



Family to Family

Big Brothers Big Sisters
Center For Counseling
Child Life & Family Education
Children's Advocacy Center
Senior Services Center

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50 Men Who Cook A Great Success!

After the tremendous success of the inaugural 50 Men Who Cook in 2005, few imagined the 2006 event could surpass it's predecessor. However, on Saturday, August 12 at the Barsema Alumni & Visitors Center, the event once again exceeded expectations in a big way. Corporate sponsorships were up, prize donations were up, attendance was up, money raised was up, and by all accounts, the food was even better than last year!

Four chefs stood above the rest and won the Platinum Knife awards for best dish in each category. Gary Peele's Kickoff Artichoke Bruschetta won in the appetizer category. Jamie Krupp won the side dish award with Mom's Cheesy Potatoes. The entree division had co-champions, as Norm Larson and James Gregg made Tenderloin Tails. Last, and certainly not least, Brent McConnaughay won his second Platinum Knife award in as many years with his Chocolate Bourbon Pecan Pie in the dessert category (Brent won the side dish category last year with creamed spinach).

This event is not possible without the incredibly generous support from so many area businesses and individuals. We want to thank our wonderful sponsors: KishHealth System, American National Bank, B95, Northern Illinois Publishing, Resource Bank, Bethany Animal Hospital, National Bank & Trust, Castle Bank, Ideal Industries, Mike Mooney Chevrolet Cadillac, NB&T employees, Nicor, State Farm Insurance (Darrell Foss, Jeff Keicher, Brian Scholle, Scott Zeimet).

A big thank you to all of our prize donors, contributors and other volunteers: Anderson Funeral Home, Dennis Barsema, Barsema Alumni & Visitors Center, Brian Beer, Marti Birkett, Board members from FSA & CASA, Sal Bute, Bobbi & Dave Campbell, Confectionary, Coopers Diamond Jewelers, Crum-Halsted Agency, Curran Contracting, Carls Fargo, Bill Davey, Lisa Feurbach,

Terri Forbes, Congressman Denny Hastert, Kar-Fre Flowers, Bill Kinney, Kishwaukee College GED program, Elmer Larson LLC, Lundeen's, Joe Matty, Dave Paeglow, Rich Harvest Farms Golf Club, Ted Rosenow, Kathy Schmoll, Mark & Linda Schramer & farmdirectblackangus.com, Stratford Inn, Studio One Salon, Sycamore Containers, Sycamore High School Key Club, Sycamore High School National Honor Society, Sycamore High School Volleyball Team, Sylvan

Learning Center, Kathy Taylor, Kris Tilton, Upstaging, Linda VanBuren, Karen Weckerly.

Many thanks as well to all of our celebrity chefs: Stan Allen, Patrick Barclay, Bill Brady, Brad Burzynski, Brian Cada, Justin Coop, Dan Cotrell, Curt Countryman, Mike Cullen, Jim Dombek, Ken Doubler, Ed Eggers, Steve Elsik, Dave Emmert, Gary Evans, Scott Gayden, James Gregg, Rod Griffis, Scott Griffiths, John Hahn, Joe Jankauskis, Jeff Keicher, Kurt Klein, Jamie Krupp, Matt Kunz, Norm Larson, Matt Lundeen, Brent McConnaughay, Jeremy O'Brien, Brent Olson, Don Paulsen, Gary Peele, Steve Peterson, Tom Petit, Bob Pritchard, David Rennard, Bill Riddle, Joe Ryan, Chuck Sauer, Greg Schmoll, Scott Schulz, Chuck Siebrasse, Cary Singer, Steve Slack, Scott Starkweather, Ted Strack, Paul Stromborg, Don Sukach, Tim Suter, Dan Templin, Mike Verbic, Phil Watkins, Mike Weckerly, Danny White, Dick Willey, Upstaging, Scott Zeimet.

Last, and certainly not least, thank you to the volunteer committee that organized the event: Keri Nelson (co-chair), Craig Mathey (co-chair), Vicki Eggers, Julie Evans, Lindsey Katz, Jill Olson, Jesus Romero, Brad Rusin.

50 Men Who Cook raised over \$30,000 this year. That is not possible without every one of you! Thanks to everyone who supported Family Service Agency and CASA.



Big Brothers Big Sisters Staff Talk



Karen Orser
Director, Big
Brothers Big Sisters

Big Brothers Big Sisters continues to move forward with the National goal of serving 1,000,000 children by 2010. BBBS of DeKalb County strives to offer our programs to as many children who want them, and we continue to reach out to adults who would like to be mentors to the kids who need them.

