



FRYSCKy BUSINESS

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

Spring 2018

Greetings and Salutations: We Are a Force! - Commitment

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

Hardin County (KY) • Hello, fellow FRYSC coordinators and friends! At the end of my tenure as your president, I look back on the letters that I have written to you about key words and phrases such as Resolve, Relentless, Keep, and Advocacy Never Sleeps. I look back to the strength and determination of a group of people who put it all on the line for others and show true **COMMITMENT** daily. We do not compromise or apologize for sticking to the motto of **“Whatever it Takes!”** *And we never will.*

I received what I felt like was a heartfelt compliment from one of the legislators during this session. He said that he enjoyed seeing us (FRYSC) coming because he knew that when he met with us we were there solely for others, for the needy, and for those without a voice. He did not belittle the reasons others marched on the Capital this year, but said that he knew we had a **COMMITMENT** to others and enjoyed seeing our faces in the halls and galleries of the Capital.

To say the least, this has been a trying legislative session for everyone, everywhere, and in every way possible. With the **COMMITMENT** of each FRYSC we have made great strides that have garnished a level of unprecedented bipartisan support from our legislators. We spent hours meeting, calling, inviting and we need to stick with our **COMMITMENT** to advocacy and remember to thank those legislators that support FRYSC.

As we move forward, I want to thank you for allowing me this opportunity to serve as president of FRYSCy, it has truly been my great pleasure and I am looking forward to serving you as the Chair of the Public Policy Committee for the next 2 years. In July, we will welcome Paula Hunter into the position of FRYSCy President and I hope that you will continue your **COMMITMENT** to FRYSCy and encourage others to become members of the Coalition. There is strength in numbers and we need to continue our **COMMITMENT** to advocacy. I am proud of FRYSCy and all that the Coalition has accomplished throughout the years. We are a force to be reckoned with and I believe it is because the strength behind the force is the **COMMITMENT** of people like you. People who are willing to wake up everyday and say, “I will do Whatever it Takes!” Thank you for the day to day (often unnoticed) things that you accomplish for others. Thank you for your **COMMITMENT!**

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

FRYSC Legends – Highlighting Sallye Pence



With any program in its 28th year of existence, turnover is natural; the FRYSC program is no different. Many of the original trailblazers have retired, passed, or moved onto other endeavors. While she was not a FRYSC when the program was implemented in 1991, Sallye Pence came along when the program was still in its infancy, finding its legs, its meaning, and its worth. In her small corner of Kentucky, spanning FRYSC jobs in Bullitt and then Jefferson County, Sallye spent 22 years exemplifying the true meaning of “being FRYSC.” She helped those in need find the help that they needed; she expanded the horizons of many students by exposing them to the arts and to the world outside of their neighborhood; she was a leader for her colleagues, a passionate advocate for FRYSC, and a friend to many. Sallye served as a board member and an officer for the Family Resource and Youth Services Coalition of Kentucky for 18 years. If there existed a “FRYSC Hall of Fame,” then Sallye Pence would be nominated for induction. With her recent retirement, we celebrate Sallye and

wish her the very best. Sallye’s kind and giving nature will be her FRYSC legacy. Here are some excerpts from a recent interview with Sallye...

