

FCI Team News

Volume 4, Issue 4

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Notes from My Desk...

Happy Fall Y'all!!!

The question of the day is, "Where did the summer go?" One minute it was the end of May and the next minute we are following yellow school buses on my way to work! Time never seems to stop...

Time...do you remember when you were about 5 or 6 how long a wait it was for Christmas, your birthday, summer vacation? Then when the day got here it was over with in a blink of an eye?

Today, I would like to stop or at the very least slow down time. I want to relive all of those special moments that I was too busy for "yesterday"; my oldest child's first smile, my youngest daughters first step...I to enjoy the beauty in each of the seasons – the warmth of the summer, the cold of the winter, the clean air of spring, the colors of fall...

We all have the same amount of time...that is the true gift of time...that time is the same today as it was 1000 years ago...what are you going to do with your gift today? Waste it? Or spend it doing something productive? We only get this one minute this one time... waste it or use it, either way it will be gone.

There are some people whom time is not a gift, but something to be feared or endured because of violence. You can help...you can show someone that what has happened in the past need not continue happening in the future. You can help to empower others to learn that they have control over their gift of time; that they can choose how they spend their time...peaceful and happy or violent and chaotic...it is truly their choice...

Until we meet again...blessings,

Rhonda

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It's a strange thing, but when you are dreading something, and would give anything to slow down time, it has a disobliging habit of speeding up.

*~J.K. Rowling, "The Hungarian Horntail,"
Harry Potter and the Goblet of Fire, 2000*

Meet the Staff

Hello, as a new member of the staff I would like to introduce myself. My name is Robin Swanson and I joined the team on June 1st as the vulnerable adult services coordinator. I am a lifelong resident of the Wisconsin Rapids area. I am married and a mom to two wonderful teenagers. Since completing my degrees in psychology and sociology in 2007 as a non-traditional student, I have been looking for the right place to work on making a difference in our community. I think I have finally found it at the Family Center, and I am excited and thankful to be a part of such an amazing organization!

As the new vulnerable adult services coordinator, I hope to continue the outreach programs already in place with local seniors. I also plan to work on making connections with the disabled community, making it easier for any person needing our services to feel comfortable reaching out. I recently attended a Wisconsin Coalition Against Domestic Violence (WCADV) networking meeting where we discussed the challenges of providing services to under-served populations. The one item that really stood out to me was the need for always being prepared for the possibility of serving a person with special needs. Whether it is a disability, a language barrier, or some other obstacle that makes it harder for the person to receive services, it is our responsibility to make sure they can get the help that they need, when they need it. WCADV is a wonderful resource for referrals to the help we need in servicing special needs populations and in the coming months I will be looking at what we currently are prepared for and what still needs to be done. Being prepared will make us all more comfortable when a situation arises with a special needs individual and will ensure we can effectively provide them services.

I will be continuing the outreach efforts already in place with the senior and vulnerable adult populations as well as developing some new ones. Getting the word out about domestic violence prevention and our services is always important, but is harder with populations such as the elderly and disabled that are more isolated. I would welcome any new ideas or information about groups or events that would open up another avenue of reaching those populations. I know that I am going to enjoy working with our entire volunteer team; I have heard so many nice things. I look forward to getting to know you all!

Thanks, Robin...we are looking forward to meeting you at our next volunteer meeting.



Earth's Easiest Exercise

Walking can add years to your life and life to your years. And it couldn't be easier. You don't need to join a health club, wear special equipment or go into training to reap the rewards:

- **THE CONDITIONER** – Walking conditions your heart and lungs and improves your body's ability to use oxygen more efficiently. *Fact:* In one study, women who walked briskly (3-4 mph) at least three hours a week cut their risk of heart attack and stroke by more than half.
- **THE PROTECTOR:** Walking helps beat other health problems too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, reducing body fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.
- **THE JOINT-SAVER:** Walking is easy on your mind too, since it lessens stress and lightens depression. Beginning walkers usually report that they feel and sleep better, and that their mental outlook improves.
- **THE WINNER:** Best of all, walking has the lowest dropout rate of any form of exercise. So you're more likely to stick with it and get all these benefits and more, like better digestion, improved regularity and lower blood pressure.

