



hephzibah heartbeat

NEWS FROM HEPHZIBAH CHILDREN'S ASSOCIATION

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

SPRING 2013



Dear Friend of Hephzibah,

IT IS ESTIMATED THAT ONLY 30–40 percent of teenagers that have had contact with the Department of Children and Family Services actually graduate from high school.

We want more for our children at Hephzibah.

We know that the children living in care face challenges with their education. We have to help them meet those challenges and be successful.

At Hephzibah, when our children are successful we celebrate.

For the Group Homes children that end of the school year celebration comes in the form of the **Annual Rodeo Jamboree**, a summer street festival complete with pony rides and a petting zoo, planned and executed by the **Hephzibah Huskies**.

Last year, Hephzibah foster children took part in a new program called **"Book in a Bag."** Each of our foster children received a bag of books to read during the summer and I asked them to send me a letter about one of the books that they read. I enjoyed hearing from them and look forward to their letters this summer.

This summer, we are going to challenge ourselves further with a new program called **"One Book One Hephzibah."** Each week for 12 weeks during the summer, everyone at Hephzibah will be reading the same children's book. The weekly book will be on display at the front desk, and each child at the Group Home will get a copy of the book. During the week, the staff will engage in activities that connect the children to the literature. Finally, once a week a guest will lead the students in a supporting activity to further their learning.

We hope that you might join in our quest this summer for more learning. Visit our website to get a list of the books that our children will be reading and then grab a book and continue your learning as we encourage our children to do the same!



When our children are successful, we celebrate.

Mary Anne Brown
Executive Director

hephzibah happenings!

Hoof It For Hephzibah!

5K Family Fun Run on Memorial Day

MONDAY, MAY 27, 2013

8:00 am — start time

9:30 am — "Hop It" Races for kids
Newton Park, Glen Ellyn, IL

Go to www.HoofItForHephzibah.com
to sign up.

duck, dodge & donate...

to raise money for Hephzibah!

Dodgeball Tournament

SATURDAY, JULY 27, 2013

11:00 am to 6:00 pm

North Avenue Beach

(facility just north of Castaways)

Go to <http://Dodgeball2013.kintera.org>
to sign up.

Hephzibah Golf Outing

TUESDAY, SEPTEMBER 17, 2013

Cantigny Golf Course

Wheaton, IL

Hephzibah's got talent!

Scenes from Hephzibah's ___th Annual
Talent Show held March 16, 2013





Mark Trinka (left), President of the Board at Hephzibah, presents the Heart of Gold Award to Jim Emme, President of NOW Foods

NOW Foods honored with Heart of Gold Award at the annual Gala

Hephzibah is incredibly grateful to NOW Foods for their generosity in supporting Hephzibah for over 10 years and their partnering with us to provide care and services for neglected and abused children and families who are struggling. Hephzibah presented NOW foods with their Heart of Gold Award at the Heart of Gold Gala in March. The Heart of Gold Award honors individuals, organizations or corporations who have exhibited outstanding personal or professional achievement affecting the disadvantaged children on a local or national level.

NOW Foods is a local, family owned company, one of the top-selling brands in health foods stores, an award-winning manufacturer, a respected advocate of the natural product industry, and a leader in the fields of nutritional science and methods development.

In 1968, NOW Foods was founded by Elwood Richard under the belief that good health was not a luxury available only to the wealthy. For over forty five years, they have made it their life's work to offer health food and nutritional supplements of the highest quality, at prices that are fair and affordable to all those who seek them. Still family owned, and with many family members participating in the day to day management and operations of the company, NOW Foods is

an example of a company that has truly "beaten the odds"! While they have grown considerably over the past four decades, they are very proud that one thing has never changed – their commitment to providing products and services that empower people to lead healthier lives.

NOW Foods and Hephzibah "met" when a Hephzibah board member, who also worked at NOW Foods, began to try to connect the NOW nutritionists to Hephzibah to see if there were ways to support the challenging nutritional needs of children living in the Group Home. This inquiry led to an introduction of the agency to other NOW Foods employees and family members. Since then, many of their employees contribute directly to Hephzibah through payroll deduction in addition to the support that the corporation provides through their corporate charitable contributions.