- 1. Where were you born?** Louisville, KY at Highlands Baptist Hospital (is now extinct!)
- 2. Where did you go to school (elementary-high school)?** I am a product of Jefferson County Public Schools. Zachary Taylor for 1st grade, Chenoweth Elementary 2nd - 6th, Waggener Jr. High for 7-8th, Ballard High School 9-12th.
- 3. What college(s) did you attend?** Furman University, Greenville South Carolina. Our motto was "Go FU".
- 4. What degree(s) did you receive?** Bachelor's Degree in Business Administration and Psychology
- 5. What did you do before FRYSC?** I was a Human Resources Professional for Druthers, Inc. (a fast food restaurant chain) and Taylor Drug Stores, Inc. After 8 years of this career, I went to work for a couple of non-profits. My favorite was over 5 years at Big Brothers Big Sisters.
- 6. What year did you become a FRYSC?** In 1996, I was recruited by a friend's boyfriend to become the FRC Coordinator at Brooks Elementary in Bullitt County where he taught music.
- 7. What attracted you to applying for a FRYSC job?** It was a really varied job and it paid better than where I was. I later realized I was called to this work. God does that by putting people in our lives at the right time and place. I stayed in Bullitt County for about 6 years when I was recruited to come to Jefferson County (where I live). Jaye Sparber Bittner had a lot to do with that! I was at Jacob Elementary for about 10 years and I have been at Kenwood for 7 years.
- 8. What are your favorite memories / proudest moments as a FRYSC?** In the early years in Bullitt County, there were few resources for our families in the community. The FRYSC coordinators worked to establish a collaborative community council that brought resources to the county. We helped get Seven Counties in (they built a building for counseling services and started school based therapy), the Center for Women & Families started offering court support to victims and opened an office for counseling for victims of rape and domestic violence. Recently, I started a “Grandparents Raising Grandkids” group at Kenwood that has outgrown our available space and will be soon meeting in an area church.
- 9. Were you ever scared doing your job?** Yes, coaching flag football and volleyball (I am NOT athletic) and several times doing home visits! But the worst was about 9 years ago. A woman with 4 children, three of them attending my school, came to me seeking help. She was bruised and battered. Her husband was outside in the car waiting on her to drop off "paperwork" so she didn't have time to talk. She wanted help to leave him but had no vehicle and was not near a bus line. We arranged for her to call me when he left for work. The school counselor and I went to pick her up later. She had packed some bags and came running out to car with her bags and toddler. Her husband must have suspected something was up because he came roaring down the road in his

vehicle trying to block our exit. He got out of the car and started pounding on ours. We were on the phone with the police as we were able to make an escape and drive her to pick up the other children at school and then to the Center for Women and Families Shelter.

10. How are new FRYSC coordinators today different than when you started? When I started the program was still new and we were trying to figure out who and what we were! Often resources or the connection to them was scarce and we had to create those relationships. Collaboration between agencies was also new back then. Today, I don't think new coordinators grasp the importance of developing relationships with legislators and that they are the key to our funding and our ultimate success.

11. I know you have traveled extensively with your mother over the years and that you enjoy the arts scene in Louisville, tell me some about that and about other things you do for hobbies or fun. I have grown up as a huge fan of live theater. I have shared that love over the years with students by having my FRC sponsor after school drama programs and bringing live theater performances to the schools. I have been a season ticket holder at Actor's Theater of Louisville for 38 years and a season ticket holder for Broadway Series in Louisville for 25 years. I also LOVE to travel. My love of travel was instilled by my parents. I first went to Europe when I was 16 years old. I have traveled with my parents, with my friends and spent a semester in the mid-east and Europe while in college. We were in Israel, Jordan, Italy and France. Travel is a passion I want to share with others and I hope one day to be a tour director. Any FRYSCs want to take a tour with me?

12. What do you want others to remember about you and your FRYSC days? That I was passionate about helping families and children be successful. And that I believed in this work; serving as a FRYSCy Coalition board member and officer for 18 years.

13. Feel free to add anything that you want. I am retiring effective May 1, 2018. It was a hard decision but I am having some health issues and am following the advice given on airplanes to secure my air mask first before assisting others. I need to put my health issues first for a while, BUT I will still be supporting FRYSC.

Sexual Abuse Prevention: Many Resources Available from Prevent Child Abuse Kentucky

According to the Department for Community Based Services 1,887 Kentucky children were victims of child sexual abuse in 2016. Research finds 1 out of 10 children will be sexually abused during their childhood, and only 5% - 13% of child victims ever tell anyone. According to the National Center for Missing and Exploited Children 25 million images are reviewed by their agency annually. That's 68,681 images per day in the United States. While national research data indicate a reduction in incidence, more needs to be done to prevent sexual abuse. Over the last several years, with support from the Child Victim's Trust Fund, Prevent Child Abuse Kentucky (PCKA) has expanded the array of prevention resources. A key component of our effort is encouraging parents and caregivers to take actions to keep children safe by creating safer environments. A wide area of resources, including a series of tip sheets, risk reduction protocol, internet safety guide, etc. FRYSC's and other school personnel can play an important role by helping disseminate these to parents and caregivers. These resources, as well as information regarding available training, can be found at www.pckaky.org.



Here are a few of the brochures available for download from the PCKA website, www.pckaky.org.

We invite you to join us in our plan to assure sexual abuse prevention information reaches parents and other caregivers. For information regarding PCKA's child sexual abuse prevention resources, please contact Connie Boyd at 859.225.8879 or cboyd@pckaky.org.

