

Boys & Girls Club News

Perham Unit Edition



BOYS & GIRLS CLUB
OF THE PERHAM AREA

November 2016

Ready for a Great Future · Making A Difference

When asked if he can make a difference in the world around him, Nick says, "I don't know—maybe kind of."

Nick is 12 years old—a seventh grader who has been coming to Boys & Girls Club of the Perham Area since he was in the second grade. His first experiences with the Club were during summer programming where he made friends, developed positive relationships with adult mentors, and particularly loved the time he could spend in the Club's computer lab or playing with magnetic blocks and Legos. Like many boys his age, he enjoys reading books about true life survival, playing video games, and hanging out at the lake during the summer—he even has an interest in girls!

Nick lives with his mom and an older brother. A well-spoken and friendly young man, Nick admits to being shy or uncertain in some situations. He worries about speaking in front of other people and gets nervous when he is the center of attention—like during 4-H judging or during interactions with people

he doesn't know very well. About confidence, Nick says, "that is the hardest thing to do—to speak up."

Monica, Nick's mom, works full-time at Kenny's Candy. Like any single parent, Monica has to balance the demands of her job with making sure that her kids have access to safe, fun, and engaging activities when she is at work. Before attending the Club, Nick attended daycare but had outgrown that setting. Because Monica has to be to work at 7am on weekdays, her challenge was finding a place where Nick could go in the morning. When Monica discovered that the Boys & Girls Club offered programming before school, she was elated.

Nick's school day begins at 5:15am. He has breakfast at home, then arrives at the Club around 6:30am. He uses his time at the Club to get caught up on any homework from the day before, play games, and hang out with friends. At 8am he gets on a bus for school. Monica loves this arrangement because she knows that Nick is taken care of and



The Club's before school program has helped Nick stay caught up on homework and has provided peace of mind for his mom when she has to be to work early in the morning.

she never has to worry that Nick won't get to school on time. Nick says that other kids are "lucky" for getting to sleep later in the morning, but it's evident that he also enjoys his time at the Club each morning.

During the summer of 2015, Nick was offered an opportunity to participate in a special initiative at the Club.

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BE GREAT

A Note from Cori Brown, Unit Director

Boys and Girls Club Perham celebrated its fifth anniversary of impacting the lives of children and families in the Perham and surrounding area in June 2016!

Over these past five years, we have grown from the lower level

of Calvary Lutheran Church to our current space at the former Perham Hospital. We also continue to serve our 4th grade and older members in the lower level of Calvary. This enables us to have an impact on as many children as possible.

We focus on helping children succeed academically, develop healthy lifestyles, and practice good character and citizenship every day by providing structured, intentional activities. Activities are designed to be fun, engaging and interactive. The variety of partnerships we have is vital to our success. There is a circle of support between the Club and community that is essential to the quality of service we are able to provide to children and families. A great example of this is our before-school program. We are the only club in Minnesota

that offers services to children before school. This program was created through a partnership with local employers to address the need of families with school-age children whose work day began before school started. The number of families who use this service continues to increase. I am frequently asked, "How can a community the size of Perham have a Boys & Girls Club?" My answer is always, "We have a Club because we are supported in so many ways by the community." The support comes in the form of dedicated volunteers, community partnerships, financial contributions and so much more. We are humbled by the support the community extends to us and strive to meet the needs of youth and families each day.



Kelsey Wolf from East Otter Tail 4-H met with Club members weekly to share her passion and knowledge of gardening. Garden beds were purchased with a grant from PartnerSHIP 4 Health and the soil was donated by Jean's the Right Plant Place.

Feed the Fish Camp - Summer 2016



Micah absolutely loved the gardening program. He insisted we dig up a patch in our yard to plant some things this summer and wants to make it bigger next year! - Charlie, Micah's Parent

Around the Club · Our Mission at Work



2016



72% of members
receive help
with homework



4-H Partnership Teaches Healthy Lifestyles

From January through May 2016, our older members were engaged in a leadership academy through University of Minnesota Extension Youth Development. Twice a month, they learned about the effects of tobacco use and gained skills to

resist tobacco use. They created presentations about tobacco-free living and invited family, community leaders and school staff to their event.

Over 125 people attended the celebration, where each youth shared information about what they had learned. This summer, participants entered their presentations in the East Otter Tail County Fair and 24 Club members participated in conference judging.