Mary Anne Brown, Hephzibah's Executive Director said, "NOW Foods is a company who embodies the spirit of giving. They are a family owned company that has stuck close to the values that they hold important, which include the support of those less fortunate. It is a wonderful lesson that you can be a "good guy" and still win!"

Now Foods has been and continues to be a true partner in helping Hephzibah create a healthier future for our children! ♥

HEPHZIBAH'S 2013 HEART OF GOLD GALA

Thank You to Our Gala Supporters!



THE GALA MOVED WEST to The Westin in Lombard this year and **we raised over \$190,000 to support our mission of helping children thrive and families flourish.** Guests enjoyed the wonderful silent auction with an amazing variety of packages and trips before dinner. After a moving program and an exciting Live Auction, the Becca Kaufman Orchestra took over and the dance floor was packed for the rest of the night!

A heartfelt "Thank You" to our Oak Park Auxiliary for putting together an amazing Silent Auction, and helping to host a wonderful event. Congratulations to the Heart of Gold and Heart of the Home award recipients, and a big "Thanks" to all who participated and attended! The Heart of Gold Ball is Hephzibah's largest fundraiser of the year, and we are so grateful to all of you! ♥

What is “Planned Giving?”



Planned giving is the act of **making a commitment** to give Hephzibah a gift as part of a donor’s overall financial and estate planning.

There are many ways to do this ranging from simple bequests to complicated financial vehicles that provide major gifts to a non-profit while at the same time return income to the donor.

A Planned Gift helps Hephzibah create long-term sustainability, and ensure that future changes in government or donor support levels do not adversely affect the care and services we provide to the abused and neglected children whom we serve. Planned giving also allows us to plan ahead for adding capacity and programming should the need arise.

Two of the most common vehicles for planned giving are **Bequests** and **Revocable Living Trusts**.

1. **A Bequest** is a very simple designation in your will and costs nothing during your lifetime. They are easy and revocable. Suggested wording for a simple bequest is shown below:

BEQUEST FOR GENERAL PURPOSE

“I give and bequeath to Hephzibah Children’s Association of Oak Park, IL, (\$_____, or portion of estate, description of property, or the rest, residue and remainder of my estate) for its general purpose in supporting Hephzibah Children’s Association.”

2. **A Revocable Living Trust** is one of the most popular estate planning tools. A revocable living trust is an arrangement created during lifetime to manage your assets for yourself and your family, both before and after your death. A revocable living trust can be structured to make charitable contributions after your death, once the needs of your family are met.

Congress passed legislation on January 1, 2013 that includes an **important tax benefit for calendar year 2013 only**. Existing tax law forces retirees to make Required Minimum Distributions from their IRA after age 70 1/2. Often certain individuals don’t need or want to take these taxable distributions. The Taxpayer Relief Act extended the charitable distribution feature through 2013, so these taxable required distributions can be turned into tax-free charitable contributions. Qualified Charitable Contributions can once again be made from an Individual Retirement Account (IRA). These charitable contributions can satisfy Required Minimum Distributions, but only if made in calendar year 2013.

Planned Gifts are meaningful and lasting gifts that will continue to benefit and support Hephzibah for many years to come. Of course, in all cases you should consult with your tax adviser for all of your options and to see what is best for your specific situation.

To notify Hephzibah of your intention of making an estate gift, or if you have questions or want to discuss further ways to remember Hephzibah in your estate planning, please contact Molly Philosophos, Director of Development at mphilosophos@hephzibahhome.org, or 708.649.7158.

“There can be no keener revelation of a society’s soul than the way in which it treats its children.”

NELSON MANDELA
FORMER PRESIDENT OF
SOUTH AFRICA



What's New with

Technology Room Created

In the last year, Hephzibah has made great strides in providing the children who live in the Group Homes access to different forms of technology. With the support of a small team of volunteers, we have created a Technology Room equipped with all of the tools and equipment children need to become skilled in today's technology. Two volunteers in particular, **Brian Druley** and **Sue Stark**, use their IT expertise from their jobs at Northwestern University and Robert Morris University respectively, to make discovering technology fun! Each Saturday, they work with small groups of children living in the Diagnostic Treatment Center on their computer skills and teach them how to navigate the internet and apps on the iPad. The children have grown in leaps and bounds and look forward to their weekly tech time with Brian and Sue! We have recently expanded and have added five more volunteers as Technology Mentors and are continuing to grow! If you are tech savvy and want to join this new volunteer position, please contact Kerry Logan, Volunteer Coordinator, to learn more! Thanks for all of your hard work, Brian and Sue, and to the donors and other volunteers who helped see this project to fruition!



