



# ACT Happenings

**Take Home and Share with Your Family!**

**Fall 2004**

**[www.abingtonact.org](http://www.abingtonact.org) for expanded information**

## Candidates' Forum on Education October 7

The Parent Council of Abington School District is hosting a *Candidates' Forum on Education* for all interested persons. Local, state, and federal candidates in November's election have been invited to present their views on educational issues that affect students and their families. Hearing where they stand can help voters make an informed decision.

The Forum will be held Thursday, October 7 at 7:30 p.m. at Abington Junior High School's Little

Theater. Direct questions to Parent Council President Donna Randolph at 215-885-5322 or Vice President Paul Mamolou at 215-884-8543.

Parent Council functions as an umbrella group for all PTAs and PTOs in the Abington School District. Community leaders and representatives from the school board, administration, and faculty attend monthly meetings which are open to Abington Township citizens.

## Police Athletic League Hosts International Food Festival

Do you have your tickets yet? For a donation of \$50 in advance, \$60 at the door, you can savor an unforgettable evening at the 2<sup>nd</sup> Annual International Food Festival to benefit the Abington Police Athletic League. On Tuesday, October 5 at Huntingdon Valley Country Club, a variety of restaurants and beverage purveyors will host displays with generous samplings of their signature offerings. There will also be a silent auction featuring gifts, certificates for

services, and special items, including a Penn State football signed by Joe Paterno. A live auction will give bidders opportunities to spend time with members of the Abington Police Department command staff. The evening will be enlivened by a variety of entertainment, including a visit from the Mummers.

For tickets and information, call Abington Community Policing at 267-536-1071.

## Abington and Holy Redeemer Hospitals Address Healthy Eating and Exercise Programs for Kids

GameBoys, Play Stations, Instant Messenger, television, and movies all share a common denominator—they keep kids sedentary. Add to that the many snacks and oversized portions Americans enjoy and you have a formula to produce weight and health problems. Some of those problems have manifested in reports of rising incidence of type 2 diabetes (once regarded as an old age disease). Aware of these issues facing children and teens, two area hospitals are running helpful programs and activities this fall for both young people and parents.

Abington Memorial Hospital has launched a series of Childhood Weight Management Programs to

combat obesity and related health issues and promote safe exercise. The first program for parents, **Childhood Obesity Parent Program**, will meet Tuesday, September 28, 7:00-9:00 p.m. at Abington Memorial Hospital and will focus on parents' common concerns with their child's weight and how it affects health and well-being. This program is free.

A 6-session **Children's Healthy Weight Program** for those ages 9-13 will offer activities to develop healthier eating and exercise habits. Parents attend as well and receive support in managing weight-related issues. This program meets Tuesdays,

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## Parenting Center Features Key Topics of Concern:

### Success in School, Mother/Daughter Bonds, Teen Years, Materialism vs. Gratitude, and Finding Your Role as a Grandparent

The Parenting Center at Abington steps into fall with a well-rounded offering of workshops, discussion groups, and pre-school activities. Featured here are some of the highlights of those offerings. For a complete listing, visit [www.abingtonact.org](http://www.abingtonact.org) and click "Parenting Programs." All groups are held at The Parenting Center at Abington, 1130 Old York Road, unless otherwise noted. For fees and registration, call 215-576-0586.

Parents often question how they can help their children do their best in school. On Monday, October 11, 7:00-9:00 p.m., the workshop **Helping Your Child Succeed in School** will focus parents on determining their child's learning style and how best to interact with school personnel. It will also cover coping with the stresses and pressures that children feel, developing healthy attitudes and habits about school in general and homework in particular, and many other factors that affect a child's performance in school. This workshop is being held at Copper Beech Elementary School and is open to all interested parents.

Grandparents and their grandchildren have a unique relationship that brings them mutual love and enrichment. However, unexpected questions can arise for grandparents about the kind of grandparent they want to be. Recognizing key issues facing grandparents, The Parenting Center will hold **Grandparenting 101**. This 4-session discussion group will explore changes in child-rearing practices, discipline and limit setting, competition with in-laws, babysitting, spending time together, and the multiple roles of grandparents. This group will meet Thursdays, September 23, October 21, November 18, and December 16. Grandparents who cannot attend all four

sessions are encouraged to attend as many as possible.

Realizing the many pressures that adolescent daughters and their mothers face, The Parenting Center will present the discussion group **Tweens and Mothers: The Bond Between Preteen and Young Adolescent Girls and Their Mothers** on Wednesday, October 27, 7:00-8:30 p.m. Developmental Psychologist Diana Rosenstein, Ph.D., will lead a discussion on the importance of the mother/daughter bond at this stage of development; how to enhance it; how to manage the stresses of social, societal, and developmental factors; and how to build a daughter's self-esteem in this relationship.

