



The Mentors Plus Match

October, 2019

Volume 7, No. 10



The Pistons Basketball Season begins in October. We will be ordering less tickets this year, since games are quite far away. Contact Julie for tickets.

Quote of the Month

“Destiny is no matter of chance. It is not a matter of choice. It is not a thing to be waited for - it is a thing to be achieved.”

—William Jennings Bryant

At our Mentor Meeting, motivation and exploration of careers were both discussed. Positive behavior support for our mentees as they learn new skills is one of the most effective ways to encourage them in healthy directions. This tends to be true, too, for their daily activities and their long term goals. It helps to be conscious of this as we interact with our mentees weekly.



Thanks to our Mentors Plus Picnic and Advisory Committee Members, who helped plan and facilitate our Annual Picnic!

Among our Donors were: Elks Lodge, #810, Vibes Credit Union, Genisys Credit Union, The Ladies' Klub (Elks), Sam's Club, Costco, & others. (See more details on page 4.)

Fun Things to Do in the Fall!

* Visit the Cranbrook Science Institute - free on Friday, 10/4/19 after 5:00 Use the telescope to see the fall sky.

***Visit E.L. Johnson Nature Center:** 3325 Franklin Road, Bloomfield. A beautiful place that is free and open a lot. More info: (248)341-6487.

* **Check your local city** to find great Halloween Activities nearby.

* **Make Halloween decorations** for you or your or your mentee's house.

Julie's Corner: *Our 2019 Mentors Plus Annual Picnic!* (More pictures on pages 4-6 & on our Facebook Page)



Comedy Magic from Ken Dumm.



Grant Receives the 2019 Mentor of the Year Award

October Announcements

★ **Please turn in your October Mentor Reports:** Thursday, Oct. 10

★ **Mentors Plus Orientation:** Saturday, October 5th, 10:00
Please send anyone interested!

★ **Mentors Plus Advisory Committee Meeting, Tuesday, October 29, 6:00pm**
2100 Pontiac Lake Rd, Bld 41
Light dinner provided, RSVP

Please e-mail information, pictures or articles to Julie for our next MATCH Newsletter!

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



October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 *Game Night: Clarkston Library, 5:00-8:00. *Family Fun Night: Milford Library, 6:00-7:30 (Reg. Req.). *DIY Dog Treats: Royal Oak Library, 7:00-8:00 (Reg. Req.).</p>	<p>2 *Monty Python Party: Clarkston Library, 6:00-8:00 (12 & Up).</p>	<p>3 *Game Night: Novi Library, 6:30-8:00 (10 & Up).</p>	<p>4 *When Darkness Falls: Red Oaks Nature Center (Madison Heights), 5:30-8:00 (Reg. Req.: 248-858-0916) (\$5 pp). *Trail Tracking: Wint Nature Center (Clarkston), 6:00-8:00 (12 & Up) (Reg. Req.: 248-858-0916) (\$5 pp).</p>	<p>5 *Home Depot Free Workshop: Check your local store, 9:00-12:00. *Create with Your Crew: Orion Twp. Library, 10:00-11:00. *Made in the Mitten: Orion Center (1335 Joslyn Rd.), 10:00-5:00. *Idea Lab – Soldering: Baldwin Library (Birmingham), 10:00-4:00. *Free Open Archery: Marsh View Park (Oakland Twp.), 11:00. *Ferndale Fall Festival: Ferndale Activity Center, 11:00-4:00. *Gamers Day: Commerce Twp. Library, 11:00-4:30. *Fabulous Fall Color Walk: Kensington Metropark (Milford), 1:00-3:00 (Reg. Req.: 810-227-2757). *Star Wars Reads Day: Farmington Library, 1:00-4:00.</p>
<p>6 *Hometown Extravaganza: Red Oaks Park, 10:30-12:00 (Reg. Req.: 248-858-0916) (\$5 pp). *MSU Tollgate Farm Pumpkin Fest: 28115 Meadowbrook (Novi), 11:00-5:00. *Gone with The Wind 80th Anniversary: Farmington Library, 2:00-4:00 (Reg. Req.).</p>	<p>7 *Tech Petting Zoo: Clarkston Library, 6:00-8:00.</p>	<p>8 *Hay Day: Heritage Park (Farmington Hills), 5:00-8:00.</p>	<p>9</p>	<p>10 *Zumba Night: Pontiac Library, 6:45-7:45 (Reg. Req.). *Ugly Duckling Dance Performance: Highland Twp. Library, 7:00-7:30.</p>	<p>11 *Create-a-T-Shirt: Clarkston Library, 6:00-8:00 (Reg. Req.) (Bring a shirt & an idea).</p>	<p>12 *Stone Wall Pumpkin Fest: Rochester Hills Museum (1005 Van Housen), 10:00-9:00. *Slightly Spooky Stories & Crafts: Milford Library, 10:30-11:30. *Squirreling Around: Red Oaks Park, 10:30-12:00 (Reg. Req.: 248-858-0916) (\$5 pp). *Fall Festival in the Woods: Fisk Hawk Woods Nature Center (Auburn Hills), 11:00-3:00 (\$2 pp). *Trick or Treat Bags: Rochester Library, 1:00-2:00 (Reg. Req.). *Game Day: Ferndale Library, 1:00-5:00.</p>
<p>13 *Creatures of the Night: Orion Twp. Library, 2:00-3:00. *Concert: Farmington Library, 3:00-4:00. *The Magic Bookshelf: West Bloomfield Library, 3:00-4:00.</p>	<p>14 *Movie Night: Oak Park Library, 5:30.</p>	<p>15 * Check Us Out Chess Club: Clarkston Library, 3:30-5:30.</p>	<p>16</p>	<p>17 *Food Truck Rally at the Market: 2350 Pontiac Lake Rd. (Waterford), 10:30-1:30. *Family Karaoke: Pontiac Library, 6:00-7:30 (Reg. Req.). *Maker Magic: Clarkston Library, 6:30-8:00 (Reg. Req.). *Hayrides: Marsh Bank Park (West Bloomfield), 6:30-8:30.</p>	<p>18</p>	<p>19 *Sterling Frights: Dodge Park (Sterling Heights), 10:00-12:30 (12 & Under). *Funtober: Hess Hathaway Park (Waterford), 12:00-5:00 (\$7 pp.). *Franken Toys: Lyon Twp. Library, 1:00-3:00 (Reg. Req.). *Fun in the Fall: Red Oaks Nature Center (Madison Heights), 2:00-4:00 (Reg. Req.: 248-858-0916) (\$5 pp). *Fall Foliage Hike: Wint Nature Center (Clarkston), 6:00-7:00 (\$3 pp.) (Reg. Req.: 248-858-0916).</p>

20	21	22 *Dungeons & Dragons: Clarkston Library, 5:00-8:00 (Reg. Req.). *Music with Miss Ann: Royal Oak Library, 7:00-8:00 (Reg. Req.).	23	24 *Sushi Demo: Berkley Library, 6:00-8:00 (Reg. Req.).	25	26 *Family Movie Night: White Lake Library, 10:00-12:30. *Trick or Treating at the Market: 2350 Pontiac Lake Rd. (Waterford), 10:00-1:00. *Family STEM: Commerce Twp. Library, 11:00-12:00. *Monster Mash: West Bloomfield Library, 11:00-1:00. *Thinking Money for Kids: Orion Twp. Library, 11:00-1:00. *Game Day: Farmington Library, 11:00-5:30. *Auburn Hills Spooktacular: Downtown, 12:00-1:30. *Zombie Laser Tag: Riverside Park (Auburn Hills), 12:00-2:00 (Reg. Req. 248-370-9353). *Retro Video Game Day: Waterford Twp. Library, 2:00-3:30. *Halloween Spooktacular: Ferndale Library, 5:00-7:00.
27 *Family Movie: Oxford Library, 2:00-3:00. *Trick or Treat Trail: Clawson City Park, 6:00-7:30 (Bring a Flashlight!).	28 *Warhammer!: Highland Twp. Library, 12:00-8:00 (12 & Up). *Comedy / Magic Show: Clarkston Library, 6:00-6:45.	29 *Halloween Magic Show: Novi Library, 6:30-8:00. *Baffling Bill Show: Royal Oak Library, 7:00-8:00. *Community Sings with Matt Watroba: Farmington Library, 7:00-8:30 (Reg.	30	31  *Halloween & the Library: Pontiac Library, 3:30-7:30. *Finding 3D Models Online: Baldwin Library (Birmingham), 7:00-8:00.		