Region 3 (Jefferson County) ~ Blessings in a Backpack

*by Regina Jackson-Willis, Coordinator, Engelhard Elementary FRC
Pictures by Jaclyn Melcher*

Originally printed in Blessings in a Backpack: Feeding the Future of America at www.blessingsinabackpack.org/regina-jackson-willis/

Louisville (KY) • The New Year comes with new opportunities to engage your community in your Blessings in a Backpack program. It is the perfect time to reach out to organizations and businesses in your area. You are the best representative there is to speak at a meeting about your program. It only takes five or ten minutes to share information and engage community partners regarding your program needs, wishes, and goals, and get on their volunteer calendar.

Many companies give their employees time off to volunteer in the community. Tap into the resources that are already available to you. How do you find them? On your way home today start to notice the names on the marquees and buildings, as you watch television tonight, notice commercials for local companies. Google the company and write a letter addressed to the ‘Volunteer Representative/Organizer.’ Trust me when I tell you that the receptionist or mailroom will put the letter in someone’s box. Follow up in a couple of weeks with a phone call. Once you have made contact with the person who coordinates volunteer opportunities, you can have the conversation about fundraising within the organization for your program. For example, Dollars to Dress Down days are a good way for everyone within the company to participate and be a part of your program.

Another resource is the special education department at your local high school. They are always looking for opportunities for students to experience life skills in the community. It is a good resource and a win/win situation.

Opportunities to engage your community are everywhere. If you are passionate about your program, there is no need to practice what to say. Your love for your program will come out and encompass the minds and souls of the big-hearted people who hear your voice. Once, while my husband and I were waiting for a table at a local restaurant, a woman walked up to me and said, “Okay, I’ll bite,” and not knowing what she was talking about, I asked for clarity. She pointed to my shirt. I was wearing a Blessings in a Backpack t-shirt that said, “Ask me how you can help a child.” I told her about Blessings and my students and their challenges and needs. While sitting in the restaurant, this same woman handed me a check made out to Blessings in a Backpack for \$200. Bam! Those five minutes just fed two students for an entire school year.

In the Jefferson County Public School system in Louisville, Ky., I am an FRYSC (Family Resource Youth Service Center) Coordinator at Engelhard Elementary School. My task is to remove non-academic barriers that prevent students from being successful at school as well as at home. I follow five State Core Components and a needs assessment that is conducted every other year by parents and staff as a guide to removing those barriers.



Most of the students who attend Engelhard Elementary School live in food deserts and qualify for free lunch and, eat hot fries and Big Red soda for pre-breakfast that they pick up from the corner store on the way to school. They lack meals with any nutritional value and sometimes only eat meals at school. Blessings in a Backpack provides not only supplemental nutrition for the weekend, but sometimes become the only meals that our students eat over the weekend.

For the past three years, every student who attended Engelhard and wanted to participate in Blessings (this is what the students call it) was able. Before that, only half of the school was able to participate. I do not have a corporate sponsor to provide the \$40,000 per year needed to pay for the entire school to participate. However, I do have great support from the weekly volunteers and the organizations they represent. I also write small local grants to support the program. My desire has always been to feed one child at a time, and it seems to have always worked out.

Before distribution begins, I always tell the volunteers a little about the school population, the lives that many of the students live and statistics that support their needs. Facts about Blessings in a Backpack, as well as stories from the families of the students who participate, always opens their eyes to the struggles of those students they will come in contact within less than 10 minutes of hearing the stories.

I keep my volunteers engaged in every aspect of my school. One of the organizations that volunteer for Blessings also volunteers to read one-on-one with students one day a week for the entire school year. Another organization holds a swim-a-thon fundraiser every summer to support the program. One group of women that volunteers once a month also brings in school supplies, uniforms, and books. One of the companies that allow their employees to volunteer while on the clock also donates their weekly dress down money on behalf of Engelhard. Sometimes volunteers leave me a check for \$100 to feed one child for a school year.

I feel many of my volunteers love and care about the well-being of the students as much as I do. Many of them form relationships with the students just through the positive interaction that develops from the 3 to 4 seconds it takes to smile, speak, and place a food item in a student's bag. We all work hard so that each student can play, be a child, and not worry about having food to eat. There is no need to try to run your program by yourself. Many people/organizations in your community are looking for opportunities to contribute their time and money to worthwhile programs. Why not the Blessings in a Backpack program at your site?



