



Community News

This issue of Community News is brought to you by the
Union-Snyder Community Action Agency.
(570) 374-0181 in Snyder County
or (877)497-1257 in Union County.

Safe Children and Healthy Families Are a Shared Responsibility

Become one of the **STARS** in your community

- Support children and parents in your community.
- Take a positive perspective on what parents and families do right.
- Address the issue with community groups.
- Recognize that parenting can be challenging.
- Strengthen parent's coping skills.

Get involved!

For resources and information, visit the Prevention section of the National Clearinghouse on Child Abuse and Neglect information website at:

<http://nccanch.acf.hhs.gov>



Quick references from this issue:

AmeriCorps: 570-374-0181

Snyder County 4-H 570-837-4252

Union County 4-H 570-988-3950

Union-Snyder Community Action Agency: 570-374-0181 or 877-497-1257


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Family Savings Account



**Do you need to save for Home Repairs?
To Buy A New Home? To Start a Business?
For your education or your child's education?**

Grow Your Money

 Eligible savers can bank money toward a home purchase, home repair, post secondary education, or starting your own business.

 This two year program allows you to save a minimum of \$10.00 a week and have that amount matched dollar for dollar up to \$2,000 after two years.



For more details or to get enrolled, call Barb Fisher at 570-374-0181 or 877-497-1257.

EMOTIONAL ABUSE

**“Stupid! You never do anything right!”
Words can be painful.**



Constant name calling, put down, humiliation in front of others....These are words that make a child feel worthless. Ugly. Not loved.

Parents may not know how damaging their words can be.

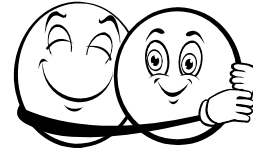
They may think harsh words will help their children behave, but the pain of a parent's mean words can last forever. A parent can hurt their children without

lifting a hand.

Can you remember a time when someone you loved hurt you with words?
The sound of those words might last for *years*.

Remember

- ✓ Say “I love you” often. Give kids hugs. Smile!!!
- ✓ Praise your kids. “Good Job!”
- ✓ Tell them why you are proud of them.
- ✓ Give your child easy jobs she can do for herself. Let her be a winner.
- ✓ Help make him proud of himself.
- ✓ Don’t tease your child. It’s not a game to confuse or frighten a child.
- ✓ Don’t make fun of the way he/she looks.
- ✓ Stick up for your kids. Don’t let others tease or make fun of them.
- ✓ Let your kids know HOW IMPORTANT THEY ARE TO YOU!!! Say you are terrific! I love you! I like you!
- ✓ Report any teacher or coach who uses humiliation to try to teach children a lesson.



If you are concerned you may be emotionally or verbally abusing your child....try the following quick and easy activity:

Tape a piece of paper unto your refrigerator. Keep a pencil nearby or use a string to tape a pencil near the piece of paper. Several times a day or the week...write down what you say to your child. Take the paper and read it to yourself out loud while looking in a mirror. How did you feel? Did you say kind and supportive statements? OR Were they negative or cruel?? How would your friends feel if you said the same things to them?

Being a parent is a HARD job... and the only job that doesn't require an education or a license!!! Dirty diapers. Noise. Crying. Not enough money. Decisions. Responsibility. Sometimes it seems like too much to handle. Sometimes you just want to run away. But child abuse doesn't have to happen. Child abuse can be prevented; by parents willing to learn why abuse happen, by parents who care.parents like you!

Parenting, the hardest job in the world, and the most important! SUM Child Development, Inc.



Pointers for Parents

WHAT TO DO WHEN YOU SEE A PARENT MISTREAT A CHILD IN PUBLIC

Adapted from the PA Family Support Alliance Newsletter

Have you ever been at the grocery store and seen a parent treat their child in a way that made you feel uncomfortable? Maybe you have seen a mom or dad slap their child across the face, leave their child locked in a car or speak to their child in a very nasty way. You may even see something that makes you fear for the child's safety.

One of the main reasons for poor parenting is that the parent expects the child to be able to do something that they just are not able to do. A parent may expect a two year old to share with his brother when a two year old's brain does not understand this yet. Other reasons for poor parenting are high levels of stress in the parents' lives and not using discipline methods that work.



