



# The Mentors Plus Match

For members of the Mentors Plus Family

February, 2018

Volume 6, No. 2



*Mentors and Matches at the Pistons.  
Contact Julie, for tickets in February.*

### Quote of the Month

“Happiness is when what you think, what you say, and what you do are in harmony.”

- M.K. Ghandhi

Mentors often do a terrific job of helping their mentees understand how their choices effect how they feel about what’s going on in their lives. How much effort they put into school and friendships and how much they support their family members help determine what they get back in terms of feeling good. Happiness comes more easily when we are conscious of how we show caring.

★ *Please e-mail information and pictures to Julie for our next MATCH Newsletter!*

### Fun Things to Do Anytime

- \*Plan and cook a Valentines Day Dinner for someone special in each of your lives.
- \*Spray snow with a mix of water and food coloring in a yard or park to create smiles.
- \* Visit a college or post-graduate school to find out more about what they offer.
- \*Volunteer at a local soup kitchen and know you’re contributing to the well-being of the community.
- \* Make a big pot of soup or spegetti sauce, then freeze it in glass containers to pull out later for quick nutritious snacks.

### Julie’s Corner



**Lindsie visiting the International Auto Show with Mentor, Tracey.**

★ **FREE Mentors Plus Event – Save the Date.....**  
**Improvisational Games & Lunch**  
**Saturday, 3/3/18, Royal Oak**  
**For Mentors & their Mentees**  
**(Limit of 25 for this event!)**  
**SEE FLYER ON LAST PAGE!**

### ★ February Announcements

**Please submit *Monthly Reports* by Saturday, 2/10/18**

★ ***Mentors Plus Orientation* Saturday, 2-10-18, 10:00 a.m.**

**Please send anyone interested!**



### *The Piston’s Basketball Season*

We have limited tickets available, February 5<sup>th</sup>, 7<sup>th</sup>, 9<sup>th</sup>, 12<sup>th</sup>, 14<sup>th</sup>, and 28<sup>th</sup>. **Let Julie know ASAP, if you would like to attend.**



Melodee, our newestMatch

### ***GOING TO A PISTONS GAME?*** ***Here is a list of some restaurants the provide shuttles to the games.***

Harry's, Nemo's, Hard Rock Café, Cobo Joe's and Joe Muer. Buy food before you leave, but some are reasonable. Have fun!



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 2018

| SUNDAY   | MONDAY  | TUESDAY | WEDNESDAY  | THURSDAY                                       | FRIDAY  | SATURDAY   |
|--|---|---------|--|--|---|--|
|  |   |         |  | 1<br>*Open Lab: Farmington Library: 6:00-8:00. | 2<br>*Happy Ground Hog Day – Ground Hog Day Movie: Farmington Library, 10:00-6:00.<br>*Minecraft Night at Robot Garage: 172 Adams Rd., 6:00-8:30. | 3<br>*Walk For Warmth Auburn Hills: Great Lakes Crossing, 8:00.<br>*Home Depot Free Kids Workshop: Check your local Home Depot (Ages 5-12), 9:00-12:00.<br>*Wild Winter Weekends: Detroit Zoo, 10:00-2:00.<br>*Family Book Bingo: Oxford Library, 11:00-12:00.<br>*Berkley's Winter Fest: Berkley Community Center, 12:00-3:00.<br>*Sloan Museum Princess Tea: 1221 E. Kearsley, Flint (11 & Under \$5/12 & Up), 1:00-2:00.<br>*A Zoo in the Stars: Wint Nature Center (9501 Sashabaw Rd., Clarkston), 1:30-3:00.<br>*The Big Game Day Party: Lake Orion Library, 1:00-4:00.<br>*Lego Club: Auburn Hills Library, 2:00-3:30.<br>*RJ Spangler concert: Royal Oak Library, 3:00.<br>*Sk8 Jamz: Royal Oak Ice Arena (1403 Lexington Blvd.) (\$10 pp), 8:15-10:05. |
| 4<br>*Stony Creek Metro Park Pancake Walk: 4300 Main Park Rd., Shelby Twp. (\$6 A / \$3 C), 9:30, 10:00, 11:00 (Reg. Req. 586-781-9113).<br>*Heritage Park Snowshoe Trek: 24915 Farmington Road, Farmington Hills, 1:00-2:30.<br>*Animals in the Mitten (Ages 5-10): Wint Nature Center (9501 Sashabaw Rd., Clarkston) (\$5 pp), 1:00-2:30 (Reg. Req. 248-858-0916). | 5<br>*A Charlie Brown Valentine: South Lyon Library, 6:30-7:30. | 6       | 7<br>*Idea Lab – Make a Valentine Pop-up: Baldwin Library (Birmingham), 6:30-7:30. | 8  | 9   | 10<br>*Spencer Park Pond Hockey Classic: 3701 John R, Rochester Hills, 8:00 – 5:00 (Registration at 8:00).<br>*Maple Sugaring: White Lake Library, 10:30-11:30.<br>*Build a Snowman at the Library!: Brandon Library, 12:00-2:00 (Reg. Req.).<br>*Family Board Game Day: Auburn Hills Library, 1:00-5:00.<br>*Game Day: Ferndale Library, 1:00-6:00.<br>*Miz Rosie the Storyteller: Hazel Park Library, 2:00 (Reg. Req.).<br>*Snowshoes, Tracks and Tees: Wint Nature Center (9501 Sashabaw, Clarkston), 2:00-4:00 (Ages 5 & Up) (\$5 pp) (Registration Required: 248-858-0916).   |

