

36 Tsienneto Road, PO Box 1017, Derry, NH 03038
www.urteachers.org 603-437-8477

April is Child Abuse Prevention Month

Making a Difference, One Child At A Time...

What Every Child Needs

Acceptance - Appreciate your child as a unique individual with special gifts and talents.

Encouragement - Support your child's efforts in trying new things to encourage creativity and exploration.

Fun - Take time to laugh and play and share the wonders of life together.

Patience - Be understanding when your child makes a mistake - it's all part of learning and growing.

Praise - Express delight for all the things you like about your child and you will help build self-esteem.

Respect - Treat your child as a valuable person who in return will learn self-respect and to respect others.

Security - Provide boundaries to allow your child to grow safely and feel secure.

Love - Show your child affection and say "I love you!" often so your child knows how much you care.

Save The Date!

The Upper Room releases 2007 Bavaro Family Scholarship Application The scholarship program accepts applications from all graduating High school seniors and GED graduates with plans for continued post-secondary education in an accredited college, university or technical institution. For information and an application to the Bavaro Family Foundation Scholarship Program at The Upper Room, contact The Upper Room or visit the web site at www.URTeachers.org. Deadline for applications is February 1, 2007.

Summer Camp Information Week-Feb 19-23
Plan Ahead! Stop by and pick up information on summer camps throughout New Hampshire.

What is The Upper Room? The Upper Room is a non-profit family resource center committed to the development of strong individuals and families in our community. A team of dedicated professionals both full and part time, are actively working to improve the family life of the citizens of Derry and surrounding communities in a way that is unique to any place in New Hampshire.

There are no barriers to our programs, income guidelines or geographic lines to prevent participation. The Upper Room is here to help families - all families - in need of education, support and resources to "make it" in today's world!

The Word of the Month



Cynthia Marshall accepts a check from Shaunda Belanger and Marge Pagliuca from The House of Samurai for \$2,035.00!

With "Charity" being the word of the month through The House of Samurai's Powerful Words Program, they chose The Upper Room to be the recipient of funds raised through a car wash and kickathon. More than \$2,000.00 was raised for much needed facility improvements.

Annual Youth Job Fair-April 19, 2007, 3-7 pm
If you are an employer looking for employees or a youth (16 and up) looking for employment opportunities stop by or call for more information.

6th Annual Race for Community Health (ARCH)
The 5K road race is set for Saturday, June 2, 2007. The race starts at 9:00AM at Pierce Ave. in Derry with all proceeds to help support six area non-profit organizations dedicated to improving the health, well being and quality of life for community residents. To become a sponsor, register for the race or to learn more contact Kimberly Bavaro at The Upper Room, 437-8477 Ext. 11, or look for details at www.arch5knh.org.

The Upper Room, A Family Resource Center

Mission: To strengthen individuals and families through community connections, service programs and education.

Board of Directors

Renee Fellows - Chairperson; Clearpoint Marketing
 Scott Kingsley - Vice Chairperson; President
 Community Bank & Trust
 Bob Consaga - Treasurer; CPA
 Robin Young - Secretary; Northstar Financial Planning
 Jack Briggs - Retired PSNH
 Thelma Hutton - Retired Chester College
 David McGrath - Attorney, Sheehan, Phinney, Bass +
 Green
 Rhonda Cairns, - Owner Le Beaderie
 Mike Caruso - Cronin and Gervino Insurance
 Cathy DiCampo - Derry News
 Steve Scheiner - Citizens Bank
 Brenda Davis, - Community Bank & Trust

Staff

Kimberly Bavaro	Executive Director
Cynthia Marshall	Operations Director
Linda Wojtkiewicz	Financial Administrator
Ruth Kay	Development Manager
	Take Control Facilitator
	Parent Educator
Kim Bedard	Administrative Assistant
Diane Casale	Greater Derry Juvenile Diversion Program Coordinator
Brenda Guggisberg	TIPS Program Coordinator
	GED Case Manager
Sue Schick	FOG Program Coordinator
	UR Parents Facilitator
	Parent Educator
Elaina Wheaton	GED Teacher
Gennie Traversey	Juvenile Diversion Assistant
	YES Facilitator
Esther Connelly	Childcare Provider
Ruth Pendergast	Childcare Provider
Cheryl Haidaichuk	Challenge Facilitator
Laura Wilmoth	YES Facilitator
Jon Kay	Activities Assistant
Wendy Morrow	Take Control Facilitator

Verizon Foundation Awards The Upper Room \$15,533 for GED Preparation Program

Excerpts from a story in the Union Leader 9/20/06 by Todd Morrison

The Verizon Foundation presented The Upper Room with a generous award which provides essential funding for the GED Prep Course. GED PREP provides education and case management for youth ages 16-22 who have dropped out of school. According to the US Census, 15% of high school students drop out every year. Verizon spokesman Jill Healey Wurm said the grant fit perfectly with one of the foundation's stated goals: reducing illiteracy. The grant helps support salaries for a teacher, a case manager and a childcare provider. The class meets 3 times a week. At the end of the course, students will take the GED test.



