

FAMILY MATTERS

Our Mission:

Providing people with the services and resources they need to live happier, healthier and more self-sufficient lives.

The Upper Room, a Family Resource Center, proudly announces the celebration of 25 years of service to the Southern New Hampshire area. On Wednesday October 13, 2011 supporters, board members, staff, volunteers and community leaders gathered to honor and recognize The Upper Rooms 25 years of bringing hope and support to families by providing people with the resources they need to live healthier and happier lives. The supporter's reception gave TUR a chance to simply say "thank you" to everyone who has and continues to support the mission of The Upper Room. The evening also included presenting the prestigious Bill Burke Award to an individual recognized for his/her outstanding community service and dedication to improving the lives of children and families. This year's recipient was Anita Huse, honored for her 11 years of service to The Upper Room. Anita's commitment to serve the community was built over a lifetime of service to others. As a nurse and then as the director of nursing education at a major Boston hospital, Anita has always had other people's well being at the center of her life. A brief overview of her commitment to The Upper Room include volunteering at our weekly fundraiser (Bingo) for 6 years, a volunteer grant reader (4 years), sponsoring food drives and monetary collections to support our food pantry. Volunteering weekly to pack and distribute food to families, provided free CPR classes for staff and families annually for 10 years, generously donating time and items to our annual auction, purchasing a portable canopy for outdoor events, purchasing a freezer for our food pantry, volunteering at community events like Derryfest, the town's annual family celebration and working with other volunteers to write a food pantry policy and procedures manual. While volunteering Anita is always open and welcoming, respectful and non-judgmental and mindful of what it takes for a family to reach out for help. She puts them at ease and is always encouraging with every family.



Brownell Insurance Center Donates & Cooks Thanksgiving Meal

Brownell Insurance Center used their resources this past Thanksgiving Season, by not only donating a meal for all of the family's currently at The Upper Room, but also *cooking it!* *Serving a full Thanksgiving meal to nearly 75 people*, Marie Brownell, Owner of Brownell Insurance Center, says, "The Upper Room is a non-profit we have been affiliated with for some time. Our local community thrives when the residents of our community are thriving, and this an organization that dedicates itself to helping people get back on their feet, and providing individuals and families the tools they need to stay on their feet.

"We know that times are hard, not just for individuals but for businesses as well, and every bit helps during this tough economic time. Brownell Insurance is not only offering a beautiful Thanksgiving meal to many families, they are providing an opportunity for families and the community to come together and give thanks for all they do have," said Kimberly Bavaro, Executive Director.



THANK YOU TO THE STAFF OF PEOPLE'S UNITED BANK OF DERRY!

In September they participated in the United Way Day of Caring and began a painting project in our facility. As the day progressed they soon realized they would not be able to complete the project, but expressed a strong willingness to make sure it got done! They returned in November to complete the project and clean up a few more walls! Thank you People's United Bank!

Thank you to the funders, donors, local businesses, churches and individuals who support our mission.

Kids Care Clubs at Grinnell and Barka Elementary Schools	Derry Rotary Club
State of NH DHHS/DCYF	Derry Village Rotary Club
TJX Foundation	Derry Fire Department
Londonderry Rotary Club	
Londonderry Self Storage	
First Parish Congregational Church	NH Food Bank
Central Congregational Church	Bimbo Bakeries
North Ridge Church	Big Lots
Lifeway Church	USDA
Salem Police Department	Derry News
Derry Police Departments	Union Leader
Local Police Departments	Hampshire Fire Protection
Granite State College	MOMs Club of Londonderry
Grinnell School	Windham Women's Club
East Derry School	Sandown Mother's Club
Pinkerton Academy Student	The Stork Project
Activity Fund	Parkland Medical Center
BNI NH	Coca Cola
Montessori Academy	Life is Good
Alphagraphics	Funbounce
BAE Systems	Moo's Homemade Ice Cream
Juliano's Pizzeria	J&F Farms
Brownell Insurance Center, Inc	Curves
Forest Hills Condos	Eastern Star
Girl Scouts, Diana Calvetti	Green Magic Landscaping
Broadway Chiropractic	OMO Specialties
Dollar Bill's Discount World	Northern New England CFC

