



hephzibah heartbeat

NEWS FROM HEPHZIBAH CHILDREN'S ASSOCIATION

Providing safety and care to society's most vulnerable children since 1897

FALL 2011

Dear Friends,

IMAGINE IGNITING A SMALL FLAME OF HOPE in the heart of a traumatized child. A flame that burns brighter each day — until optimism about the future becomes a more powerful force than the emotional wounds of the past.

It happens every day at Hephzibah — with the help of humanitarians like you.

During the 2010-2011 fiscal year, we helped more than 1,200 children and their families flourish in new and innovative ways.

We provided a safe haven for 56 children from 15 different counties at our **internationally recognized Diagnostic Treatment Center and Residence**. As we helped these children heal from some of the worst cases of child abuse and neglect in Illinois, we nurtured them with love, buoyed them up with therapeutic supports and broadened their horizons by exposing them to a wide variety of enrichment activities.

By opening doors to music, dance, painting and other creative pursuits through programs such as our **Colorful Days Summer Arts Festival** and our **Musical Discoveries Enrichment Program**, we helped them find solace and self-expression through the arts.

To teach them about democracy and American citizenship, we traveled with them to Washington, D.C., where they **toured the White House** and hand-delivered a message about Hephzibah's mission to President Obama.

Because many of the children in our **Foster Care** program have never experienced the peace of wild places, we introduced them to the wonders of the natural world as we helped them strengthen family bonds at our ninth annual **Sibling Camp** and first annual **Family Camp**.

This was also the year of the "young volunteer." Our contingent of **Big Siblings** — high school students who serve as volunteer mentors for our children — increased by 20 percent. Service projects by local **scout troops** increased by 50 percent. We also celebrated the launch of the **Hephzibah Huskies** — a new service club spearheaded by two Oak Park River Forest High School students with big hearts and an even bigger commitment to Hephzibah's kids.

If you take a moment to visit our website, our full annual report is available for viewing. You'll find out more about the year's highlights — and the many ways that Hephzibah's benefactors, boards, staff and volunteers have made our mission possible during the fiscal year.

Thank you all for nurturing hope in the hearts of Hephzibah's children with your steadfast support!

Mary Anne Brown
Executive Director



Executive Director Mary Anne Brown with some friends from Hephzibah's award-winning Day Care program.



Your spark
can become
a flame
and change
everything.

E. D. NIXON
American civil rights worker,
1899-1987



hephzibah happenings!

Holiday of Hope Bazaar

Hosted by the Western Auxiliary Board

FRIDAY, NOVEMBER 11, 2011

6:30 pm – 10 pm

St. Petronille Parish Center, Glen Ellyn, Illinois

An evening of festive shopping more than 25 vendors offering unique holiday gift items

St. Christopher Artisan Winterfair

NOVEMBER 18 5 pm – 8 pm

NOVEMBER 19 10am – 5 pm

NOVEMBER 20 11 am – 4 pm

545 S. East Avenue in Oak Park

A portion of the proceeds from this event, which features the work of 12 artisans, will benefit Hephzibah. Visit our website for more information.

Whole Foods Market River Forest presents

Holiday Giving Tree

for Hephzibah

NOVEMBER 22 – DECEMBER 16

Take a heart from the tree with a child's name on it and return it with a gift for a child this holiday season.

Bring-A-Gift Party

THURSDAY, DECEMBER 8, 2011 • 6 pm

Doc Ryan's in Forest Park!

Join us for a festive evening of fun and good cheer as we gather gifts for the children.

Save the Date!

Heart of Gold Ball

SATURDAY, MARCH 3, 2012

Downtown Marriott Hotel



Want more information?

Call (708) 649-7100 or log onto our website at www.hephzibahhome.org

From Outer Space to Hephzibah Home!

By Jennifer Stix, Development Associate/Communications and Digital Content Specialist

Art Therapist Shelby Varela Offers our Children Down-to-Earth Support and Guidance.

