



The Mentors Plus Match

For members of the Mentors Plus Family

November, 2017

Volume 5, No. 11



The Piston's Basketball Season has begun. We currently have tickets available for Friday, November 10th, Sunday, November 12th Wednesday, Wednesday, November 29th. Except for Sunday at 4:00, games are at 7:00. Contact Julie for tickets. Check out the parking app - pre-booking discounts at: <https://www.parkwhiz.com/little-caesars-arena-parking/>

Quote of the Month

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

-- Oprah Winfrey

As mentors, we need need to model showing appreciation for what we have and to encourage our mentees become mindful of what they genuinely value. There will always be more consumer products and services out there to want. What we can help them realize is that the most important things in life aren't things!

★ Please E-mail your pictures, stories, and new events to Julie each month. We would welcome an article by any of you about something you've done with you mentee recently!

Fun Things to Do

- * Gather mittens from friends and relatives to donate to a school or community shelter to help fight cold.
- * Have a gratitude attitude! Design some thank-you cards or other art for those, who have helped make it better.
- * Offer to care for a dog or cat in your neighborhood, while they to spend the holidays with family out of town.
- * Check out a state park you've never seen! (Get free passes on the internet.)
- * Start making a list of things you might do to help make holidays easier for family or friends.

November Announcements

- ★ **Please turn in your November Mentor Reports by Friday, 11/10/17.**
- ★ **Reminder: Monday, 10/30/17, Advisory Committee Meeting, 6:00, 2100 Pontiac Lake, Waterford.**
- ★ **Mentors Plus Orientation: Saturday, 11-18-17, 10:00 a.m. Please have anyone interested call Julie for an application and directions.**



Mini Makers Faire

Most Barnes and Noble Stores are having this event November 11th - 12th. <http://www.barnesandnoble.com/h/makefaire?sourceId=L000018333&st=EML>

(Details at local Store)

Julie's Corner



Betty Ann and Hannah having fall fun!



A Christmas Carol, Meadowbrook Theatre Matches will be attending this terrific play at group rates. Please let us know if you're available to attend: Fridays, November 17th and December 1st, 8:00; Thursdays, November 30th December 7th, 8:00; and Sundays, November 26th and December 3rd, 6:30. Let Julie know what would work for you. The group rate is \$12 per person.

★ Mentors Plus Workshop: Please find some information provided on pages 2 and 6.

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





Events Happening Multiple Times

100% College Ready: Weekdays in November, Oak Park Library, 3:00-7:00.

1st & 29th: **Tai Chi:** South Lyon Library, 6:30-7:30.

6th, 13th, 20th, 27th: **Open Chess:** Oak Park Library, 6:00-8:00.

Want to Volunteer in the Community? Check out this web site to see what available as Meet –up Groups:

Volunteer opps via Meetup.com - <https://www.meetup.com/Good-Karma-Club/>

Mentors Plus Workshop

A number of interesting materials were discussed at the meeting held for mentors on Stress, Anxiety and Depression. Here are a list of websites offered by Julie Mcdaniel from Oakland Schools that you might find useful.

Julie located the following sites that you might find useful:

<https://adaa.org/living-with-anxiety/children>. It is filled with specific and general information. It is probably worth a few minutes of your time.

- This is their page that lists podcasts about specific issues: <https://adaa.org/living-with-anxiety/children/podcasts-children-teens>.
- This is a tips and strategy page for parents and caregivers: <https://adaa.org/living-with-anxiety/children/tips-parents-and-caregivers>.

The following article is almost two years old, but is a great way to introduce the problem: <https://www.psychologytoday.com/blog/liking-the-child-you-love/201601/the-rising-epidemic-anxiety-in-children-and-teens>

I love “Hey, Sigmund.” It is research-based and filled with practical help: <http://www.heysigmund.com/anxiety-in-teens/>.

This is from an anxiety site from British Columbia. It is very helpful: <https://www.anxietybc.com/parenting/parent-child>.

