



Sherman Bray enjoys himself at the I Believe, I Achieve ice cream social.

Big Brothers Big Sisters Launches “I Believe, I Achieve” Mentoring Program

A new one-of-a-kind enhanced mentoring program called “I Believe, I Achieve” includes a focus on parental involvement, accountability and fitness. “The program empowers families, not just the Littles,” says Marsha Tom, Director of BBBS of FSW.

A special grant from the Vera and Walter Scherr Family Foundation has allowed Big Brothers Big Sisters of FSW to create this multifaceted mentoring program between Manhattanville College and Scholastic Academy. “I Believe, I Achieve” matches 10 pupils in fourth to sixth-grade with college-aged students, who meet with their Littles once a week for 90 minutes. As part of their twice a week after-school instruction, the students work on creative writing and art projects, all of which are designed to reinforce the lessons they are learning in the classroom. Field trips and educational support services enhance the work of the mentors as well.



L to R, Taren Washington, Principal at The Scholastic Academy in Yonkers, Marsha Tom, Big Brothers Big Sisters Director, and Laura Saggese of the Vera and Walter Scherr Foundation.

Parents get involved by chaperoning their child’s field trips and attending workshops on nutrition and drug prevention. Students are required to maintain good school attendance, read books outside of class, perform community service and work toward improving their grades. They are also given a membership to a local YMCA. Scorecards keep track of the progress made by both the parents and students for each marking period. When both parents and their children meet the criteria outlined, they both receive a \$50 gift card. If the parent or child fails to meet their goals, neither receives the gift card, however. “The scorecards help both the students and the parents know exactly what they have to do,” adds Herman Bonaparte, I Believe I Achieve Program Coordinator.

“We are getting positive feedback about the program from everyone involved!”

To find out more about the I Believe, I Achieve program, contact Lynn Green at (914) 937-2320 ext. 115.

At the end of the year, the writings and drawings of each student will be published in a book. These books will be put into circulation at the Yonkers Public Library. “Two of the biggest goals of the program are to have the students develop a love of learning, which is reinforced in the home, and to give the children the expectation that they will attend college,” says BBBS Director Marsha Tom.

Family Services of Westchester hopes to sustain the “I Believe, I Achieve” program for the original group in the second year and add another 10 students as well. “We are getting positive feedback about the program from everyone involved — the students, mentors, parents and the principal at Scholastic Academy,” notes Tom.

Heartsong and FSW Join Forces

In September, Heartsong, Inc., and Family Services of Westchester created a strategic partnership that builds on the strengths and offerings of both organizations. Since 1992, Heartsong has been providing art and music therapy to special needs children, ages four to 19, including those diagnosed with Autism, Cerebral Palsy, Down Syndrome and other disorders.

Through this new alliance, Heartsong is now headquartered in FSW’s White Plains offices at 1 Summit Avenue and offers therapeutic classes and workshops on Saturdays, from 9 am to 2:15 during the school year, at FSW’s North Street site, home to FSW’s Prime Time Special Ed Pre-School and Head Start programs. “With hours that



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“This alliance will enable us to broaden our services to families with special needs children.”

Our Mission:

Family Services of Westchester, founded in 1954, offers a broad range of social and mental health services to strengthen and support families, children and individuals at every stage of the life cycle, from infancy to adulthood.

Adoption & Children's Services

Big Brothers Big Sisters

Camp Viva for families living with HIV/AIDS

Child and Family Clinic-Plus

Early Childhood Services

Elder Abuse Prevention

Employee Assistance Program (EAP)

Enriched Housing for Seniors

Family Mental Health

Family Support Services

Fathers Count

FSWorks

Geriatric Outreach/Case Management

Head Start/Early Head Start

Home Health Care

Intergenerational Adult Day Program

Parent Skills Training

Partnership for Care HIV/AIDS Services

Prime Time Special-Ed Preschool

Special Needs Youth Programs

Supported Youth Residences

Youth-At-Risk Interventions

Youth Mentoring Programs

Westchester County Youth Councils

FSW Update

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A Letter from the CEO, Susan B. Wayne

When I assumed the role of CEO of FSW in July 2008, one of my most important goals was to grow our Board of Directors. With this objective in mind, I am delighted to announce that two new outstanding members were elected to our Board in January, **Marlene Furtick, CSW**, and **Perla Paredes**.