You can play an active role in keeping these nasty parenting situations from turning into child abuse. If an adult is losing patience with a child, step in, but keep it positive. Don't try to correct the parent or make them feel bad for what they did- this will just make matters worse. You can help to calm things down for the child and then the parent may see that what they did was not the best way to handle the child.

Start talking with the parent to take the attention away from the child. Here are some ideas:

- ❖ "He seems to be testing you"
- ❖ "My child sometimes gets upset like that too."
- ❖ "Kids can really wear you out sometimes. Is there something I can do to help?"
- ❖ "Kids at that age have so much energy- sometimes it's hard to keep up."
- ❖ "It looks like your child is having a bad day."

Try to get the child's attention by talking to him:

- ❖ "I like your sneakers. Is that Bob the Builder on your shirt?"
- ❖ "Is that animal crackers you are eating? I bet they are good."



Look for a chance to praise the parent or the child

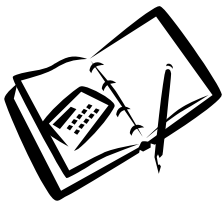
- ❖ “She has the most beautiful eyes, she looks just like you.”
- ❖ “How old is your son? He looks like a good helper. I have a little boy that age.”

If the child is in danger, offer help.

- ❖ If they are left alone in the grocery cart, stand nearby till the parent comes back.
- ❖ If you think there is a good chance the child will be hurt, contact the store manager for help. If a child is left alone in a car, wait close by for a short time, then call police.



Jeanne Trego, Parent Educator, Union-Snyder Community Action Agency



Overwhelmed by Debt? Want to Budget Your Money Better?

Consumer Credit Counseling Service (CCCS) of Northeastern PA may be able to help.

CCCS is a non-profit organization that offers services to consumers during times of financial distress. CCCS counseling is free and confidential.

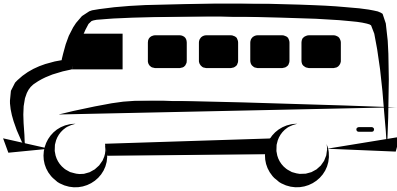
- Certified financial counselors provide education and counseling in the areas of budgeting,
- managing debt,
- credit report review
- mortgage counseling. Services can be provided by appointment, by telephone, by mail, or through the internet.

You can call CCCS at 1-800-587-9163 for more information or to schedule an appointment in the Sunbury office.



Love INC can HELP!

We can connect you with volunteers from our network of Christian churches, which give their time, and have the skill and heart to get you through your situation.



We have 5 important ministry teams;

Transportation Ministry

medical–grocery–special circumstances

Errand Ministry -medical-grocery-special circumstances

Companionship Ministry

connections with loving friends



Home & Household Repair Ministry

We evaluate the situation, but..... we don't do roofs

Yard Work Ministry

Leaf Raking - Spring Clean-up -Short term mowing



Special Requests

All other types of ministry request will be evaluated on an individual basis by our needs coordinating team.

Our goal is meeting every legitimate manageable need, although Love INC does not provide financial assistance to help resolve the need.

Currently serving:

Union County.-Lewisburg, Mifflinburg, Winfield, White Deer, New Berlin, West Milton, New Columbia & surrounding townships.

Snyder County- Selinsgrove, Shamokin Dam, Middleburg, Port Treverton, Hummels Wharf & surrounding townships.

Northumberland County- Milton, Watsonstown, Turbotville, Montandon, Northumberland, Sunbury & surrounding townships.



Love INC

Please Contact Us At:

Golden Rule LOVE INC
P.O. Box 131 ■ Milton, PA 17847
(570) 742-3561

goldenruleloveinc@gmail.com

Clearinghouse Office Hours:
8:30/11:30 A.M. Mon-Thur

Give a Year



Change the World

What is AmeriCorps?



AmeriCorps is a national service program. Thousands of Americans across the country provide service to improve their communities. CORE Susquehanna is your local AmeriCorps program

Who is part of AmeriCorps?

Anyone can serve if they are at least 17 years of age and have a high school diploma, GED or will agree to get their GED.

What does a member do?