|   |  |   |  |  |   |   |
|---|--|---|--|--|---|---|
| 11  | 12   | 13<br>*DIY Valentines: Ferndale Library, 6:30-7:30.   | 14<br> | 15   | 16  | 17<br>*Indian Springs Metropark Snowshoe Hike: 5200 Indian Trail, White Lake, 10:00-12:00 (Ages 7 & Up) (\$5 pp) (Reg. Required: 248-625-7280).<br>*Family Book Bingo: Auburn Hills Library, 1:00-2:00.   |
| 18<br>*Oak Park Winterfest: Oak Park Community Center, 1:00-4:00.<br>*Youth Chess Tournament: Troy Library, 1:00-5:00.<br>*Celebrate Presidents' Day: Farmington Library: 2:00-3:00.<br>*Southfield Winterfest: Southfield Pavilion, 2:00-4:30. | 19<br>*Family Picnic Movie Night: Farmington Library, 6:30-8:30. | 20<br>*Lego Time: Rochester Library, 3:00-4:00.<br>*Family Fun Night: Ferndale Library: 6:00-7:30.<br>*Unicorn Party: Royal Oak Library, 7:00-8:00 (Reg. Req.). | 21   | 22<br>*Family Karaoke Night: Pontiac Library, 6:00-7:30.<br>*Hidden Figures Family Movie: Farmington Library, 6:30-8:30. | 23<br>*Family Fort Night: Bloomfield Township Library, 6:30-8:00. | 24<br>*Chicken Raising 101: Brandon Library, 10:00-11:30.<br>*Family Craft Time: White Lake Library, 10:30-11:30 (Ages 6-10) (Reg. Children Only).<br>*Euchre Club: Auburn Hills Library, 11:00-12:30.<br>*Fire & Ice with Spice: Downtown Clawson, 11:00-4:00.<br>*Wint Nature Center Polish Your Own Petoskey Stone: Wint Nature Center (9501 Sashabaw, Clarkston), 1:00-3:00 (Ages 5 & Up) (\$5 pp) (Registration Required: 248-858-0916).<br>*There is a Part Waiting for You!: Royal Oak Library, 2:00-3:00. |
| 25  | 26<br>*Pajama Story Time: Royal Oak Library, 6:30-7:15.          | 27<br>*Warhammer!: Ferndale Library, 12:00-8:00.<br>*Lego Time: Royal Oak Library, 7:00-8:00 (Reg. Req.).   | 28   |  |   |   |



### Events on Multiple Days .....

- 1<sup>st</sup> – 28<sup>th</sup>: **Black History Month Scavenger Hunt:** Baldwin Library (Birmingham), All Day.  
3<sup>rd</sup>, 4<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup>: **Kensington Metro Park Hayrides:** 2240 Buno, Milford, 12:00-4:00.  
9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>: **Utica Ice Festival:** Downtown, Friday: 4:00-9:00, Saturday: 9-5, Sunday: 8:00-12:00.  
10<sup>th</sup> & 24<sup>th</sup>: **Troy Community Center Family Night Out:** 3179 Livernois Road, 5:00-7:45 (\$3 pp Resident / \$4 pp Non-Resident).  
18<sup>th</sup> – 24<sup>th</sup>: **Midwinter Break Crafts:** Baldwin Library (Birmingham), All Day.  
19<sup>th</sup> & 20<sup>th</sup>: **Troy Historical Village Open House:** 60 W. Wattles Road: 10:00-2:00.  
23<sup>rd</sup>- 25<sup>th</sup>: **Dinosaur Nature Preserve Maple Syrup Event:** 333 North Hill Circle, Rochester, Times Vary.