Little Moments. Big Magic. I once heard someone say that we don't remember days, we

remember moments. At today's hectic pace we often forget to savor small pleasures while we make big plans. In the race to be better or best we sometimes lose sight of 'just being'. And just being, just soaking in and savoring a beautiful moment can provide some of life's greatest pleasures.

A crackling fire on a cold night; a good book; a spectacular sunset; a great meal with your family; a timeless moment with your child; or time spent with a good friend...these moments, if we stop long enough to enjoy, are the essence of life.

Live the Moments. May this Fall season be a blessed time for you and your family, and may you double your memories by sharing them.

My name is Holly Marie Dziaba. I have been the Big Brothers Big Sisters Enrollment & Match Specialist for 4 months now. I would like to thank everyone for being so patient, understanding and welcoming as I have been adjusting to my new job. It has been a great pleasure getting to know people who have been in the program for a while and welcoming new members to our BBBS family.



Holly Dziaba
Community Intakes Case
Manager/LADA Coordinator
Big Brothers Big Sisters

For those of you who don't know me, I took over for Ann-Marie Winikates in late May. I am a recent graduate of NIU with a Bachelor's Degree in Family Social Services. I have been married to my husband, Steve, for five years and we have a 2 year-old daughter, Alex. We are a close family and enjoy doing things together. I did grow up in the south suburbs of Chicago (yes...we are a White Sox family), so living in DeKalb has been a refreshing and exciting experience.

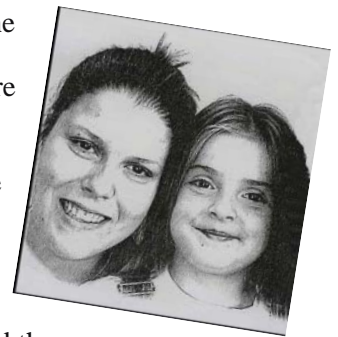
I would just like to thank everyone again for making this transition as smooth and pleasant as possible. I thoroughly enjoy my job and working with all of you.

A Big Sister's Day With Her Little Sister

I spent the day with my Little Sister today. We went bowling, then tried on clothes and had ice cream. It was a lot of fun! I can't believe that she is in 3rd grade already!! I was telling her that when we first got matched I remember picking her up at day-care. I don't think she could believe it...I can hardly believe it myself!! I love the fact that she is growing up and we can have little chats together --- it's not me asking her questions all the time. I wanted to share a story with you that happened today...

When I got to my Little Sister's house I was talking to her and her Mom and I asked her if she had gotten a new backpack for school. She said she had and then she said "I will go get it for ya'." When she came out she was wearing a pink messenger bag...it made her

look so much older! Then she began showing me what was in it... she pulled out a picture of her and I that she had in a zip-lock bag and she told me that she had taken the picture to school for show and tell. Right then, I was just in awe... but she went on to say that she told the class about me, and the reason she picked the picture was because she needed to bring something that was really important to her! My heart just melted!! I was so happy!! It really has been a great 3½ years with her and today was especially great!!!



Bowl For Kids' Sake 2007 is quickly approaching and we need your help. If you would like to volunteer to be on the Campaign Cabinet and help with the planning of Bowl For Kids' Sake, please contact Brad at 758-8616 or brusin@realsolutionstoday.org. We are also seeking corporate sponsors, lane sponsors and prize donations at this time.

Big and Littles



Upper left: Big Sister Abbey E. and Little Sister Angel H. at the Big Brothers Big Sisters annual event at the Kane County Cougars game on Friday, July 14

Upper right: Big Brother Doug T. and Little Brother Josh W. also at the Cougars game.

Lower left: Dressed as a Princess and a Gypsy, Little Sister Samantha G. and Big Sister Sharon F. enjoyed a day at the Bristol Renaissance Faire.

Attention Bigs

Big Brothers Big Sisters encourages all Bigs to attend one training while in the Big Brothers Big Sisters program. Trainings are two hours in length and held at Family Service Agency. Our upcoming training dates are scheduled for:

Tuesday, October 17*
6:30-8:30pm

Wednesday, October 18*
2:00-4:00pm

Please contact Karen or Holly at 758-8616 by Friday, October 13th to sign up for the training time that works best for you.