Visit www.frysky.org

*Register for conferences
Get a membership form
Find your legislator
...and more.*

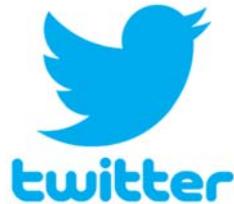
A Child in My Pocket Campaign...

The FRYSCky Public Policy's "A Child in My Pocket" campaign received bi-partisan recognition and many positive comments from state leaders during the 2018 Kentucky General Assembly. Every state legislator and members of the Executive Branch, including Governor Bevin, received a baseball size card with a child's picture and story of how FRYSC made a difference in his/her life. Pictured below are poster size photos and stories that lined the underground tunnel at the Capitol during a week of the legislative session.



Follow FRYSC on Twitter

<https://twitter.com/FRYSCKy>



Your shopping will support **Family Resource and Youth Services Coalition of Kentucky Inc.**

- Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.
- AmazonSmile is the same Amazon you know. Same products, same prices, same service.
- Support your charitable organization by starting your shopping at **smile.amazon.com**.

Start shopping [here](https://smile.amazon.com/ch/61-1227454). <https://smile.amazon.com/ch/61-1227454>

Family Resource and Youth Services Coalition of Kentucky **EXECUTIVE OFFICERS (2018-2020)**

Congratulations to the officers elected for 2018-2020. These individuals will take office on July 1st.

PRESIDENT
PRESIDENT-ELECT
VICE PRESIDENT
IMMEDIATE PAST PRESIDENT
TREASURER
SECRETARY
HISTORIAN
MEMBERSHIP
PUBLIC POLICY
PUBLIC POLICY

PAULA HUNTER
TERONA (T. C.) JOHNSON
MEGAN NICODEMUS
LESLIE HALL
SHERRY PAUL
MICHAEL FLYNN
SANDRA BALLEW-BARNES
CAPRECIA SIZEMORE
DOUG JONES
REBIAL REYNOLDS

FRYSC Question Corner...

Everyday “how” and “why” questions sent to Alice, our expert on all things FRYSC.



Dear Alice,

Why are the Victory Over Violence conference and the Fall Institute always held in Lexington or Louisville? I'd love to see it in Owensboro or Bowling Green. Thanks. ~ WKY Homebody

Dear WKY Homebody,

With one exception (VOV 2017 was held in Covington), you are otherwise correct. The big conferences that attract 600+ people are being held in Lexington and Louisville for one simple reason ~ hotel space. We need hotels that have meeting room space to hold large keynote sessions and meals and also enough meeting rooms to divide and hold 600 people for workshops. There are no hotels outside of Louisville or Lexington that can hold the FRYSC conferences. You'll also notice other large state conferences are also in the same locations, so it isn't just FRYSC with that challenge. Even in Northern Kentucky for VOV 2017, we had to use multiple hotels for lodging and most of the meetings were in the NKY convention center. You'd be surprised at the number of complaints received on conference evaluations when someone has to

leave their hotel to go to another building across the street for a workshop. It does make a person wonder if some coordinators get mad when they have to leave their school building during the day to fulfill their job duties.

Dear Alice,

I recently started my FRYSC job and am confused by the difference between DFRYSC and FRYSCKy. Can you help?

Signed, Acronym Challenged

Dear Acronym Challenged,

The Division of Family Resource and Youth Services Centers (DFRYSC) is the state government office responsible for managing and monitoring each FRYSC program in Kentucky. Your Regional Program Manager (RPM) is a staff person of DFRYSC. The Family Resource and Youth Services Coalition of Kentucky (FRYSCKy) is a non-profit membership organization comprised of FRYSC coordinators across Kentucky who pay annual dues to join the Coalition. The Coalition has a Board of Directors representing each FRYSC region and various committees, include Public Policy. The Coalition advocates for all FRYSCs by maintaining open lines of communication with state leaders and politicians and by educating state legislators on the wide array of programs and services offered by FRYSCs. FRYSCKy is able to do some things through advocacy that the DFRYSC can't do since they are a state government agency; but then again DFRYSC has abilities to do things that FRYSCKy can't do, so together in tandem they work together doing "Whatever It Takes." I hope this solves some of your acronym confusion.

Dear Alice,

My cousin, Eddie, is graduating next Spring. He is interested in being a FRYSC coordinator. Where can he apply for a FRYSC job? Signed, Clark G.