Thanks to all the mentors, who joined us at our Mentors Meeting on January 11<sup>th</sup> to discuss *Mentee Peer Connections*. Supporting teens in learning good social skills is such a key to their being comfortable during these transition years. Having teens learn to ask questions of others and then to pay attention to the answers may be obvious to adults, but helping them be more mindful about this may be very useful in encouraging healthy friendships among peers. Two of the handouts distributed at the workshop are included at the end of this newsletter, as well as a terrific article on *Great Teammates* that Mentor Grand Smith submitted. Thanks, again, for all the wonderful time and effort you put into Mentoring!

**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!**

### **THE BULLYING NEEDS TO STOP!**

I've been talking to a lot of mentees lately that are saying that there is bullying going on in their schools. We are in the process of arranging a speaker for our next Mentor Meeting in March:

**Social Media:** What information can mentors share with their matches to help them keep them from getting in trouble on their phones and computers and how they can best prevent cyber bullying?

In the meantime, here is the poster from the office located in the Michigan State Police Building, where anyone can call to report bullying going on, using names or anonymously. Someone there will then get in touch with the school administration, tell them about what their concerns are and check back a few weeks later to see what has been done to alleviate the situation. We have had information about this sometimes making a positive difference in what is going on in particular situations. Please don't hesitate to call me if you have questions.





**Pictures from the 2018 International Auto Show at Cobo Hall, Tracey, Lindsie and Tommy**



**Pistons Fun at Little Caesar's Arena for Cathy, Avianna, Arianna, Annette, Alecia, Nicole and Nia**

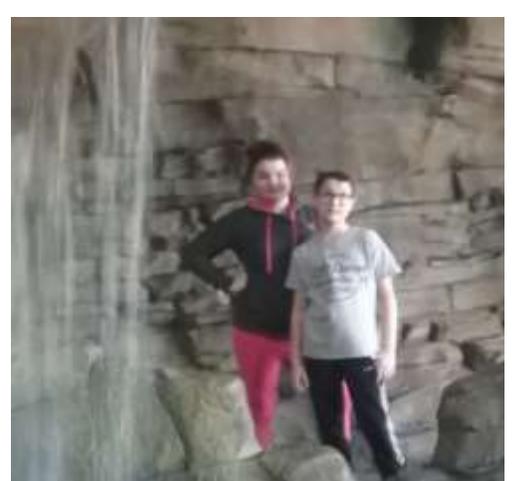


**★ Please let me know if anyone would like to do a group visit to the Henry Ford Museum in February. Special programs on Black History every week-end this month. 10 or more folks required on Sat. or Sun.**

Other Mentors and their Matches having fun outdoors, some, even in the Michigan winter for Sherri-Ann, Jania, Gabe, Rick and Matheus!



Other kinds of fun from this year and last for Ray, Tommy, Layna, Alecia, and a police officer.





OCYA & ROYA Mentors Plus presents:  
*Match Improvisational Games and Lunch!* (FREE)



Have you ever watched the TV show *Whose Line is it Anyway?*  
(This workshop will be a TINY bit like that – but scaled down for beginners!)



**Paula Dirkes** (ROYA mentor) and her talented Improv friend **Mike Fedel** will facilitate a 90 minute 'hands on' playful workshop for both Mentors and Matches.  
*No experience necessary – everyone will learn together!*

***If you like to have FUN and LAUGH– this is the place to be!***

**When:** Saturday, March 3, 2018

**Time:** 10am-11:30am (pizza lunch to follow)

**Where:** Picture This Studio (Englewood Center), 1032 N. Crooks, Suite I (as in 'Ink'), Clawson, MI 48017

**What to expect:** FUN, games, minimal physical activity, collaboration, learning to listen, thinking 'on your feet', opportunity to use your creativity

**What to wear:** street clothes, gym shoes, layers

**How to sign up\*:** Contact Paula Dirkes at [pauladirkes@gmail.com](mailto:pauladirkes@gmail.com) or 248-709-5583

**\*There is a limit of 24 for this event.**

**Come join us!**



## Youth Focus:

1. **Great Teammates** By Dan Oswald

2. **Helping Teens Build Strong Relationships** By Kelly Theis Ph.D

3. **Teens and Romantic Relationships**  
By Rachel Ehmke

*(Discussion Starters for you and your mentee – What are their thoughts?)*

### 1. **Great Teammates**

**by Dan Oswald**

We all have worked side by side with people we have enjoyed and respected—the type of teammates who make work fun. And we all have worked with people whom, well, we didn't enjoy or respect—the type of teammates who suck all the joy out of work for everyone around them. So, there are obviously people who make better teammates than others. What are some of the distinguishing characteristics of great team members?

