

Parks Place Press

Our Mission: To open doors to opportunity by connecting people in the Greater Falls community with the programs, resources and information they need to move their lives forward.

Volume 12 Issue 2

March / April 2007



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Positive Discipline Classes

Parenting is a big job. The toughest job that you will ever do. Life with an active child can make us feel like we're aboard a runaway train if we let it. The days rush by, each one filled with new discoveries, new words, new crises.

All parents occasionally have questions and concerns. These days, parents are reading books and attending parenting classes, and they testify that what they learn helps them enjoy the important job of parenting as their children learn more self-discipline, responsibility, cooperation, and problem-solving skills.

Springfield Area Parent Child Center along with Parks Place is offering a parenting group on Positive Discipline. This class will be held at Parks Place. The group will meet on Monday evenings, April 2nd—May 7th, 2007, from 6—7:30 pm each week. Childcare will be provided if needed. Call now to register.



Call Parks Place at 802 463 9927 or the Springfield Area Parent Child Center at 802 / 886-5242 to register.

Parks Place has been selected to receive the proceeds from the tip jar at Boccelli's on the Canal for the month of March! This wonderful program has supported numerous local groups, and we're delighted to benefit from Boccelli's generosity. Those who love excellent food and Parks Place (that's everyone!) can support us by shopping and eating at Boccelli's throughout March, and contributing to the tip jar.

Boccelli's is open from 11-8 on Tuesday, Wednesday and Thursday and from 11-9 on Friday and Saturday. Located at 46 Canal Street in Bellows Falls. 802 / 460-1190 or www.boccellisonthecanal.com.

Please stop in and support a wonderful neighborhood as well as Parks Place.



Parks Place is a welcoming resource center that is home to health, education, employment and social service programs, providing community members a convenient and safe location to make lasting, positive changes in their lives. Parks Place fosters collaboration between social service agencies, organizations and community members. A cornerstone of the Greater Falls area, Parks Place provides a safe and respectful atmosphere where people can connect with their community.

the people

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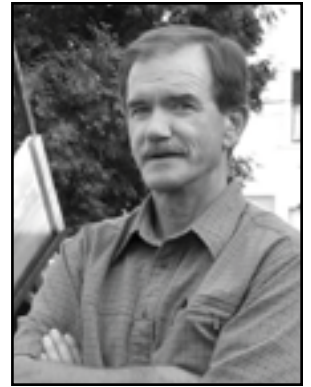
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spotlight on . . .

Parks Place Board Member Ed Dinnany



1) Who are you and where are you from?

I used to identify myself by my work. I owned a copy machine company in Keene, NH for 20 years and sold it to Pitney Bowes. Now that I am semi-retired, I have a company from which I sell digital recorders for federal and state courts and also doctors, lawyers and town offices. Now I identify myself more by what I like to do, which is running, hiking, golf and occasional canoe adventures to someplace wild, and also enjoying my grandchildren. I was born and raised on Long Island, NY, and came to Vermont via California, in 1970.

2) What do you do in the community?

Aside from my work mentioned above, I enjoy the friends I have made over 36 years of living in Rockingham. I was on the School Board for 7 years and have been a Rotary member for over 15 years.

3) How or why did you get involved with Parks Place?

Rotary helped paint Parks Place when it was getting started. I met Barb (Barb is the best!!!!) and was a board member several years ago but, due to my business, was not able to contribute much and missed too many meetings. [Editor's note—we're glad Ed came back to the board now that he has more time.]

4) What stands out in your mind about Parks Place?

Barb and the kindness Parks Place provides to people in need.

5) Tell us something we don't know about you.

I believe in non-violence, like Gandhi and Martin Luther King, and I am an atheist.

Parks Place Receives Holt Fund Grant



Michele Courton Brown, Senior Vice President of Philanthropic Services, Bank of America; Barbara Ternes, Director of Parks Place; Linda James, Vice President of the Board for Parks Place; and Augusta Haydock, Vice President of Philanthropic Services, Bank of America at the presentation of a grant award from the Fanny Holt Ames & Edna Louise Holt Fund. We are deeply grateful for the Holt Fund's terrific generosity and support.

