



FRYSCKy BUSINESS

*The Official Newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc.
Bridging Barriers and Changing Lives Since 1991*

Fall 2017

Greetings and Salutations: All I want for Christmas – PEACE and to LAUGH

by Leslie S. Hall, President, FRYSCy, Inc.

Hardin County (KY) • I am sure this message finds you up to your eyes in Christmas cheer. And we all know that Christmas time for FRYSCs is not always cheery. Christmas starts in October and sometimes carries on to January. I urge you that amidst the trees and lights; assistance registration and Shop with A Cop; Toys for Tots and “Oh, yea...I just forgot to sign up”, that you find your **PEACE**. Circumstances can’t always be changed, but we can control how we react to them. It has been said that we can’t control the wind but we can adjust our sails. Take time to adjust your sails and find your **PEACE**.

There are 2 suggestions to help – you can find more at <https://www.positivityblog.com/inner-peace/>

1. **Set limits.** If your life is overfilled you may need to set some limits. So stop doing some of the least important things, the things that honestly don’t matter that much. Set a limit for how many times you will check inboxes, Instagram, Twitter etc. per day. And say no if you really don’t have the time.
2. **Breathe.** When stressed, lost in a problem or the past or future in your mind breathe with your belly for two minutes and just focus on the air going in and out. This will calm your body down and bring your mind back into the present moment again.

There were 13 other **PEACE** finding techniques in the linked article, but these two, I felt, were the simplest and most important and who am I kidding, this is Christmas season folks....who has time to read all 15 suggestions.



Along with finding your **PEACE** in the middle of this chaotic season, I would like to also add **LAUGH**. Take some time to **LAUGH** and **LAUGH** hard. There is something cleansing about laughter and in the end it brings a **PEACE** unlike any other.

It is on my heart to say thank you to those I was blessed enough to spend time with during the Fall Institute Conference. We did **LAUGH** and in the end I went home relaxed and at **PEACE**. I hope everyone in attendance did as well.

I would like to leave you with a FRYSC Christmas poem (see page 2) from a most cherished and wonderful coordinator, Teresa Edlin. May the **LAUGH** bring you a little **PEACE**.

Prayers for happiness, strength, blessings and favor! God be with you all!

What it's like to be a FRYSC Staff @ Christmas Time!

Twice the week before Christmas and all through the schools,
The FRYSC's were working and running like fools.
Carrying Angel Tree packages for families and kids
Decorating for Fun Nights, even helping to prevent SIDS

There's so many duties, just where do you start?
Only a FRYSC staff knows how to master the art
The children in the schools need coats, clothes, and shoes
Some parents needed parenting for discipline and BOOZE.

The routine reporting, the logs, and the meetings
The CPP, the budget, fundraising, and greetings
Yes, the FRYSC's still find time to be super nice
Even when they have to work in- **a time to pick lice!**

When out on the school yard, there arose such a clatter,
They called for the FRYSC's to help with the matter
Was it two students fighting and not getting a long?
No! Instead, it was grownups and they were quite wrong.

The FRYSC's dropped what they were doing to help them make peace
The issue was a landlord not extending a lease
So, they got on the phone to help them find funds
Even got them help with a couch- and a car that would run!
Then, as they walked down the hall to use the restroom
Two teachers and the counselor had expressions of gloom
They stopped them with **new** concerns needing to be fixed
Wanting it handled right away -so as not to be mixed

As they got back to their office to start making calls,
Their e-mail gave them **new concerns** to fix down the halls
All needing to be handled soon-- no time to wait
And they added, "Could you do a home visit for the child always late?"

If your head is still spinning as I make this all clear
Few could keep up with FRYSC's or repeat why we're here.
We don't do it for money, for glory, or fame
We do it for reasons beyond what we name

So as we go into the New Year and celebrate the season
We keep smiling and helping others for no other reason
Other than God has given us a role- to fill in this life
The privilege of helping others; to lighten their strife
To bring smiles to children and hugs to their shoulders
To build bridges, to lighten the weight of their boulders!