Who Volunteers at Hephzibah?

Throughout the year, Hephzibah volunteers support our programs, events, and diverse learning initiatives. They serve as mentors, educators and tutors, friends and role models, as well as event assistants and community advocates for Hephzibah. Our Volunteer Corps spans across generations, with the youngest being 13 years old and the oldest 79! We have volunteers who have been registered for just 1 week, and others who have dedicated their time and talents for 15+ years! On behalf of the entire Hephzibah staff, we say **THANK YOU** to all of our volunteers for sharing your time, talents, and energy in supporting the mission of Hephzibah.

STAFF SPOTLIGHT

Rose Mary Carroll

WHEN ROSE MARY CARROLL walked into 946 North Boulevard in Oak Park on her first day 36 years ago, she was not *technically* a Hephzibah employee (she officially worked for CEDA at Hephzibah), but she was entering the organization where she would work for her entire career!

By 1977, when Rose Mary arrived, Hephzibah had transitioned from its original incarnation as an orphanage, to a Day Care providing before and after school care at 946 North Boulevard. There were no kids living in the house at the time. She was on the child care staff and, though she loved the work, she admits that when she first started, she would never have expected to stay so long! The reason she is still here? The people she has worked with over the years, and the kids!

Currently, Rose Mary is the site supervisor at Lincoln School. She supervises and trains the four day care workers at her site, along with spending time at Hephzibah's office doing paperwork and planning special events like the Talent Show and Pancake Breakfast while the kids are at school. Rose Mary has experienced many changes over the years at Hephzibah, but probably the most significant was when Hephzibah House went back to being a residential home. For years they ran the Day Care program alongside the kids that lived in the house, but soon, space and the need to serve more kids forced them to locate the Day Care sites at the schools. This was not an easy transition for the kids OR the Day Care staff! Rose Mary commented that the house felt like the Day Care kids' home-away-from-home, and that not having home cooked hot lunches and the space of their own was hard, but she and the rest of the staff knew it was for the best.

In her mind, the kids are the best part of the job, and they keep her acting and thinking young! What other mature lady in her 60's with her kids grown and gone knows all the current pop songs because her Day Care kids have to pick a song to do a dance to each year?? The kids love Rose Mary, and all agree that she has eyes not just on the back of her head, but everywhere!

Rudi Vanderburg, Director of Operations at Hephzibah, is one of those employees that have been working with Rose Mary for over 30 years. In her opinion, one of Rose Mary's greatest strengths is that she has a wonderful maternal and nurturing way about her. She commented, "Rose Mary has an easy going and calm style to her interactions with the kids and the staff. I have never seen her get upset or lose her temper in all these years! She also establishes close relationships with the kids that last past their time in Day Care. In fact, my own son was at Hephzibah with Rose Mary, and to this day (he is 29 now) he will give "Ms." Rose Mary a big hug when he sees her!"

Hephzibah is so lucky to have Rose Mary and the wealth of her experience leading the team at Lincoln, and helping to develop a new generation of staff to nurture and shape our children into loving adults! Jan Maxson, Day Care Director sums it up saying, "Rose Mary is a kind, loyal, fair and consistent caretaker of all!" ♥



Our Volunteers!

Volunteer Snapshot

Board of Directors – 18 members

Oak Park Auxiliary Board – 24 members

Chicago Auxiliary Board – 16 members

Western Auxiliary Board – 22 members

Hephzibah Huskies (meet bi-monthly before school at OPRF to organize fundraising events, activities with the children and plan the annual Hephzibah Rodeo end-of-the-year celebration at the Group Homes) – 50+ members

Direct Service (Homework tutors, mentors, Big Siblings, Pet Mates) – 149 volunteers

Help Mates (administrative tasks, one-time projects, events, as needed) – 50 volunteers

Corporate and Community Partners (sponsor activities and outings, donate time at events or one-time projects) – 250+ volunteers

Hephzibah Community Partners Now Includes the Hinsdale Junior Women's Club!