ART THERAPIST SHELBY VARELA COMES TO HEPHZIBAH with a wide array of academic and professional experiences. The recipient of a full soccer scholarship to Embry Riddle Aeronautical University in Daytona, Florida, Shelby began her studies as a major in engineering psychology- which is the study of how to design aircraft controls and instruments to make them easier and safer for users to operate. At first this seemed like the perfect marriage of her interests in art and in human behavior. But an internship at a group home opened her eyes: soon Shelby found herself drawn to helping others – using her talents and interests to have a direct impact on in the lives of children and families.

This epiphany led her to Chicago where she attended the Adler Graduate School's Art Therapy Program and eventually came to Hephzibah!

What inspires you?

I love art and kids! I always knew I wanted to work with children – and I feel blessed to be able to work with both!

How does Art Therapy Differ from Traditional Therapy?

In art therapy we are not worried about goals but about helping the child come to conclusions through their own creations. Art helps an individual step back and look at himself from an observers' perspective. And it's more difficult to suppress feelings when communicating through art.

What is a typical first-time, art therapy project?

Using safe, simple materials a child can control, such as crayons and pencils, I ask them to draw a place where they feel safe – whether it is imaginary or a place they already know. Then, right away, we discuss the work. I don't lead or interpret. The longer I know a client, the more I can understand their story. It is a launching pad for discussion and understanding.

What keeps you motivated?

The moments when the child's "light bulb" goes off – when I see tiny changes – when a child takes comfort and support from the sessions.

Ultimately, what do you want your clients to get from art therapy?

I want the children to feel empowered, encouraged, and most important, to heal. ♥



Art Therapist Shelby Varela

Hephzibah Board of Director NEWS



Carol Dunning



Ian Hutchinson

HEPHZIBAH CHILDREN'S ASSOCIATION is pleased to announce the appointment of two new members to its Board of Directors — **Carol Dunning** and **Ian Hutchinson**. Ms. Dunning is the Director of Human Resources for Now Health Group, Inc and resides in Wheaton. Mr. Hutchinson is the Chief Commercial Officer for Aon Global Professions Practice and resides in Glen Ellyn with his wife Tina and their three children.

Mr. Hutchinson and Ms. Dunning bring an exciting and diverse range of experience and community involvement to Hephzibah Children's Association. ♥

fore!

Help Hephzibah
this Holiday Season...

Attend Hephzibah's 25th Annual
**Bring-A-Gift
Party**

Thursday, December 8, 2011

6 pm

Doc Ryan's Tavern

Ages 21 and over

7432 Madison Street, Forest Park

Admission is an unwrapped gift
for a child, infant to 18 years.

Other ways to help this holiday season:

- ♥ Be a **Holiday Helper**
- ♥ **Fulfill a wish** from the Wish List
- ♥ Sponsor a child in need at the **Whole Foods Giving Tree** at the River Forest store
- ♥ **Make a donation** to support Hephzibah's programming

Visit our website for more information!

www.hephzibahhome.org

Thank you

to our donors and friends
for your generous
support throughout
the year!

THE 2011 CHARITY GOLF CLASSIC –

A Decade of Drivers for Hephzibah

ON TUESDAY, SEPTEMBER 20, 2011, GE Capital hosted the **10th Annual 2011 Charity Golf Classic** benefiting Hephzibah Children's Association. Over 140 golfers attended the event that took place at Cantigny Golf Course in Wheaton, Illinois. The event was generously sponsored by **GE Capital, Latham & Watkins, and Richter Consulting, Inc.** At the end of the day, Hephzibah was honored to receive a gift of \$150,000 that will support the direct services Hephzibah provides to children and families. Hephzibah thanks GE Capital, the generous sponsors, and all the attendees who supported the successful event! ♥



LEFT TO RIGHT: Jackie Barlow – Hephzibah Board Member, Molly Philosophos – Hephzibah Director of Development, Mary Anne Brown – Hephzibah Executive Director, Naida Soto – GE Capital Commercial Finance, Pauline Sharpe – Hephzibah Development Associate, Jeff Kolke – GE Capital Commercial Finance, Mark Trinka – President of Hephzibah Board of Directors, and Maureen McGoorty – Hephzibah External Affairs and Volunteer Officer.



