



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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Family Service Agency is a
United Way Agency.



Kishwaukee United Way

Bowl For Kids' Sake

Bowl For Kids' Sake 2007 is just weeks away. This year's volunteer Campaign Cabinet is hard at work recruiting team captains and making preparations to make this the best Bowl For Kids' Sake DeKalb County has ever had.

Bowl For Kids' Sake is a long-time fundraiser to benefit Family Service Agency's Big Brothers Big Sisters. The event is



Dates

February 18
Four Seasons Sports

February 26 & 27
NIU Huskies Den

March 2 & 3
Mardi Gras Lanes

March 4
Idle Hour Lanes

How to Help

Form a team of 4-6 bowlers, get your family, friends and/or co-workers together! Call 758-8616 or visit www.realsolutionstoday.org

sponsors.

The focus for this year's event is to form as many teams as possible. Become a team captain and help make a difference in the life of a child. This year, over \$15,000 in prizes will be given away to participants. Community members are asked to form a team of 4-6 bowlers from a business, church, school or as a group of family and friends. Each team member must raise a minimum of \$75 and will then receive one free game of bowling and shoe rental on

See BOWL FOR KIDS' SAKE, page 6

11th Foundation Art Auction

Looking for some great artwork to add to your home décor? Want to support Family Service Agency at the same time? Then put this date on your calendar: Saturday, February 3, 2007.

That's the date of the 11th Art Auction sponsored by the Family Service Agency Foundation at Carls Fargo Restaurant, 355 West State Street in downtown Sycamore.



Date

Saturday,
February 3, 2007
Carls Fargo Restaurant
355 West State St.
Sycamore
5:30-9:00pm

Info

Live & silent auctions
noted local artists
Call 758-8616
or visit www.realsolutionstoday.org

The evening will begin at 5:30 p.m. with a social time and preview of the art auction selections. Hors d'oeuvres and chamber music will add to the evening's ambience. Bidding for the items in the silent auction will begin at this time. The live portion of the auction offering art pieces by many well-known local artists opens at 7:00 p.m. and will be conducted by auctioneer Steve Almburg. Art commentator for the evening will be Dr. Jerry Meyer, former assistant chair of the Art Department at Northern Illinois University, who will supply background information on each participating artist and will explain individual techniques and style presentations of the artists. This dynamic duo has been informing and entertaining art auction attendees for several years.

Offerings for the live and silent auctions will include oil paintings, acrylics, watercolors, pastels, cartooning,

See ART AUCTION, page 6

Thank You For Your Support



Karen Orser
Director, Big
Brothers Big Sisters

Big Brothers Big Sisters was very fortunate during the recent Holiday season. We would like to express a big THANK YOU to the many wonderful people and organizations that helped bring some extra joy and comfort to families in our programs.

The food and gift donations were far beyond our expectations and were truly appreciated by all those who were the recipients. Thank You and Bless You.

As we begin 2007, we look forward to reaching out to more children in DeKalb County and helping them realize their potential through our mentoring program. If you belong to an organization that would like to know more about our Big Brothers Big Sisters

programs, please give me a call, and I would be happy to share the information at a meeting or get-together.

The Bowl For Kids' Sake fundraiser is fast approaching --- we are gearing up to make this event a super, fantastic and successful one and for the Big Brothers Big Sisters department. There are some great prizes for the top fund-raisers, and we have some new things planned for the event. If you have not been contacted but would like to participate please give us a call and we will get you started. You can help us reach out to the Kids by raising funds and bowling for fun.

According to Fortune Magazine, "The number one indicator of success for a child is a good relationship with a nurturing adult."

May your 2007 be a successful one.

Little Moments. Big Magic.

Meet A Match

Little Brother Jacob T. has a special match with a couple Big Brother Bob L. and Big Sister Patty E.. This trio has only been matched since September, and they're having lots of fun.

Question: What are some of your favorite activities to do together?

Match: Sports, example sledding, snowboarding, kayaks, bowling, hikes and reading.

Question: Jacob, what do you like best about having a Big Brother and a Big Sister?