Scott Kingsley, Renee Fellows and Kimberly Bavaro of The Upper Room, present the Verizon Foundation with a certificate of appreciation.

The unique case management piece provides help with getting into colleges or the job market while teaching the students basic life skills, including how to write a good resume, handle personal finances and get a driver's license.



Gennie and Elaina

Welcome New Staff

The Upper Room welcomes two new staff members to our team, Genevieve Traversey and Elaina Wheaton. Gennie is the new Greater Derry Juvenile Diversion Program Assistant. She has a bachelor's degree in Human Services from Springfield College and has been affiliated with The Upper Room for several years. Elaina is the GED Prep Class teacher. She has her Masters in Education from UMass Boston and has been teaching for 13 years.

Parenting Tips

By The Staff of The Upper Room

- Many parents have a very hard time when their children become mobile. This is natural as the child is able to get in to things and be more independent. Parents often become frustrated when their children "get in to things". Parents can perform a home safety check by crawling around on the floor to look for potential dangers like cords, glass objects on tables, ash trays, dog bowls and other dangerous objects
- Children get bored with the same old toys and surroundings just like adults. Sometimes a change of scenery is a great thing to do when children are misbehaving. Go to a park, for a walk, to the library; walk around the mall, or to a friend's home.
- Babies up to one year, even if they weigh over 20 pounds, should be placed in a rear facing car seat!- *N.T.S.B.*
- Little girls who grow up receiving their fathers love, and words of admiration are far less likely to be sexually involved, and to engage in risky behavior at a young age. - *Campaign To Prevent Teen Pregnancy*
- For at least 10 minutes of each day, do nothing but listen to your kids.
- Run together, walk together, shop together, read together, cook together, clean together, share life "together".
- Say I love you, then "do" I love you.
- It is OK for a parent to state your values and not be a hypocrite. Say what those values are: "I do not want you to smoke". "It is not OK that you mess with drugs." "We are not OK with you having sex". Then say them again.
- It is OK to apologize to your kids when you have made a mistake. It teaches them that mistakes are ok and it teaches them to apologize.
- Developing children's sense of community and caring for others and their concept of the value of a dollar starts early. An idea to help foster this in young children is to have three piggy banks. Each time your child is given or earns money, have them put 1/3 in their spending bank, 1/3 into their savings bank and 1/3 in their charity bank. Their spending bank can be used when needed. Their savings bank money can be used to "save up" to purchase something that they want. Finally, parents can talk with their children about the many valuable charities there are in the community and decide together how their charity bank will be spent. What a great feeling they will have when they get to bring their donation to a charity in need.

Ongoing Events and Programs

UR Parents Support Group

Every Tuesday from 6:30-7:30 pm – Have a question on how to raise your adolescent? Bring questions and concerns about your teen to this weekly discussion group. Free. No Registration required. Facilitated by Sue Schick.

Teen Information for Parenting

Success - TIPS Held every other Wed from 6-8 pm. TIPS is a community and school based program that supports teen families. Through workshops, meetings, and field trips young parents can learn how to parent, to be financially stable and to live their dreams! TIPS offers a safe non-judgmental environment for everyone wanting to be a part of the program. Contact Brenda Guggisberg 437-8477 Ext 17. Free.

Families on the Go - FOG

Workshops/Support Group– Every Wednesday from 10:00-11:30 AM. Free childcare provided. Contact Sue Schick 437-8477 Ext 12 to register. Free. Geared for families with young children.

Community Service Learning Opportunities

– A New program of the Greater Derry Juvenile Diversion Program. Want your child to get involved in the community? Need community service hours? The CSLO program offers adolescents the chance to help their communities through a variety of ways. Through supervised community service projects, they develop an understanding and appreciation for their community. They explore different ways community members become involved in projects and events that make a difference to us all. Along with making a difference they often discover interests and skills that they are good at, that they may have never explored otherwise. Contact Gennie Traversey, 437-8477 Ext 15.

"I like knowing that I am not alone doing this."

THANK YOU TO OUR FUNDERS

Bishop's Fund
 Londonderry Rotary Club
 Town of Londonderry Harris
 Brothers Foundation

Town of Derry
 Derry Rotary Club
 Rockingham County



OAK
 FOUNDATION



AEF Alexander Eastman

Who We Serve	Programs We Offer	The Difference We Make
<ul style="list-style-type: none"> • Parents and their children • Youth exhibiting unhealthy behaviors • Out-of-school youth • Individuals in need of information and resources 	<ul style="list-style-type: none"> • Parenting Education courses and support groups • Teen Information for Parenting Success (TIPS) • Derry Family Outreach (DFO) • Families on the Go (FOG) • Pre GED Classes • Greater Derry Juvenile Diversion Program <ul style="list-style-type: none"> ○ Challenge ○ Take Control ○ YES ○ UR Parents ○ Community Service Learning Program <p>Check out our Web Site at www.urteachers.org for detailed information on each of our programs or call 437-8477.</p>	<ul style="list-style-type: none"> • 89% of parents who participated in an Upper Room parenting education course reported improved parenting skills. • 83% of parents who participated in an Upper Room parenting education course reported improved family communication. • 87% of Greater Derry Juvenile Diversion participants do not re-offend. • Less than 10% of TIPS teen families were referred to DCYF for abuse and neglect • In the last two years, 24 youth in The Upper Room's GED prep program obtained their GED • 100% of youth participating in Challenge reported an increase in their factual knowledge of drugs and alcohol. • Hungry children, youth and families are fed through our programs nearly every day. • Over 7,000 individuals contacted The Upper Room looking for information, resources, referrals and support.