Marlene served as the Executive Director of the Westchester County Youth Bureau from 2001 until August 2010. Prior to that, she was the Executive Director of the Mount Vernon Youth Bureau and a family therapist at FSW. Marlene has a BFA in Dance from the Boston Conservatory of Music and Dance and as a dancer collaborated with the great Alvin Ailey Dance Troupe. Marlene also holds a Master's in Media Communication from the New School for Social Research and a Master's in Clinical Social Work from NYU. With her many years of helping urban youth prosper, Marlene will bring a wealth of governmental and programming experience to the Board.

Perla was born and raised in the Philippines and came to the United States 20 years ago to work as a missionary for her church. She and her husband live in White Plains and have three children, including Ivan, who attended FSW's Head Start program. Perla worked on Head Start's Policy Council even after Ivan graduated and moved onto kindergarten. In November she was voted President of the Policy Council. Perla has shown real dedication and commitment to our Head Start program and to FSW's mission. We are delighted to add Marlene and Perla to our Board.

These wonderful additions join the three outstanding members who joined the Board in the 2008-2009 fiscal year: Brandon Steiner, Tony Lembeck, and Ann Sacher. Our Board of Directors now has a well-rounded mix of professionals from both the corporate and nonprofit worlds, and they all serve as effective advocates for our programs and initiatives.

With sincere thanks to our Board members, staff, supporters and volunteers.

Susan B. Wayne

Susan B. Wayne,
President, CEO

FSW & Heartsong Partnership Proves Beneficial

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are complementary and a classroom setting already in place, our North Street site was a perfect setting for the important services Heartsong provides," notes Susan B. Wayne, President and CEO of Family Services of Westchester.

Kim Brennan of Scarsdale, Heartsong parent and board member, welcomes the new arrangement. "My son, Henry, is nine and has been at Heartsong for four years. He is missing connective tissue in his brain so he has many delays. Even though he can't string four words together, when there is music, he can sing. He can keep the beat and clap." Brennan believes the partnership will be beneficial for her son and all of Heartsong's participants. "This partnership with Family Services of Westchester will mean that we don't have to scramble for services. Between the two organizations, Henry will get what he needs and so will my family."



Executive Director of Heartsong Marion Anderson (left) and Susan B. Wayne, President and CEO of Family Services of Westchester are confident that the partnership between FSW and Heartsong will benefit everyone involved.

FSW's CEO sees the new partnership as a win-win relationship. "FSW can extend its services to Heartsong families while making Heartsong's quality programs accessible to FSW's clients," notes Wayne. "This alliance will help each organization limit administrative costs and enable us to broaden our services to families with special needs children."

SAVE THE DATE...MAY 17, 2011

FAMILY SERVICES OF WESTCHESTER
STAR GALA
NURTURING HEALTHY FAMILIES

FSW's major fundraiser of the year, the STAR Gala, is fast approaching. With a theme of Nurturing Healthy Families, this year's dinner, scheduled for May 17 from 6:30 to 10:30 pm at Glen Island Harbour Club in New Rochelle, will celebrate FSW's Champions of Adoption. FSW's Adoption program has been placing children in loving families for more than 50 years and thousands of lives have been touched in the process.

The Champions who will share their poignant adoption stories at the Gala include Joseph Leary; Kristiane Lambert and Gary Zahakos; and Kathi and Blaise Fredella. The Corporate Honoree, Credit Suisse, has been a longtime supporter of FSW's efforts to strengthen families across the county.

Author of *Perfectly Imperfect* and TV host Lee Woodruff will emcee the dinner. Woodruff is the wife of Bob Woodruff, the ABC correspondent who was critically wounded while reporting in Iraq.



**STAR Gala 2011
Celebrates
Champions of
Adoption**



Above: Adoptive parents (from left to right) Blaise and Kathi Fredella and Kristiane Lambert and Gary Zahakos will share their poignant stories at this year's STAR Gala.

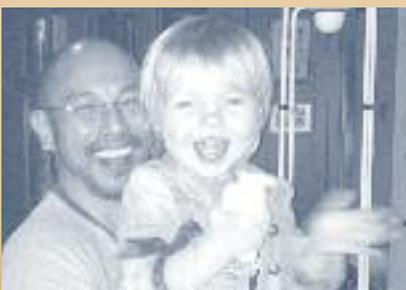
Right: Joe Leary, center, says he is so grateful for the "perfect" adoptive parents FSW provided, Tony and Betty Leary.



Kathi and Blaise Fredella adopted their first child, Jeannie, from FSW's Adoption program 33 years ago. Four years later, they adopted another baby, Diana. "The girls loved going to FSW's Adoption picnics," recalls Blaise Fredella. "Getting to know other adopted children was important to them."

