



The Mentors Plus Match

For members of the Mentors Plus Family

September, 2017

Volume 4, No. 9



Paula, Mentor of the Year, with her two mentees and other celebrants. More pics of the Governors Service Awards on p. 4.



★ Please turn in your *Monthly Reports* by Sunday, September 10.

★ *Mentors Meeting*, Thursday, 10/19/17, 6:00 p.m. Please RSVP. (Advance notice for October)

★ *Mentors Plus Orientation*: Saturday, 9-23-17, 10:00 a.m. Please send anyone interested!



Troy Airport Tour

Oakland County Youth Assistance



Mentors Plus

Be a friend. Show the way.

Fun Things to Do



★ *Renaissance Festival* : Weekends, August 19th to October 1st, 2017. We have just a few tickets left! Call Julie to reserve yours.....

★ Investigate what animals hibernate as the weather gets colder and learn about their habits.

★ Attend a free local concert or festival in a community nearby, that you may not have visited before.

★ Come up with a great chili recipe and win the contest to be judged by firemen at our picnic.

Quote of the Month

"Your present circumstances don't determine where you can go, they merely determine where you start."
Nido Qubein

The mentees in our program face a variety of challenges in their lives. Make sure you're talking to them about specific choices they're making as they begin this new school year. Determination and persistence are important factors in moving towards success. Remind them that Youth Assistance offers many services, such as tutoring, and to not be hesitant about asking for any necessary help.

Julie's Corner 2017 Mentors Plus Annual Picnic Saturday, September 9, 11:30



Join us at the Elk's Lodge,
2100 Scott Lake Road, Waterford,
GREAT FOOD Served: 12:15-2:00

- Flag Ceremony
- Car show-if weather permits
- Dan, the Creature Man
- *Chili Cooking Contest*
- Parachute Games
- Glitter Tatoos
- Board games, puzzles, volleyball, horseshoes, etc.
- Arts, crafts, & wood projects
- Meet new matches

Please volunteer to help – call Julie at (248)858-0045!



Arron, John and Dave on the Rouge Plant Tour at Henry Ford. Another September trip- ask Julie.

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



September 2017

SUNDAY	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY	SATURDAY
					1 *Bat Walks @ Cranbrook Institute of Science, 8:00.	2 *Franklin Aqua Swim Club Open House: 29350 Northwestern Highway, Southfield, 2:00-4:00.
3 *Detroit Jazz Festival: FREE Friday night, Saturday-11:30. Sunday, Monday, 12:15. *Summer Sunday: Upland Farms, Oxford, 9:00. *Downtown Lake Orion Free Concert, 2:00.	4 *Rochester Paint Creek Labor Day Walk: Location TBD, 8:00. *South Lyon Labor Day Bridge Walk: McHattie Park, 8:30. 	5	6	7	8 *Berkley Art & About: Downtown, 6:00-9:00.	9 *Waterford's Longest Breakfast Table Ever: Waterford Fire Station #3 (2495 Crescent Lake Road), 8:30-11:00. *Celebrate Autumn: Waterford Library, 10:30-12:30. *Waterford Oaks Dog Only Swim: 1702 Scott Lake Rd., 12:00-2:50. *Game Day: Ferndale Library, 1:00-6:00. *Lego Club: Auburn Hills Library, 2:00-3:00. *Create w/the Cameo Cutting Machine: Rochester Library, 2:00-4:00. *Troy Dog Only Swim: Troy Aquatic Center, See website for event details. *Milford Movie Night: Milford Central Park, 4:00.
10 *Red Oaks Waterpark Dog Swim: 1455 E. 13 Mile Rd., (Madison Heights); 12:00-4:50.	11 *Book Sale: Highland Twp. Library, 10:00-7:00.	12 *Scratch Code Club: Auburn Hills Library, 6:00-7:00. *Make Your Own Duct Tape Playground Ball: Ferndale Library, 6:00-7:15. *Family Fun Night: Hazel Park Library, 6:00-7:30. *HTML Cod Club: Auburn Hills Library, 7:00-8:00. *Kid Chef's Program: Royal Library; 7:00-8:00 (Reg. Req.).	13	14 *Eat to the Beat: City Centre Plaza, Southfield, 11:30-2:00. *Family Karaoke: Pontiac Library, 6:00-7:30. *Family Story Time: Birmingham Museum, 6:30 – 7:30.	15 *Anime Club: Auburn Hills Library, 5:00-7:00.	16 *National Play Doh Day: Orion Library, 10:00-11:30. *Book Sale: Highland Twp. Library, 10:00-2:00. *Read in the Park: Beverly Park (Birmingham), 1:00-4:00. *Family Coloring Club: Auburn Hills Library, 2:00-4:00. *Choose Your Own Adventure Saturday: Auburn Hills Library, 3:30-5:00.
17 *Songwriter Sunday - Mustard's Retreat: Farmington Library, 2:00-3:30.	18 *Maker Monday: Birmingham Library, 4:00-5:00. *Media Literacy: Highland Twp., 6:00-8:00	19	20	21 *Outdoor Summer Movie: Downtown Ferndale, 8:00-11:00. *Great Lakes Escapes: Farmington Hills Library, 7:00-8:30.	22	23 *Creation Station: Rochester Library, 10:00-4:00. *Euchre Club (All Ages): Auburn Hills Library, 11:00-12:30. *Game Day: Farmington Library, 12:30-3:30. *Instrument Petting Day: Ferndale Library, 1:00-4:00. *Teen Trivia: Auburn Hills Library, 3:00-4:00.
24 *Community Garage Sale: Oakland County Market, 9:00-3:00. *Oak Park Autumn Festival: Oak Park City Hall, 1:00-4:00.	25 *Empty Bowl Project: Highland Twp., 6:00-8:00. *Terrarium / Fairy Garden Craft: Oxford, 7:00-8:00. *Birmingham 90's on Maple: Maple Theater, 7:30.	26 *Warhammer!: Highland Twp., 12:00-8:00. *Game Hike: West Bloomfield Rec. Center, 6:30-7:30. *Community Sings w/Matt Wartrob: Farmington Hills Library; 7:00-8:30.	27	28 *Cassini Spacecraft – 13 years: Farmington Library, 7:00-8:30.	29 *Free Meadowbrook Hall Tour: 480 S. Adams Rd., Rochester, 1:00-3:00.	30 *Farmington Hills Avant Garden Art & Craft Show: Costick Center, 28600 11 Mile Rd., 10:00 – 5:00. (\$3 pp, Children 12 & Under Free). *Family Game Day: Auburn Hills Library, 12:00-5:00. *Cinema Saturday: Auburn Hills Library, 2:30-4:30. *Milford Movie Night: Milford Central Park, 4:00.