This year, Hephzibah has had the privilege of working with an extremely generous, creative, and enthusiastic new Community Partner, the Hinsdale Junior Women's Club! Over the last 9 months, the 300+ women of HJWC have brought new experiences, crafts, and fun educational activities to the children in the Group Homes. They have hosted an afternoon of activities at Lifetime Fitness in Burr Ridge, a mock restaurant for the children to practice their restaurant manners, numerous crafts, health-related activities, and teddy bear making, to name a few. We look forward to continuing our relationship with HJWC next year and thank each and every one of the members for their commitment to supporting Hephzibah. THANK YOU!



To celebrate Valentine's Day, members of HJWC brought supplies for the children in the DTC as well as fun teddy bears, complete with clothes as well as fun masks!

VOLUNTEER SPOTLIGHT

Hephzibah Huskies

2013 Hephzibah Heart of the Home Award Winners

THE HEPHZIBAH HUSKIES BEGAN as an informal group of students who volunteered for different activities with the kids at the Hephzibah House. In the last few years, through their dedication and involvement, this outstanding group of high school students has grown from just a few teens to a membership of around 60, and they are now a sanctioned club at Oak Park-River Forest High School! These students serve as positive role models, mentors and friends to the approximately 50 children who reside at Hephzibah's Group Home annually. They are a constant presence at special events, and also volunteer in almost all programs at Hephzibah.

Since the children who reside at Hephzibah's Group Home have all experienced past abuse and neglect, part of their recovery is learning to trust peers and adults and to learn how to participate in a healthy family environment. The presence of these young-adults at the house and at different functions contributes greatly to the children's gaining skills in social dynamics and trusting others.

The Huskies have taken over the annual event for the kids called "The Rodeo" which is held in late spring as an end of school celebration for the children at the home. Coming from challenging family circumstances, many of the kids at the Hephzibah House struggle with school. So another successful year of school is really something to celebrate! The Rodeo is planned and run almost exclusively by the Hephzibah Huskies.

In addition to The Rodeo, the Huskies take the kids to OPRF basketball and football games, help the staff take Day Care kids skating each week, and most importantly, participate in Staff Night Out at the house. Staff Night Out happens a couple times each year, and the Huskies come in to help the Board of Directors take over evening duties at the house. Together they give the kids dinner, play games, and put them to bed. This is a lot of work with 26 kids living at Hephzibah, and the Board couldn't do it without the help of the Huskies!

It's not just Hephzibah that thinks the Huskies are great! They were recently awarded the 2012 Excellence in Philanthropy Award for Outstanding Youth Group from the Oak Park-River Forest Community Foundation. The foundation presented the award to a group of Hephzibah Huskies during the organization's annual Celebration of Philanthropic Excellence in February. The award comes with a \$500 prize, which will go toward programming to benefit residents at Hephzibah's Group Home.

The Hephzibah Huskies are an amazing group of young people who are doing amazing things to help children! ♥



My Two Perfectly Good Dads

In 2009, Braiden and Michael came to David and Lee Neubecker as their fifth foster care placement, having been removed from their parents years before due to family issues that could not be resolved. Hephzibah indentified Lee and David as a loving home for a foster care placement, and hopefully a forever home. When the originating agency learned that the kids were to be placed in a same sex home, they tried to undo the placement. Lee Neubecker says, "Mary Anne and the Hephzibah staff fought to make the placement stick because they thought our home would give the kids the best chance of a permanent placement that worked."

Braiden wrote the essay below for school, and received minor help from her teacher in crafting her original draft into an essay.

Lee said that Braiden is excited that her essay is generating so much interest and that they are so proud of Braiden for showing her love, appreciation and confidence in herself by speaking out on this issue that is important to her and her family.

Her letter continues to replicate across the Internet, and after the letter was published and blogged about, the whole family was invited to Washington DC so that Braiden's letter could be included in an Amicus brief to the U.S. Supreme Court when they considered the legality of banning same sex marriage.