*Bigs only need to attend ONE training.

big littles matches events

birthdays

Lauren W. 10/9
Chasity S. 10/11
Sue P. 10/13
Marla S. 10/27
Sherri G. 11/1
Ericka B. 11/5
Ann B. 11/9
Ashley J. 12/1
Sarina M. 12/1
Nathan S. 12/1
Jordan M. 12/2
Paul T. 12/11
Matthew M. 12/18
Felicia P-S. 12/18
Nicole W. 12/23

new bigs

Janet R., Kevin S., Patrick S.
Geoff L., Susan J., Lindsey R.
Heather G., Genevieve D. Timeca J.

birthdays

Aaliyah W. 10/1, Ashland S. 10/8
Arelly D. 10/10, Justice R. 10/14
Andre H. & Autumn H. 10/18
Samantha G. & Amaris J. 10/23
Keesean D. 10/24, Tim S. 10/27
Jordan H. 11/4, Anita B. 11/5
Anitra B. 11/5, Angel H. 11/6
Sharvelle G. & Darvelle G. 11/13
Steven B. 11/13, Dante H. 11/14
Joey G. 11/20, Brittany K. 11/26
Cameron L. 11/29, Danielle T. 12/1
Chalice C. 12/3, Alexis M. 12/4
Haleigh L. & Chelcie L. 12/7
Raheem M. 12/13, Jamael M. 12/14
Jamarius M. 12/14, Kay T. 12/16
Rosie P-H. 12/18, Sean S. 12/23

new fun bunch & club 13 members

Erin M., Travis B.
Sean M., Ryan B.
Areyana R., Rose B.
Danielle T., Brandon B.
Julian T., Corey T.
Jacob T., Adam Z.

anniversaries

6 years - Diana S. & Rosie H.
6 years - Kelly H. & Sarena D.
4 years - Ashley J. & Jamael M.
3 years - Kate L. & Chelsea B.
3 years - Gail H. & Kelsey M.
2 years - Beth P. & Haleigh L.
2 years - Ann B. & Trisha R.
1 year
Chris L. & Peter M.
Nicole W. & Emily G.
Abigail E. & Angel H.
Tara S. & Marissa M.
Marquita W. & Diamond T.
Catashia W. & Monica T.

new matches

Reese D. & Eric M.
Sandra C. & LaFay D.
Jacob I. & Collin E.
Alissa C. & Laura C.
Sabrina T. & Janet R.
Rebecca L. & Jordan M.
Jacob T. & Robert L. & Patty E.
Matthew C. & Thomas H.
Isabella B. & Amberle S.
Alisa S. & Samantha G.
Julian T. & Geoff L.
Cain H. & Kevin S.
Justice R. & Patrick S.
Tegan N. & Cinda D.

halloween party

Attention all Matches and Waiting Littles: Join us for a Halloween Party at Family Service Agency on Friday, October 20th from 6-8pm. Have fun spending time with other BBBS Matches and Waiting Littles as we have pizza, do crafts and vote for our favorite costumes of the night. All Waiting Littles must have an adult with them. Please contact Holly or Karen at 758-8616 by Friday, October 13th to sign up.

christmas party

All Waiting Littles and their families are invited to a Christmas Party sponsored by Kishwaukee Community College Phi Theta Kappa. Phi Theta Kappa has reserved the Kishwaukee Conference Center Dining Room for Saturday, December 12th from 1-3pm. Please contact Holly at 758-8616 or hdziaba@realsolutionstoday.org by November 20th to sign up.

DeKalb's Youth Program Can Help Residents

City of DeKalb's Legal Department has a community service program that may be of benefit to you. Area youth who have committed minor offenses (like curfew violations) are frequently ordered by the court to volunteer their time for a certain number of hours of community service instead of paying a fine. Through the City's "Juvenile Offender Program" youths may be available to perform such tasks as lawn mowing and leaf raking for you. If you need such assistance, contact the City of DeKalb's Legal Division at 748-2092 or 748-2093 to find out if there are any juveniles available to assist you.

Senior Notes

services

Social Security Administration - 1st and 2nd Thursday of the month, 9:30-11:30 am & 12:30-3:30 pm

Veterans' Administration - 2nd & 4th Wednesday of the month, 9:00 am - 3:00 pm

Rules of the Road - Friday, October 6 & Friday, December 1

Prairie State Legal Services - Call 1-800-942-4612 for a consultation. There is no charge for services.