- AmeriCorps members serve a “term of service” at a non-profit Site
- participate in several group projects in your community
- full time, part time or summer positions



When does a person apply?

CORE Susquehanna is currently accepting applications for summer positions for 2009 and program year 2009-10. Apply at www.coresusquehanna.org



Where does a member serve? CORE Susquehanna members serve at non-profit Partner Sites in Snyder, Union, Northumberland, Montour, Mifflin and Juniata Counties.

Why: SERVICE TO OTHERS

“The best way to find yourself is to lose yourself in the service of others.” Gandhi

Benefits:

- living stipend while you serve your term of service
- education award to pay on your college loans or take classes in the future
- health insurance (full time positions only)
- a chance to make a difference in your community, while learning new skills and making new contacts.

Change the World

Any questions?
Call Robyn or Dennis
at 570-374-0181.

Give a Year

4-H~Community Connections



Where can kids have fun, participate in exciting hands-on activities and make new friends while working with adult volunteers from the community? Any 4-H'er can tell you!

4-H has something for everyone.

- Boys and girls ages five to eighteen join 4-H to learn about science, engineering, technology, community service, nutrition, exercise from knowledgeable community leaders.
- In 4-H clubs, camps, in-school and afterschool programs, kids learn leadership, citizenship and life skills while they participate in experiences that prepare them to be successful adults.
- Volunteers have fun sharing their skills with tomorrow's leaders.
- Today 4-H touches the lives of more than three hundred kids across Snyder County.



To learn about how to join or volunteer in our community, call Penn State Cooperative Extension in Snyder County at 570-837-4252 or email wellerky@psu.edu. Or in Union County, you may call 570-988-3950. Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce.

NOTICE:

If you no longer want to receive this newsletter or would like to update your information, please call 570-374-0181 ext. 129. Please share this newsletter with a friend or co-worker.

If you would prefer to receive this newsletter electronically, please e-mail Karen Shrawder at kshrawder@union-snydercaa.org and I remove your name from the postal mailing list.

Red Cross Blood Drives for Union and Snyder Counties



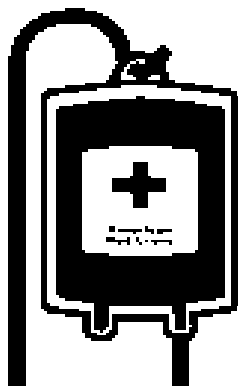
Snyder County Blood Drives:

April 6	Monday	Penn View Bible Institute	1:00 - 6:00
April 10	Friday	St. Thomas Church – Mt. Pleasant Mills	1:00 - 6:00
April 13	Monday	Beaver Lutheran Church- Beaver Springs	12:00 - 6:00
April 16	Thursday	Susquehanna University - Degenstein Center	12:00 - 6:00
April 27	Monday	Witmer's UMC – Port Trevorton	1:00 - 6:00
April 28	Tuesday	Sharon Lutheran Church - Selinsgrove	12:00 - 6:00
May 4	Monday	Zion Lutheran Church - Kratzerville	1:30 - 6:30
May 18	Monday	Grace Covenant Church	1:00 - 6:00

Union County Blood Drives:

April 1	Wednesday	Bucknell University, Lewisburg	10:00 - 4:00
April 17	Friday	Evangelical Community Hospital	10:00 - 4:00
April 22	Wednesday	Faith Lutheran Church, Lewisburg*	12:00 - 6:00
May 18	Monday	Playworld, Lewisburg	10:00 - 4:00
May 28	Thursday	Church of God in Christ Mennonite, Mifflinburg	1:00 - 7:00
June 17	Wednesday	First Presbyterian Church, Lewisburg	12:00 - 6:00
June 24	Wednesday	RiverWoods	12:00 – 5:00

*Please note that this venue may change.





Union-Snyder
Community Action
Agency

713 Bridge Street
Suite 10
Selinsgrove, PA 17870

Phone: 570-374-0181 or
1-877-497-1257

Fax: 570-374-2330

E-mail:

kshrawder@union-snydercaa.org

We're on the WEB

WWW.UNION-SNYDERCAA.ORG



This publication of the Community News has been printed on recycled paper.