Jacob: We do a lot of fun stuff together.

Question: Bob and Patty, what do you like about having a Little Brother?

Bob and Patty: We get to share all of our fun adventures with Jacob. We can teach him new skills and hobbies that he might not other wise get to try.

Question: What makes your relationship special?

Jacob: That Big Brothers Big Sisters picked a good match for me.

Bob and Patty: We feel very fortunate to be able to spend time with Jacob. He brings such joy and great energy to the relationship. He is so much fun and we always laugh together.

Patty: Jacob reads to me and makes me feel real special.

Question: Jacob, how have Patty and Bob helped you?

Jacob: Patty and Bob take me to fun places my mom can't take me.

Thank you Bob, Patty and Jacob for sharing a glimpse of what your relationship is like. We wish you continued success as your relationship continues to grow.



Anniversaries

One Year

Dayla R. & Jaila W., Marla S. & Lacey A., Kim N. & Jayaunna Y., Kate P. & Celeste W., Michael H. & Marcus Y.

Two Years

Doug T. & Josh W., Jami J. & Francesca R.

Three Years

Paul T. & Jacob K., Greg W. & Andrew S.

Four Years

Cindy D. & Caitie Y., Felicia S. & Anthony A.

Five Years

Bonnie G. & Sean S.

Six Years

Dawn B-L. & Brittany K.

Announcements

Volunteer Training

Attention BBBS Volunteers: We will be conducting a Volunteer Training in February. Please watch for the flyer that will announce the dates and times.

Potbelly To Donate To BBBS

Potbelly Sandwich Works opened at 1013 W. Lincoln Highway in DeKalb on December 11, 2006. Big Brothers Big Sisters will partner with Potbelly's for a "Free Sandwich Event". Anyone who comes into Potbelly's on **Tuesday, January 23rd between 11:00am and 2:00pm can receive a free sandwich** for a donation to Big Brothers Big Sisters.

Thank You

Many thanks to the Sycamore High School Sociology Class for helping with the special activities during October, November, December and January. The Big Brothers Big Sisters staff appreciated your assistance and the kids & volunteers loved the events.

New Interns

BBBS will have two new interns from January through April. We would like to welcome Amber Villarreal and Marjorie Davis, both students at NIU. We know they will be a great help in the department and we hope the experience with Big Brothers Big Sisters will benefit them. Welcome Amber & Marjorie.

Barnes & Noble Book Donation

For the 3rd year in a row the customers at Barnes & Noble Booksellers store have purchased books for the kids in the Big Brothers Big Sisters programs. In December, BBBS received more than 500 books that were donated and will be distributed to the kids. Thanks Barnes and Noble for your efforts in supporting our programs and encouraging the kids to read. Thanks to the community for purchasing the books that go to the kids.

Upcoming Activities

Attention Waiting Littles and Matches! Join us for an evening of bowling and pizza on Tuesday January 16, 2007 from 5:00 – 7:00 pm at Four Seasons Sports (1745 DeKalb Ave., Sycamore). Please

RSVP with Holly or Karen at (815) 758-8616 by Friday January 12, 2007.

Halloween Costume Winners

Congratulations to our Halloween Costume Contest Winners. Nathan S. was our "Big" winner and Kyle D. was our "Little" winner. Thank you to all who came to the Halloween Party. It was a great success!

Keep Us Updated

Don't forget to let us know how you're doing. If you haven't checked in with your case manager in a while...give us a call. Also, let us know about your accomplishments and fun things you're doing in your matches. **We would love to get some pictures of matches having a good time. Please send us pictures that we can put on our bulletin board or possibly print in the newsletter.

Thank Your Mentor Day™

This will be celebrated on Thursday, January 25th. On that day we encourage you to reach out to thank and honor the individual(s) who encouraged and guided you and who had a lasting impact on your life. The Thank Your Mentor Day™ theme is "Who mentored you? Thank them...and pass it on!" Contact your mentor personally to express your appreciation. 'Pass it on' by becoming a mentor to a young person in your community. Write a tribute to your mentor and send it to them, or send it for posting in the newspaper. To support Thank Your Mentor Day™, visit the website www.WhoMentoredYou.org.