LIHEAP - For seniors 60+ and disabled. Call 758-3835 to schedule an appointment.

closings

The Senior Services Center & VAC will be closed on Monday, October 9th, SSC will be closed on Friday, November 10th, VAC will be open. SSC & VAC will be closed Thursday and Friday, November 23rd & 24th, Monday, December 25th, and Monday, January 1st. VAC will also be closed Tuesday December 26th.

events

Lunches provided by VAC - Call VAC at 758-1678 to reserve your lunch. Lunches must be reserved by 10:00 am the day before and Monday's lunch must be reserved by 10:00 am Friday.

parties by senior services center & vac

Halloween Party - Tuesday, October 31 - 11:30 am

Thanksgiving Party - Thursday, November 16 - 11:30 am

Christmas Party - Wednesday, December 20 - 11:30 am

New Years Party - Friday, December 20 - 11:30 am

Birthday Parties - October 25, November 22, December 27

Bingo - Oct. 16, Nov. 13, Dec. 11 - Noon

White Elephant Bingo - Noon - Oct. 23, Nov. 27, there will be NO white elephant bingo in December.

activities

Pinochle - Tuesday's at 1:00 pm

Bridge - Friday's at 1:00 pm

Bowling - Wednesday's & Friday's at 9:00 am at Mardi Gras Lanes in DeKalb.



SURFIN SENIORS

This program provides four free sessions of computer and Internet training to seniors. The Center has a computer available for seniors to use during regular business hours. Call the Senior Services Center at 815.758.4718 to sign up for classes or to use the computer.

SENIOR PEER MENTORING

A Senior Peer Mentor is a caring volunteer, age 55 or older, who can help seniors cope with the loneliness of growing older. Mentors are

trained to use an empathetic

ear to assist other seniors who are facing life's

problems. They are also

trained to understand and

recognize the signs of

depression, grief, loss and

other age related issues.

The program provides free,

confidential, in-home support

to seniors in DeKalb County.

Most people experience grief,

loss, depression or feelings

of isolation some time in

their life. For the times when

sadness or loss seem to linger,

Senior Peer Mentoring can help. If

you or someone you know could

benefit from having a peer mentor,

contact the Senior Services Center

at 815.758.4718.

BOWLING

Senior bowling is held every

Wednesday and Friday at 9:00am at

Mardi Gras Lanes in DeKalb. It is

not a league and there is no formal

commitment required. Just show

up, have fun and get some exercise.

For more details, call the Senior

Services Center 815.758.4718.

Senior Services Center Upcoming Day Trips

Pirate Queen - Wednesday, October 18

The Pirate Queen, with a cast of 40 is based on the real-life story of the legendary Irish pirate chieftain, Grace O'Malley, who led an extraordinary life as a pirate, chieftain, lover and mother in 16th century Ireland. Before the performance at the Cadillac Palace Theatre in Chicago, you will have time for lunch on your own at any of the nearby restaurants. Note; Chicago will be the first to experience the world premiere of this production. \$110.00 includes transportation, admission and tip for the driver. Lunch is on your own before the show. We leave at 9:30 am and return at 7:30 pm.



Into the Woods - Wednesday, October 25

There's more to these woods than witches, wolves, princes and potions. This fable picks up where the brothers' Grimm left off as we discover what happens to Cinderella, Red Riding Hood, Jack (of Beanstalk fame) and a host of fairy tale all-stars after they find their fairy tale dreams. A sumptuous score, biting lyrics and the wicked wit of musical theatre create a forest that is as forbidding as it is enchanting. So, enter these woods and find out what happens after "happily ever after". We will enjoy lunch and the show at Marriott Lincolnshire Theatre in Lincolnshire. \$75.00 includes transportation, lunch, and admission to the show and driver tip. We leave at 9:00 am and return at 6:00 pm.

Stand By Your Man - Wednesday, November 1

Tammy Wynette – the woman behind the legend and incredible songs that made her first lady of country music leaps off the stage and into your heart. Enjoy such songs as "Stand By Your Man," "D-I-V-O-R-C-E," "I Saw the Light," and many more! We will enjoy lunch at Circa 21 Dinner Playhouse in Moline before the show. \$70.00 includes transportation, lunch, admission to the show, and driver tip. We leave at 9:00 am and return at 6:00 pm

A Bit of Blarney - Thursday, November 16

Discover Chicago's rich Irish legacy during this tour highlighting Irish culture and heritage. Learn about Irish folk culture at the Irish American Heritage Center. Then we tour one of the oldest Irish churches in the city. Next, we enjoy a delicious traditional meal in an Irish eatery known for its good food and unique atmosphere. Finally, we will visit Bridgeport, once known as Cabbagetown, and hear stories about famous Irish residents who lived there. \$72.00 includes transportation, lunch, all admissions and driver tip. Call for departure and return times.

Irving Berlin's White Christmas - Wednesday, November 29

Get ready to discover a delightful new show that is as fresh as rare as newly fallen snow! Brimming with such Berlin hits as Blue Skies, How deep is the Ocean? And of course, the unforgettable title song, White Christmas. This story tells the tale of two showbiz buddies putting on a show in a magical Vermont Inn and finding their perfect mates n the bargain. We will enjoy lunch at Circa 21 Playhouse in Moline before the show. \$70.00 includes transportation, admission to the show, lunch and driver tip. We leave at 9:00 am and return at 6:00 pm.