Simple ways you can help:

- Recycle your unwanted inkjet cartridges and laser toners safely and raise funds for our organization.
- If you play **BINGO** at the Manchester Bingo Center any Sunday (6 pm) or Monday night (6:45 pm) you are supporting The Upper Room! Please visit our **NEW LOCATION** at 1279 South Willow Street (right behind the old location).
- Discover **GIVEBACK.ORG**. It is a simple way to create your own foundation and support your favorite charities... like The Upper Room!

Thank you to our Board of Directors -

Cathy Taylor, *President*, CTACC
Heels & A Briefcase Career and Success Coaching

Mike Royce, *Immediate Past President*, Hannaford Supermarket

Donna Cavalieri, *Vice President*, Centre School

John Dulmage, *Treasurer*, Personal Financial Advisor

Gale Stanley, *Secretary*, Centre School

Bill Lonergan, Pinkerton Academy

Brenda Davis, Bank of New England

Daryl Arsenault, Citizens Bank

Marcia Briggs, Retired, Teacher

Jack Briggs, Retired, PSNH

Heather Francoeur, Citizens Bank

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Oak Foundation
New England Patriots MVP
The Rite Aid Foundation
Town of Derry
Town of Londonderry
Town of Salem
Speedway Children's Charities
Emerson



LOOKING FOR A PLACE TO HOLD YOUR PARTY, EVENT OR MEETING?

Our facility offers a large open space with kitchen facilities, large private back yard and patio.

\$150 for 4 hours \$75 for 2 hours

\$35 each additional hour

Room rental is available evenings and weekends.

For further details contact:

Kimberly Bavaro, Executive Director
603-437-8477 Ext 11 or kbavaro@urteachers.org.

DID YOU KNOW THAT YOUR COMPANY MIGHT MATCH YOUR DONATION?

If you or your spouse work for, or are retired from, a company that has a matching gift program, you can make a contribution and then ask your employer to match your gift to The Upper Room, A Family Resource Center. Check with your human resources department and ask for instructions on how to participate! *Thank you to Bristol Meyers Squibb, Liberty Mutual and Fidelity!*

Development Committee Updates –

Our newly formed Development Committee hit the ground running and is busy working on a variety of fundraising ideas. A special thank you to committee members Andrea Younie, Bill Wood, Heather Francoeur, Jack Briggs, Lauren Neves, Phil Rice, Donald Davis and Nhuy Tran for all their efforts in making this year's auctions a success!

The Development Committee is a team of dedicated volunteers working and advising on the organization's fund-raising activities. If interested in joining, please call Kimberly at 437-8477 Ext.11.

Programs we offer

Parenting Education Classes and support groups for parents with children of all ages. Call Brenda x 18

Greater Derry Family Outreach – GDFO - Short term parenting education and counseling in your home. Call Sue x 22

Families Reaching Our Goals - FROG - A support and playgroup for parents and children 0-6 every Wednesday from 9:30 to 11 at The Upper Room. Call Pam or Sue x 22

TWEEN Parent Support Group – A support group for parents children 9-12 years old.

Teen Information for Parenting Success – TIPS - A support program for young families that includes parenting information, support from other parents, baby/toddler supplies, child care during meetings, community resource & referrals. A Place to Talk and Share. Call Janis x12

Adolescent Wellness Program - Supporting Adolescent Wellness through access to resources, educational programs and parent support. Call Diane 432-8882

Challenge - A class for youth using drugs and alcohol.

Take Control - A class for youth who have trouble handling their anger.

UR Parents - A support group for parents of adolescents.

GED Options Course - A high school alternative, which provides individualized educational opportunities in combination with career exploration and self development. Call Brenda x18.

