



# The Mentors Plus Match

For members of the Mentors Plus Family

December, 2015

Volume 3, No. 12



## The Harlem Globe Trotters

will be performing at the Palace on Saturday, January 2<sup>nd</sup>. We have a limited number of tickets – call Julie for reservations.

*The Piston's Basketball Season* is underway – Tickets for Wednesday, December 9<sup>th</sup> (Memphis), 7:30p.m. & Thursday, December 31<sup>st</sup>, 6:00 p.m., (Minnesota). Call to reserve your seats.

### Quote of the Month

**“I’ve learned that you can tell a lot about a person by the way (s)he handles three things: a rain day, lost luggage and tangled Christmas tree lights.”**

- Maya Angelou

In our lives, we all face negative experiences sometimes. Helping our mentees learn to be resilient in dealing with challenges is one of the best gifts mentors can give. Supporting resilience will be our focus for the next couple of months.



Lee and Mike both went rock climbing!

### Fun Things to Do Anytime

\*Make fruit jam, put it in jars, then wrap up in tissue paper, tie with a ribbon and put a smile on a friend or neighbor's face as you give it to them.  
\*Check with your local library, community center or knit shop to see if there is a free class in knitting or crocheting.

### ♥ Operation Good Cheer

Volunteers are needed to help load (onto small aircraft and trucks) over 15,000 wrapped and bagged Christmas presents to be sent to foster children, statewide. All volunteers should report to Pentastar Aviation West of the Oakland County International Airport control tower, Please sign in upon arrival. See map at website-: 7310 Highland Rd., Waterford, 48327.

**Friday, December 4<sup>th</sup>, 4:00 to 8:00 p.m. and Saturday, December 5<sup>th</sup>, 7:00 a.m. to 1:00 p.m. (More on page 6.)**



### ★ December Announcements

**Please turn in your December Mentor Reports by Thursday, 12/10/15.**

★ **Mentors Plus Orientation: Saturday, 12-12-15, 10:00 a.m. Please have anyone interested call Julie for an application and directions.**

### Julie's Corner



Jenna having autumn fun.



### A Christmas Carol, Meadowbrook Theatre

Would you like to join people going to see a Christmas Carol at Meadowbrook Theatre on 12-6-15? Let Julie know. We have arrangements to have people get in for \$12 per person. (All the dates in November are available at group rates, too. Call SOON!

★ Would you like to attend an Oakland University basketball game and, maybe shoot baskets at half time? Let Julie know!