Fireside Christmas - Wednesday, December 6

Christmas is a time of traditions, and for the 13th year, we are continuing the tradition of traveling to the Fireside Dinner Playhouse in Fort Atkinson, Wisconsin. You know that Christmas is truly upon us when you see the beautiful sets and costumes, hear the glorious singing thrill to the dazzling dancing and enjoy the heartwarming stories performed by a cast of talented singers and dancers. \$73.00 includes transportation, admission to the show, lunch and driver tip. We leave at 8:45 am and return at 6:00 pm.



Call Cheryl at 758-4718 for more information on the following trips.

All night Strut – Wednesday, February 7, 2007

Hollywood Sings – Thursday, February 8, 2007

The Color Purple – Wednesday, May 16, 2007

Please note: All trips require a commitment for bus, tickets and meals. Last minute cancellations require a paid replacement. If there is a waiting list, and your spot can be filled, a refund will be made. Payment must be made within 5 days of reservation. Call the Senior Services Center at 758-4718 to reserve your space. Please park in the parking lot on the north side of Grove Street, across from the Senior Services Center.

Fall Workshops Continue At Family Service Agency

Workshops
for Real Solutions

Don't miss our fall workshops at Family Service Agency. These workshops are designed to help you learn and strengthen the family bond. All workshops will be in the Family Service Agency Community Room unless otherwise noted. Registration is required at least one week in advance. Please call 758-8616 for more information and to register or visit our website at www.realsolutionstoday.org and click on "Workshops" to print the registration form.

The Instruction Manual for Partners Becoming Parents

Without a doubt, becoming first time parents is one of the most complex changes that a couple will experience. Emotional, physical and financial resources are challenged, and the couple will experience shifts in their relationship. This workshop will examine how becoming parents changes the couple relationship, discuss what has to change to sustain the couple relationship, and how the partner relationship influences healthy development of the child.

Tuesday, Oct. 17, 6:30–8:30pm, Presenter: Susan Plote, MS CFLE, \$20/Person, \$35/Couple

Balancing the Blended Family: It Takes Two

Are you in a blended family household and feel like things are off balance? Have you or your spouse felt torn over discipline techniques? Have you found yourself being pulled in one direction and the well-being of the household in another? This workshop will address these questions and examine key factors to help get your household emotionally and mentally balanced.

Wednesday, Oct. 18, 6:30-7:30pm, Presenter: Carrie Williams, MS ALMFT, \$20/Person, \$35/Couple

Recognizing An Eating Disorder in Someone You Love

Is food an issue in your home? Have you noticed a loved one changing their eating patterns in an unusual way? This workshop will explore the signs and symptoms associated with disordered eating and provide strategies for seeking help and restoring health.

Wednesday, Nov. 8, 7:00-8:00pm, Presenter: Heidi Ligouri Melendez, MC LCPC NCC, \$20/Person, \$35/Couple

Grief, Holidays and Healing

This program will provide strategies for individuals who have experienced a loss and are having a difficult time with the approaching holiday season. Find out how you can continue to celebrate the holidays while remembering your loved one.

Thursday, Nov. 9, 7:00-8:30pm, Presenter: Dan Klein, MSW LCSW, \$20/Person, \$35/Couple

Understanding and Anchoring and Your Adolescent Daughter

Your adolescent daughter is dealing with increasingly difficult issues. Her body is changing, school can be demanding, and her social relationships are complex. This workshop will help you understand the dynamics of her social relationships and what she needs from you to help her as she navigates what can be the treacherous waters of adolescence.

Tuesday, Nov. 14, 6:30-8:30pm, Presenter: Susan Plote, MS CFLE, \$20/Person, \$35/Couple

Walking the Tightrope – The Complex Relationship Between Mother and Daughter

The mother-daughter relationship is perhaps the most complex and intimate relationship. The struggle to find closeness, but not too much, the struggle to know, but not too much, the struggle to be independent, but not too much can be both exhausting and enriching at the same time. This workshop examines the complex dynamics of the mother-daughter relationship, helping mothers and daughters understand each other and improving their relationship.

Tuesday, Dec. 12, 6:30–8:30pm, Presenter: Susan Plote, MS CFLE, \$20/Person, \$35/Couple



Susan Plote
MS CFLE
Executive Director,
Family Service Agency



Carrie Williams
MS ALMFT
Assoc. Lic. Marriage & Family Therapist
Center For Counseling



Heidi Ligouri Melendez
MC LCPC NCC
Lic. Clinical Professional Counselor
Center For Counseling



Daniel Klein, MSW
Licensed Clinical
Social Worker,
Center For Counseling

Recent Agency Support

Family Service Agency is dependent upon the generosity and support of the DeKalb County community. These donors have provided financial support to the agency since our last newsletter. We thank them sincerely for supporting the services and vision of Family Service Agency.