New Fun Bunch and Club 13 Members

Karter H., Cortney B., Trevor B., Paige H.

New Bigs

Mindi M., Darcey J., Alesia C., Margaret O., Malissa L., Addie C.

New Matches

Danielle T. & Timeca J., Erin M. & Heather G., Rose B. & Meghan M., L.J. V. & Lindsey R., Amaris J. & Jackie F., Areyana R. & Darcey J., Montreace M. & Jasmine W., Angel H. & Mindi M., Emerald V. & Holly D.

Happy Birthday

'Bigs' Birthdays

1/1 - Diane L.
1/3 - Lindsey R. & Del S.
1/5 - Kelly H.
1/6 - Catashia W.
1/13 - Joe P.
1/15 - Karen O.
1/17 - Holly D.
1/19 - Bonnie G.
1/22 - Cindy D.
1/30 - Jackie F.
2/1 - Krystal D.
2/12 - Patrick S.
2/13 - Jacob W.
2/21 - Cinda D.
2/25 - Kate L.
3/10 - Jami J.
3/14 - Matthew H.
3/15 - Tiffany S.
3/18 - Bob L.
3/26 - Alex H.

'Littles' Birthdays

1/9 - Alissa C. & Samantha G.
1/11 - Marissa M.
1/12 - Barbie E.
1/15 - Josh W. & Nicholas B.
1/18 - Cain H.
1/19 - Julian T.
1/21 - Delaney M.
1/24 - Corey T.
2/3 - Anthony S.
2/9 - Shikara W.
2/12 - Montreace M.
2/17 - Rebecca L.
2/24 - Michael B. & Dominique G.
2/25 - Isabella B. & Kyle G.
2/27 - Rose B.
3/2 - Alisa S. & Brandon B.
3/8 - Mila K.
3/10 - Monica T.
3/11 - Ryan B.
3/22 - Lacey A.
3/23 - Kelsey M.
3/24 - Adam Z.
3/25 - Diamond T.
3/29 - Emma N.
3/31 - Jacob D.

Senior Center Gets New Director



Ann Lindahl
Director, Senior
Services Center

Family Service Agency has hired Ann Lindahl as Director, Senior Services Center. Ann has been active in the community for over 25 years while teaching at Kishwaukee College and Northern Illinois University, working with several small area businesses and volunteering as a board member and ambassador for the DeKalb Chamber of Commerce, the March of Dimes, her church and other organizations her family has been involved in.

Ann grew up in the Quad Cities where her senior family members have all lived over the age of 87 - including one to the age of 103! Ann and her husband Stan have raised three sons who now live in Michigan, Virginia and Texas. Her family has worked in senior social services for many years, and she looks forward to using her knowledge and experiences with Family Service Agency's Senior Services Center. Welcome Ann!

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 - 4:00 pm

Rules of the Road - Friday, February 2, 1-3pm. There will be NO class in January and March.

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.

AARP Taxes - Starting Tuesday, February 6 from 1-4pm. This program is open to the public and runs until Tuesday, April 10.

closings

The Senior Services Center & VAC will be closed on Monday, January 1. SSC will be closed on Monday, January 15, but VAC will be open. VAC will be closed on Monday, February 19, but SSC will be open.

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

Valentine's Day Party - Wednesday, February 14

St. Patrick's Day Party - Friday, March 16

Birthday Parties - January 24, February 28, March 28

Bingo - January 8, February 12, March 12

White Elephant Bingo - Noon - January 22, February 26, March 26

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

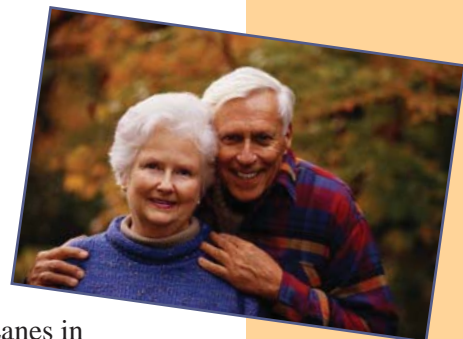
This program provides four free sessions of computer and Internet training to seniors. The Center has a computer available for seniors to use during regular business hours. Call the Senior Services Center at 815.758.4718 to sign up for classes or to use the computer.