To make our schools stronger and support the school staff
To make purses from sow's ears and help others laugh.
So you know who to call now- when there arises a commotion
The FRYSC's will help you and put things in motion!!

**Written December 2007 by: Teresa Edlin --- Veteran Coordinator
Dedicated to every Hardworking FRYSC--- Merry Christmas With Love!**

Region 2 (Butler County) ~ Young Farmers Grow Leaders

*Submitted by Melissa Glass, Coordinator, Butler County FRC
Reprinted w/ Permission • Beech Tree News (Diane Dyer)*

Morgantown (KY) • The Butler County Family Resource Center, in cooperation with the Butler County Young Farmers, constructed and planted the first school gardens at Morgantown and North Butler Elementary School. The BC FRC and BC YFA were assisted by students and their families at each school this past July on a very hot KY summer planting day! Students who helped plant at each school were greeted with fast growing sprouts when they returned to school in August. This first year of gardening has been a great experience for the kids and adults involved. Students have had the opportunity to plant seeds, they helped weed and maintain the gardens, and they also picked the vegetables that grew from the gardens. MES and NBES are both actively A Leader in Me Schools so each school formed an action team of students who presently serve as the school garden team.

The harvest has been enjoyed in a variety of ways. Some of the food has been donated to the local Morgantown Mission Community Food Bank. It has also been utilized during school lunch. Nutrition staff at each elementary school prepared vegetables for student to enjoy. Students at each school were served roasted zucchini and squash but the crowd favorite was ultimately the homemade zucchini bread! The FRC and students look forward to the future as the possibilities for the garden continue to grow.



Pictured above, students at North Butler Elementary School on the initial planting day for NBES Gardens.



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Region 2 (Bowling Green) ~ Business Women Mentor 7th Grade Girls

by Linda Krutza, Coordinator, Bowling Green Junior High YSC



Bowling Green (KY) • Twenty-three 7th Grade Athena girls, nominated by BGJHS faculty and staff participated in an Athena fieldtrip to the Southern Kentucky Community Technical College (SKyCTC). Lunch was prepared by the College Culinary Department and sponsored by Athena Winners. These women are recognized in Bowling Green for their business success and their contributions to our community. Athenas are striving to create mentor/mentee relationships with these girls and provide knowledge on how to reach their goals.

Region 7 (Fleming County) ~ Summer Science Camp Captivates Students

by Mendy High, Coordinator, Fleming County YSC

Flemingsburg (KY) • Fleming County FRYSC hosted a Summer Science Camp this past June with nearly 100 students, grades 3-8, participated in this three-day exciting camp. Students investigated how science, technology, engineering and math are used in everyday life and in careers through fun and exciting experiments. Some of the many highlights of the week included making fidget spinners with the help of a local industrial company, using Lego Robots and learning how to code in the computer lab. Guest speakers showed students how to become engineers through building bridges out of toothpicks and gummy candy and measuring the amount of weight (pencils) it could withstand. A local land surveyor and parent of a camper shared information about the importance of math skills in his career. Throughout the week, students enjoyed activities such as making heat sensitive slime, tie-dying t-shirts and preparing elephant toothpaste. Students concluded the week with a fun field trip to the Minor E. Clark Fish Hatchery near Cave Run Lake. Breakfast and lunch was served daily through the Summer Feeding Program. Plans are already being made to continue this camp in the Summer of 2018.



Region 7 (Magoffin County) • State Representative John Blanton visits the Magoffin County KinderCamp program. Information and pictures provided by Carrie Allen, Coordinator, North Magoffin FRC





Region 7 (Raceland Independent) • Camp Greenbo: Summer Mentoring Program

by Emily Cantrell Stephenson, Coordinator, RAMS FRYSC

Raceland (KY) • R.A.M.S. FRYSC hosted its annual Camp Greenbo in June 2017. The FRYSC partnered with the Raceland-Worthington School District and Greenbo Lake State Resort Park to offer a unique summer experience for 97 students, incoming grades 2nd-7th. Participating students spent the week exploring the great outdoors and learning about nature. For many students, the week provided their

first boating and hiking experiences.