Greater Derry Juvenile Diversion - An alternative to court for first time juvenile offenders. Call Diane 432-8882

Youth Educational Shoplifting Program YES - A class for youth who have shoplifted. Call Diane 432-8882

Community Service Learning Opportunities CSLO Supervised community service for youth. Call Michelle x15.

Resources and information to meet your family's needs.

Call 437-8477 to register for any of our classes and programs. Classes and programs will be cancelled whenever Derry schools are closed due to inclement weather.

The Bavaro Family Scholarship Fund was created in 2005 in memory of John “Butch” Bavaro of Woburn, Massachusetts. An active member of his own community and volunteer of The Upper Room, Butch Bavaro selflessly donated his time and energies to the many programs, services and events at The Upper Room in the hopes of building a stronger more vibrant community. To honor his memory and assist those aspiring toward continued post-secondary education, The Bavaro Family has established the Bavaro Family Foundation Scholarship Fund.

Each year a \$500.00 scholarship will be awarded to a high school senior or individual pursuing post-secondary training or education. The scholarship funds are unrestricted and may be utilized for tuition, books, fees or living expenses while attending school.

Criteria: The applicant must reside in Southern New Hampshire or Merrimack Valley and be accepted by and enrolled in a certificate program, accredited 2-year or 4-year college or university beginning in the Fall of 2012. Applications and essays must be received by The Upper Room no later than March 1, 2012. Visit www.URTeachers.org for an application.

Program Spotlight

UR Parents- Thursdays 6:30-7:30

My name is Michael Blau and I am facilitating UR Parents. It is a pleasure to be part of such a dynamic and valuable agency such as the Upper Room. UR Parents meets every Thursday at 6:30, and is a true support group in every sense of the word. This a non-judgmental place where parents can come to speak and be heard. The meeting is driven by those in attendance so every week is a bit different. There is no set agenda and each member is encouraged to participate in a way that is comfortable for them. There is no attendance commitment and group participants are welcome to come each week or just when they feel a need to attend. I have over 15 years of experience working as a counselor and therapist with children and families. I live in Hudson with my wife and our three children. It is a real honor to be able to work with this group and The Upper Room.



After collecting and distributing over 150 costumes from local agencies and community members as well as pumpkins from J& F Farms and Halloween safety kits and costumes from The Exchange Club

The TIPS and FROG Programs Celebrated HALLOWEEN at The Upper Room!



The Upper Room held its 10th annual Family Matters Auction on November 4, 2011 at Promises to Keep in Derry. The proceeds of the “Masquerade” Auction will benefit The Upper Room and its continuous efforts to support at-risk adolescents and struggling families throughout Southern New Hampshire.

THANK YOU to the following donors and volunteers for supporting our community...

Comcast
Bank of New England
Northstar Financial Planning, Inc.
Hampshire First Bank
Citizens Bank
People's Bank
RAM Printing
Omo Specialties
La Carreta
Rig A Tony's
Salvatore's
USA Subs
Promises to Keep
Jamie's Sweet Temptations
Amphora Restaurant
Dollar Bill's Discount World
A Plus Steam Cleaning
All for Paws Pet Sitting
Alpine Adventures
American Girl
Amoskeag Chiropractic
Annie's Consignment Corner
Apple Artworks
Artisan Green Bath, Body, SPA and Hotel Amenities
John and Tracy Arvanitis
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Kimberly and Jimi Bavaro
Birch Heights
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Millie Bolt
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CAMimagery
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Coccolare Hair Salon
Esther Connelly
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Curves of Londonderry
Daren's Music Center
Davis Farmland & Mega Maze
Derry News
East West Massage
Eli Elkus
Charlie and Judy Evans
Funbounce, Inc.
Fused Glass Artist, Verne Orlosk
Gem Jewelers