Love is important! It doesn't matter who people love, as long as they are happy. Everyone should have the right to marry who he or she wants. You may not like two men being married, but for them, it's normal.

My two dads should be able to be married and have the same rights as any married couple. How would you feel if you couldn't marry someone just because the government said you weren't allowed to. If I loved someone and wasn't allowed to marry them, I would be really sad. My family has taught me that even if you don't agree with someone, you should still be kind and respectful. The government should too. Also, my church tells me that you should treat other people the way you want to be treated.

My dads are very unique. We do lots of silly things like having hot cocoa every single time it snows. Every summer we go to the same place in Florida with one dad's whole family. Our family knows how to have fun. We do lots of road trips. Also, we have gone on cruises. I really enjoy traveling with my dads. It is very fun. One of my favorite things to do as a family is family game night. I LOVE this family and I love every single thing we do as a family.

Before I lived with my two dads, my life was horrible. My old family never treated me well. They wouldn't stand up for me. If my foster sister fought with me, my old mom would just sit there and watch me get hurt, so I would have to fight back. Each time I was at a foster home, the foster parents promised me they would keep me safe and treat my brother and I equally.

But they always broke their promise. I moved five times until my dad and daddy found me. They also promised that they would always love me and keep me safe and they would treat me equal to my brother. I was 4 when I met them. Now I am 10 and they have kept their promises. They do so much for me. They never hurt me or my brother. I feel so safe. I believe I can do anything with my two dads. Would there be any purpose to ban the marriage of two men or two women when they can treat children the same or even better than other couples. I hope that you will do the right thing and let anyone marry who they want to. ♥

Author Braiden Neubecker, age 10-1/2, lives in Oak Park with her brother "and my two perfectly good dads. I am probably the happiest girl in the world to have two dads that love me."



David (left) and Lee Neubecker with their children Braiden and Michael (photo courtesy of the family)



Hephzibah's Foster Care Program recently received an award from the Illinois Department of Children and Family Services and the DCFS Statewide Foster Care Advisory Council

in recognition of outstanding effort to show dignity and respect for the foster parents in our program.

Hephzibah's goal, as stated in our 2013 Annual Foster Parent Law Implementation Plan, is to provide to our foster parents, "the right to be treated with dignity, respect, and consideration as a professional member of the child welfare team."

We were successful in meeting this goal by using a multifaceted approach including training, opportunities to communicate, social events with other foster families, a mentoring program, ways to give feedback, sharing information, and foster parent participation in the child's case planning.

Kudos to the Hephzibah Family Based Services group for this outstanding accomplishment! ♥

In Our Own Words

Stop the Bullying

By Melissa Arciniega, Hephzibah Day Care staff

AT HEPHZIBAH IT IS OUR MISSION TO HELP children thrive and families flourish. To do this, we understand that a safe environment is essential to promote healthy emotional and social development. We also know that school age children are still learning how to work in groups, to share, to negotiate, and resolve conflicts.

Despite our efforts at school and at home, the American Academy of Child and Adolescent Psychiatry (AACAP) report that about half of all children are bullied at some point during their school years, and at least 10% are bullied on a regular basis.

As a member of the Hephzibah Day Care staff, it is my job to make sure our children feel safe to play and explore after a long day at school. As a Human Development student, I try to incorporate some of my knowledge about child development into my every day encounters. One area I find difficult is bullying among siblings. At times, siblings justify their actions by saying, "I can bully him because he is my brother or she is my sister." I make sure to correct their misconception, but know that to truly tackle bullying it must be discouraged and corrected at school, at home, and everywhere it is observed. Bullying should not be tolerated even between siblings!

While working at Hephzibah, I've noticed the fear and stress that bullying inflicts on children as they watch others get picked on. It's as if they are thinking, *What kind of a world do I live in?* At the same time, the fact that children are still learning gives day care staff, teachers, parents, and other authority figures the opportunity to step in and say, "Stop! This is not how we treat others."