Anonymous	Margaret & Mervin Kittleson
Pearl Belluzzi	Nadia Lachowski
Rudolf & Ingeborg Bisanz	Mr. & Mrs. Arnold Lehto
Cifford & Lucille Chaffee	Dan & Hazel Metzger
DeKalb County Community Foundation	William Monat
DeKalb Township	Pan American Seed Co.
Kathleen Dust	Ruth Rolf
Mr. & Mrs. Robert Fetty	Sandwich Township
Mr. & Mrs. Ronald Flemal	Elizabeth Smalley
Genoa-Kingston United Way	R.W. Talbot
Genoa Township	Stan & Ann Trail
Elizabeth George	Marcella Turk
Mr. & Mrs. Robert Gilmore	Dorothy Watson
Village of Hinckley	Mr. & Mrs. Robert Wheeler



Make A Difference at Family Service Agency

Family Service Agency depends on people just like you everyday, to provide continued support. Here are just a few ways you can help Family Service Agency:

- Make a cash contribution to the agency. You can designate your donation to a specific department or leave it undesignated to be used for capital improvements or general operating expenses. Donate online too at www.realsolutionstoday.org!
- Become a senior peer mentor at the Senior Services Center.
- Buy a ticket to 50 Men Who Cook.
- Volunteer to work on a fundraising committee, like Bowl For Kids' Sake.
- Donate your gently used clothing and household items to The Country Store.
- Purchase a travel raffle ticket from the Family Service Agency Foundation.
- Donate a raffle prize for a Family Service Agency fundraiser.
- Become a sponsor of a Family Service Agency fundraiser.
- Volunteer to become a Big Brother or Big Sister.
- Recommend our counseling services to your family and friends.



THE OPPORTUNITIES ARE ENDLESS...

Were only a click away!

www.RealSolutionsToday.org



Klein Completes Sexual Behaviors Training



Daniel Klein, MSW
Licensed Clinical
Social Worker,
Center For Counseling

Daniel Klein, clinical social worker with Family Service Agency's Center for Counseling recently completed training in Treating Compulsive Sexual Behaviors. Referred to as the "Dark Side of The Sexual Revolution" sexual behaviors of concern are more than a single event and have progressed to an ongoing out of control pattern.

The behaviors ranging from viewing sexually explicit material on the internet to extramarital affairs often have severe consequences effecting individuals and their families emotionally, socially, financially, and spirituality. Assessment is conducted through an examination of the behavior and motivators.

Effective treatment is designed around specific cognitive and behavioral goals. Sexual expression is on a continuum and the goal of treatment is managing one's sexuality in a positive and healthy fashion.

Individuals desiring additional information on assessment or treatment strategies may contact Daniel at 758-8616.

Custody Evaluations at Family Service Agency's Center For Counseling

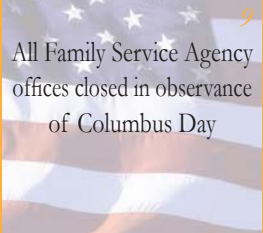
The goal of a custody evaluation is to provide information that will be helpful to you and your children during the period of pre and post divorce adjustment. Family Service Agency's Center For Counseling has been providing custody evaluation services for several years.

The evaluation will entail the collection of information through interviews and corroborating sources. Only in unusual circumstances will friends or neighbors be interviewed. As an example, information may be sought from church leaders, teachers, therapists, physicians, D.C.F.S. and criminal background checks. Psychological testing may be ordered. This information will be used to generate a report. The report will summarize the information gathered with guidelines to the court on issues of custody, time-sharing and other individual or family concerns. The report will be submitted to the Court.

Benefits of the Evaluation

- Parents will be able to express their concerns to a specially trained professional with expertise in divorce, and the impact divorce has on individuals and families.
- Evaluator will spend extensive time with each parent in an attempt to understand their concerns and perceptions as to the needs of their children in the present and future.
- Evaluator will spend extensive time with your children in an attempt to understand their current needs, as well as their future needs.
- Evaluator will also spend time with you and your children in an attempt to gain a perspective on each parent's relationship with their children.
- One professional will be working with all family members in an attempt to identify individual and family needs.
- Parents will be assisted in understanding the issues facing their children and how to best lessen the stress of the pre and post divorce adjustments families must make.
- Opportunities will be presented to assist families with solutions and problem solving methods.