Dear Clark G.,

Your cousin needs to check the job postings in the school district where he is interested in working. FRYSC jobs, while funded by state government, are posted and hired by the local school district. Job requirements for being a FRYSC vary depending on the school district. FRYSC job openings attract many applicants and are highly competitive. Best of luck.

To submit your questions to Alice, simply email them to FRYSCKYCOALITION@ME.COM. Watch for your question and Alice's response in the next newsletter.

FRYSCKy Fall Institute 2017 Sponsors

aetna[®]

AETNA BETTER HEALTH[®] OF KENTUCKY

Anthem[®]
BlueCross BlueShield 
Medicaid

PASSPORT 



 **WellCare**[®]
Health Plans

VISITLEX



Great prescription savings in the palm of your hand!

KENTUCKY  CARD
WWW.KENTUCKYRXCARD.COM

- ✓ Free Pharmacy Coupon/Card
- ✓ Save up to 75% on your medications
- ✓ Accepted at most pharmacies

Download the new **Free Rx iCard app** and have the **Kentucky Rx Card** conveniently on the go!



Scan for free app

New Medication Pricing Feature!

For more information please contact:
rmiller@kentuckyrxcard.com

Participating pharmacies include:



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.

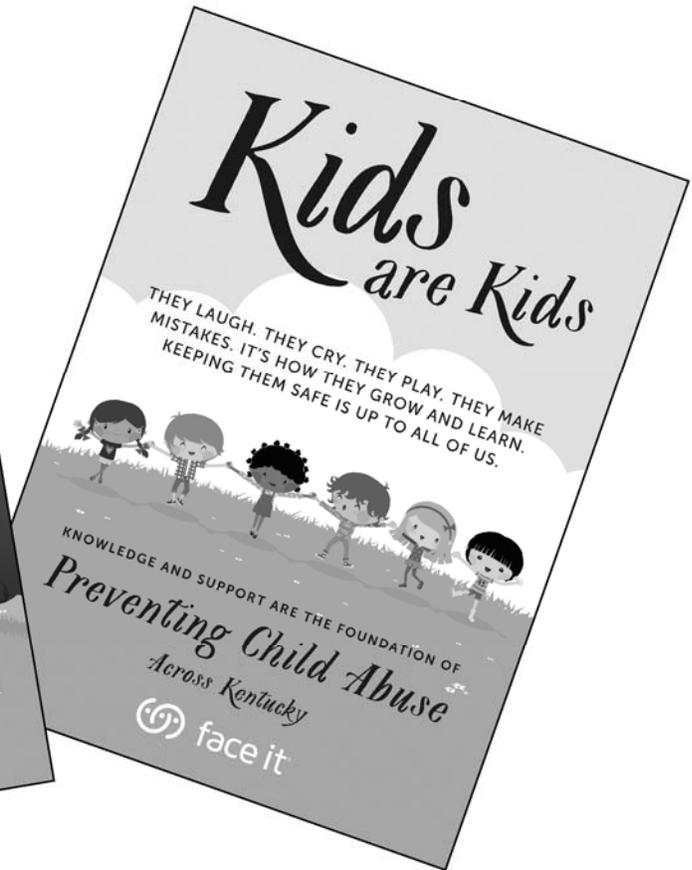
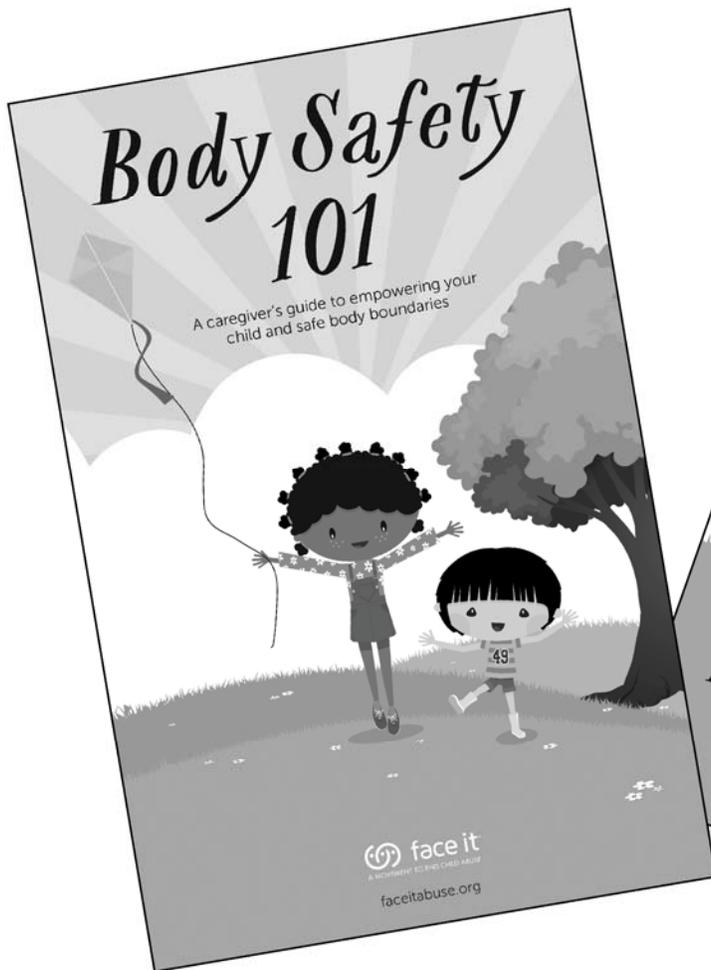
Approved Denied Further Action Necessary Date: _____

