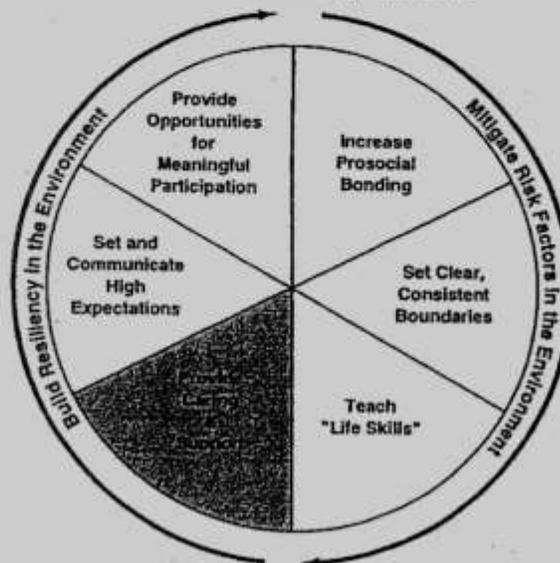
From: Nan Henderson & Associates, San Diego CA 92109

## ENVIRONMENTAL RESILIENCY BUILDERS

Protective Factors in Families, Schools, Communities, and Peer Groups that Foster Resiliency

- Promotes close bonds
- Values and encourages education
- Uses high warmth/low criticism style of interaction
- Sets and enforces clear boundaries (rules, norms, and laws)
- Encourages supportive relationships with many caring others
- Promotes sharing of responsibilities, service to others, "required helpfulness"
- Provides access to resources for meeting basic needs of housing, employment, health care, etc.
- Expresses high, and realistic, expectations for success
- Encourages goal-setting and mastery
- Encourages pro-social development of values (such as altruism) and life skills (such as cooperation)
- Provides leadership, decision-making, and other opportunities for meaningful participation
- Appreciates the unique talents of each individual

### The Resiliency Wheel



(Richardson et al., 1990, Benard, 1991, Werner and Smith, 1992, Hawkins et al., 1992, Wolin and Wolin, 1993)  
Adapted from the book, *Resiliency in Schools: Making It Happen for Students and Educators* by Nan Henderson  
and Mike Milstein, published by Corwin Press, Thousand Oaks, CA (April, 1996).

## PERSONAL RESILIENCY BUILDERS

Individual Protective Factors that Facilitate Resiliency

- Relationships – Sociability/ability to be a friend/ability to form positive relationships
- Service – Gives of self in service to others and/or a cause
- Life Skills – Uses life skills, including good decision-making, assertiveness, and impulse control
- Humor – Has a good sense of humor
- Inner Direction – Bases choices/decisions on internal evaluation (internal locus of control)
- Perceptiveness – Insightful understanding of people and situations
- Independence – "Adaptive" distancing from unhealthy people and situations/autonomy
- Positive View of Personal Future – Expects a positive future
- Flexibility – Can adjust to change; can bend as necessary to positively cope with situations
- Love of Learning – Capacity for and connection to learning
- Self-motivation – Internal initiative and positive motivation from within
- Competence – Is "good at something"/personal competence
- Self-Worth – Feelings of self-worth and self-confidence
- Spirituality – Personal faith in something greater
- Perseverance – Keeps on despite difficulty; doesn't give up
- Creativity – Expresses self through artistic endeavor

(Richardson et al., 1990, Benard, 1991, Werner and Smith, 1992, Hawkins et al., 1992, Wolin and Wolin, 1993)  
Adapted from the book, *Resiliency in Schools: Making It Happen for Students and Educators* by Nan Henderson and Mike Milstein, published by Corwin Press, Thousand Oaks, CA (April, 1996).

At our last mentors meeting we talked about more information on resilience. Here are a couple of the handouts. Other information came from Christian Moore's *The Resilience Breakthrough* and featured in December's Newsletter and *A Guide to Promoting Resilience in Children* by Edith Grotberg.

HAPPY  
VALENTINE  
DAY