October 2006				
Monday	Tuesday	Wednesday	Thursday	Friday
2 Caregivers Network 7:00-8:30pm	3 Pinochle - 1:00pm Coping With Anger Group, 6:00pm	4 Bowling - 9:00am	5 Social Security 9:30-11:30am & 12:30-3:30pm Trip - Liberate Kids First-6:00-9:00pm	6 Bowling - 9:00am Bridge - 1:00pm Rules of the Road 1:00-3:00pm
9 All Family Service Agency offices closed in observance of Columbus Day 	10 Pinochle - 1:00pm Columbus Day Party Coping With Anger Group, 6:00pm	11 Bowling - 9:00am VA 9:00am-3:00pm Health Care Presentation-11:45am	12 Social Security 9:30-11:30am & 12:30-3:30pm Assisted Living Training - 6-7:30pm	13 Bowling - 9:00am Bridge - 1:00pm Senior Peer Mentoring - 11:30am
16 Bingo - Noon Caregivers Network 7:00-8:30pm	17 Pinochle - 1:00pm Coping With Anger Group, 6:00pm Partners becoming Parents workshop, 6:30-8:30pm	18 Bowling - 9:00am Octoberfest Party Pine Acres Blood Pressure 11am-Noon Trip - Pirate Queen Balancing the Blended Family Workshop-6:30-8:30pm	19 No Social Security Kids First-6:00-9:00pm	20 Bowling - 9:00am Bridge - 1:00pm
23 White Elephant Bingo - Noon	24 Pinochle - 1:00pm	25 Bowling, VA-9:00am Birthday Party Bethany Blood Pressure 11am-Noon Trip-Into the Woods	26 No Social Security	27 Bowling - 9:00am Bridge - 1:00pm
30	31  Happy Halloween Halloween Party-11:30am Pinochle - 1:00pm			



Calendar News and Notes

- All parties and bingo are sponsored by the Senior Services Center and Voluntary Action Center.
- For White Elephant Bingo, bring an unused item worth \$1.00 or more.
- Event locations vary. For more information about any of the events listed please call 815.758.8616.
- The Family Service Agency Foundation 11th Art Auction will be held on February 3, 2007 at Carls Fargo in downtown Sycamore. This date is a change from the originally scheduled date, please make note of this change. We hope to see you there!

Family Service Agency Foundation 11th Art Auction

*Saturday, February 3, 2007, 5:30-9:00pm
Carls Fargo Inn Restaurant in Sycamore*

*Silent and live auctions of noted local artists' work
Hosted by auctioneer extraordinaire Steve Almburg
& art expert/commentator Dr. Jerry Meyer*

November 2006				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bowling - 9:00am Trip - Stand by Your Man	2 Social Security 9:30-11:30am & 12:30-3:30pm Kids First-6:00-9:00pm	3 Bowling - 9:00am Bridge - 1:00pm Senior Peer Mentoring 9:00am
6 Caregivers Network 7:00-8:30pm	7 Pinochle 1:00 pm	8 Bowling - 9:00am VA 9:00am-3:00pm Recognizing an Eating Disorder in Someone You Love workshop-7:00-8:00pm	9 Social Security 9:30-11:30am & 12:30-3:30pm Assisted Living Training - 6-7:30pm Grief, Holidays and Healing Workshop - 7:00-8:30pm	10  All Family Service Agency offices closed in observance of Veterans Day
13 Bingo - Noon	14 Pinochle 1:00 pm Understanding and Anchoring your Adolescent Daughter workshop - 6:30-8:30pm	15 Bowling - 9:00am Pine Acres Blood Pressure 11am-Noon	16 No Social Security Trip - Bit of Blarney Thanksgiving Party Kids First-6:00-9:00pm	17 Bowling - 9:00am Bridge - 1:00pm
20 Caregivers Network 7:00-8:30pm	21 Pinochle 1:00 pm	22 Bowling - 9:00am VA 9:00am-3:00pm Birthday Party Bethany Blood Pressure 11am-Noon	23  All Family Service Agency offices closed in observance of Thanksgiving	24 All Family Service Agency offices closed in observance of Thanksgiving
27 White Elephant Bingo - Noon	28 Pinochle 1:00 pm	29 Bowling - 9:00am Trip - White Christmas	30 No Social Security	

Contact Us

We are trying to send out as many newsletters as possible via email. This will help keep our costs in check along with providing the information to YOU in a more timely manner. Please contact us with your email address to receive an electronic version of this newsletter or if you have any comments, questions, or suggestions for future issues. We'd love to hear from you.