Here are some characteristics found in those who have been great teammates:

1. **Great teammates are selfless.** They put the goals of the team and the organization above their own. They will do whatever it takes to help the team succeed.
2. **Great teammates are scrappy.** They hustle and scramble to do what the team needs. They're undeterred by setbacks and keep pushing for the ultimate goal.
3. **Great teammates are humble.** They don't talk about how smart they are or how good they are. They talk about how great the team is and how much the team has accomplished.
4. **Great teammates are sincere.** They aren't fake. They don't put on false pretenses. They're just honest, good-hearted people who care about those around them.
5. **Great teammates have high expectations.** They set ambitious goals and achieve them. They don't settle but instead challenge themselves and others to constantly get better.
6. **Great teammates are innovative.** They know that there's more than one way to do any job. They're willing to try new ideas and take chances. They understand that taking risks can lead to big breakthroughs.

7. **Great teammates are hard workers.** They are willing to go the extra mile. No job is beneath them if it will help the team succeed. They just roll up their sleeves and do what's necessary.
8. **Great teammates are optimistic.** They see the positive in every situation and believe in their ability to succeed. They don't waste time complaining about the hand they've been dealt but instead endeavor to change it. They get others to see the opportunity and rally around their optimism.
9. **Great teammates treat others with respect.** They understand that everyone has something to contribute regardless of position or status. They make others feel good about themselves and their role on the team.
10. **Great teammates collaborate.** They understand that much more can be achieved as a team than can be achieved individually. They contribute their talents and experience to a group effort. They're capable of working with others for the common good.
11. **Great teammates are self-motivated.** They take pride in their work, and the satisfaction of doing it well drives their actions. They inspire those around them with their dedication and effort.
12. **Great teammates are passionate.** They love what they do, and it shows. They bring an infectious intensity and joy to their work.
13. **Great teammates lead by example.** Their actions speak louder than their words. They don't talk about what they're going to do; they just do it.

Great teammates are defined by their actions. They show up every day and demonstrate one or many of the characteristics listed above. And this list is by no means complete. There are other ways great teammates distinguish themselves every day.

**What follows are two handouts from our Mentors Meeting held in January on *Mentee Peer Connections*:**

## **2. Helping Your Teenager Build Strong Relationships, Kelly H. Theis, Ph.D**

Adolescence is a time of change, changes in one's body, in one's mood, and in one's relationships. Helping teenagers form and maintain healthy relationships, especially with peers, is critically important because research has shown that teens who do not have good peer relationships tend to do worse in school and are at risk for behavior problems. Fortunately, research has shown that good relationships with parents and other positive adult role models are linked to good relationships with peers. Conflict resolution and intimacy, in particular, are skills learned and practiced within parent-child or other close adult relationships are invaluable with peers.

Developmentally, peer relationships become increasingly important in the teenage years. For teens who are successful socially, adolescence is often a time of growing autonomy and satisfaction. For teens who struggle socially, however, peer relationships can create a lot of distress and can lead to a wide range of mood, behavior and/or academic problems. A lot of guidance on how to help school-aged children with their social skills and peer relationships is available. As children age, however, there is less clear advice on how to be helpful in their

social development. Here are several tips for helping teenagers create and maintain good relationships with peers:

- 1) Talk openly with your teen about what good friends are like and how to be a good friend. That also means discussing what behaviors make a “bad” friend, such as bragging, putting others down, or gossiping, and how to make good friend choices.
- 2) Actively teach and model skills in emotion regulation and conflict resolution. Teens who can regulate their behaviors and emotions are more likely to be viewed positively by peers and to have fewer problems in relationships. Similarly, the development of conflict resolution skills is thought to be a key to teens’ social development.
- 3) Rehearse and role-play ahead of time for different situations, ranging from handling teasing to holding conversations to responding to negative peer pressure.
- 4) Hearing about your Mentees’ friends is important. Encourage your mentee talk about what they do with friends, how they treat him/her and get treated in return, and what impression they have of their friends’ social strengths/weaknesses.
- 5) Encourage participation in activities that offer opportunities for peer interaction. It’s important, no matter what activity teens participates in, from the debate club to the tennis team to Girl/Boy Scouts, to any teams and groups that offer structured options to build relationships around shared interests.
- 6) Lastly, offer warmth, support, guidance, and attention to teens (even when they seem like they don’t want it!). Although warm and responsive parenting is the most consistent factor in predicting good social skills among adolescents, regular support from other adults, such as a mentor, can make a permanent difference, as well.