Gary Zahakos and Kristiane Lambert adopted their son in 1997. Noah was diagnosed with Asperger's syndrome and the couple has worked hard to provide him with all the therapeutic support he needs. "Gary and his wife have left no stone unturned to provide their son with the best treatment available," says longtime friend Blaise Fredella.

Joe Leary was adopted through FSW the year he was born, 1969. He says he had no interest in locating his birth mother because he was so content with his home life growing up. "Perfect is the word I would use to describe who my parents are," says Leary. "I am so grateful to Family Services of Westchester for providing me with a loving home and such wonderful adoptive parents."



FSW's Adoption Services

...provide a full range of pre- and post placement services, offering assistance with every step of the adoption process. Adoption staff members offer free monthly workshops for couples considering adoption and conduct home studies for families involved with both domestic and international adoptions.



Second FSWorks Site Opens in Port Chester in Collaboration with AARP Tech Center also Offers Computer, ESL Classes

The Westchester Community Foundation provided a \$20,000 grant to FSW to open a second FSWorks site in the Lucille and Harry E. Jerome Family Technology Learning Center in Port Chester. FSWorks in Yonkers is the agency's successful job skills assessment, job-matching and training program for adults over 40 and is a partnership with AARP and Westchester Community College. "FSWorks exceeded all expectations in 2010, registering 411 clients and hosting more than 1,000 visits to the

"FSWorks exceeded all expectations in 2010, registering 411 clients and hosting more than 1,000 visits to the Yonkers site."

Yonkers site," notes Rosalie Hines, Program Coordinator. Surveys of the participants have revealed that 30 percent of them found jobs, according to Hines, who will assist Magally Moreno-Linares at the new site in Port

Chester, which will help both English-speaking and Spanish-speaking clients on Tuesdays from 2 pm to 6 pm and Wednesdays from 10 am to 2 pm.

"We can accommodate more than 20 job-seekers at any time, and we can offer help with resume writing and interviewing techniques," notes Hines. Staff and volunteers will assist job-seekers over 40 search job sites and research the skills needed for particular employment opportunities.

The Tech Center is also assisting other members of the Port Chester community with ESL classes and Beginner and Intermediate Computer Workshops. Staff members have also been working with The Don Bosco Center to help day laborers learn computer and Internet

skills. "It is so rewarding to see The Tech Center busy every day of the week and to see how much these clients benefit from the training we provide," notes Karen Fink, District Administrator for the Port Chester office of FSW. Support for The Tech Center comes from many corporations and organizations, including **TD Bank, Westchester Community Foundation, the Deupree Family Foundation and Monroe College.**



To learn more about volunteering at the Port Chester or Yonkers FSWorks sites, contact Rosalie Hines at (914) 964-6767 ext. 43. To find out about underwriting programs at the Port Chester Tech Center, contact Karen Fink at (914) 937-2320 ext. 142 or e-mail kfink@fsw.org.

Special Thanks to Our Recent Funders

In these difficult economic times, so many are unemployed and having a hard time meeting all the needs of their families. FSW has seen the number of children needing mentors, families seeking counseling and seniors asking for health care support climb in this economy. In light of this increase in demand for services, we are delighted that so many foundations and corporations have given so generously in the past six months.

We would like to say a special thank you to the following funders for their generous support: **The Wallace Fox Foundation** and the **MBIA Foundation** for their donations to our Big Brothers Big Sisters program; **MBIA Foundation, Broadway Cares/Equity Fights AIDS, Inc.** and **The TJX Foundation** for underwriting camperships at Camp Viva; **The Charles A. Frueauff Foundation**, the **Black Enterprise BRIDGE Foundation** and **The Dammann Fund** for supporting youth programming; the **Wyman Foundation** for supporting workshops for families with fathers in prison; the **Sills Family Foundation** for grants for the EMERGE program for parenting and employment skills training for mothers in prison and for The Sharing Shelf; and to the **van Ameringen Foundation** for funding the purchase of a van for campers attending Camp Success.



My Second Home Wins National Award

Award Recognizes Innovations in Mental Fitness Programming for Older Adults



The American Society on Aging in collaboration with the MetLife Foundation selected My Second Home's intergenerational partnership with Mount Kisco Child Care Center as the winner of the 2011 MindAlert Award. MSH and MKCCC began their collaboration, called **Joining Elders with Early Learners (JEWEL)**, in 1998 with intergenerational activities taking place at each other's sites. In 2002, they moved into a new shared site that was specially designed to promote interactions between the generations while offering each group dedicated space to meet the needs of their participants.