From this, eleven Club youth were invited to present at the Minnesota State Fair level. This was a fun-filled day spent taking in the sights and sounds of the Great Minnesota Get-Together and presenting projects to the judges.

Beginning this October, Club members are learning about nutrition and fitness through a Choose Healthy Habits curriculum. Once again, youth will create



Club member Maddie shares her presentation about avoiding tobacco addiction at Calvary Lutheran Church during a community celebration attended by more than 125 community members.



11 Club members presented their tobacco-free projects at the Minnesota State Fair in August 2016.

tri-fold presentations and host a community event to share their work.

We are grateful for our partnership with the U of M Extension and Janet Malone. Her guidance provides youth with another positive connection in their lives and enhances the programming that our Club provides.

Great Partnerships Le



Club members enjoyed volunteering at Perham Living this summer. They celebrated the end of summer by having a picnic with residents.

The impact our Club has in the Perham community is built on generous, long-term relationships with partners like Perham Health and Perham Living. We currently rent 6,500 square feet in the former Perham Hospital Therapy/Chiropractor wing and are very excited to be adding an additional open space for large motor and movement in the coming months. Perham Health has graciously allowed

us to sublet a portion of our space to Head Start four mornings each week during the school year. Our partnership with Head Start allows our Club to support early childhood education as well as offset our rent expense. We also use the Perham Living van to transport Club members to fieldtrips and swimming lessons in the summer.

However, the real value of our partnership with Perham Health is the

63% of members participate in



healthy lifestyles programming

Ready for a Great Future · from page 1

Tobacco-Free 4 Health, an organization working to decrease tobacco use and exposure through policy, system, and environmental change, had partnered with Boys & Girls Club of the Perham Area to provide leadership programming for older Club youth. Nick was reluctant to participate. He worried the three-day program would be boring, and he felt nervous and shy about getting engaged in “leadership” with other kids.

But then something great happened. Nick got engaged. He found the opportunity fun and exciting. He posed for a photo voice campaign that won honorable mention in a national anti-tobacco marketing contest—and he spoke publically at a Club event that showcased the group’s work. In addition, the efforts of

his group changed tobacco policy in the City of Perham.

Monica is excited about Nick’s future—and Nick is, too. We are certain that Nick will continue to

make a difference in the world around him, and that he will continue to gain the confidence and skills he needs to enjoy a Great Future!

But then something great happened.



This photo of Nick, taken during the Tobacco-Free 4 Health leadership program, won honorable mention in a CounterTobacco.org photo contest because of its visual message about how children are affected by tobacco marketing.

Lead to Bright Futures

Intergenerational activities Club youth have the opportunity to participate in. For example, our youngest members participate in chair yoga, board games, and bingo with Perham Living residents. Our older Club members volunteer weekly at Perham Living by interacting with residents and staff. The awareness and compassion that these opportunities provide our members is priceless.

This June, Club members and families participated in Perham Living’s Mature Mile & Family 5K Fun Run/Walk to encourage health and wellness at all stages and ages in life.

We are also thrilled to be starting a brand new partnership with Perham Health in 2017. Beginning in the spring, our Club will be providing autism services in collaboration with Perham Health providers. The partnership will

be called Bright Futures: Empowering Kids, and will create new opportunities for many children and families in our community. Details are still being finalized and more information will be available in the spring of 2017.



Perham Living’s Mature Mile event was fun for Club members and families to attend.

90% of members participate in community service projects

WE Fest 2016



261 volunteers helped our Clubs in Detroit Lakes and Perham raise \$73,000 by working in the VIP Hospitality Tent and selling raffle tickets. Nate Hunter and his wife, Gretchen, won this year's RV & WE Fest raffle prize.

Be a Bucket Filler!

A big part of our mission is helping kids develop and practice good character and leadership skills they can use throughout their lives. We want young people to be engaged citizens who enjoy positive relationships with others and feel connected to their community. Our members volunteer at the Club and within the community; interacting with residents at Perham Living, organizing donations for Coats for Kids, decorating and filling birthday bags for the food shelf, serving at our Club pancake breakfast, and as acting as Junior Leaders.

We host a mentoring program to form intentional relationships with Club members who need additional support from caring adults. In 2016, 22 Club members participated in our mentoring program and completed programming designed to support the development of learning skills, healthy lifestyles, good character, and leadership.