The FRYSC also employed 10 high school students as counselors. The counselors completed job applications, interviews, and employment documents as part of the program. They then helped organize, plan, and execute programming for the week.

The camp provided valuable mentoring and mentee experiences as well as provided every student an opportunity for old fashioned summer fun.

Region 7 (Martin County) ~ School Garden Project Grows Many Possibilities for Students

by Denise Stepp, Coordinator, WPRT FRC

Warfield (KY) • WPRT Family Resource Center started a new component to our grant. Our students started a "School Garden Project". This project will teach healthy eating habits, physical habits and life skills. From planting, weeding and harvesting, the students raised their garden with pride. We have an annual Kentucky Heritage Day/Grandparents Day. During our annual Heritage Day with a pig roast, soup beans, cornbread dinner we were able to provide green beans, cabbage made into kraut, corn and watermelon. The students were so proud of their hard work. We learned a lot this year and next year will be another fun filled adventure. We are now starting new seeds in the greenhouse for winter crop and flowers. Hopefully we will be able to sell flower pots and make money to regenerate the green house. We wrote a grant to place heat and ventilation system in our greenhouse. This is an exciting time for our students!



FRYSCKy Fall Institute Sponsors



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Region 7 (Magoffin County) ~ YSC Yoga Bridges Education Gap, Strengthens Families, and Provides Whole Child Learning

by JoAnn Crace, Coordinator, Herald Whitaker MS YSC



Salyersville (KY) • Herald Whitaker Middle School's Health & PE classes and Staff participated in Yoga classes presented by Amanda Amburgery. The presentation included information on the health benefits of yoga including: respect for yourself and others, positive mood, managing stress, improvement in posture and increased energy.

The HWMS Youth Service Center is dedicated to assisting students and families in bridging gaps in education through strengthening families and providing whole child learning – which includes meeting the mental and emotional needs of children. According to the KY Dept. of Education State data, 1 in 3 children in Ky is overweight or obese and 33.2 % of adults are obese and the HWMS YSC faculty survey indicated 57% of staff identified stress management as their #2 need. The HWMS Youth Service Center provided the presentation in an effort to empower students and staff with tools to improve their physical and mental health.

Region 5 (Bullitt County) ~ Senior Adult Volunteers Help with Kindergarten Prep Camp

by Leigh Ann Lowery, Coordinator, Old Mill/Crossroads Family Resource Center

Mt. Washington (KY) • The Old Mill/Crossroads Family Resource Center partnered with both elementary schools this summer to offer ten days of kindergarten prep camp. Students were invited based on screenings done at registration and those with low scores, lack of preschool experience, and/or lack of social skills were given first chance to attend. Teachers were hired from Kindergarten staff and senior adult volunteers were recruited to help each day. This is a beautiful partnership between both generations of learners.



Students worked on recognizing and writing their name, numbers and letters as well as learning their way around the building and what to expect each day of kindergarten. Almost every student showed significant academic growth on their post-test. Everyone agreed that this made the transition to school much smoother for both students and parents.

Another highlight of each week was a visit from the District's Learning Bus, driven by Crossroads principal Mrs. Skeens. Students were able to board the bus and choose a new book to take home each week.

Region 2 (Warren County) ~ Gator Life Camp: Transition Program for 6th graders

by Janice Lockwood, Briarwood Elementary FRC



Bowling Green (KY) • The Elementary Feeder schools that feed into Drakes Creek M.S. held a Gator Life Camp for incoming 7th graders. They were able to experience what a day would be like at Drakes Creek M.S. They got to meet the faculty at Drakes Creek and able to tour

the school. Many fun activities went on the kids loved the locker relays learning how to open a combination lock. They got a free lunch provided by McDonald's and were given a goody bag which included snacks and a free t-shirt. Over 300 students attended.