WISH LIST

- upright vacuum cleaner
- paper shredder
- humidifier
- microwave oven
- 30 cup coffee maker
- magazine subscriptions to Woman's Day and Family Circle
- hanging files for full file cabinet (4)
- two corn brooms

VOLUNTEERS NEEDED

The Senior Services Center is looking for volunteers. If you would like to volunteer your time in the office or at the front desk, please call Cheryl at 758-4718. Volunteers are especially needed on Social Security days.



Senior Services Center Upcoming Day Trips

All Night Strut - Wednesday, January 31

No ifs, ands, or buts about it, this show struts! From the funky jive of Harlem to the sophisticated elegance of El Morocco, this musical extravaganza presented at the Lincolnshire Marriott Theatre is filled with jazz, blues, be-bop and swing. It is an all singing, all dancing, jump'n jive from Tin Pan Alley, with classic standards like, In the Mood, Fascinating Rhythm, Tuxedo Junction and As Time Goes By. \$72.00 includes transportation, lunch, performance and driver tip. We leave at 9:00 am and return at 6:00 pm.

Hollywood Sings at the Fireside - Thursday, February 8

As soon as the movies learned to talk, they began to sing. From Al Jolson to Fred Astaire, Ginger Rogers, Gene Kelly, Judy Garland, Elvis Presley, Frankie Avalon, the Beatles and John Travolta; the movie musical has been entertaining millions of people for over 75 years. And now following their popular live band shows, the Fireside presents this all-new spectacular musical revue paying tribute to the great movie musicals. \$75.00 includes transportation, lunch, performance, and driver tip. We leave at 8:45 am and return at 6:00 pm.

Jane - Rockford's Special Lady - Thursday, February 22

Today, we travel to Rockford's Burpee Museum; a natural history museum specializing in paleontology, geology, biology and Native American life to learn about Jane. Jane has been called of the 10 most important dinosaur discoveries in the past 100 years. Come and discover what happened during the 66 million years she lay buried, visit the expeditions' Montana base camp and view Jane's fully restored 21-foot skeleton. Our included lunch is at the Command Post Restaurant - Home of Camp Grant. We will also make a stop at the Mrs. Fischer's Potato chip outlet. \$48.00 includes transportation, lunch, admission and driver tip.



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

The Musical of Musicals - "The Musical"

The musical geniuses of Rogers & Hammerstein, Stephen Sondheim, Andrew Lloyd Weber and others are combined into an off-Broadway smash hit! Each of these creators takes one story line and transforms it into a mini-musical. The result is five musicals in one evening. Lunch is included at the Pheasant Run in St. Charles.

Lawry's and the Noble Horse Theatre

Our first stop is Lawry's, The Prime Rib, located on the magnificent mile in Chicago for lunch. This restaurant is located in the magnificent 1890's McCormick Mansion. After lunch, we will travel to the Noble Horse Theatre for an afternoon performance by white Andalusia stallions.

Fiddler On the Roof

This musical played to sold-out crowds for 7 years on Broadway. It has won nine Tony Awards including Best Musical and has been produced in over 43 countries. We will enjoy lunch and the show at the Fireside in Fort Atkinson Wis.

**The Great Chicago Mystery...Marvels and Mayhem**

Today, we will hear the thrilling story of the best and brightest people who worked to build the Chicago World's Fair. Next, we will visit Jane Adams Hull House and the Chicago History Museum. We will enjoy lunch in the Union League Club's classic main dining room. The Union League has a business casual dress code. No jeans, gym shoes or athletic clothing are allowed.

Rialto Organ Extravaganza

We travel to Joliet again for the 2007 Pipe Organ Extravaganza. Sit back, relax and experience the performances of some of the world's foremost keyboard artists on the Grand Barton Theatre pipe organ. We dine at the White Fence Farm prior to the performance.