Comments: _____

Photo Gallery FRYSC Legislative Reception 2018



Free child abuse prevention resources!



*(Find a copy in your resource packet, and
come see us at our booth!)*

Be the face that ends child abuse.

Order brochures and posters
for your school at

faceitabuse.org





We can't wait for you to experience an entirely different type of Southern city. With boundary pushing twists on Southern cuisine, a vibrant arts and events community, and one-of-a-kind attractions, Louisville is an extremely well-crafted destination for meetings.



DISCOVER ONE-OF-A-KIND ATTRACTIONS AND WALK WITH LEGENDS

10 museums adorn Museum Row on Main Street within 4 easily walkable blocks - including the Muhammad Ali Center, Frazier History Museum and the Kentucky Science Center.

SAMPLE OUR AWARD WINNING CULINARY SCENE

Louisville has been named one of "America's Best Cities for Foodies" by *Travel + Leisure* and one of the "Nation's Best Local Food Scenes" by *USA Today* - you can find something for everyone.



A WALK IN THE PARK

From downtown's picturesque Waterfront Park you can walk across the pedestrian-only Big Four Bridge to Southern Indiana and get the best views of the city.

ONE OF THE "FRIENDLIEST CITIES IN AMERICA"
- *Travel + Leisure*

Imagine an internationally recognized city for compassion combined with our own brand of Southern Charm.



HOME OF HISTORIC LEGENDS

Spend an afternoon at the Kentucky Derby Museum at Churchill Downs for an immersive look at Louisville's most iconic event - the Kentucky Derby! Or cruise back in time on the oldest operating steamboat in the U.S. - the Belle of Louisville!

EASY TO GET AROUND

In Louisville you'll experience one of the most walkable downtowns in the country, supported by public transportation and a downtown circulator.



Louisville Visitor Center | 301 S. Fourth Street

GOTOLOUISVILLE.COM



Michael A. Jones • Editor
fryskycoalition@me.com

FRYSCKy Business is the official newsletter of the Family Resource and Youth Services Coalition of Kentucky, Inc. (FRYSCKY). The newsletter is published three times annually.

Executive Office

Family Resource & Youth Services
Coalition of Kentucky, Inc.
2220 Nicholasville Rd., Ste. 110-333
Lexington, KY 40503
T ~ 859.333.4209
F ~ 888.282.8549
www.frysky.org

Executive Committee

Leslie Hall, President
Paula Hunter, President –Elect
T.C. Johnson, Vice-President
Sherry Paul, Treasurer
Michael Flynn, Secretary
Brian Akers, Immed. Past President
Caprecia Sizemore, Membership
Rebial Reynolds, Public Policy
Doug Jones, Public Policy
Sandra Ballew-Barnes, Historian
Melissa Goins, DFRYSC Rep
Mary Ann Jennings, DFRYSC Rep
Leslie Spears, KDE Rep

Affiliations are shown for identification purposes only. Opinions expressed do not necessarily reflect the positions or policies of the writer or the Executive Committee's agency or association.

The editors, contributors, and FRYSKY specifically disclaim any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this publication.