Activities Offered Multiple Times During October

*Month of October: **Free Admission to Cranbrook Gardens:** 380 Lone Pine (Bloomfield Hills), 7:00-7:00.

*1st – 30th: **Wilson Barn Pumpkin Fest:** 29350 W. Chicago (Livonia), 12:00-7:00 (Prices Vary).

*1st, 8th, 15th, 22nd & 29th: **Tournament Tuesdays:** Oak Park Library, 6:00-7:45.

*3rd, 10th, 17th & 31st: **Chess Knight at the Library:** Novi Library, 6:30-8:00.

*4th, 11th, 18th & 25th: **Hayrides:** Heritage Park (Farmington), 5:30-7:00 (\$5 pp).

*5th & 6th: **Pumpkinfest:** Tollgate Farm (Novi), 11:00-5:00 (\$5 pp).

*5th & 6th: **Milford Fall Festival:** Kensington Park, 12:00-4:00.

*5th & 6th / 12th & 13th / 19th & 20th: **Farm Harvest Festival:** Upland Farms (Oxford), 10:00-5:00.



WE APPRECIATE EVERYONE WHO DONATED TO OUR 2019 MENTORS PLUS ANNUAL PICNIC OR HELPED MAKE IT HAPPEN. SOME OF THE CONTRIBUTORS WERE:

The Elks Lodge, #810 (Dave and Kim Deckard, Exhalted Ruler-Donna Gladding, 2nd Degree Team, etc.), Vibe (formerly Oakland County) Credit Union: (Stephany Leahy), Genisys Credit Union (Linda Zabik), The Ladies Klub (Elks: Patricia Field), Costco, Sam’s Club, Ken Dumm, Comedy Magician, Sandra Asmar – fantastic face painter, others not yet mentioned - who were on the Mentor Plus Picnic Committee (Grant Smith, Annette Donn, Michael Kazyak, Deborah Sanders), Fenton Home Depot (Children’s Workshop Coordinator), YA Staff, (Karyn Willis, Emily Robertson, and Joanna, Grace, and Lilah Papiez), & other Mentors and Mentees and volunteers, who assisted with set-up, clean-up & running various activities & getting donations (Mike, Thad, Grant, Deb, Grace & others).

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>

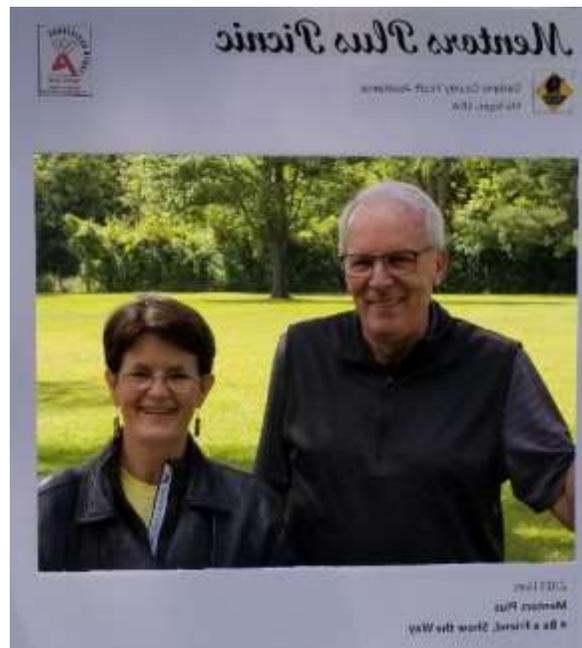
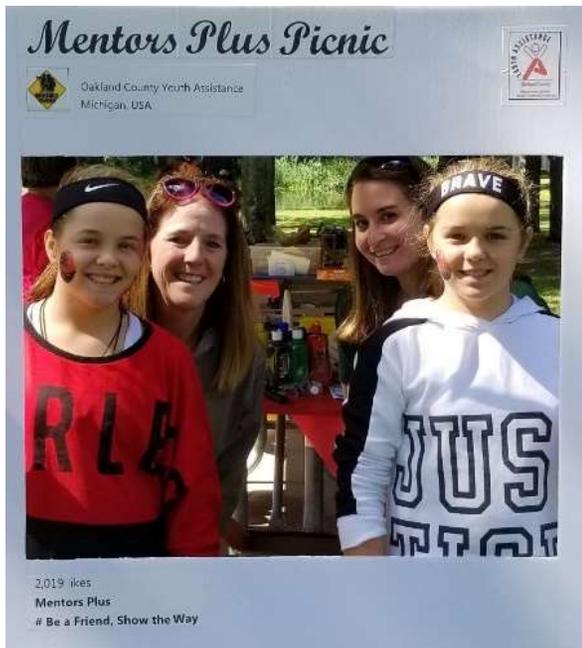
**MENTORS PLUS 2019 ANNUAL PICNIC
Pontiac/Waterford Elks Lodge, #810**