Despite Funding Cutbacks, Hephzibah's Day Care Program Remains an Important Community Resource

By Jennifer Stix, Development Associate/Communications and Digital Content Specialist



EACH YEAR, HEPHZIBAH'S DAY CARE PROGRAM SERVES MORE THAN 600 CHILDREN from diverse socioeconomic backgrounds. Our fees are assessed on a sliding scale to ensure every family in our community has access to quality day care — regardless of income.

Of the **600 children in our Day Care Program**, one-hundred and fifty to two hundred youngsters from struggling families have had their tuition underwritten in part by a substantial grant from **United Way**. This year United Way announced that they were changing the focus of their funding efforts and would no longer support the Program.

Fortunately the **Community Chest of Oak Park and River Forest** came through at the last minute with \$75,000 grant. The remaining gap was filled by a generous, one-time grant of \$25,000 from the **Oak Park River Forest Community Foundation**. We are incredibly grateful for their substantial contribution. Many Oak Park families are struggling economically and their children need a safe place to go after school. Supporting education is the best way to ensure a healthy and bright future for our community.

Unsupervised time after school hours poses a well known hazard for young people according to Hephzibah's Executive Director, Mary Anne Brown. The Day Care Program offers a safe, enriching after school environment for the younger children. Students who are in kindergarten through fifth grade learn about community resources for after school activities: information that is crucial when they graduate from the program and enter middle school. These lessons lay the foundation for habits that help boost academic achievement — a keystone for well adjusted young people and a healthier community.

Since 1974, Hephzibah has provided quality day care for children whose parents are working, going to school or completing career training. Today our nationally recognized, award-winning Day Care Program offers a nurturing, enriching and dynamic day care experience for all Oak Park children from kindergarten through 5th grade and full time during the summer months.

If you would like to make a donation to support Day Care Tuition Relief for those who need it, please contact Molly Philosophos, Director of Development at 708.649.7158 or mphilosophos@hephzibahhome.org. ♥



Hephzibah welcomes CEDA Head Start!

ON MONDAY, SEPTEMBER 12, 2011, CHILD CARE WORKERS GREETED 34 CHILDREN for the first day of the **CEDA Head Start program** located at Hephzibah Home.

When CEDA Head Start needed a new Oak Park location, a concerned community member contacted Hephzibah's Executive Director, Mary Anne Brown, about possible locations for the program. Hephzibah had the space available since its kindergarten-aged day care program, which was once held at the 946 location, had relocated to the local elementary schools.

"It seemed that CEDA's goals matched our goals. The program was a perfect fit to take place here at Hephzibah," noted Mary Anne.

Long-time Hephzibah staff member, Melissa Smith, transitioned from her role as a Day Care Supervisor to the coordinator of the CEDA Headstart program.

When asked about her new role, Melissa said, "The children are awesome. And the curriculum for the program is incredibly strong and dynamic."

Since the start date, the children have eaten over 2,300 nutritious breakfasts and lunches served from Hephzibah's kitchen; they have exercised in our safe outdoor playground, created artwork in our Art Center and enacted dramas and vignettes in the Dramatic Play Area. Every day brings new discoveries, adventures and opportunities to learn & grow! ♥

Hephzibah's Culinary Academy — where the children improved their reading skills while learning about nutrition and other cultures — one plate at a time!

By Jennifer Stix, Development Associate/Communications and Digital Content Specialist



FOR THE SECOND YEAR, OUR READING ACADEMY focused on food, nutrition and, of course, literacy skills. Called the **Hephzibah Culinary Academy**, our children were offered a delicious course in learning how to cook — as well as a valuable opportunity to brush up on their academic skills before the school year commenced!

Twenty-four children from the Group Homes read books like “If You Give a Mouse a Cookie” by Laura Numeroff, “On the Farm” by David Elliott and “Farm” by Elisha Cooper. This holistic learning adventure was reinforced when the kids headed into Dominican University’s state of the art kitchen to cook delicious dishes such as spaghetti sauce, bread,

butter and jam. They also had the experience of cultivating crops when the Truck Farm visited Hephzibah Home! The children also learned the value of the local farmer’s market during a field trip where they purchased an ear of corn that they then cooked at home.

For three weeks in August, instructors and student teachers from Dominican’s Education Department led the program. The small student to teacher ratio plus the excitement of preparing and eating their creations, helped to make this year’s Reading Academy both educationally powerful and memorable for the Children.