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



| December:Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|--|--|---|--|---|
| <p>(12-5-15, more)<br/> <b>*Ferndale Holiday Show Place Arts and Crafts Show:</b> Kulick Community Center (1201 Livernois, Ferndale) Admission is \$1 per person at the door. 10:00-4:00<br/> <b>*Christmas in the Village-</b> Downtown Ortonville; 12:00-5:00<br/> <b>*Berkley Hometown Holidays / Holiday Lights Parade 2015:</b> Downtown Berkley 1:00-8:00 p.m.</p> | <p>(12-5-15, Continued)<br/> <b>*Noel Night 2015:</b> Midtown Detroit Cultural Center Area (between Cass and John R and Kirby and Willis) 5:00 pm.<br/> <b>*Cool Yule Festival:</b> Downtown South Lyon, 10:00-8:00pm.<br/> <b>*Candy Cane Hunts:</b> McHattie Park (South Lyon, MI) 248-437-8105 to register, 10:00 a.m.<br/> <b>*Oxford Christmas Parade:</b> Centennial Park (Downtown) 12:30-3:00 Parade at 2:00.</p> | <p>1<sup>st</sup><br/> <b>*Holiday Cello Performance:</b> Royal Oak Public Library; Registration is requested. (248)246-3727, 7:00-8:30 p.m.</p>                           | <p>2<sup>nd</sup></p>  | <p>3<sup>rd</sup><br/> <b>*The Nutcracker: Modern Messages Dance Co,</b> Commerce Township Community Library; Narration of the story of the Nutcracker while presenting snippets of the ballet.. Registration Required. 7:00<br/> <b>*Christmas Open House-</b> Downtown Milford; 6:00-9:00</p> | <p>4<sup>th</sup><br/> <b>*Decorate a Cookie Day:</b> Bloomfield Township Public Library, All ages are welcome, 4:00-5:30 p.m.<br/> <b>*Polar Express Celebration 2015:</b> Rochester Hills Public Library; cookie decorating, ornaments, music, visits with Santa, etc. 6:30-9:00 p.m.<br/> <b>*Mosaic Singers:</b> Bloomfield Township Public Library; 7:30<br/> <b>*Light Up the Night-</b> Novi Public Library; magic show at 7:00 p.m. and train rides with Dan Dan the Choo-Choo Man from 6:30-8:30 p.m.</p> | <p>5<sup>th</sup><br/> <b>*Celebrate Kwanza:</b> Farmington Community Library, Main Library, 2-5:00.<br/> <b>*Holiday Cookies and Crafts:</b> Lyon Township Public Library, 1:30-3:00 p.m.<br/> <b>*Star Wars Saturday:</b> Blair Memorial Library, Clawson, 10:30 a.m.-1:00 p.m.<br/> <b>*Holiday Extravaganza Parade and Winter FUN Festival:</b> Downtown Pontiac, 8:30-10:30 a.m. Parade starts at 11:00 at 196 Cesar E. Chavez Ave, Pontiac, MI.<br/> <b>*Cool Yule Festival:</b> Downtown South Lyon, 10:00 a.m.- 8:00 p.m.<br/> <b>*Candy Cane Hunts:</b> McHattie Park (South Lyon, MI), 10:00, Register:437-8105<br/> <b>*Oxford Christmas Parade:</b> Centennial Park (Downtown) 12:30-3:00 Parade, 2:00.</p> |
| <p>6<sup>th</sup><br/> <b>*Downtown Rochester Christmas Parade:</b> 2:00-4:00 p.m.</p>   | <p>7<sup>th</sup><br/> <b>*Santa's Reindeer:</b> Walled Lake City Library; 6:00 p.m.<br/> <b>*Merry-achi Holiday Concert:</b> White Lake Township Library; please register. 6:30-7:30 p.m.</p>  | <p>8<sup>th</sup><br/> <b>*Christmas Family Movie:</b> Hazel Park Public Library; 6-8:00.<br/> <b>*OriginalOrnaments:</b> Salem-South Lyon District Library; 7:00-8:00</p> | <p>9<sup>th</sup><br/> <b>*Twelfth Night Singers:</b> Huntington Woods Public Library, 7:00 p.m.</p>   | <p>10<sup>th</sup></p>  | <p>11<sup>th</sup><br/> <b>Ugly Sweater Party:</b> Auburn Hills Public Library; grades 6-12. Please register, 5:30-8:30.<br/> <b>Mason Jar Cookie Time:</b> Novi Public Library; Grades 9-12. 4:30-5:30 p.m.<br/> <b>Winter Wonderland:</b> Troy Public Library; 6:30-8:30</p>   | <p>12<sup>th</sup><br/> <b>*Star Wars Day:</b> Bloomfield Township Public Library, 9:30 a.m.-5:30 p.m.<br/> <b>*Star Wars Movie Marathon:</b> Madison Heights Public Library, Episodes IV thru VI.<br/> <b>*Gingerbread Houses:</b> Oxford Public Library; 10:30-1:30<br/> <b>*Crafts with Santa:</b> Hazel Park Public Library; 12:00-4:00</p>   |
| <p>13<sup>th</sup></p>   | <p>14<sup>th</sup><br/> <b>*Winter Extravaganza-</b> Salem-South Lyon District Library; 7:00-8:00</p>   | <p>15<sup>th</sup></p>   | <p>16<sup>th</sup><br/> <b>*Jazz &amp; Blues @ Your Library: Big Smooth &amp; the Hellraisers:</b> Southfield Public Library; 6:30 p.m.</p>  | <p>17<sup>th</sup><br/> <b>*Gingerbread Houses:</b> Milford Public Library; 6:30-7:30 p.m.<br/> <b>*Novi Brass Group's Holiday Concert:</b> Novi Public Library; 7:00-8:00.</p>   | <p>18<sup>th</sup></p>   | <p>19<sup>th</sup><br/> <b>*Gingerbread Houses:</b> Library of Orion Township, register online, 2:00-3:00 p.m.<br/> <b>*Star Wars - A New Hope:</b> Northville District Library, viewing of 1977 film (rated PG, 125 minutes). 2:00-4:15 p.m.<br/> <b>*Pinecone Ornaments:</b> Troy Public Library; 2:00-3:00 p.m.<br/> <b>*Family Movie:</b> White Lake Township Library; 2:00-4:00 p.m.</p>   |
| <p>20<sup>th</sup></p>   | <p>21<sup>st</sup><br/> <b>*Holiday Ornaments:</b> Milford Public Library; K-6. 1:00-2:30</p>   | <p>22<sup>nd</sup><br/> <b>*Gingerbread Decorating Day:</b> Novi Public Library; Grades 5-12. 4:00-5:30 p.m.</p>   | <p>23<sup>rd</sup></p>   | <p>24<sup>th</sup></p>  | <p>25<sup>th</sup></p>    | <p>26<sup>th</sup></p>  |
| <p>27<sup>th</sup></p>   | <p>28<sup>th</sup><br/> <b>*Family Picnic Movie Night-</b> Farmington Community Public Library, Farmington Branch; Home (PG, 96 min). 6:30- 8:00</p>  | <p>29<sup>th</sup><br/> <b>*Build a Gingerbread House:</b> Bloomfield Township Public Library; 2:00-3:00</p>   | <p>30<sup>th</sup><br/> <b>* Winter Wonderland Concert :</b> Farmington Community Public Library, Main Library; 2:00 p.m.<br/> <b>*Count Down to Noon:</b>Troy Public Library; 11:15a.m,</p> | <p>31<sup>st</sup><br/> <b>*Free Pistons Tickets:</b> 6:00 p.m. at the Palace.</p>   | <p>(12-4-15, Continued)<br/> <b>*I'm Dreaming of A White Lake Christmas Festival:</b> Fisk Farm (9180 Highland Road, White Lake Township, Gingerbread House Contest and children's crafts. 6:00-8:00.</p>  | <p>(12-12-15, Continued)<br/> <b>*Ferndale Holiday Ice Festival 2015-</b> Downtown Ferndale; 10:00<br/> <b>*Candy Cane Lane Craft Show Berkley-</b> Berkley Community Center (2400 Robina, Berkley) 10:00-4:00</p>  |