**At the Elks Lodge, #810 Dave and Tom, Our Barbeque Wizzards Comedy Magician, Ken
Pictures of Others Having Picnic Fun Follow.....**







Mentors Plus Picnic



OMK is Proudly Sponsored by
Mentors Plus



Mentors Plus
= Be a Mentor. Show the Way.





Early Halloween Fun for Mentor Dan & Devontae /Mentor Brenda & her crew at Cranbrook





Grant Receiving the 2019 Mentor of the Year Award at the Opera House



A Zip Line Adventure for Tina, Julietta and Brooke

Henry Ford Museum – a terrific place to have fun and learn! Please let Julie know by October 15th, if you want tickets for use in November.





Youth Focus: **Learning in Motion: Bring Movement Back to the Classroom**

One of the articles from our September 30th Mentor Meeting at the Southfield Public Library. Thanks for Mentoring!



By Marwa Abdelbary

August 9, 2017

With a new school year beginning, many students are expected to rapidly transition from months full of activity and movement to a classroom that relies—primarily—on stasis. This can be a problem, especially when considering that the persistent demand for teachers to do more with their students has, unfortunately, pushed schools into thinking that movement and [free play](#) are just wasted time.

But studies show that children who are more active exhibit better focus, faster cognitive processing, and more successful memory retention than kids who spend the day sitting still. Keeping the body active [promotes mental clarity](#) by increasing blood flow to the brain, making activity vital to both learning and physical and neurological health.

The problem is that there aren't enough hands. Many educators know how important movement is, but don't have the classroom support to safely handle active children throughout the day.

Fortunately, teachers can take advantage of several opportunities to keep children active during the school day—without needing additional help to keep things under control.

Why Sitting Shouldn't Be the Standard

Sitting still and being quiet have always been schoolhouse rules. In recent years, the mantra has gained more steam with worries that today's children lack focus or aren't grounded enough in what has been dubbed an age of distraction. A [2011 study by researchers at Duke University](#) found that a student's capacity to concentrate is one of the best predictors of success. The researchers studied more than 1,000 children in New Zealand over a period of eight years to track their ability to pay attention, then followed up with them as adults to measure their health and financial stability. Those with more self-control were less likely to have difficulty with money or health problems.

Given the endless media streams from devices like smartphones, iPads, and iPods, it's no surprise that children today seem less focused than kids 30 years ago. But tying them down is not the solution. Over the past few decades, the time schools have dedicated to [physical education and recess has steadily decreased](#). Yet experts agree that children need [at least 60 minutes](#) of physical activity each day.

With this in mind, savvy teachers are increasingly making physical activity an important part of their lesson plans.

Play and movement give kids the chance to release stress and take breaks from the rigor of schoolwork. While it's important for children to learn how to work while sitting still, we also need to realize when our bodies are telling us to take a break—even as adults.