September Activities Happening Multiple Times

Free Tickets to week-ends at the Renaissance Festival in Holly.....

Month of August: **Free Admission to Cranbrook House & Gardens**, 9:00-5:00.

1st- 4th: **MI State Fair**: 46100 Grand River, Novi, Times Vary.

1st – 4th: **Arts, Beats & Eats**: Downtown Royal Oak, Times Vary.

1st – 6th: **Michigan State Fair**: Suburban Collection Showplace, Novi, Times and Prices Vary.

1st & 8th: **USPBL**: Jimmy Johns Field (7171 Auburn Road, Utica), 7:30.

7th – 10th: **Book Sale**: Farmington Library, Times Vary.

8th – 10th: **Arts & Apples Festival**: Rochester Municipal Park, Times Vary.

12th – 16th: **Friends Book Sale**: Hazel Park Library, Times Vary.

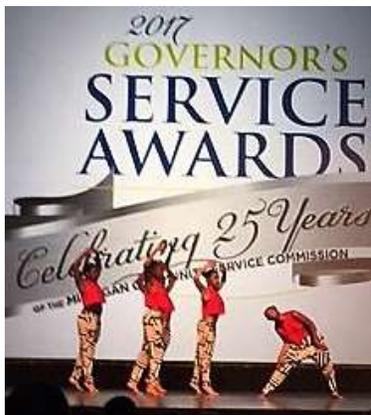
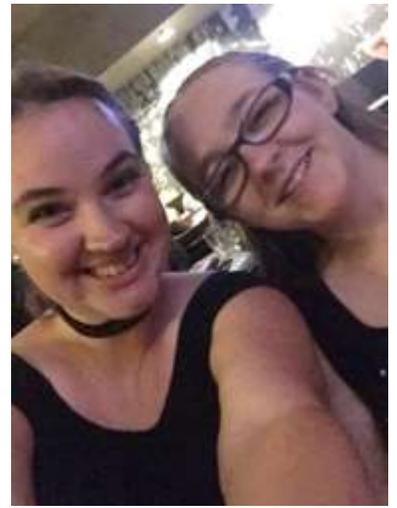
15th – 17th: **Troy Daze**: 3425 Civic Center Dr., Times Vary.