Kelly H. Theis Ph.D.  
Licensed Clinical Psychologist

\* Some of the information above was adapted from the Child Trends Research Brief from July 2002, “Helping Teens Develop Healthy Social Skills and Relationships: What the Research Shows about Navigating Adolescence” by Hair, Jager, and Garrett.

### **3. Teens and Romantic Relationships**

**By Rachel Ehmke**

#### SEXUALITY

#### **Some DOs and DON'Ts to share with teens:**

As mentors we often aren’t sure what our role should be when a young person is old enough to start dating. Should parents be laying down the rules? Should we be minding our own business?

Teenagers can be prickly about their privacy, especially when it comes to something as intimate as romance. The potential for embarrassment all around can prevent us from giving them any advice for having healthy and happy relationships.

Teenagers do look to both parents and mentors for guidance, though—even when they’d rather die than acknowledge that they are—and we can often have more influence than we realize.

With this in mind, here are some relationship Dos and Don'ts you can share with teens. You can start bringing these things up long before they start dating, and continue affirming them as they get more experience. And do your best to lead by example and model these values in your own relationships, too.

For Teens to Consider:

Do look for someone you feel comfortable with. Being comfortable with someone means:

- You can be yourself around her/him.
- You can have different opinions on something, and know that it's okay.
- You trust each other when you're not together.
- You aren't pressured to do things you don't want to do. (This definitely includes sexual things, but also other things, like going somewhere you don't want to go, or wearing something you don't want to wear.)

Don't forget your friends. Some people will drop all their friends after they start dating someone. They might not mean for it to happen, but it still does. Don't be that person! No one wants a friend who will throw her over for someone else, and you still need a social life outside your boyfriend or girlfriend.

Do be your own person. It's natural to share interests with the person you're dating, but you also need to keep developing an identity outside of that person, too. Keep thinking about what you like and what you need. Have an interest that's just yours. It will improve your self-esteem, and being confident in yourself makes you more likely to be confident in your relationship.

Don't hide from problems. If you encounter a problem in your relationship, don't panic. A problem does not automatically mean that the relationship is doomed. However, problems only get bigger when people hide from them. It's much better to admit when something is wrong, talk about it together, and try to fix it together. It might feel scary, or awkward, to do this, but you still should. It will get easier over time, and working through problems is going to be part of any good relationship.

Do know the difference between good and bad conflict. We tend to think of conflict as a bad thing, but it isn't always. Conflict can even bring a couple closer together if they are able to stick to these rules during a disagreement:

- Explain how you feel and be specific
- Listen to how she feels and try to be understanding
- Avoid generalizations
- Don't bring up past disagreements
- Try to say things that are productive—not critical

Do know the signs of an abusive relationship. If you are in an abusive relationship your boyfriend or girlfriend might:

- Be constantly critical of you, and make you feel bad
- Try to keep you away from your friends or family
- Want to check your phone messages
- Use social media to monitor where you are and who you are talking to
- Threaten that something bad will happen if you break up
- Force you to do things you don't want to do
- Make you feel guilty
- Hurt you

A few Dos and Don'ts just for parents and adult friends:

Do listen **and communicate with teens**. Kids don't confide in their parents as much as they get older, so when kids do feel like talking, really make an effort to be available and listen. Young people are sometimes more willing to talk to Mentors or other adult friends, so be open to it.

Don't look squeamish. You (and the teen) might feel awkward talking about romantic relationships, but do your best to look comfortable during any talks. If you look too worried or negative they will be less likely to come to you if they want to talk.

Don't recreate Romeo and Juliet. Try to be supportive of your son or daughter's romantic choices unless you truly need to speak out. Remember that teens can be extremely emotional and defensive — especially in response to adult criticism. You don't want to drive them away from you (and further into the relationship you're questioning) by being too judgmental.