Special thanks to Dominican University and the Truck Farm

Private donations make the Reading Academy/Culinary Academy possible. Special thanks to the **Rice Foundation**, **McGraw Foundation**, and **EMC Insurance** for their generous support of this year’s program. ♥



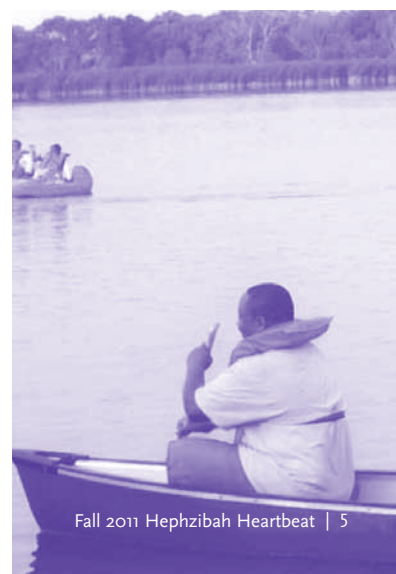
Eighth Annual Camp HepSIBah Sibling Camp!

By Jennifer Stix, Development Association/Communications and Digital Content Specialist

HEPHZIBAH'S EIGHTH ANNUAL SIBLING CAMP, held at YWCA Camp Duncan, wrapped up this past August. Hephzibah's sibling reunification camp reunites brothers and sisters separated in the child welfare system for a week of fun, emotional empowerment, and sibling bonding. A whopping 57 campers enjoyed a multitude of traditional camp activities including wall climbing, canoeing, archery, swimming, crafts, and new ones like an educational program through the **Flying Fox Conservation Fund** which brought animal friends including a bat, boa constrictor, a fox, gekko and a toucan!

Fun activities plus time together helped the children enhance and strengthen their bonds. Thanks to the staff and Junior Counselors who helped to make the event extra special!

Thank you to the **Lerner Family Foundation**, **Chaddick Foundation**, **American Camp Association**, and an anonymous donor for helping Hephzibah create positive family memories for so many of our children. ♥



OPRF Teens Take Lead in Hephzibah's 'Rodeo'

Two young men make event happen for Hephzibah kids

By Megan Dooley, Wednesday Journal Staff Reporter (Reprinted with Permission from the Wednesday Journal, www.OakPark.com)

IN HIS FIRST YEAR VOLUNTEERING at Hephzibah Children's Association's Group Home, Jake Johnson was paired up with a "little brother," a young resident who, like others at the home, came from a background of abuse and neglect. The boy struggled in school, fought with teachers, and was eventually kicked out, twice. Coming from the harshest of circumstances, it's not easy for the children who land at Hephzibah's group home to assimilate into traditional school settings.

"It's a big deal when they make it through school," said Johnson. As a long time volunteer for the organization, the soon-to-be high school junior at Oak Park and River Forest High School, felt compelled to get involved with the event that honors those kids who do make it, despite the odds: the annual Rodeo Day.

At the suggestion of Hephzibah's Executive Director, Mary Anne Brown, Johnson and fellow volunteer Luke Trinka, who is entering his senior year at OPRF, joined together this year to organize the annual children's event, which plays out like an end-of-the-school year mini-festival for Hephzibah kids. They recruited members of the Hephzibah club they had formed at OPRF this year, as well as kids from Trinity and Fenwick high schools. Together, the teenagers put on an event that kept 26 children smiling through the day.

"It was really planned and executed by these high school kids," said Molly Philosophos, director of development for Hephzibah. "The whole idea was to give these teenagers the opportunity to plan something, take a leadership role, and really do something great for the kids."

And that's exactly what happened. Johnson and Trinka secured a \$1,900 grant from the Oak Park and River Forest Community Foundation's Future Philanthropists group to cover the costs of the rodeo event, which included a petting zoo, ponies, inflatable bounce houses, face painting, games, and more.

They even got a permit from the village to close the block on North Boulevard where the group home is located.

According to Johnson, the group of volunteers in charge of organizing the event met every



Jack Johnson and Luke Trinka (both center) organized this year's successful Rodeo celebration.