The JEWEL program brings older adults from My Second Home and children from MKCCC together several times a day to enjoy arts and crafts, gardening, music, dance, reading and baking. Program evaluations have shown that older adults in the JEWEL program demonstrate improvements in cognitive functioning, socialization and expressiveness. The program was awarded an Intergenerational Shared Site Best Practices Award in 2008 from MetLife and Generations United and was recently recognized as one of eight programs nationally in the Alliance for Children and Families New Age of Aging report, "Impact and Innovation: Effective Models and Practices in Serving Older Adults."

"We are so excited to win this prestigious award," notes Rina Bellamy, Director of My Second Home. "The American Society of Aging and the MetLife Foundation are doing such great work in promoting the cognitive health of older adults. We feel fortunate to be recognized for our efforts to provide a rich, stimulating experience to older adults in our intergenerational program."

Susan Carpenter, whose mother attended My Second Home for five years while she suffered from

Alzheimer's, notes: "The older adults who attend My Second Home are greeted each day with a smile, made to feel welcome and respected." The children from Mount Kisco Child Care Center "not only enrich the lives of the older adults, they learn from these 'grandmas and grandpas' about the continuum of life," adds Carpenter.

The JEWEL program will be honored during the National Forum on Brain Fitness, held on April 27, 2011 in San Francisco in conjunction with the Aging in America Conference.

The MindAlert Award is designed to recognize outstanding programs throughout the United States that provide mental stimulation and creative outlets in later life. Research has shown that cognitive decline is not an inevitable part of the aging process. New research offers a striking model of aging as a time of brain growth that can offer older adults qualitatively better lives filled with more knowledge and wisdom—and an increased capacity to contribute to society.

"We feel fortunate to be recognized for our efforts to provide a rich, stimulating experience to older adults in our intergenerational program."



Lou Del Bianco's Children's Concert To Benefit The Sharing Shelf

Well-known children's entertainer Lou Del Bianco will be performing a Benefit Concert for The Sharing Shelf on March 27 from 1 to 2:30 at Temple Israel in New Rochelle. The Sharing Shelf, which distributes gently used quality clothing to needy children throughout Westchester, has moved into a new location at 1228 North Avenue in New Rochelle. Since the program's creation in the fall of 2009, The Sharing Shelf has distributed clothing to more than 1,300 children. The concert is sponsored by **PM Pediatrics** and all proceeds will benefit The Sharing Shelf.



If you would like to volunteer, donate clothing or find out more about The Sharing Shelf, contact Deborah Blatt at dblatt@fsw.org or call (914) 937-2320 ext.148. To reserve tickets for the concert, which cost \$12 in advance and \$15 at the door, contact (914) 937-2320 ext. 116.

Lee Woodruff Emphasizes Importance of “Giving Back”

Rye resident Lee Woodruff, wife of ABC news journalist Bob Woodruff, and author, mother and ABC contributor herself, spoke recently to a group of women about the lessons she’s learned going through her husband’s rehabilitation from the severe injuries he sustained in Iraq. Woodruff, author of “Perfectly Imperfect,” also emphasized at the luncheon the importance of “giving back” and showing compassion to others. Woodruff will be the Emcee of the 2011 STAR Gala, scheduled for May 17 at 6:30 at the Glen Island Harbour Club in New Rochelle.



Alzheimer’s Expert Debunks Myths Surrounding Healthy Aging

Dr. Alan Jacobs, an expert on disorders affecting the brain spoke to a gathering of 75 people at the Bedford Golf and Tennis Club on the myths of healthy aging in My Second Home’s first **Live, Learn, Lunch** program. For healthy brain development and maintenance, Dr. Jacobs emphasized the need for socialization, good nutrition and exercise throughout life. He pointed out that head trauma and drug abuse, on the other hand, can increase the likelihood of dementia.

Big Brothers Big Sisters Cocktail Party Raises Funds to Support Matches

Big Brothers Big Sisters of FSW recently hosted a successful cocktail party and Silent Auction at the highly regarded X2O Xaviers on the Hudson along the waterfront in Yonkers. About 100 attendees came out to support Westchester’s premier mentoring program. “We have approximately 92 children on the wait list, and each match costs \$2,300 to support, so we are always in need of financial assistance from the community,” notes Marsha Tom, Director of BBBS.



Karin Waggoner, BBBS Advisory Board Chair Deborah Boillot and Doug Waggoner.

Making a difference right at home.