Eileen and Larry Gil
Goodale's Bike Shop
Granite State Driving School
Great NH Restaurants, Inc.
Green Magic Landscaping & Excavating
GTP Enterprises
Brenda and John Guggisberg
Heels and a Briefcase, Cathy Taylor
Holland America Cruise Lines
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Dave and Anita Huse
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Manchester Monarchs
Mary Kay Consultant, Ann Marie
Manning
Mary Kay Consultant, Kathleen
Henry
McAuliffe-Shepard Discovery Center
Sue and Rick Metts
Pam Miller-Sallet
Mobsby's Makings
Mohegan Sun
Mount Washington Railway Co.
Nahar Yoga
Newbury Comics
NH Fisher Cats and the Fisher Cats Foundation
Nippo Lake Golf Club
Northlite Glass
O'Neil Entertainment Group
Paisan's Painting
Pampered Chef Consultant
Parkland Medical Center
Pats Peak Ski Area
Peabody Funeral Homes
Pentucket Bank
Wes. Shattuck, Birch Tree Teaching & Coaching

Phantom Fireworks
Pinkerton Academy
Loretta and Alan Porter
Portsmouth Ballroom Dance Studio
PSNH
Ragged Mountain Resort
Dale Randall, Purple Wine Co.
Martha Raymond
Recore Trading Co., LLC
Revive Hair Salon
Patricia Riley
Frank & Margie Robinson
Santa's Village
Sue and Kyle Schick
Seacoast Science Center
Shaw's Supermarket
Shiloh Stables
Side Kick Taekwondo
Simpson's Painting
Sky-Sytes, Len Printz
Southern NH Montessori Academy
Jon and Gale Stanley
Story Land
The Children's Museum of NH
The Common Man
The Currier Museum of Art
The Drinkery
The Mad Fisherman
The Palace Theatre
The Sewing Diva
Thirty One Gifts
Gennie Traversy, Zumba Instructor
Tupelo Music Hall
Valvoline Instant Oil Change
Vanguard Dental Group
Vertical Dreams Climbing Gym
Walt Disney World
Water Country
Water's Edge Salon & Spa
Weber Auto & Truck Parts
WholeSweets, LLC
Wisteria Flower Shoppe
Jacqueline and Bill Wood
York's Wild Kingdom and Amusement Park
You-Niquely Created in N.H.
Zorvino Vineyards
Marie Brownell
Damon Norcross
The Upper Room Staff
The Upper Room BOD
The Upper Room Development Committee

Thank you to everyone who attended!



Dear Friends,

Snow flakes, singing, holiday cheer and time spent with family. No wonder they call this “the most wonderful time of year.” During the holidays and in this season of giving, I hope that you will consider a gift to The Upper Room, A Family Resource Center. Your gift will help to strengthen individuals and families and support areas of greatest need throughout local communities.

Your year end gift makes it possible for us to continue core programs such as Families Reaching Our Goals (FROG), a support and playgroup for parents with children ages 0-6; GED options, a collaborative with Pinkerton Academy preparing youth ages 16-21 getting them ready to take their GED test and for life; Adolescent Wellness Program (AWP) a comprehensive program which promotes healthy adolescent behaviors and positive choices around substances. Each year The Upper Room helps over 13,000 people move forward in a positive way.

THAT’S’ WHY YOUR YEAR END GIFT IS SO IMPORTANT!

Honor a family member or loved one this holiday season by making a generous gift of \$10, \$25, \$50 or even \$100. Together, we can help restore families hope this holiday season.

Donations can be made directly online at www.URTeachers.org or by sending a check to: The Upper Room, PO Box 1017, Derry, NH 03038.

Have a safe and happy holiday season from the staff, Board of Directors and volunteers of The Upper Room!

Sincerely,

Catherine Taylor

Catherine Taylor
Chairman of the Boards of Directors
The Upper Room, A Family Resource Center

PS – Each tax deductible gift is very important to The Upper Room. In order to take advantage of a tax deduction in 2011, your contribution must be postmarked by December 31, 2011.

Thank you in advance.

SPRING 2011

Parenting Education Classes

Call the facilitators at 437-8477 for information on all classes and to pre-register. *No childcare available for these classes*

“1, 2, 3 Magic!”