Thursday leading up to the June 10 Rodeo Day date. On the day of the event, Johnson was at the site at 5 a.m. getting things ready. Because the forecast called for rain, some of the vendors tried to back out.

"Different people were calling, trying to cancel, but Jake said no way," Philosophos said.

For many of the Hephzibah kids, Rodeo Day is an event they look forward to throughout the year. The group home is a combination program that includes a short term treatment center and a long term residence program. The children in the program have been taken from their family or foster homes because of severe abuse and neglect.

"They have next to nothing," Philosophos said. If they are able to integrate into the school system, they do. But many aren't. "For our kids, they are often bounced around from foster home to foster home, so finishing a school year is a big deal," she said.

But getting through a year of school is a hopeful sign for these kids, an indication that they might be able to break free from the situations they were born into. Rodeo Day is designed to celebrate that hope, and the children's success.

"For the kids that have been there more than a year, they know all about it and they're so excited about it," Philosophos said. And those who haven't been at Hephzibah that long pick up on the excitement of others.

"The kids had a really, really good time," said Johnson. And he and the rest of the volunteers got something out of it as well.

"It took us just a little bit of time, but it made a difference in their lives," he said. "I think what I pulled out of it is just the joy that you can bring kids."

Johnson said that every volunteer befriended a child at the event, and many of the first-time volunteers have inquired into getting more involved with Hephzibah.

Johnson said that he and Trinka can't take credit for the entire event, though they really got the ball rolling.

"We were sort of the face of things....but in all honesty it couldn't have been done without every single person," Johnson said. "To put together something like that, and to have it go smoothly, you need a lot of people helping out." ♥



Wish ♥ list

- ♥ Wash Cloths
- ♥ New Socks
- ♥ Dixie Cups
- ♥ Personal Hygiene Items
- ♥ Warm Winter Wear: Gloves, Scarves and Hats
- ♥ Batteries (particularly AA and AAA)
- ♥ Subscriptions to children's magazines
- ♥ Gift Certificates for food, gas, bus passes

Hephzibah Sweetens the Oak Park Farmer's Market!

By Barbara Krause, Development Database Manager and Oak Park Auxiliary Liaison

THE OAK PARK AUXILIARY BOARD OF HEPHZIBAH hosted a delicious and sweet **bake sale** during the September 10th Oak Park Farmer's Market. Homemade treats made by Auxiliary members, Hephzibah staff and the Berwyn/Cicero Emblem Club included a delectable selection of cakes, cookies, brownies and pies. A great selection of sugar-free, gluten-free and nut-free items were also available to the crowd. ♥



The Oak Park Auxiliary raised over \$850 for Hephzibah at the Farmer's Market.

SAVE THE DATE: MARCH 3, 2012

Heart of Gold Ball

HOSTED BY THE OAK PARK AUXILIARY BOARD

Join us at the Chicago Marriott Downtown, Magnificent Mile on Saturday, March 3, 2012 at 6:00 pm for the 2012 Heart of Gold Ball.

Enjoy an evening of **dinner and dancing** benefiting Hephzibah Children's Association. Get ready for the excitement of **live and silent auctions** featuring an impressive variety of packages and trips. Capture the fun of the evening at a special **photo booth** that all guests will enjoy!

Best of all, when you attend, **you are supporting Hephzibah's programs for abused and neglected children and at-risk families.** For over 110 years Hephzibah has provided a safe, secure space for over 20,000 traumatized children in the Chicagoland area. **We hope you will join us!!**



For information, call Director of Development Molly Philosophos at 708.649.7140 or visit our website at www.hephzibahhome.org.



www.hephzibahhome.org

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To make a correction to your mailing address or if you are receiving duplicates of this newsletter, please send an e-mail to bkrause@hephzibahhome.org or call Barbara Krause at 708.649.7140. *Thank you!*



Photo by GRETA LANDIS

HSBC Brings Junior Achievement to Hephzibah On Monday, October 10, 2011, HSBC spent the Columbus Day holiday with the children in Hephzibah's Group Homes. Several employees volunteered to teach lessons from the Junior Achievement curriculum during the children's day off from school. Our deepest appreciation to HSBC for donating your talent and energy to share this enriching opportunity with our children.