



**familyconnections**

Counseling resources with *family* in mind

# THE CONNECTION

www.familyconnectionsinc.org

## “Pause and Reflect”

**VOLUME 10 Edition 1 2014**

**CLINIC**—Call for information about our counseling services:

Weirton Medical Center  
Medical Office Building  
651 Colliers Way, Suite 412  
Weirton, WV 26062  
Phone: (304) 723-3423  
Fax: (304) 723-3426  
E-mail:  
admin@  
familyconnectionsinc.org

**BROOKE PLACE**—Call for a referral for residential group treatment for girls:

P.O. Box 348  
Tent Church Road  
Colliers, WV 26035  
Phone: (304) 527-3303  
Fax: (304) 527-3306  
This facility is funded in part under an agreement with the Bureau of Children and Families, WV Department of Health and Human Resources

Email:  
brookeplace@  
familyconnectionsinc.org



With our seventh annual “There’s No Place Like Home” dinner dance behind us, the volunteers who helped make this event so successful can finally pause for a moment and reflect on the businesses, individuals and attendees who made contributions to benefit the residents of Brooke Place.

The evening was packed with good food provided by Serbian American Cultural Center and the get-up-and-dance sounds of Mr. Moe and the Music Machine. In addition to door prizes, there was a silent auction, a Chinese auctions, a 50/50 raffle, our famous heads or tails game with a TV prize, and, of course, our live auction with Bennie Parr, auctioneer.

Philanthropy is the act of giving. Most of us think of philanthropists with names like Mellon, Carnegie, Gates, and Buffet, but the vast majority of contributions across this country come from people who donate small sums consistently and seldom think of themselves as philanthropists. A donation of five or ten dollars can go a long way in helping others. Giving of services/time to those who need assistance is another way of being a philanthropist. Without the members of Family Connections’ Fund Development Auxiliary who donated their time to our annual gala these benefits would not have been possible. Those members are Jean Bartholow, chair, Vicki and Gary Williams, Bernice and Gary Pitcock, Carolee and Ryan Lancaster, Barbara Glaspell, Linda Howell, Brenda Ice, Cathy Sobel, Joyce Young, Terri Fisher, Debbie Coletti-Pearce and Ed Pearce.

Posing with Dorothy from the Wizard of OZ is auxiliary members from left to right: Jean Bartholow, Dorothy, Joyce Young and Debbie Coletti –Pearce Photo by Shae Dalrymple, Staff writer, Weirton Daily Times



## Brooke Place Wish List

- |                                 |                                     |   |
|---------------------------------|-------------------------------------|---|
| Gift cards for girls’ birthdays | Mesh bags for large laundry baskets | Twin Blankets                                     |
| Beach Towels                    | Batteries, all sizes                | No show socks                                     |
| Pajamas—S,M,L,XL                | 60 watt light bulbs                 | Flash drives                                      |
| Slippers                        | White twin sheet sets               | Movie Passes                                      |
| Regular white towels            | White washcloths                    |   |
| Toilet paper, paper towels      | Toiletries                          | <b>Questions?</b>                                 |
| Underwear—all sizes             | Standard Size Pillows               | <b>Please contact Barb Jones at 304-723-3423.</b> |

# MY YELLOW BRICK ROAD JOURNEY



**T**ornado (Chaos): It started when my mom died. I kept on bouncing from people to people in my family. I was the youngest and they really didn't want me (I was 2). That was when I got in state's custody and they put me with a family friend. It didn't turn out to be home. There was so much more to come. The tornado whipped me around for a lot of years. I cannot count on my fingers and toes how many different placements I've had. In fact, I had a successful placement at Brooke Place several years ago, and then the tornado struck again and my foster home placement disrupted because I did not have the courage to stay in school because of problems. After the disruption I had 9 more placements and then I asked to return to Brooke Place because I realized somewhere along the yellow brick road that I was not going to have a traditional home. Kansas ain't for me.



**S**carecrow (Brain): Every year I have to deal with the anniversary of my mom's death. I call it my own personal relapse. Recently, I started thinking about how I need to handle the loss in a way where I can still function but keep her in mind. I began to make choices based on where I want to go and the kind of person I want to be. It takes a lot thinking to move on without my mom. I am realizing that in some ways I need my mother now more than I ever have before. I'm a teenage girl and there are things I want to tell her.



**T**in Man (Heart): I learned to accept the little family I do have. I love them a lot. I show kindness to myself by not putting myself down, but dressing nicely, and caring for my things. I show kindness for others by helping them with their problems and their appearance by making them feel beautiful as I feel beautiful.



**L**ion (Courage): I have the courage that I did not have once before. I have the courage to go on. I recognize my journey on the yellow brick road is not just for now, but for forever.



**R**uby Slippers: Those red shoes are all about believing in myself. I have to put myself and my journey in the shoes to fill them!

## JILL SPANGLER, MS, RD, LD, LICENSED DIETICIAN

Do you have picky eaters in your home? Planning, shopping, preparing, and serving a healthy, nutritious meal to twelve teenage girls is sometimes a daunting chore. It is often tempting to nurture by giving them treats like chocolate chip cookies and ice cream sundaes in order to see the look of joy on their faces. It takes a lot less energy to “nuke” chicken nuggets or heat ravioli out of a can than it does preparing baked chicken with fresh vegetables and a salad. Changing ones eating habits may be daunting but explaining why healthy foods are served--that you are concerned about their health and bodies and want them to grow up to be healthy and well is sometimes understood. Our main priority is to have healthy, happy kids. With three meals and two snacks a day, it is hard to please everyone but offering a variety of meals and asking for everyone’s input certainly helps. Never underestimate kids. Recently after some menu changes, who would have thought everyone belonged to the “clean plate club” after being served salmon patties-Yea! Jill is a graduate of West Virginia University with a Master of Science Degree in Human Nutrition and Foods. Jill lives with her husband Pat and twins Nathan and Nicole in Moundsville WV.



### Please Join Us

## FRIENDS OF FAMILY CONNECTIONS

### BROOKE PLACE PICNIC

SATURDAY, SEPTEMBER 20TH, 2014 1-6 PM

BROOKE HILLS PARK-CARDINAL SHELTER

PIG ROAST, HAMBURGERS, HOT DOGS,

SODAS AND WATER

We will be honoring our loyal donors



FOR MORE INFORMATION OR TO RSVP CALL JEAN AT 304-527-3303

#### MISSION STATEMENT

*Family Connections is committed to helping individuals function to the best of their abilities by engaging the resources that exist naturally within their family and community. Interventions provided by Family Connections are theory-based and are guided by the principle that the individual is best treated within the context of their family. Family Connections is dedicated to the care, welfare, and respect of families and the individuals who comprise them.*

*family connections, inc.*

P.O. Box 348

Colliers, WV 26035

*By giving a contribution in memory of or in honor of a family member or friend, many generous people have found a way to express their caring spirit while investing in the lives of those served by Family Connections.*

**In Honor of Cathy Sobel  
By Dorothy Swearingen**

**In Honor of Joanne Dobrzanski  
By Linda Kellough**

**In Honor of Cathy Sobel  
By Sally, Vicki, Jean, Joyce, Barb G. and Linda H.**