Effective Discipline for Children 2-12. Kids are just kids! In addition to being delightful, charming and affectionate, children can also present their parents with a steady diet of difficult behavior: For this reason, we are offering solutions! **Mondays Jan 9, 16, 23 6:30 – 8:00 pm Contact Sue Schick x22 to register. \$30 fee**

Active Parenting 1,2,3,4!

Is parenting your little one tougher than you thought it would be? This workshop will show you...Discipline methods that work • How to prevent tantrums • How to make rules your child will follow. • Routines that make life easier • The best ways to childproof your home • How to care for your child at different stages • Great ways to take care of yourself!

Mondays 3 /12 – 3/26, 6- 8 pm Contact Sue Schick x22 to register. \$30 fee

Active Parenting of 5-12 Year Olds

Be the BEST parent you can be! Even under the best of circumstances, parenting can be a real challenge today. While we don't pretend to have all of the answers, we do have sound and practical information about parenting that we would like to share with you. More tools for your “parenting toolbox” on how to handle situations with your child. **Mondays 3/12–4/16, 6-8 pm Facilitator- Sue Schick x 22 to register. \$40 fee**

Active Parenting of TEENS

A survival course for parents of preteen and teens!

Insight into discussing violence, sex, alcohol, and drugs • Help communicating with your teen • Setting limits and boundaries • Solving problems together • Reinforcing your teen courage and inner strength • Building your teens sense of responsibility.

Mondays 3/12 – 4/16, 6- 8 pm Facilitator-Elaina Wheaton x19 to register \$40 fee

Fatherhood Summit

Mondays June 4 and 11. Please contact **Janis Lilly x 12** for more information and to register.

THANK YOU to all of our interns!

Jessica Fritz, Ina Kerxhalli,
Angela Isaia and Jennifer Collins

Welcome TIPS Advisory Board

Linda Roy, Julie Abbot, Susan Wallace-Suther
Barbara Burnday , Gary Dellagrotta., Val Mazzola
Autumn Vergo and Pam Richards

The TIPS advisory board's goal is to strengthen the educational information, community connections and healthcare support systems for TIPS parents and children by working with the facilitator. Members include local pediatricians, nurses and midwives.

The Upper Room's Weekly Regular Programming:

Mondays:

GED Options Tutoring 9-12
Food Pantry 11-2
TWEEN Parent Support Group 6:30-7:30

Tuesdays:

GED Options Class 9-2
CSLO Intakes 2:30-3:30

Wednesdays:

FROG Group 9:30-11
GED Options Tutoring 9-12
CSLO 3-6
TIPS 6-8

Thursdays:

GED Options Class 9-2
CSLO 3-6
UR Parents Support Group 6:30-7:30

Fridays:

GED Options Class 9-2

TIPS MEETINGS will now be held EVERY WEDNESDAY!

Please call Janis Lilly x 12
for more information.

All meetings are 6-8pm at The Upper Room.

GED Pretest Dates

1/30, 2/13, 3/7, 5/14 and 6/6

At 2:30 pm

OR

on Mondays by appointment only.

Call 437-8477 x18 to register.

Questions about paying for college or filing the FAFSA?

We're here to help! Free financial aid assistance provided by expert college counselors in partnership with The Upper Room. Advanced Registration is required.

Wednesday Jan 12

from 9-10, 10-11 and 11-12 (group appts).

Call Brenda Guggisberg to register.

603-437-8477 x18

Brought to you by The NHHEAF Network.

www.nhheaf.org

GED NEWS

The **GED Program** is moving along beautifully this year with several students who have completed and many more in the testing phase. We just enrolled our second group of students for the year, and it has been great! We have had the awesome support of some families who have had their student complete the program, come back and bring our classroom snacks or classroom supplies, and for that we are most grateful!

One final note: a student of ours has come up with what GED stands for in his mind, and that is **Good Education Decision**, now this is a great concept!