This is a post from a good ol’ Huffington Post blog: https://www.huffingtonpost.com/renee-jain/9-things-every-parent-with-an-anxious-child-should-try_b_5651006.html.

Our thanks to Julie for this wealth of information!

November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 * Open Lab: Farmington Library, 6:00-8:00. * Friends & Folk Music: Oak Park Library, 7:00-9:00.	3 * Letterboxing: Rochester Library, All Day. * Farmington Hills Hayride: Heritage Park, 5:30-7:30. * Farmington Hills Full Moon Night Hike: Heritage Park, 8:00-9:00.	4 * International Game Day: Orion Library, 11:00-4:00. * Game Day: Bloomfield Library, 12:00-3:00. * Franklin Aqua Swim Club Open House: 29350 Northwestern Hwy., Southfield, 2:00-4:00.
5 * International Game Day: South Lyon Library, 1:00-5:00. * Warm Hearts & Heads: South Lyon Library, 1:30-4:30. * Daylight Savings Time Ends Reset Clocks! 	6 * Lava Lip Gloss & Lotion Lip Bars: Orion Library, 7:00- 8:00.	7 * Election Day Please Vote! 	8	9 * Family Karaoke: Pontiac Library, 6:00- 7:30. * Open Lab: Farmington Library, 6:00-8:00.	10	11 * Veterans Day * Euchre Club (All Ages): Auburn Hills Library, 11:00-12:30. * Game Day: Ferndale Library, 1:00-6:00. * Cinema Saturday: Auburn Hills Library, 2:30-4:30.
12	13 * Maker Monday: Birmingham Library; 4:00-5:00 (Reg. Req.). * Music of Weapons & Plowhorses: Walled Lake Library, 6:30- 7:30.	14 * Books & Bagels Book Scavenger (Grades 4-6): Birmingham Library; 7:00- 8:00 (Reg. Req.). * Family Fun Night: Hazel Park Library, 6:00-7:30.	15	16 * Open Lab: Farmington Library, 6:00-8:00.	17	18 * International Game Day: Waterford Library, 10:00-4:00. * Turkey Visit from Bowers Farm School: Birmingham Library, 10:30-11:30. * Family Board Game Day: Auburn Hills Library, 12:00-5:00. * Give Thanks for Chocolate: Birmingham Library, 6:30-8:00.
19	20	21 * Clarkston Turkey Shoot: Everest Academy; 2:00-4:00 (\$4 pp residents/\$6 pp nonresidents). * Family Fun Night: Hazel Park Library, 6:00-7:30. * Thanksgiving Storytime: Rochester Library, 7:00-7:30.	22 * Video Game Free Play: Rochester Library, 10:00- 12:00.	23 Happy Thanksgiving 	24 * Turkey Hunt: Birmingham Library, 9:30-5:30. * Meadowbrook Hall Tour: 480 S. Adams, Rochester, 1:00-3:00 (Free).	25 * Turkey Hunt: Birmingham Library, 9:30-5:30. * Lego & Roblox Club: Pontiac Library, 1:00-2:30. * Minecraft: Pontiac Library, 3:00- 5:00.
26 * Turkey Hunt: Birmingham Library, 9:30-5:30.	27 * Lego Plus: Southfield Library, 7:00-8:00.	28 * Warhammer!: Highland Twp. Library, 12:00-8:00.	29 * Genealogy Individual Assistance: South Lyon Library, Every ½ hour starting at 11:00 (Reg. Req.). * DIY Super Bouncy Balls (Grades 4-6): Birmingham Library, 4:30-5:30 (Reg. Req.).	30		



WE APPRECIATE EVERYONE WHO VOLUNTEERS EACH MONTH TO SUPPORT THEIR MENTEES.

It's important for us to remember that *not* everyone in our communities has enough to eat on a regular basis. We appreciate those who have volunteered to help in their communities this year. They've been part of the solution.

More volunteer opportunities this year!

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!

Happy Thanksgiving to one and all!