Happenings

FSW Launches Junior Board

Approximately 35 guests attended the Junior Board Kick-off event at Alvin & Friends Restaurant in New Rochelle this fall. The Junior Board supports the Board of Directors and promotes the mission of FSW by raising visibility through events, drives and education. Prospective Junior Board members brought a clothing donation and heard a presentation about The Sharing Shelf, an FSW program aimed at distributing high quality, gently used clothing to children in need throughout Westchester.



Pictured from left to right are Alvin Clayton, owner of Alvin & Friends, a new restaurant in New Rochelle, and Amy Cole and Robin Bratone, both of Pelham.



BBBS Participants Reel in Fish and Memories

Approximately 100 children and adults boarded the Klondike IX in Glen Island Harbor in New Rochelle and everyone it seemed managed to catch a fish. The memorable boat trip was the brainchild of a father and son team, Stephen and Todd Schwartz, who wanted to treat children to a special fishing adventure. "Fishing has always been a big part of our family life, so we wanted to share that thrill of catching fish with youngsters who may not ordinarily get that experience," says Stephen Schwartz.

Organizations, Individuals Make Holidays Brighter for Hundreds of Families

More than four hundred FSW families received Thanksgiving Food Boxes and 400 toys and gifts were donated to children and seniors during the Christmas season thanks to the generosity of dozens of organizations, corporations and individuals. "We were delighted with the outpouring of support from so many this past holiday season," says Gerry Goldberg, Director of Volunteers and Development Outreach. Swiss Re, for example, donated Thanksgiving Boxes for the fifth year in a row, helping 214 Head Start families enjoy a holiday dinner and a week's worth of food basics. Among the other generous holiday donors were: Keio Academy, Little Helping Hands, Bunco Ladies, Huguenot Memorial Church, Pelham Jewish Center, Our Lady of Perpetual Help, United Way, Harvest Time Church, Westchester Atheists, Quaker Ridge Elementary School and The JFM Group.



Members of Huguenot Memorial Church, Pelham Jewish Center and Our Lady of Perpetual Help worked together to provide Thanksgiving-in-a-Box to more than 200 families. Pelham residents and others adopted 24 needy families and provided them with toys, clothing and household items.



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Port Chester, NY 10573

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Making a difference right at home.

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Youth Action Convention Encourages Teens to Set Priorities, Be Their Best Selves

Once again, hundreds of teens from across Westchester will meet at Pace University in Pleasantville to participate in the Youth Action Convention, which is sponsored by FSW's Westchester County Youth Councils, The BRIDGE Foundation, Con Edison, The Elias Foundation, New York Life and PACE University. This year's event will take place on Thursday, March 17, from 8:30 am to 1:30 pm and focus on the theme, "Getting Your Priorities Straight. How Are You Going to Win if You're Not Right Within?"

"This year, we want to challenge the youth of Westchester to get themselves together mentally and physically," says Tianna Canady, Program Coordinator of the Westchester County Youth Councils. "We hope to show the teens who attend how to overcome their challenges so they can empower their peers who may be struggling with similar issues."



Big Apple Playback Theatre performed at last year's convention.

Members of FSW's Youth Councils will lead 300 youth in various workshops at Pace University on March 17th.

One highlight of the convention will be the keynote address delivered by Terrie Williams, author, lecturer and public relations expert. In 1998, Williams founded the Terrie Williams Agency, which includes such clients as Eddie Murphy, Chris Rock, Janet Jackson, Russell Simmons, the NFL, the NBA, Revlon and Nickelodeon. Williams is the author of "The Personal Touch: What You Really Need to Succeed in Today's Fast-Paced Business World," and "A Plentiful Harvest: Creating Balance and Harmony Through Seven Living Virtues."

Another highlight of the convention will be the improvisational presentation by Big Apple Playback Theatre. This professional theatre company uses movement, music and poetry to make ideas submitted by the audience come to life. The actors will use interactive activities to address the issues of identity, dreams and goals, prejudice and social injustice.

Other workshops will focus on "Teen Sexuality," "Healthy Relationships," "Self-Injury and Self-Harm," "Health/Nutrition," "Media Influence and Self-Image," "Dangers of Alcohol Abuse/Underage Drinking," and "Cyber Bullying." For the adult chaperones and youth advisors who attend, the Westchester Children's Association will present a talk on "Advocacy 101."

To find out if your youth or school group can participate in the convention or to learn more about the workshops, please contact Tianna Canady at (914) 872-5224 or Terrell Wheeler at (914) 872-5225.