I learned the necessity of movement for myself in my college years. I retained a lot from sitting and focusing for two hours, but gained much less if forced to sit for five hours at a stretch. This knowledge has translated to my own work as a school-based physical therapist. I now help children and adolescents (and their parents) access specific strategies that can lead them to a more productive lifestyle.

Making Time for Activity

Discipline and order in classrooms help shape children's habits and rules of behavior early on in their lives—and these needs are not very different from what we need as adults. At work, you may hear co-workers say, "I'm going outside to get some fresh air for a few minutes" or "I need to take a walk to clear my head."

A quick 15-minute break helps adults tackle the rest of their day, and the same is true for children. More importantly, [physical engagement helps children build the foundations of their social skills](#), particularly for children who are naturally shy or have difficulty with certain developmental areas. Kids can learn empathy by sharing, and build self-esteem and leadership skills by strategizing and working as part of a team.

Daily activity also helps boost balance, motor function, [brain function](#), and cognition. According to a [growing body of research](#), movement increases blood and oxygen flow, which positively affects cognitive development, physical health, and mental well-being.

I have supported teachers by teaching them how to use media in the classroom for breaks. YouTube is a great resource for finding videos to guide movement breaks and exercises. Teachers can also allow for free dance or movement periods during their classes.

Here are a few other ways teachers can seize opportunities that allow children to be more active:

1. Set ground rules for play.

Inviting children to move around more in the classroom can feel like inviting pandemonium. But as with all new strategies, the key is to set ground rules so children know what to expect. Before inviting them to move about, explain the purpose of an exercise that requires physical activity. Plan lessons and activities—even non-educational ones like jumping jacks—beforehand with clear objectives, time limits, and a backup plan in case the activity doesn't go as expected.

2. Make learning activities more active.

[Create](#) gallery walks in which children must travel around the room to observe visual aids for different [parts](#) of a lesson. Have children form groups to discuss and answer lesson questions, then have them write their answers on the board. Play board games tied to the current lesson and include spaces that call for students to do push-ups or jumping jacks. Making children carry their assignments to your desk, rather than passing them forward, can also introduce more movement into their day.

3. Encourage periodic breaks.

Midmorning snacks are an important way for adults to hold their hunger in [check](#) until lunch, and kids should have the same opportunity. Hunger can be one of the biggest distractions to learning, and offering snacks can also be a physical activity. Line up juice and snacks on a table at one end of the room, and have children take their refreshments back to their desks or to another designated area for some variety.

4. Take midday walks.

Taking a quick walk outside can do wonders to help lift the fog from a child's brain. If possible, plan lessons that can occur outside, or incorporate a 10- to 15-minute window around noon for the class to take a walk around campus. Walking offers fresh air and is one of the simplest and most effective forms of everyday physical activity.

There's a long way to go before incorporating physical activity into general lesson plans becomes the norm. In my practice, therapeutic play that emphasizes physical activity is paramount for children to acquire important cognitive and physical skills. When kids are moving, they're having more fun, often making lessons feel less like work.

However, we can't just state that activity is good for learning; we also have to prove it by tracking the performance and development of children who are more active. Once we begin to measure these effects, we can better understand how to implement activities into the broader educational system and better gauge which ones will give children the greatest health and learning benefits.

[Marwa Abdelbary](#) is a physical therapist and co-founder of [Tiny Tots Therapy](#), a multidisciplinary and multilingual team of occupational, physical, and speech therapists based in Columbia, Mo. [Tiny Tots](#) collaborates with pediatricians, counselors, and psychologists to provide individualized therapeutic services for children.

WEB ONLY

RELATED STORIES

- ["Researchers Draw Link Between Physical Activity, Academic Success,"](#) (Schooled in Sports) June 29, 2016.
- ["Getting Kids Moving Now Could Save Billions in Later Health Costs, Study Finds,"](#) (Inside School Research) May 4, 2017.
- ["Playing Tag Keeps Children More Focused in Class,"](#) (Time and Learning) September 30, 2014.

RELATED OPINION

- ["Give Students Time to Play,"](#) February 26, 2014.
- ["How Technology Can Benefit Physical Education Classes,"](#) (Education Futures: Emerging Trends in K-12) June 1, 2017.