Join us in making a difference through a tax deductible donation to
 The Upper Room,
 PO Box 1017, Derry, NH 03038

Thank you to the many individuals and organizations whose generous contributions allow us to continue serving the community.

THANK YOU TO THE “ROCKIN’ OUR COMMUNITY” SPONSORS!

Dollar Bill’s Discount World
 MyTV New England
 Citizens Bank Foundation
 J. A. McGillen Real Estate
 Merrimac Tile
 A-Best Abatement
 Sheehan, Phinney, Bass + Green
 McLean Communications

Brownell Insurance
 Coca-Cola of Northern New England
 Robert J. Consaga Jr. P.C., CPA
 S & T Consultants
 Parkland Medical Center
 Comcast
 Northstar Financial Services
 Community Bank and Trust
 Derry News
 Set in Stone Advertising Specialties
 Goudreau and Associates
 Huse Healthcare
 Pittsburg Networks
 Appletree Business Services
 Mulrennan, Rugg and Co., P.C.
 Citizens Bank
 Benway Johnston
 BNI, Londonderry Group
 Vanguard Dental Group

Obrey Insurance
 The Paw Pad
 NE Services.Net
 Wildwood Designs
 Carol Powis, Dale Carnegie
 Sovereign Bank
 Fitness on Wheels
 Edible Arrangements
 Andrea Younie, Pampered Chef
 Life is Good T-Shirt Factory
 Curves

The Upper Room’s 5th annual Gala Auction and Dinner Event with the theme “Rockin’ Our Community” was held on Nov. 3, 2006 at Promises to Keep in Derry. With a silent and live auction, games and prizes, a good time was had by all! The entire Staff and Board of Directors would like to thank all those who provided generous donations of silent and live auction items. Of course..we could not have had such a successful evening without our attendees! Thank you!!



Renee Fellow, TUR BOD President and Casey Blais enjoy the event 50’s style!

PARENTING CLASSES

Why do I need parent education?

- Strengthen Parent-Child Communication
- Strengthen Parent-School Partnerships
- Prevent Substance Abuse
- Learn Techniques for Positive Influences
- Create Positive Impact on Behaviors
- Network with Other Parents

Active Parenting of 0-4 Year Olds:
 Early parent-child communication and behavior modeling.

Wed Feb 7 and 21 from 6:30-8 pm
 Contact Sue Schick 437-8477 Ext. 12 to register. Certificate of completion given at the end of 2 week workshop. \$30 Fee covers class and book. (Fee waived for income eligible participants)

The purpose of parenting is to protect and prepare our children to survive and thrive in the kind of society in which they will live.

Active Parenting of Teens

Survival Class for parents of teens!
 When the words "BECAUSE I SAID SO"...just don't work!!
Mondays, March 19, 26, April 2, 9, 23 from 6:30-9 pm.

Contact Ruth Kay - 437-8477 ext. 21
 \$40 Fee (waived for income eligible participants)

- Discussing violence, sex, alcohol and drugs
- Help communicating with your teen
- Setting limits and boundaries
- Solving problems together
- Reinforcing your teen’s courage and inner strength
- Building you teen's sense of responsibility

Active Parenting of 5-12 Year Olds

Positive parenting skills and behavioral intervention for children 5-12 years old.
March 5, 12, 19, 26 (make up class April 7) from 6:30 - 9:00 pm.

Call Sue Schick 437-8477 X12 for details and to register. \$40 Fee for Class and Book (waived for income eligible participants)

DONATION DRIVE

36 Tsienneto Road
Derry, NH 03038

Phone:
603-437-8477
Fax:
603-425-6256

We're on the Web!

Visit us at:

WWW.URTEACHERS.ORG

"Coming together to find better ideas of raising our kids. Having common interests with other parents. Talking about (parenting) highs and lows - very freeing."



Table Talk:

1. What is the grossest thing you can think of?
2. What is your favorite movie?
3. If your parents or your child were in a rock band, what would it be called?
4. What is the nicest thing you did today?

"Keep the programs going...our society needs more programs and teachers that are as good as this one (TUR!)"

"Learning new skills that ...will make parenting easier in the long run."

"The facilitators along with the books and videos are very knowledgeable and are a great resource to us!"

The Upper Room,
A Family Resource Center
36 Tsienneto Road
PO Box 1017
Derry, NH 03038

Non-Profit
Organization
U.S. Postage PAID
Derry, NH 03038
Permit #5

Return Service
Requested



Changing Lives, Building Community - Together