The Color Purple - Wednesday, May 16, 2007

Chicago will be the first to experience the world premiere of the Color Purple at the Cadillac Palace Theatre. This play is an inspiring and unforgettable story of a woman who finds the strength to triumph over adversity and discover her unique voice in the world. Lunch will be on your own before the performance.

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.

Bowl For Kids' Sake - cont. from page 1

their selected community-bowling day along with free pizza and soda. Participants that raise \$125 or more will receive the above mentioned and the Official Bowl For Kids' Sake short sleeve t-shirt. They will also receive a free game of bowling for a future visit. Participants who raise at least \$175 will choose between a short or long sleeve t-shirt and will also receive the new Bowl For Kids' Sake water bottle. Finally, those raising at least \$250 will be eligible for one of our 10 Grand Prizes, which have a value of over \$2,500! The top 5 money raisers overall will get their choice of prizes. All remaining participants, who raise at least \$250, will be placed in a drawing for the remaining 5 Grand Prizes.

Corporate Sponsors for Bowl For Kids' Sake 2007 include: 1360 WLBK, B95, Daily Chronicle, The MidWeek, WSPY/WSQR, Castle Bank, National Bank & Trust, Northern Rehab, Elder-Beerman, Ideal Industries, Kishwaukee Community Hospital, Brown's County Market, Crum Halsted Agency, Sycamore Moose, The Suter Company, Spex Express, Valley West Community Hospital, BioLife Plasma Services, American National Bank of DeKalb County and Wal-Mart.

Dates for Bowl For Kids' Sake 2007 are: Sunday, February 18 at Four Seasons Sports in Sycamore, Monday & Tuesday, February 26 & 27 at NIU's Huskies Den, Friday & Saturday, March 2 & 3 at Mardi Gras Lanes in DeKalb and Sunday, March 4 at Idle Hour Lanes in Sandwich.

For more information about Bowl For Kids' Sake 2007 and how you can get involved, call Family Service Agency at 758-8616, e-mail brusin@realsolutionstoday.org, or visit www.realsolutionstoday.org for updated information and to download pledge envelopes, registration forms and much more.



Art Auction - cont. from page 1

lithographs, photography, batik, and jewelry. Several of the participating artists have gallery connections in Chicago and New York. Most have works in museums, corporate collections, and major private collections.

It is the intent of the Family Service Agency Foundation to present commendable local works of art. At the same time, the public can support the fundamental human service programs offered by Family Service Agency.

Tickets for the complete evening's program are available for \$35.00 per person of which \$25.00 is tax deductible. For tickets or further information, contact Family Service Agency at 758-8616.

The following is a selection describing 5 of the 34 artists that participated in the 2004 Art Auction:

Michael Barnes is currently an Associate Professor of Art at NIU. His work has been exhibited in over 100 competitive group exhibitions since 1996 including exhibitions in Poland, Taiwan, Estonia, Japan, Romania, Finland and the Republic of Macedonia.



Jay Bell joined the faculty of NIU's School of Art in 1975 and retired in January of 2003. His paintings have received many Best of Show and Awards of Excellence in his numerous exhibitions. The next time you are at Kishwaukee College, be sure to seek out his large, beautiful Illinois landscape in the "C" wing.

Dorothea Bilder who received her MFA from Southern Illinois University, is Professor Emeritus in NIU's School of Art. Her work has been a part of several international competitive exhibitions including those held at the United Nations World Conferences on Women in 1995 and 1996.

Charles Moore is a DeKalb resident and former NIU faculty member who is well known throughout the country for his expertise in the area of hand carved decoys. His decoys are in constant demand; many times with orders waiting to be filled.

Charlotte Rollman is a Professor of Art at Northern who teaches watercolor. She received her MFA in painting at the University of Illinois and BFA from Murray State in Kentucky. Before embarking on her teaching career, Charlotte hand painted silk garments for the fashion industry and designed wallpaper in Chicago.