**TO ALL OUR MENTORS, WHO DO SO MUCH TO SUPPORT THEIR MENTEES!**



**Hope you, your family and friends..... have a wonderful Thanksgiving!!!**

**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!**

**There is going to be a Tinker Hack event every Saturday the rest of the year there, 10:00 to 2:00. Folks will be able to do everything from making crafts to meeting with Star Wars characters. How to order has changed.....**

**Please contact Julie for tickets by the 15<sup>th</sup> of each month for the next month's tickets.**





**Fall Fun and Flavor for Kristin and Kendyl!**

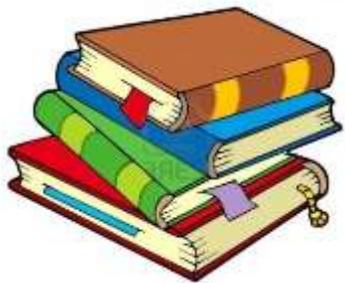


*Jenna having delicious fall fun, as well .*

- **Building Stories Writing Contest** - Invite students (grades 3-12) in your community to write a creative story that celebrates Rosa Parks, one of America's greatest social innovators and enter for a chance to win great prizes. Details and application can be found [here](#). The deadline for submissions is **March 1, 2016**. (Sponsored by Henry Ford Museum)



## ROCK CLIMBING CAN BE A CHALLENGE AND LOTS OF FUN!



Many Libraries have programs in which young people, particularly those having challenges in reading, spend time reading to dogs. Check your local library, if your mentee might benefit from this type of program.