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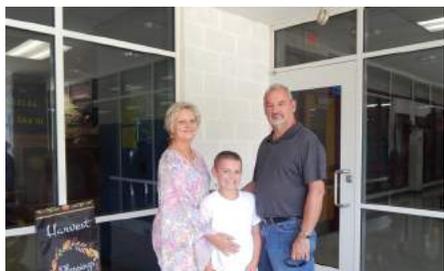
<https://twitter.com/FRYSCKy>



Region 7 (Morgan County) • Important and Fun Programs for Young and Old

by Angela Ferguson, Coordinator, WEVE FRC

West Liberty (KY) • Every Day Counts ~ Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work. East Valley Elementary extends a huge thanks to the Masonic Lodge for donating bicycles and helping promote perfect attendance!



Grandparent's Day ~ East Valley Elementary would like to thank all grandparents and special guests for coming out and supporting our students on September 8. The students enjoyed socializing, snacking, and performing for our Grandparent's Day celebration. Each class expressed their gratitude in a unique way. Happy Grandparent's Day!

Overnight Camp ~ EV fourth grade class recently took a trip to Camp Judy with fourth graders from Morgan Central. The students experienced canoeing, hiking, archery, arts & crafts, and tasty country foods. Story-telling along with campsite hot dogs & smores are always a good way to end the day. Everyone enjoyed spending time outdoors and exploring nature. A huge thanks to 4-Extension Office and everyone for making these learning experiences a success!



Region 6 (Campbellsville Independent) ~ Students Learn about Being Good Listeners

by Calen McKinney, Public Information Officer, Campbellsville Independent Schools



Campbellsville (KY) • Campbellsville Elementary School preschool students recently learned the importance of listening. Susan Kennon, a Campbellsville Family Resource and Youth Services Center liaison at CES, recently spoke to students about rules that will help them become a good listener.

When listening, Kennon said, students need to watch the speaker with their eyes, keep their voice quiet and their body still and to direct their ears to the person speaking. Kennon said students can practice their listening skills in the cafeteria, classroom, gym, hallway and more. For more information, contact Sue Crabtree, Coordinator, Campbellsville FRYSC.

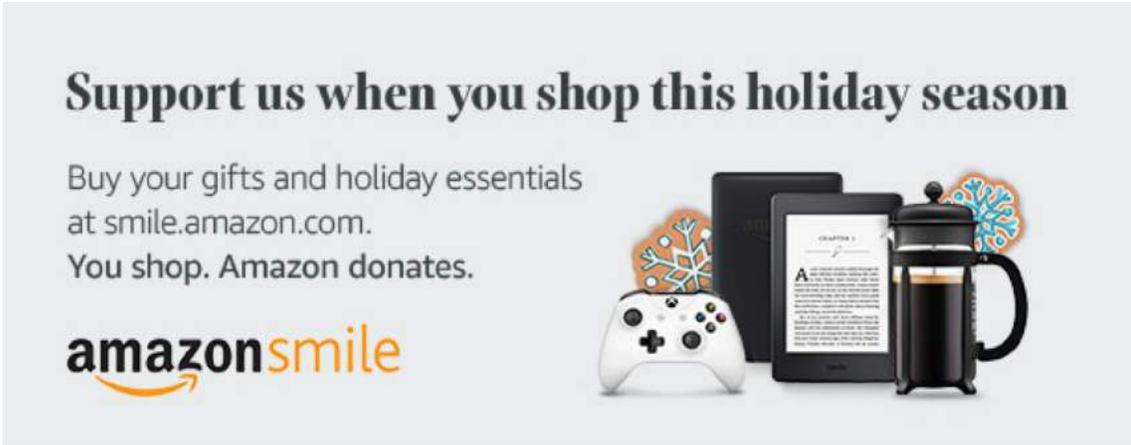
Pictured: Susan Kennon, a Campbellsville Family Resource and Youth Services Center liaison at CES, asks preschool student Xavien Smith if the students in this picture are listening to each other.



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FRYSCKy and the State Pension Issue

by Leslie S. Hall, President, FRYSCky, Inc.

Hardin County (KY) • The pension issue impacts the entire educational community. We as the Coalition, and specifically speaking in regards to the Coalition Public Policy Committee, feel the strongest voices come from the school community as a whole. The FRYSCky Coalition advocates for FRYSC programming and funding. At this point we are focusing our efforts on supporting our programs, looking towards the upcoming budget session while allowing the voices of the entire school community to be heard on the pension issues. (My personal voice is loud and strong as I am sure yours is as well.)