How can authority figures prevent bullying? The AACAP encourages parents, teachers, and staff to become involved. Increased adult supervision is encouraged as AACAP notes bullying occurs mostly on playgrounds, lunchrooms, bathrooms, school busses, and unsupervised halls. Adults should also acknowledge that bullying comes in various forms. According to bullyingstatistics.org bullying ranges from verbal, social, physical, and the most recent cyber bullying. Cyber bullying entails bullying others through the Internet using digital technology and is the fastest growing form of bullying, and the hardest for kids to escape. Although both boys and girls engage in all types of bullying, AACAP notes boys engage in more physical aggression versus girls, who engage in more relational aggression.

At Day Care, I see the relational aggression when girls gossip or leave others girls out of play. For some children, this is devastating as they are left feeling unwanted and left out. Social bullying may not appear as hazardous but it affects social and emotional development if they are consistently feeling left out which may lead to a low self-esteem.

It is crucial that day care staff, parents and teachers investigate and respond when informed of bullying. Our goal as day care staff is to help children develop into healthy adolescents and adults by helping them solve their own problems and pointing out to them when they are treating others inappropriately. We are social beings and success isn't simply measured by academics. To be successful in all aspects of life, it is important to help children learn how to socialize and deal with emotions in a healthy manner. Having knowledge of bullying and knowing how to deal with it, is important in achieving this goal. ♥

SOURCES:

<http://www.aacap.org/cs/Bullying.ResourceCenter>

<http://www.bullyingstatistics.org/content/child-bullying.html>

<http://www.nctsn.org/resources/public-awareness/bullying-prevention-awareness-month>

Melissa Arciniega works at the Hephzibah Day Care site at Lincoln Elementary. She is a senior at DePaul University studying Psychology with a specialization in Human Development, and a research assistant studying the psychological and neurobiological effects of interpersonal trauma on infants and mothers. She also volunteers at the University of Chicago Comer Children's Hospital. Melissa will be graduating this Summer and will be applying to graduate school for Fall 2014. She looks forward to a career working with children and families.

I wish I could stay but I can't...

Some comments by Marie (name changed) on living at Hephzibah. Marie came to Hephzibah over two years ago due to multiple, unsuccessful foster home placements. During her time here, she blossomed and is now ready for the next phase of her life, a foster family.

I am in the 5th grade (at a local Oak Park school). My favorite class is Math because I like to learn new stuff. I am nice and tall, and I have long brown hair that gets tangled easily.

Hephzibah is fun. I like all the activities here: going to the pool and doing arts and crafts especially. I also like all the [Dr. Seuss] paintings in my room on the walls.

My favorite thing to play in the back yard is on the swing and in the sand, especially the sand.

I don't know what my favorite meal is, it's hard to choose. I like everything that Lily cooks!

When I grow up I'd like to be a Dog Trainer. I really like pets. I have a pet dog now named Vader (like Darth Vader!). He doesn't live at Hephzibah, he is my Pet Mate. [Pet Mates is a Hephzibah program where an owner of a dog certified through a licensed pet partner organization comes 2 or 3 times a month for a visit with their dog and one of the children in the house.] We sometimes take a walk or just play. I bought him a non-stuffing alligator toy for his birthday with my own money. It does not have stuffing so it is safer.

Hephzibah helps me think about my own family; my mom and my step dad, and my sisters and brothers. I have two sisters and two brothers.

My Prime is Jen. [A Prime is a primary caretaker, who spends some one-on-one time each week with each child assigned to them.] We might go to Build-A-Bear for our last Prime Time! I do lots of fun stuff with her.

"I'm about to go to a foster home. I feel really, really excited. As I prepare to leave, Hephzibah taught me to not get aggressive, to talk to staff and not throw things around. I really will miss Hephzibah. I wish I could stay but I can't!"



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Spring 2013

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!*

David Williams, LCSW, Hephzibah's Foster Care Specialist sits at her booth at the Chicago Area Families For Adoption (CAFFA) conference held at Wheaton College and attended by over 400 people. She and Debbie Pontrelli, Hephzibah's Assistant Director of Group Homes, attended this conference to recruit foster and adoptive families and to also make an effort to sell *Movin' On*, a game that they created that helps children heal through therapeutic play and develop the skills they need to live successfully in a family, group or residential setting. ♥

For more information on **Movin' On**, email DWilliams@hephzibahhome.org.