Thank you to our GED Special donors:

Marcia and Jack Briggs, Scott Kingsley, Jessica Miele, Garrett Simenson, Dept. Health, MCC, Great Bay, SNHU, Kiki Moore Vissing, NHHEAF, Anne Johnson, Renee Deyermond, NHES, TUR Staff, TUR BOD



Families Reaching Our Goals (FROG): January—June, 2012

January—Children’s Behavior Challenges and Successes...

Promoting positive actions/reactions and decreasing negative ones; understanding why children misbehave

Suggested family activity: Catch each other being good at least 3 times a day!

- 1/4: FROG Meeting
- *1/9, 1/16, 1/23: **1-2-3 Magic! Class**, TUR, 6:30-8:00, no childcare, Fee, Pre-Register with Sue
- 1/11: FROG Meeting--**Guest speaker**
- 1/18 FROG Meeting
- *1/19: **Parents Night Out!** (TUR from 6-8: Julie from the Food Bank with “entertainment recipes”; Sue with “relaxation” strategies; Pam with affirmations)
- 1/25: FROG Meeting
- *1/26: **Snow Date for the Parents Night Out!**

February—Understanding our parenting styles...

Learn about different ways we parent and the impact on our children; reducing our stress. **Suggested family activity:** show each person that you love them and tell them why!

- 2/1: FROG Meeting
- 2/8: FROG Meeting—**deadline for registering** for field trip next week
- 2/15: FROG **Field Trip**—Dover Children’s Museum, must pre-register, gas cards
- 2/22: FROG Meeting
- 2/29: **No meeting—Happy Vacation!**

March—Enhancing Positive Communication...

Strategies that encourage talking; word choices; reading; self-esteem. **Suggested family activity:** take turns reading favorite books out loud together!

- 3/7: FROG Meeting
- 3/14: FROG Meeting--**Guest Speaker**
- 3/21: FROG Meeting 3/28: FROG Meeting

April—Strengthening Families Month...

Importance of supports and resources; filling our tanks; anger management; reflection on family’s strengths and goals. **Suggested family activity:** Appreciate individual strengths and talents!

- 4/4: FROG Meeting—**input for summer schedule**
- 4/11: FROG Meeting—**Guest Speaker**
- 4/18: FROG Meeting
- 4/25: **No meeting--Happy Vacation!**

May—How Children Learn about the World...

Promoting curiosity, early literacy, learning and personality styles, role models, providing a rich environment.

Suggested family activity: Learn something new together!

- 5/2: FROG Meeting
- 5/9: FROG Meeting—**Guest Speaker**
- 5/16: FROG Meeting
- 5/23: FROG Meeting

June—Getting Ready for Summer!

Water and sun safety, ideas for summer activities, sibling rivalry strategies, and taking care of you! **Suggested family activity:** take a walk outside and have a picnic!

- 6/6: FROG Meeting—**summer field trip sign ups!**
- 6/13: FROG Meeting
- 6/20: FROG Meeting—**end of year party with siblings welcome!**
- 6/27: **No group—FROG staff planning day**

Pam Miller Sallet and Sue Schick

603-437-8477 x 22

SAVE THE DATE:

JAN 12: FINANCIAL AID INFORMATION NIGHT
MAR 1: SCHOLARSHIP APPLICATIONS DUE
JUNE 1: GED GRADUATION

Wish List:

Individually wrapped snacks
Bottled Water
Juice boxes

Table Talk!! Here are some GREAT conversation starters!

- What would you tell your parents to do if you could be the parent for a day?
- What does this mean “actions speak louder than words”?
- If you had to wear a button with 5 words on it all the time, what would it say?

MAKE YOUR FAMILY STRONGER THAN EVER IN 2012!

The Upper Room, A Family Resource Center envisions a strong, vibrant and self sustaining community where conflict and hunger, homelessness and poverty, and ignorance and intolerance no longer exist. We look to the day where all families thrive and children have within their reach the tools to succeed. We will work to achieve our vision by living our mission and honoring our values each day.



36 Tsienneto Road
PO Box 1017
Derry, NH 03038

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ph 603-437-8477
fx 603-425-6256
web www.urteachers.org