## Operation Good Cheer

Volunteers are needed to help load (onto small aircraft and trucks) over 15,000 wrapped and bagged Christmas presents to be sent to foster children, statewide. All volunteers should report to Pentastar Aviation West of the Oakland County International Airport control tower ([pdf found under the specific dates from the menu under Operation Good Cheer: Click here for a map \(113 KB\)](#)) Please sign in upon arrival. See location map for driving directions. E-mail: [ogc@cfsm.org](mailto:ogc@cfsm.org) if you need additional help.

Volunteers are needed Friday, December 4<sup>th</sup>, 4:00 to 8:00 p.m. and Saturday, December 5<sup>th</sup>, 7:00 a.m. to 1:00 p.m. to help unload (from ground transport vehicles) over 15,000 wrapped and bagged Christmas presents

Thank you to [Pentastar Aviation](#) for their participation in Operation Good Cheer!





# Youth Focus: Building Resilience in Mentees

**(Some ideas to share with your mentees from a variety of authors over the next few months.)**

Throughout life, people inevitably face challenging or difficult situations at times. How they handle themselves has a lot to do with how consciously they decide what actions to take, how comfortable they are being who they are, and how much success they've had in previous experiences.

*Resilience is generally described as people's ability to bounce back from adversity in a positive or productive way.*

Mentors often promote resilience in our mentees. In our newsletters over the next few months, we will be examining what various authors have said about how to encourage the development of resiliency more effectively. We hope you will find this information inspiring.

Christian Moore, LCSW recently spoke at a workshop that several YA Caseworkers attended. He has written a book called *The Resilience Breakthrough: 27 Tools for Turning Adversity into Action*, which is worthwhile to read.

One of the first concepts he introduces is helping people learn to “Flip the Switch” when you're in negative situations. Becoming aware that you have a switch inside you is the first step. Recognizing that you have energy to use to take the negatives and turn them into something positive can enable you to stem the damage, recover more quickly and bounce back.

He describes the four step process to flipping the switch as:

1. Combatting denial and acknowledging the problem,
2. Asking yourself the *Flip the Switch* question – how can I make this situation better?
3. Doing the opposite of what people would normally do in similar situations – turn pain into positive power.
4. Paying attention to how you feel inside when you *Flip the Switch*.

**Moore gives many practical examples of how these tools have been successful. Then he goes on to discuss:**

# The Four Sources of Resilience



## Relational Resilience:

*Your greatest motivation to not give up is the knowledge that others depend on you.*

- You draw strength from the emotional support of others.
- You turn outward by serving in the moment.
- You realize that your greatest power comes from human connection.



## Street Resilience:

*You take the pain of social inequality, disrespect, and mistakes and use it as fuel to propel you forward.*

- You convert rage into the energy to create positive outcomes.
- You direct your hurt, anger, and rage toward a cause rather than an individual.
- You have the ability to reframe your limitations and transform them into strengths.



## Resource Resilience:

*You recognize that your resilience can be increased by tapping into the resources available to you.*

- You fight resignation with spontaneity.
- You recognize that your resources include talents, relationships, physical assets, personality traits, and work ethic.
- You realize that you have undeveloped talents and untapped capabilities that you can also use or develop.



## Rock Bottom Resilience:

*When you're at your lowest point, you believe in your ability to change your circumstances, combat hopelessness, and fight on.*

- You take control of the present, knowing that losing in the past does not equal losing in the future.
- You are able to believe in potential unforeseen options even during your most difficult times.
- You refuse to be defined by the negative labels you've been given, whether by yourself or others.