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 (4) | Nadia Lachowksi | The Women of St. Paul's |
| Renie Adams | Mr. & Mrs. Nyal Laird | Lavon Stefani |
| Jack Bennett | Beverly Lane | Roger & Caryl Steimel |
| Hans Berntsen | Georgia Lane | Betty Steinmann |
| Eva Cole | Kathleen Levine Trust | Terrie & Alexa Tuntland |
| The Country Store Thrift Shop | Justo Lopez | W.G. Walters |
| DeKalb County Community Foundation | Marie McDowell | |
| Carol Dugan | Ward Miller | |
| The Federated Church | Evelyn Panttila | |
| Winifred Hallaron | Barbara Parsons | |
| Hallie Hamilton | Bernice C. Parsons | |
| Shirley M. Hamilton-Nehring | Betty J. Ramsdell | |
| Hirschbein Enterprises | M.A. Roberts Charitable Foundation | |
| Elaine McNair Johansen | Helen Ruud | |
| Walter Johnson | Nona Schulz | |



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.

Family Service Agency Guild Donates Country Store Proceeds



The Family Service Agency Guild, a volunteer organization of over 100 members, donated a check for \$9,000 to Family Service Agency; the most recent proceeds from The Country Store Thrift Shop, 659 E. Lincoln Highway in DeKalb.

The Guild owns and operates The Country Store, a thrift store with a variety of items for sale at a reasonable price. The collection of items includes articles for the home, gifts, decorations and clothing. In addition, the members are available for specific assignments at the Agency. The profits from The Country Store are donated to Family Service Agency three times a year. The \$9,000 check represented the first donation check of fiscal

year 2007. Total donations received for the year from The Country Store last year totaled \$22,500.

The Country Store Thrift Shop is open Monday, Wednesday, Thursday and Friday from 10:30am to 4:30pm, Tuesday evenings from 4:00pm to 7:00pm and Saturdays during the holiday season. You can reach The Country Store at 815.756.2378.

Pictured left to right are The Country Store managers Ann Thompson, Sandy Hennegan and Roy Talbot handing a check totalling \$9,000 to Family Service Agency Executive Director Sue Plote.



Melendez To Lead Eating Disorders Group



Family Service Agency's Heidi Ligouri Melendez, MC, LCPC, will be leading a support group open to those struggling with eating disorders and their families. Heidi is a member of the National Association of Anorexia Nervosa and Associated Disorders. The group will be co-facilitated by Jill Connelly, BA, and will cover issues dealing with food, weight, image, exercise and obsession.

The support group will be held on Thursday evenings at 7:00pm at Family Service Agency, starting on January 18. For additional information, please call Family Service Agency at 758-8616 or Heidi Melendez directly at 757-6510.

Heidi Ligouri Melendez, MC, LCPC, Center For Counseling

Divorce Mediation at Family Service Agency

Even under the best of circumstances, divorce is difficult. Details like:

where will the children live?
when do I get to spend time with them?
who will pay for their education?

are complex and often painful to resolve. Standard divorce proceedings can take years to complete, and all too often the final agreement doesn't represent the best interests of all individuals in a family.

Family Service Agency's divorce mediation program offers an alternative to the standard method of divorce. Rather than pitting couples in conflict against each other, our trained mediators work to develop a cooperative spirit between two divorcing partners so they can reach mutual agreement on the terms of their divorce. Instead of focusing on the past and who holds blame for the ending of the marriage, our mediators help couples look to the future and consider creative ways to reshape their family.

Mediators serve as an impartial third party who guide couples through the entire decision-making process of divorce. Clients provide relevant information about their lifestyle and individual needs to one of our trained mediators. Together with the mediator, spouses discuss and determine the outcome of such issues as custody and parenting arrangements, and the division of property, assets and debt. By mutually agreeing on the details of the divorce, couples are better able to begin their new lives on positive terms, both individually and as a redefined family.

Divorce can have a profound impact on the physical, emotional, and social well-being of children. Sadly, in standard divorce proceedings, children often get caught in a crossfire of ill will between divorcing partners. The primary goal in mediation is to insure that children's needs-present and future-are carefully considered in the terms of the divorce.