Mini Maker Faires, November 5th and 6th

<http://www.barnesandnoble.com/h/makerfaire?sourceId=L000018333&st=EML>

Here is the contact information for David Knapp, the Community Business Development Manager in Rochester, who is in charge of the event, should you have any questions or concerns: Tel. 248-853-9939, Email: crm2627.bn.com It will include a lot of robots walking around the store, too! I verified that other Barnes and Noble's are also holding this event. Please call your local store or find them on facebook for details.



Henry Ford Museum – a terrific place to have fun and learn, especially when it's *cold* outside! Let Julie know by the 15th when you want tickets.



More fall fun for Hannah



Tina, Julieta & Brooklyn Attending a Breast Cancer Awareness Event



The Do's and Don'ts of Helping a Teen With Depression



By Susan Fishman

If you mentor a teen, you know the emotional ups and downs that come with this stage of life. But it can be hard to know when a teen is experiencing the occasional “blues” or “feeling down” and when he/she is suffering from something more serious that needs immediate treatment.

Clinical depression is a real disorder that affects as many as one in five teens, and it can be difficult to watch a young person suffer. But you *can* help by learning the warning signs and knowing when and how to take action.

Causes of Teen Depression

A number of factors can cause depression in teens, and it can show up in many forms. A young person may experience major depression only once, or it may be a persistent depressive disorder, including bipolar disorder (or manic-depression), which is a condition that alternates between periods of euphoria and depression.

Factors that can lead to depression include:

- Family history
- Certain brain chemicals (too much or too little)
- Difficult life events (such as a death or divorce)
- Negative thought patterns

- Medication side effects
- Peer pressure

What's more, today's teens are faced with additional pressures that were not a part of teenage living for their parents. Navigating social media circles, cyber bullying and increasingly unrealistic expectations from the media to look and act a certain way all play a role in a teen's self-worth, and can often lead to deep disappointment.

Signs of Depression

Let's face it, teens are moody. Recognizing the signs of depression can be difficult. Did she have a spat with a friend? Is he just stressed out? It can be frustrating trying to navigate the varying moods of your emotional teen.

The following are signs a young person may be suffering from depression. These changes are not subtle. The abrupt nature (and intensity) of change is a valuable warning sign. If you find that any of these last for **more than two weeks**, or if your teen's moods disrupt his ability to function on a day-to-day basis, it may indicate a more serious disorder.

- Withdrawal from friends and disparaging activities they truly love
- Sadness and hopelessness
- Lack of enthusiasm, energy or motivation
- Dramatic change in personality or appearance
- Changes in eating or sleeping patterns
- Overreaction to criticism
- Poor self-esteem or guilt
- Indecision, lack of concentration or forgetfulness
- Poor performance in school
- Restlessness and agitation
- Anger and rage
- Substance abuse
- Problems with authority

What You Can Do (and Not Do)

Many teens with depression won't readily admit a problem. They may feel as if "life is unfair" and even lose hope that things will ever turn around, but they may not know how to express their feelings or ask for help. There are some effective steps you can take to help a young person.

DO:

- Listen without comment.

- Set aside time to talk. Let a teen know that you are open and available, without judgment, if he/she needs anything. Ask open-ended questions to create space for dialog
- Encourage teens to request scheduling family time. Eating meals together and organize fun family activities can be helpful.
- Genuinely praise young people for specific behaviors and accomplishments to help boost his/her confidence.
- Help young people foster relationships. Encourage him/her to schedule time with friends who play a positive role in their lives and to find some new friends, as well. Healthy relationships are key to a teen's self-esteem.
- Make time for a young person's interests or community service projects. Helping others can foster gratitude and make one's own problems seem smaller.
- Encourage good eating, sleeping and exercise habits, which can improve overall mood. Encourage team-sporting activities for the health benefits and social network. (Share information about these things with them.)
- Talk to a trusted professional about how best to approach a young person and encourage him/her to get the help needed. A doctor may prescribe individual, group or family counseling, and/or medications to help a young person begin feeling better.