We have been using a character development program called Bucket Filling since we opened our Club in 2011. Bucket Filling is an easy-to-understand concept: everyone carries an invisible bucket that holds good thoughts and feelings. When our buckets are full, we feel happy; and when our buckets are empty, we feel sad.

Children learn quickly that they can fill the buckets of

others when they do and say things that are kind, considerate, caring, and respectful. They also learn that when they behave in mean, inconsiderate, uncaring, or disrespectful ways, they dip into the buckets and take away good feelings. We use the bucket fillers approach to remind Club members to model strong character in their relationships with others.

We encourage Club members to treat Club equipment and space with respect. It is an easy concept to use and is very successful. We encourage, remind, and recognize everyone's efforts to be bucket fillers at the Club, at home, at school, and everywhere they go. If you would like to learn more, visit the Bucket Fillers website, www.bucketfillers101.com.



Bucket filling helps kids develop good character and friendships with others.

give TO THE MAX 

NOV. 17, 2016

www.givemn.org

A Vision for Great Futures · Our Leadership

Even before our Club opened its doors in 2011, community members have given generously to our efforts. It was concerned members of our community that first identified the need for afterschool services in Perham and then worked tirelessly to seek support from community residents and businesses, obtain a charter from Boys & Girls Clubs of America, and create a thriving, impactful organization that makes a difference in the lives of children every day. The vision of our founders has driven our growth, the expansion of our services, and our reputation as a valuable asset within the community.

Our Club is governed by a dedicated eleven-member advisory council made up of community leaders, collaborating partners, Club parents, and one member of the corporate board of Boys & Girls Club of Detroit

Lakes. The Perham Advisory Council meets monthly to review financial statements, receive reports, and make decisions about programming, growth, and fundraising as well as make sure that Club services have a positive impact on children and families. The advisory council also has committees that address specific areas such as board development, finance, human resources, resource development, and marketing.

Members of our 2017 Perham Advisory Council include: Staci Malikowski, President; Tim Graff, Vice President; Therese Perro, Secretary; Liz Swanson; Tim Birkeland; Julie Vomacka; Megan Nelson; Kayla Paurus; Jason Smith; Misty Larsen; and Quentin Smith.

Our Club employs a unit director, Cori Brown, who oversees everyday operations at the Club. We also

have program staff who work one-on-one with children to deliver programming. We are also fortunate to have more than 20 volunteers that regularly help our Club incorporate special programming into our regular activities. Each of the individuals who work within our Club are the heart and soul of our work; they bring our mission to life for each child who comes through our doors.

If you are interested in getting involved in our Club as an advisory council member, a staff member, or a volunteer, please reach out to us. We would love to hear from you!

Connect With Us!



facebook.com/
boysgirlsperham

www.bgccl.org

Re-Use-It Thrift Store Supports Youth



The Re-Use-It Thrift Store was created as a long-term source of revenue to support programs at our Club designed to help children succeed academically, socially, and civically. The store opened in 2011 on the east side of Perham, but grew rapidly. In 2014, store operations were moved to its current location at 225 East Main Street in Perham.

The store currently employs 8 employees and 5 volunteers that

handle donations, inventory and sales. The store accepts donations Monday through Friday from 9:00-4:30 and Saturdays from 9:00-3:00.

Proceeds from the store directly benefit Boys & Girls Club of the Perham Area. Anticipated financial support during 2016 is expected to total \$60,000. Please call 218.346.2616 if you have questions, would like to make a donation, or are interested in volunteering.!

I am forever changed because of the children, parents, and staff at Boys & Girls Club. For the child who needs extra help with behavior or homework skills and the mothers and fathers who work long hours and need peace knowing their child is in a safe, loving environment – I am excited to serve on the advisory council alongside some of the most intelligent, creative, driven, and caring individuals I have ever met.

Megan Nelson, Perham Advisory Council Member

Upcoming Events

Pancake Feed

November 20th
8:30-11:00 AM

Calvary Lutheran Church • Perham, MN
Free Will Donation

Holiday Bingo

December 4th
4:00-6:00 PM

The Cactus • Perham, MN
Bingo & Raffles for the whole family!

Giving Hearts Day

February 9th, 2017
24-hour online giving

www.impactgiveback.org

Spring Bash

April 20th, 2017
Mark your calendars!