With current high tensions and the upcoming budget session, the Coalition will continue to advocate **fiercely** for Family Resource and Youth Services Center programs, mission, and vision. There is substantial information concerning the pension from the State Superintendents Association, Kentucky Education Association, and others. It is in all our best interest to fully understand the proposed plan and to act according to what is going to impact our individual futures, the futures of our colleagues, and the future of public education. We encourage our coordinators to look into what these associations are sharing and advocate with local legislators according to their good conscience.

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Kentucky Rx Card is a discount card program that is HIPAA compliant - whether a card is obtained through a doctor, community resource, or our website, no personal information is collected, shared nor sold. We do not have a mail order option - we work to keep customers in local pharmacies. Our staff live and work locally; we know our community and meet with local resources such as schools, hospitals, health departments, local medical societies, libraries, senior centers, etc. to educate families on how the program can be of help. We attend health fairs and community events often to connect with families.

Kentucky Rx Card was originally launched to help the uninsured and underinsured afford their prescription medications. As healthcare has evolved and changed, KY Rx Card may also be of help in these ways:

Medicare

Those with Medicare may use KY Rx Card as a supplement to Part D for medications that are not covered, or when they have gap coverage, such as the "donut hole".

Medicaid

Those with Medicaid coverage may use KY Rx Card for medications on the exclusion list, or for family/household members not Medicaid qualified.

Prior Authorizations/Step Therapy

KY Rx Card is a great solution for those who do not wish to wait on insurance approval.

Cosmetic & Non-medically necessary drugs

KY Rx Card may be helpful as well for drugs such as Retin A, HRT, or any medication excluded by an insurance plan's formulary.

OTCs

KY Rx Card covers OTCs written by prescription saving money on both the drug itself and from having to pay sales tax as Rx's are not taxed.

Pet Medications

Often, our pets may need human medications requiring a visit to a retail pharmacy. In these instances, KY Rx Card may be able to offer savings on drugs prescribed by a veterinarian and filled at a retail pharmacy.

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| Amantadine 100mg | 20 | \$48.69 | \$24.34 | 50% |
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Congrats to Our Contest WINNERS

The Family Resource and Youth Services Coalition of Kentucky (FRYSCKy) held its annual Art and Essay contest for students across Kentucky to express how FRYSCs are important in their individual lives, their schools, and their communities. Congratulations to this year's four winners and thank you to each student who made a submission. Everyone's work was excellent. Thank you to FRYSC coordinators for participating in this program and for the work that you do in your schools and communities.



Aubrey Fleming

Winner of the K - 2 Art Contest

Submitted by: Teresa Branham, Coordinator of the Martha Jane Potter Elementary FRC (Region 8 – Letcher County)

McKenna Fisher

Winner of the Elementary Essay Contest

Submitted by: Barbara Meriwether, Coordinator of the Dorothy Kingston FRC (Region 1 – Christian County)



Ayran Casenova

Winner of the Middle School Essay Contest

Submitted by: Jessica Rains, Coordinator of The Family Point FRYSC (Region 11 - West Point Independent School District)



Faith Oliver

Winner of the High School Essay Contest

Submitted by: Stacy Thomas, Coordinator of the McCracken Co High School Mustangs YSC (Region 1 - McCracken County)



Family Resource and Youth Services Centers Coalition of Kentucky

Sponsored by Humana Care Source

Mini-Grant Training Request Form

| | |
|---|----|
| Center Requesting Mini-Grant: | |
| Coordinator's Name: | |
| Center Mailing Address <i>(include zip code):</i> | |
| Center Telephone: | |
| Coordinator's Email: | |
| School District: | |
| Region: | |
| Have you received a Mini-Grant previously? If so, when?: | |
| How much are you requesting for this Mini-Grant? <i>(requests may not exceed \$500)</i> | \$ |
| If this Mini-Grant is awarded, please make check payable to: <i>(list name in box to the right)</i> | |

Guidelines for FRYSCKy Mini-Grants:

1. Coordinators, who request mini-grants for training from FRYSCKy, Inc., must be an active member of the Coalition.
2. A Coalition member is limited to one mini-grant award per fiscal year.
3. Mini-grants requests must not exceed \$500.00. **Requests must include an itemized listing of how the funds will be used (i.e. airfare, lodging, registration fee, ground transportation, mileage, and/or airport parking). The Coalition does not cover food/meals or other miscellaneous costs.**
4. Mini-Grants are only paid on a reimbursement basis **(no money in advance)**. To receive the payment, mini-grant recipients must submit a one-page report highlighting their experience at the training along with a travel form and original receipts within two weeks after the event.
5. A limited amount of funds is available for mini-grants. Therefore, requests will be prioritized.
6. The training for which a mini-grant is requested must hold to the mission statement of the FRYSC Coalition of Kentucky:
"...to promote a network among those who seek to remove educational barriers of children, network with family support practitioners, other human services providers, and to learn from each other, share resources, collaborate more effectively on behalf of families, children, and youth."
7. The Board of Directors would like a description of the training for which a mini-grant is requested to accompany the request. It should include:
 - I. Name of training
 - II. How the training will benefit you professionally and benefit your children.
 - III. How the project addresses the mission of the FRYSCKy.
8. Mini-grant funds may not be used for Victory Over Violence or Fall Institute attendance. The Coalition and DFRYSC have other opportunities available to help support Coordinators' attendance at these events.

REQUESTS MUST BE SUBMITTED to the FRYSCKy Regional Representative at least 45 days prior to training event. Regional Representatives have 3 days upon submission to forward requests with signature to the FRYSCKy Board for their approval.

Signature ~ Mini-Grant Applicant: _____ **Date:** _____

Signature denotes the applicant has read the guidelines, provided the requested material, and will comply with grant requirements.

Signature ~ Regional Representative: _____ **Date:** _____

Signature denotes application is complete and that it has been forwarded for review.

Signature ~ FRYSCKy Executive Board Approval: _____ **Date:** _____

Signature denotes Mini-Grant has been reviewed and approved for funding by FRYSCKy Executive Board.

Action by FRYSCKy Inc.

Approved Denied Further Action Necessary Date: _____

Comments: _____

SAVE YOUR MEETING DATE & MAKE PLANS TO PLAY IN NKY!



Victory Over Violence Conference **July 17-19, 2017**

Northern Kentucky Convention Center, Covington, KY

You work hard and meet long, but make time to play with the best of them in NKY. Maybe you want to take in a Reds baseball game at the Great American Ballpark, or perhaps relaxing on a riverboat cruise or visiting our world-class Newport Aquarium would be more your speed. We have that too... and much, much more!

Getting Around

Take advantage of the Southbank Trolley. It will take you to the Newport Levee, across the river and back all for a buck a ride. And if you're feeling energetic, Cincy RedBike is also a great way to explore NKY!



Cool things to see and do

- Newport Aquarium
- Newport on the Levee
- Ride the Ducks
- Braxton Brewing Company
- BB Riverboats
- Mainstrasse Village
- National Underground Railroad Freedom Center
- The Banks & Smale Park
- Hofbrauhaus Newport
- Cincinnati Museum Center
- Creation Museum & The Ark Encounter
- The New Riff Distillery
- Cincinnati Zoo and Botanical Gardens

Learn more about the above attractions by visiting www.meetNKY.com.

 
meetNKY.com 1.877.NKY.VISIT


Northern Kentucky CVB



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MARK YOUR CALENDAR

Legislative Reception

Sponsored by the Family Resource and Youth Services Coalition of Kentucky

6:00 pm – 8:00 pm
Tuesday, February 20, 2018
Capital Plaza Hotel
Frankfort, KY

DFRYSC will offer a training session that afternoon from 2:00-4:00 pm (tentative). Confirmation of time and topic will be forthcoming.

Do you need help...?

- Finding your legislator’s name
- Understanding the important difference between Advocacy & Lobbying
- Building Relationships with your Legislator
- Or other important advocacy tips

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