It's not a secret that Parks Place depends on volunteers. The most visible volunteers are the receptionists. Every week we have about 8 receptionists covering the phones from 8:30 AM to 5 PM. I say "about 8" because sometimes there are more!

This winter we've had to weather storms in the reception area. One of our receptionists had to pull back because of medical ailments. Another was hospitalized. Then another receptionist had an operation. Yikes! It felt like a plague.

What I admire, and why I'm writing this column, is how everyone pulled together so we never lost a beat (or missed a phone call, or couldn't welcome a visitor). Each of the remaining "healthy" receptionists took on extra duties to cover the phones and reception desk.

It's made for a fluctuating schedule, but it's a sign of terrific teamwork. Thank you to Barbara, Brianne, Celeste, Christine, Donna, Kay, Marie, Pat, Ronnie, Rose, and Sandy and to the non-volunteers Jim and Sarah. We pulled through by working together. What a team!



Barbara Ternes

Cooking for Life is Back at Our Place!

Last year's Cooking for Life Program was a great success and a lot fun for those who attended. Our Place is offering it once again for youth ages 11-14 who enjoy cooking and want to learn about healthy eating and nutrition. Our Place will be collaborating with The Campaign to End Childhood Hunger and Cornerstone Pediatrics for the 6-week Cooking for Life Program.

It will be held on **Wednesdays from March 11 – April 18 from 3 p.m. – 5:15 p.m at Our Place.** If you are interested in having your child attend this free program, please call Susan Shea at Our Place (463-2217) or Luise Light at Cornerstone Pediatrics (463-2020) for more information and to register. Registration is limited to 10-12 children.

There will be a small reception on Thursday, March 1, 2007 from 3:30-5 p.m. for those parents and children who register for the program. Don't hesitate and call today!

Making the Most of "I" Classes to Begin in March

On Tuesdays from March 6 – June 19 at 1:00-4:30, Making the Most of I classes help empower local women through a supportive and encouraging curriculum that focuses on self esteem and body image, nutrition, parenting skills, reducing stress, money management, healthy relationships and sexuality, overcoming addictions, and more. The 14 week course is facilitated by Nancy Clingan and payment is made on ability to pay, either by donation or insurance reimbursement. For more information call Nancy at 802 / 460 - 2456.

*Spring will
be here soon!*



What Can Lead Safe Bellows Falls Do for Me?

Who benefits from Lead Safe Bellows Falls? The short answer is the community. But a more detailed answer might provide insight into how the program may help you.

Parents: Parents with children age 6 and younger are the primary focus of the program. Children in this age range are most susceptible to lead poisoning. Young children are more likely to put their hands or objects contaminated with lead paint dust in their mouths. Some children will even ingest lead paint chips. Concerned parents can contact the program for advice, or to arrange a home visit to discuss the lead risk in their home.

Landlords: Landlords have accessed the program for trainings and guidance about the state's lead laws. From July through October 2006, the program had contact with over 125 landlords seeking information about lead law compliance, and to find solutions to problems they encountered. We've helped landlords from age 24 up to 100 years old; many are local, one as far away as Hawaii. Lead Safe Bellows Falls is not an enforcement program. It's a program about information and education, and many landlords have taken advantage of the program.

Contractors: Contractors have contacted the program for guidance about specific jobs and for trainings about lead safe work practices. Lead safe work practices are techniques designed to eliminate lead dust, control paint chips, and prevent workers

and residents from being poisoned by lead. A job performed improperly can poison a child long after the work is completed. Lead Safe Bellows Falls has trained dozens of contractors to be lead safe renovators and painters.

Educators, Medical Providers, Social Service Providers and Public Officials: These groups have contacted the program to learn more about lead poisoning. The program coordinator has presented to many agencies, and trained many professionals about lead poisoning, the environments that cause lead poisoning, and the solutions to prevent lead poisoning. For these groups the goal is "educate the educated", and for those people to pass that information on to their students, patients, and clients and own families.



The success of Lead Safe Bellows Falls is the success of the community. It is now fact that there are more Bellows Falls landlords compliant with the lead laws than any other town in all of Vermont. Arguably one could say that Bellows Falls residents have a better understanding of this issue than any other town in Vermont. But our work is not done, and if you need help, or if you have questions, contact the program. Join the parents, landlords, contractors, educators, medical and social service providers who

have worked to make this a safer community.

Contact Lead Safe Bellows at 802-463-9927, ext. 208, or jim@parksplacevt.org.

Southeastern Vermont Community Action (SEVCA) is encouraging area residents to apply for Food Stamps to stretch their family budgets. Don't assume you won't qualify—new rules enable people to qualify even if they didn't in the past. Food stamps will help you meet your other expenses, and the average monthly Food Stamp benefit in Vermont is \$160 per household, or \$77 for a senior living alone. You might be automatically eligible if you qualify for the Earned Income Tax Credit or receive Social Security income. There are enough Food Stamps for everyone who qualifies, so you're not taking them away from another deserving person if you apply. Finally, by applying for Food Stamps you might also be able to receive free school meals for your kids, Lifeline (a monthly credit to help maintain phone service) and Link Up (help paying for the cost of installing a phone line). Call SEVCA today to get an application or make an appointment to get help filling it out. 802 / 464-9951.

Gratitude

Parks Place Supporters Businesses and Organizations

American Legion Auxiliary
Burtco Metal Systems
Cherokee Foundation
Rotary Club of Bellows Falls
Savings Bank of Walpole
Simone's Styling Salon

Gifts in Memory of:

Parks Family
Daniel E. Shays

Gifts in Honor of:

Barbara and Alan's Anniversary
Mike and Ginger Cook

Wish List

This month at Parks Place

- Conference room chairs
- Table and floor lamps
- Copier paper
- Sound machines (to block background noise)
- Cups

Spring is just around the corner...



Gifts of Time, Effort, Talent & Stuff

Heather Howard for party dip
Myra Ashcroft and **Rhonda Hollard** for forks, cups and copy paper
Joni Morse for file folders, paper and pads
Marie Frenette for Kleenex, candy, sugar, napkins, coke and dish pads
Lilli Fitzgerald for candy
Gert Piluski for cups
Louise Park for two boxes of chocolates
Chris Danforth for coffee
Barbara Laurie for hand made hats and mittens
Diane Gallion for coffee
Cathy Siano for a television
Brown and Roberts Hardware for an electric tea kettle
Abigail Clogston for computer paper and power cord
Gordon Toussaint for fixing the windows
Betty Haggerty for copy paper
Peggy Jager for copy paper



I support Parks Place! You can donate online at www.parksplacevt.org

Enclosed is my gift of \$25 \$50 \$100 \$250 Other \$_____

Please charge my credit card VISA Master Card American Express

Credit Card number _____

Card security code (last three digits on back) _____

Name: _____

Address: _____

Phone #: _____

Mail to:
 44 School Street,
 Bellows Falls, VT 05101

News You Can Use

Parks Place's Resource Directory is available on our Website!

www.parksplacevt.org

Click on "Community Resources."
Resource Directories are also available
at Parks Place.

**Don't miss Parks Place Perspectives,
Parks Place's weekly TV show!
FACT-TV-8**

Wednesdays at 4PM LIVE!

Replayed at 3PM Thursdays,
6PM Fridays and 11AM Mondays.

*Hosted by
Barbara Ternes
with guests!*

Parks Place Community Center, Inc.

44 School Street, Bellows Falls, Vermont 05101

802-463-9927 www.parksplacevt.org

Return Service Requested

New Eligibility Worker to Help with Proof of Citizenship Requirement

Starting February 16th, Pam Allen will be coming to Parks Place every other Friday to help residents obtain proof of citizenship, a new requirement for those applying for or receiving economic services benefits, such as Dr. Dynasaur or Reach Up. People need to be able to show they are citizens or legal residents in order to get these benefits and original documents such as birth certificates are required. Pam will be able to help people locate or request proper identification, and she'll be helping enter citizenship data into the computer system so people only have to do this once!

Healthier Living Workshops for People with Chronic Conditions

Those living with a chronic condition such as arthritis, diabetes, fibromyalgia, chronic pain, etc. are invited to sign up for workshops to help deal with pain, frustration, fatigue and more. Workshops focus on stress relief, exercise, nutrition and appropriate use of medications. For upcoming dates and times call Nancy Schaefer at 802 / 885 - 3744.

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of Windham County