There's nothing to it: Just put on a sturdy, comfortable pair of shoes and go. **Smart moves:** Walk to the store for the Sunday paper; park a few blocks from work or get off the bus or train one stop early and walk from there; use the stairs instead of elevators or escalators; on bad weather days walk in a mall or on a gym treadmill. (Reprinted from TopHealth ®, 09/06)

VOLUNTEERS NEEDED!!!

We have some upcoming events scheduled and are in need of volunteers to help.

CALENDAR OF EVENTS

SEPTEMBER 25 & 26

2ND ANNUAL MARY FRICK MEMORIAL

PLACE: ACTION TRAX CAMPGROUND; NEILLSVILLE, WI

TIME: TIMES VARY PLEASE CALL FOR INFORMATION.

HELP NEEDED WITH GATE TICKET SALES, PARKING, RAFFLE TICKET SALES. PLEASE CALL RHONDA AT 715-421-1511 FOR MORE INFORMATION.

FCI'S 25TH ANNIVERSARY PARTY

PLACE: THE FAMILY CENTER

DATE: SATURDAY, OCTOBER 10TH

TIME: 11AM – 5PM

We need volunteers to set up, run and dismantle children's game booths. Please call or email for more information.

VOLUNTEER HOLIDAY MEETING

Place: Alexander House (Port Edwards, WI)

Date: Thursday; December 3, 2009

Time: 5:45pm – 7:45pm

Our Holiday party will be held at the Alexander House in Port Edwards. Bring an appetizer to share and a guest. Watch for your invitation in the mail for more details.

CLIENT HOLIDAY CELEBRATION

Place: To Be Announced

Date: Sunday; December 6, 2009

Time: 1pm – 4pm

Mark your calendars to help make the season bright for someone else.



Get Well Soon!

Elaine Momsen – Weekend Shelter Volunteer and her husband, Ken were involved a Pedestrian/Motor Vehicle Accident.

Please keep Ken & Elaine in your prayers as they continue in their recovery.

GET WELL SOON!

Who Do You Know??

Our student interns and volunteers have gone back to school and soon our snowbirds will be heading to warmer climates...so...we are updating our files and are looking for volunteers to help with various components at The Family Center, Inc.

If you know of someone who would be interested in learning more about what we do here at The Family Center or someone who is looking for "something to do" this may be just the place for them. Whether they have just a few hours a week or month...we have something that they can do and help with...

We have more information on our website: www.familyctr.org or visit the United Way Volunteer Center's website at www.volunteerinnerwisc.org to find out more information about the positions listed.

Positions:

- Weekend Shelter Assistants
- Housekeeping (Environmental Services)
- Visitation Aides
- Donation and Pantry Recovery Assistants
- Front Office Receptionists

This recipe was shared by a good friend when I had the opportunity of spending the weekend with her...it is simple and delicious!!! Thanks, Tracy for sharing...

Blueberry French Toast

12 Slice of day-old white bread (crusts removed) 2 (8oz.) pkgs. Cream cheese
1 C Fresh or Frozen Blueberries 12 Eggs
2 C Milk 1/3 C Maple Syrup

Sauce:

1 C Sugar 1 C Fresh or Frozen Blueberries 2 T Cornstarch
1 C Water 1 T Butter

Directions:

- Cut bread into 1" cubes. Place half in a greased 9X13 baking dish.
- Cut Cream Cheese into 1" cubes, place over bread
- Top with blueberries and rest of bread cubes.
- Beat eggs, milk and syrup.
- Pour over bread.
- Refrigerate 8 hours or overnight.
- Cover with tin foil and bake at 350 degrees for 30 minutes.
- Uncover and bake an additional 25 – 30 minutes.

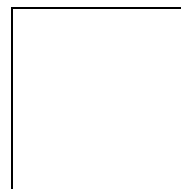
Step 2 – Sauce:

- Combine: Sugar, cornstarch. Add water. Whisk together.
- Bring to a boil over medium heat – stirring constantly.
- Boil 3 minutes; reduce heat.
- Add Blueberries.
- Simmer 8 – 10 minutes or until berries burst.
- Stir in Butter until melted.

Serve hot blueberry sauce over baked French toast.

Yield: 6 -8 serving and 1 ¼ C sauce

The Family Center, Inc.
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Wisconsin Rapids, WI 54494



ADDRESS CORRECTION REQUESTED

To an Outstanding Volunteer: