



The Exchange Club Family Resource Center

A word from the Director

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The Exchange Club Family Resource Center serves a variety of families---all different. Some are headed by single parents, some by two parents, and some have several generations under one roof. Most recently, we have seen an increase in the number of families headed by grandparents. In fact, the families in this category now compose 10% of our caseload! These families face unique challenges and these “Grand-people” are learning how to parent again under stressful conditions:

- Grandparents are in a unique position of caring for grandchildren when they thought they had finished raising children. They have to adapt to

societies’ idea of what a parent should be and change their role from Grandparent to parent.

- Grandparents are impacted by more frequent health issues than younger parents.
- Grandparents lack a support system because their own children may now be unable to assist with their children.
- The children may experience distress over being separated from a parent and/or have behavior issues that are exhausting and difficult to resolve.
- Grandparents often aren’t familiar with available community resources.
- Grandparents often have financial challenges as increased expenses impact a fixed income.

All of these issues may cause Grandparents to feel isolated, that is why the Family Resource Center Exchange Parent Aide Program is available to support some of these grand families. We provide a listening ear, helpful infor-

mation, and walk beside grandparents...and parents...as they navigate these different waters.

We also rely on strong community partners, such as Mercy Care and their excellent “Grands Who Care” program (706-291-8496). We partner by making joint referrals and collaborating on parent education workshops. We salute their work and are proud to partner with them to serve a few of the “Grands” in our community. I’m proud that the Family Resource Center has strong partners and is able---through your faithful and generous support--to be responsive to the needs of our community. As demands for in-home Exchange Parent Aide services increase, we will continue our faithful work. Thanks for making our work possible!

-Tina Bartleson
Executive Director Family Resource Center

2017 Star Volunteer---Terry Clift !



Terry Clift receives the 2017 Star Volunteer Award from Katie Dempsey and Tina Bartleson. Thank you Ford, Gittings & Kane for the honorary plaque.!

Terry's passion for the FRC is unquestionable and he carries this passion into every project he undertakes.

The Star Volunteer Award was created in 2003 by the Family Resource Center as a way to recognize individuals for their commitment to our mission to prevent child abuse and neglect. Named in honor of the first recipient, Rep. Katie Dempsey, this is the highest recognition conveyed upon an Exchange Club Family Resource Center volunteer. Individuals with outstanding volunteer efforts in the name of the Exchange Club Family Resource Center are nominated annually by their peers and selected by a committee.

Our 2017 recipient was Terry Clift, Board member and Chair of the annual Night at the Movies events.

Terry has been described as follows:

Terry has been a loyal and untiring volunteer. His passion for the FRC is unquestionable and he carries this passion on every project he undertakes. Terry has also shown his personal compassion for the families of the Center and has quietly been there when the calls go out for a particular item or service needed by a family without notoriety for himself. To steal an old saying, when you look up the definition of Volunteer on the Internet or in a dictionary, you see a picture of Terry Clift.

Past Recipients of the Star Volunteer Award

2003	Katie Dempsey	2008	Lynn Maddox	2013	George Kastanias
2004	Jim Bishop	2009	Gail Johnson	2014	Jason Sanker
2005	Sam Evans	2010	Lisa Stuenkel	2015	Gin Gunther
2006	Stephen Patton	2011	Phyllis Pemerton	2016	Robin Hice
2007	John Hine	2012	Dr. Gary Smith		

The Cycle of Services inside the FRC

The Family Resource Center averages 20 new referrals each month and we make contact with every family referred to our center. Face to face contact allows our Parent Aides to provide higher quality service, so for 90% of our referred families, we dedicate extra time to meeting with them. Referrals for Parent Aide services originate from a variety of places: DFCS (Division of Family & Children Services), doctors, schools, counselors, and self-referrals.

During the first visit with a new family, a Parent Aide will assess the client's needs. For example, some families just need a conversation and general information about resources available to them in the

community. Occasionally a family will need a referral to another community program (e.g. counseling). At times, there is a family who is referred to us, but does not want to participate in our program. It is our hope that if they have been referred, then they would benefit from the services whenever they are provided and that if they do not seek help from us they do seek it elsewhere.

When a family is ready for a Parent Aide and an action plan, we are ready to respond. Our Parent Aides spend time getting to know a new family by meeting with them in their home. The Parent Aide will help the family assess challenges. Later the Aide will use the assessment to

put a plan in place. The plan likely will include weekly meetings with a family and the children in their home. In that time together, the parents are coached through the various challenges they face. It is not unusual for a Parent Aide to spend one hour a week with a family but the Center has been known to spend as many as 12 hours in a week with a family in crisis.

The Family Resource Center team works hard to meet the needs of the families we serve. We look forward to growing our services in 2018.

Upcoming Parent Education Courses

Active Parenting NOW!

November 8, 2017, Exchange Club FRC

Are you ready to learn to communicate more effectively with your children? Would you like to learn how to gain your child's cooperation? Do you want to learn how to build courage, character, and self-esteem in your child? Join us for the Active Parenting Now! classes which will be held from 1:00-3:00pm Nov 8—Dec 20 (No class Nov 22. A make-up class is scheduled for January 3): Presented by Mariah Hickman. For more information or to sign up call the Family Resource Center at 706-290-0764.

Activating Your Parent Super Powers

February 6, 2018, West End Elementary

With Parent Super Powers you, too, can leap over problem situations in a single bound. Attend this workshop to learn more about communication, empathy and other tools to help children grow stronger. February 6, 2018, West End Elementary, Pizza at 5:45PM, program at 6PM: Presented by Tina Bartleson. For more information or to sign up call the Family Resource Center at 706-290-0764.

Circle of Security

Spring 2018

This 8-week course focuses on helping parents understand how to building attachment and security for their children. This workshop is free of charge and geared for parents with children 6 years and younger: Presented by Shemika Roberts. For more information or to sign up call the Family Resource Center at 706-290-0764.

18th Annual Night at the Movies

February 27, 2018 at 6:00PM

Mark your Calendars for the 18th Annual Night at the Movies scheduled for February 27, 2018. There will be a selection of 7 great blockbuster movies, drinks, hors d'oeuvres...and all your friends!

Tickets make great Christmas or Valentine's gifts.

For ticket information or gift certificates, contact Kathy or Tina at 706-290-0764. Movies Begin at 7:30PM.

2017

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Pictured left to right: Mariah Hickman, Shemika Roberts, Varina Bray, Tina Bartleson, Kathy Phillips, Maxine Clark, Rita Jones



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Adopt a Family for Christmas!

It's time to start planning! If you would like to adopt a family for Christmas this year, please contact kathy@exchangeclubfrc.org

Also let us know what size family you would like.

(Example: 1-3 kids, 4-6 kids)



We are on the web! www.exchangeclubfrc.org You can also follow us on Facebook: Exchange Club Family Resource Center