Our mediators are fully trained by the Divorce Mediation Institute. When legal questions arise, couples are asked to consult their attorneys. Mediators provide the attorney with a written summary of the couple's agreement to be used as the basis of their divorce.

Typically, a divorce agreement worked out with the aid of a mediator will take less time to process than an agreement resolved through the court. The fee for mediation is set at an hourly rate reflecting the professional service provided. The total time and cost involved in mediation will vary from family to family. Factors influencing this time frame include the number of parenting issues needing to be resolved and the willingness of parents to work towards agreements.

Family Service Agency offers a full range of counseling services and programs to aid families in transition. A mediator can refer clients to one of our many skilled therapists to help them and their children deal with the emotional effects of the divorce.



| January 2007 | | | | |
|---|--|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  1 All Family Service Agency offices closed in observance of New Year's Day | 2 Pinochle - 1:00pm | 3 Bowling - 9:00am | 4 Social Security 9:30-11:30am & 12:30-3:30pm Kids First-6:00-9:00pm | 5 Bowling - 9:00am Bridge - 1:00pm |
| 8 Bingo - Noon Caregivers Network 12:30-2:00pm | 9 Pinochle - 1:00pm | 10 Bowling - 9:00am VA 9:00am-4:00pm | 11 Social Security 9:30-11:30am & 12:30-3:30pm Assisted Living InService - 6-7:30pm | 12 Bowling - 9:00am Bridge - 1:00pm Senior Peer Mentoring 11:30am |
|  15 All Family Service Agency offices closed in observance of Martin Luther King Jr. Day | 16 Pinochle - 1:00pm Bowl For Kids' Sake Campaign Cabinet Meeting - 6:00pm | 17 Bowling - 9:00am | 18 Eating Disorders Support Group begins 7:00pm | 19 Bowling - 9:00am Bridge - 1:00pm Kids First-6:00-9:00pm |
| 22 White Elephant Bingo - Noon Caregivers Network 12:30-2:00pm | 23 Pinochle - 1:00pm | 24 Bowling, VA-9:00am VA 9:00am-4:00pm Blood Pressure 11am-Noon | 25 | 26 Bowling - 9:00am Bridge - 1:00pm |
| 29 Walking - 3:00pm | 30 Pinochle - 1:00pm | 31 Bowling - 9:00am Trip - All Night Strut | | |

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.
- There are Assisted Living InServices on Saturday, January 13, February 17 and March 17 from 9-10:30am.
- FAMILY SERVICE AGENCY FOUNDATION 11TH ART AUCTION is February 3 from 5:30to 9:00pm at Carls Fargo in downtown Sycamore.
- BOWL FOR KIDS' SAKE 2007 dates:
 - Sunday, February 18 at Four Seasons Sports
 - Monday & Tuesday, February 26 & 27 at NIU's Huskies Den
 - Friday & Saturday, March 2 & 3 at Mardi Gras Lanes
 - Sunday, March 4 at Idle Hour Lanes

| February 2007 | | | | |
|--|---|---|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | 1 Social Security 9:30-11:30am & 12:30-3:30pm | 2 Bowling - 9:00am Bridge - 1:00pm Rules of the Road 1:00pm |
| 5 Walking - 3:00pm Caregivers Network 12:30-2:00pm | 6 Pinochle 1:00 pm AARP Taxes 1:00-4:00pm | 7 Bowling - 9:00am | 8 Social Security 9:30-11:30am & 12:30-3:30pm Trip-Hollywood Sings Kids First-6:00-9:00pm | 9 Bowling - 9:00am Bridge - 1:00pm Senior Peer Mentoring 11:30am |
| 12 Bingo - Noon | 13 Pinochle 1:00 pm AARP Taxes 1:00-4:00pm | 14 Valentine's Day Bowling - 9:00am VA 9:00am-4:00pm Valentine's Party | 15 Assisted Living InService - 6-7:30pm | 16 Bowling - 9:00am Bridge - 1:00pm |
| 19 Presidents' Day Caregivers Network 12:30-2:00pm | 20 Pinochle 1:00 pm AARP Taxes 1:00-4:00pm | 21 Bowling - 9:00am | 22 Trip - Rockford Jane | 23 Bowling - 9:00am Bridge - 1:00pm Kids First-6:00-9:00pm |
| 26 White Elephant Bingo - Noon Bowl For Kids' Sake Huskies Den 7 & 8pm | 27 Pinochle 1:00 pm AARP Taxes 1:00-4:00pm Bowl For Kids' Sake Huskies Den 7 & 8pm | 28 Bowling - 9:00am VA 9:00am-4:00pm Blood Pressure 11am-Noon Birthday Party | | |