Mail 14 Health Services Drive, DeKalb, Illinois 60115
Phone Main Office: 815.758.8616, Senior Services Center: 815.758.4718, Sandwich area Residents: 815.786.7079
Fax 815.758.7569
Hours Main Office: M-F 8:30am-5:00pm and evenings by appointment, Senior Services Center: M-F, 8:00am-4:30pm
Website www.RealSolutionsToday.org
Email info@RealSolutionsToday.org



December 2006				
Monday	Tuesday	Wednesday	Thursday	Friday
				¹ Bowling - 9:00am Bridge - 1:00pm
⁴ Caregivers Network 7:00-8:30pm	⁵ Pinochle 1:00 pm	⁶ Bowling - 9:00am Trip - Fireside Christmas	⁷ Social Security 9:30-11:30am & 12:30-3:30pm Kids First-6:00-9:00pm	⁸ Bowling - 9:00am Bridge - 1:00pm Senior Peer Mentoring - 9:00am
¹¹ Bingo - Noon	¹² Pinochle 1:00 pm Walking the Tightrope The Complex Relationship Between Mother and Daughter workshop - 6:30-8:30pm	¹³ Bowling - 9:00am VA 9:00am-3:00pm	¹⁴ Social Security 9:30-11:30am & 12:30-3:30pm Assisted Living Training - 6-7:30pm	¹⁵ Bowling - 9:00am Bridge - 1:00pm
¹⁸ Walking - 3:00pm Caregivers Network 7:00-8:30pm	¹⁹ Pinochle 1:00 pm	²⁰ Bowling - 9:00am Christmas Party Blood Pressure 11am-Noon	²¹ No Social Security Kids First-6:00-9:00pm	²² Bowling - 9:00am Bridge - 1:00pm
²⁵ All Family Service Agency offices closed in observance of Christmas	²⁶ Pinochle 1:00 pm	²⁷ Bowling-9am, VA 9-3 Birthday Party Bethany Blood Pressure 11am-Noon Workshop-Staying for the Child's Sake-6:30-7:30pm	²⁸ No Social Security	²⁹ Bowling - 9:00am Bridge - 1:00pm New Year's Party

THE COUNTRY STORE

659 E. Lincoln Highway DeKalb
756-2378

M, W, Th, F 10:30am-4:30pm, T 4-7pm

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Family Service Agency Guild



Family Service Agency's Center For Counseling

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Let us show you how.
Call us first for *Real Solutions Today*.

815.758.8616

Legler To Lead Caregivers Network



Paul Legler, LCPC
Licensed Clinical
Professional Counselor,
Center For Counseling

Deciding how to care, and then providing care, for an older parent or aging spouse is among life's most challenging experiences. Many adult caregivers are already stressed out juggling jobs or careers, spouses, children and community responsibilities. Family Service Agency's Caregivers' Network provides support for caregivers of frail older adults. Paul Legler, LCPC, who has been with Family Service Agency's Center For Counseling for eight years, will now be directing the Caregivers Network.

Each meeting is an opportunity for all participants to share experiences, ask questions and express frustrations and includes

an informal examination of an educational topic related to caregiving. Recent topics have included stress reduction, a review of the "Nuns' Study" of Alzheimer's Disease, and finding and using outside resources.

The Caregivers' Network typically meets twice a month on the first and third Monday evenings. All meetings are held at Family Service Agency from 7:00 to 8:30pm.

The Caregivers' Network group is FREE, and is jointly sponsored by Family Service Agency and the Northwest Illinois Area Agency on Aging. For more information, please call 758-8616.

Family Service Agency's *Workshops for Real Solutions*

The Instruction Manual for Partners Becoming Parents *Tuesday, October 17, 6:30-8:30pm*

Balancing the Blended Family: It Takes Two *Wednesday, October 18, 6:30-7:30pm*

Recognizing An Eating Disorder in Someone You Love *Wednesday, November 8, 7:00-8:00pm*

Grief, Holidays and Healing *Thursday, November 9, 7:00-8:30pm*

Understanding and Anchoring and Your Adolescent Daughter *Tuesday, November 14, 6:30-8:30pm*

Walking the Tightrope - The Complex Relationship Between Mother and Daughter *Tuesday, Dec. 12, 6:30-8:30pm*

Family Service Agency is offering new workshops that are designed to help and enhance families by addressing specific topics relevant to DeKalb County families. Registration is required at least one week in advance. For more information and to sign up, please call 758-8616 or visit www.realsolutionstoday.org and click on "Workshops". You can also turn to page 6 of this newsletter for specific workshop information.