16th – 17th: **The Wild Catch Expo**: Romeo Lions Field (269 E. Washington St.) (\$8 Adults, \$2 Children 6-12), Times Vary.

18th – 25th: **Open Chess**: Oak Park Library, 6:00.

22nd – 24th: **DIY Street Fair**: Downtown Ferndale; Times Vary.

22nd-24th: **South Lyon Pumpkin Fest**: Downtown, Times Vary.



Celebrating with Paula



PRE-AUDITION WORKSHOP
SYT PRODUCTION OF *ELF JR--THE MUSICAL*
AGES 8 - 18

WHEN: SAT, SEPT 9 | 10am-12pm

WHERE: Baldwin Theatre

DETAILS: Please wear loose, comfortable clothing with closed-toe shoes. And smiles, lots and lots of smiles. Attendees will be given a chance to get comfortable with audition materials (song and dance) as well as meet key production staff. Plus, this will be a great opportunity to get comfortable with the audition space, learn about the audition process, and build some confidence prior to auditions. Not required, but highly recommended. Also, music cuts will be available for pick-up during the workshop.



FAQs

Is this workshop required?

No, but it is recommended.

Do I have to register for the workshop?

No registration is required.

Is there a cost?

No—the workshop is free.

Does my child have to be a member of Stagecrafters Youth Theatre to attend the workshop?

No. The workshop is open to everyone.

When are the auditions for Elf Jr?

Saturday, September 23rd 9:30AM. [Click here to view audition info on our website.](#)

Plug into Your Future, Recent Career Exploration Tours, Troy Airport



Fun at the Rouge Truck Plant Tour, Henry Ford Museum!

(Maybe going again in September)



More Pictures of Mentees Having Fun This Summer!



To all the wonderful volunteers we have, who continue to offer their consistent support to young people in our communities. We hope you all can join us at our **Annual Mentors Plus Picnic on Saturday, September 9th, 11:30 at the Pontiac/Waterford Elks Club** to share some wonderful food, animals, games, crafts and fun!

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/ewlIC5p851KE>, <http://freefacebooktutorials.com/>, and <http://youtu.be/ZpLiODJsp4Q>

HELP RECRUIT MORE MENTORS AND SUPPORT MENTORS PLUS!



Youth Focus:



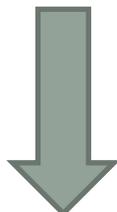
Erlanger A Turner Ph.D. The Race to Good Health

Teens and Stress: Practical Coping Skills

Practical strategies to cope with stress

Posted Jan 30, 2015

We all experience stress at some point in our lives. No matter your age, gender, ethnicity, or cultural background, stress can cause you to feel over-emotional or lead to health difficulties. According to the National Institute of Mental Health (NIMH), stress is the brain's response to any demand. Stress may result from a number of life situations that becoming overwhelming.



Possible causes of stress include: (Starting a new school year?)

- Moving to a new home
- Preparing for an important test
- Changing schools
- Dealing with life transitions (e.g., parent's divorce, ending a relationship)

How does stress affect your overall health?

Our bodies respond to stress in various ways and these stress responses differ for each individual. Research reports that stress may lead to sleeplessness, depressed mood, anger and irritability (NIMH, 2015). People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold, and vaccines, such as the flu shot, are less effective for them (NIMH, 2015). Over time, continued stress may lead to serious health problems (e.g., heart disease, high blood pressure, depression, anxiety disorder). Therefore, it is important to recognize when you become stress and to find ways to cope with your stress to prevent further difficulties.

Suggestions for teens to cope with stress

Below are a few practical steps to maintain your health and decrease stress:

- Stay in touch with people who can provide emotional and other support. Ask for help from friends, family, and community or religious organizations to reduce stress due to work burdens or family issues, such as caring for a loved one.
- Recognize signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.
- Set priorities-decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload.
- Note what you have accomplished at the end of the day, not what you have been unable to do.
- Avoid dwelling on problems. If you can't do this on your own, seek help from a qualified mental health professional who can guide you.



- Exercise regularly-just 30 minutes per day of gentle walking can help boost mood and reduce stress.
- Schedule regular times for healthy and relaxing activities.
- Explore stress coping programs, which may incorporate meditation, yoga, tai chi, or other gentle exercises.
- Seek help from a qualified mental health care provider if you are overwhelmed, feel you cannot cope, have suicidal thoughts, or are using drugs or alcohol to cope.

Please remind your mentee of these strategies, because all students experience some degree of stress each new school year!

Call Julie, if anything thing with your mentee becomes a more major concern for you!