*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*



SAVE THE DATES!!!

Sunday, February 18 - Four Seasons Sports
Monday & Tuesday, February 26 & 27 - NIU Huskies Den
Friday & Saturday, March 2 & 3 - Mardi Gras Lanes
Sunday, March 4 - Idle Hour Lanes

| March 2007 | | | | |
|--|---|---|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| | | | 1 Social Security 9:30-11:30am & 12:30-3:30pm | 2 Bowling - 9:00am Bridge - 1:00pm Bowl For Kids' Sake Mardi Gras Lanes 5, 6 & 7 pm |
| 5 Walking - 3:00pm Caregivers Network 12:30-2:00pm | 6 Pinochle 1:00 pm AARP Taxes 1:00-4:00pm | 7 Bowling - 9:00am | 8 Social Security 9:30-11:30am & 12:30-3:30pm Kids First-6:00-9:00pm | 9 Bowling - 9:00am Bridge - 1:00pm Senior Peer Mentoring 11:30am |
| 12 Bingo - Noon | 13 Pinochle 1:00 pm AARP Taxes 1:00-4:00pm | 14 Bowling - 9:00am VA 9:00am-4:00pm | 15 Assisted Living InService - 6-7:30pm | 16 Bowling - 9:00am Bridge - 1:00pm St. Patrick's Day Party |
| 19 Walking - 3:00pm Caregivers Network 12:30-2:00pm | 20 Pinochle 1:00 pm AARP Taxes 1:00-4:00pm | 21 Bowling - 9:00am | 22 | 23 Bowling - 9:00am Bridge - 1:00pm Kids First-6:00-9:00pm |
| 26 White Elephant Bingo - Noon | 27 Pinochle 1:00 pm AARP Taxes 1:00-4:00pm | 28 Bowling - 9:00am VA 9:00am-4:00pm Birthday Party Bethany Blood Pressure 11am-Noon | 29 | 30 Bowling - 9:00am Bridge - 1:00pm |

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*



Kids First at Family Service Agency



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

Kids First is an educational program for parents who are separating. Facilitated by Family Service Agency's Daniel Klein, MSW, it covers aspects of divorce and helps parents understand how they can restructure their family to lessen the negative impact of divorce on their children.

You should attend Kids First because you love your child(ren). Through education and encouragement, the program helps prepare you for coming to an agreement on child-related

issues early in your divorce process. Kids First helps parents put aside their differences and focus on the parenting issues necessary to help the children adjust to the divorce. Through the program, you learn about valuable resources in the area. Kids First also meets the DeKalb County statute for divorcing parents, Administrative Order 95-7, which became effective November 1, 1995.

Many aspects of divorce are covered from legal issues to the emotional process. Some of the areas covered are:

- legal and procedural aspects of divorce
- the emotional process of the initiator and non-

initiator of divorce

- stages of grief and loss
- age-related problems or symptoms typical of children of divorce
- single parenting
- new relationships
- best interests of the children
- advantages and disadvantages of custody arrangements
- communication during and after the divorce
- discipline and parenting tips

Books are a very helpful resource for both adults and children. For adults, books can guide you through the legal and emotional roads you will be traveling. For children, books help identify and describe what they are feeling and what is happening around them.

Family Service Agency has a library for divorcing families and you may look at the books before and after your class.

For more information on Kids First at Family Service Agency, call 758-8616.