Parents of teenage sons and daughters can lessen the confusion and tension of teenage behavior by attending the workshop **Understanding Your Teen—The Challenging Years: 12-18**. This workshop will present information about a child's development during the teen years and how parents can meet both their child's and their needs during this stressful life stage while still maintaining a healthy relationship with their child. Also considered in this workshop are the issues of the media, substance abuse, and sexuality and how to address these with teens. This two-part workshop will be held Mondays, November 8 & 15, 7:00-9:00 p.m.

As the holidays approach, the workshop **From "Gimmie to Grateful" – Shifting Your Child from Greed to Appreciation** will be held Wednesday, December 1, 7:00-9:00 p.m. This workshop explores the issue of over-indulgence and what parents can do to shift their children from materialism and a sense of entitlement to gratitude and personal responsibility.

## Is Your House of Worship Youth Director Invited?

The Abington Community Taskforce (ACT) is hosting a Youth Directors' Forum for both clergy and/or lay persons who work with youth in area houses of worship, and you can help ensure the success of this gathering. If you know the name of a youth director at a local church, synagogue, or other house of worship, please give that information to Sheldon Erwine either at 215-659-1618 or [she-lyd@comcast.net](mailto:she-lyd@comcast.net). ACT wants to compile the most

complete guest list possible.

ACT is planning this informal gathering on Wednesday, October 27, 7:00 p.m. at the Police Training Center on Florey Lane, just off Easton Road near Edge Hill Road. ACT wants to give youth directors and pastors an opportunity to meet one another and explain how the Taskforce can be of service to them. Refreshments will be served.

## Eureka Saturday Art Workshops for Kids and Adults

Kids and adults alike can sample art projects at the Abington Art Center the second Saturday of each month this fall. The Art Center is offering **Eureka Saturday Family Workshops** that will feature a different themed project each month. All ages and artistic abilities are welcome.

**Secret Tile Painting** on September 11 allows people to create a secret picture language to represent their family on a ceramic tile. **Collecting** on October 9 will be lead by Bill Adair, Education Director,

Rosenbach Museum. **All Shapes of Books** on November 13 will invite participants to explore the variety of book shapes and forms and create an accordion or pop-up book.

Each workshop is led by a teaching artist and meets in the Art Center Gallery from 1:00-3:00 p.m. No pre-registration is necessary. The cost is \$2 per person. The Art Center is located at 515 Meeting-house Road, Jenkintown. For information, call 215-887-4882.

## Fall Holiday Events for Halloween and Thanksgiving

Mark your calendars now for special fall holiday events!

The Ardsley Community Center, 2828 Spear Ave., Ardsley, will hold its annual Halloween party for neighborhood children ages 6-10 on Saturday, October 16, 6:30-8:30 p.m. The evening will feature a costume contest, piñata, and games. Tickets are \$2, and children must be accompanied by an adult. Registration for 100 participants is on a first-come, first-served basis. Forms and fees must be received at the Community Center by Friday, October 8. For more information, call 215-576-1630.

The 12<sup>th</sup> Annual Halloween Safety Party for elementary school students will be held Saturday, October 23 in the gyms at Glenside-Weldon Elementary School. It will feature a haunted house, games,

costume contests, and refreshments. Keswick Avenue merchants participate in a trick or treat along the Avenue at the beginning of the evening. This event is sponsored by C.A.P.T. (Citizens And Police Together).

While you are waiting for the turkey to cook Thanksgiving morning, November 25, you can walk or run in the 2<sup>nd</sup> Annual Gobble Wobble. Choose either the 5K run or 2-mile walk for your pre-feast exercise. This event begins at 9:00 a.m. at the Abington YMCA, 1073 Old York Road and makes its way through nearby neighborhoods. For more information, call 215-884-9622 and ask for Beth.

For news of other upcoming special events and activities, visit [www.abingtonact.org](http://www.abingtonact.org) and click "Things To Do."

## ACT Seeks Community Nominations for Recognition Reception

The Abington Community Taskforce (ACT) is already planning its fourth annual "Citizens That Care Recognition Reception" for April 2005 to honor special people who have made positive contributions to the safety and well-being of Abington Township and Rockledge Borough youth. ACT invites citizens to submit the names and accomplishments of those who have given their time and talents to make Abington and Rockledge a safe, caring, and responsible community specifically for youth and families. Nominees may serve as positive role models for youth in different settings, provide healthy activities

for young people's participation, or support various youth programs.

To submit nominees, send the nominee's name, organization, the person's contributions, and your name and telephone number (please print or type) and mail it to the Abington Community Taskforce, c/o Sheldon Erwine, 1927 Corinthian Ave., Abington, PA 19001. You may also submit this information through the ACT web site at [www.abingtonact.org](http://www.abingtonact.org), under "Contact Us." To learn about past honorees, click the web site's "Special Events" button and scroll to the bottom.

**Use anonymous, 24-hour police tip line  
to report threats of violence and crime: 1-877-APD-TIPS**

# Abington YMCA Features Family Fun Fridays

At the end of the work and school week, many families enjoy a dinner or evening out together.

The Abington YMCA invites families to spend fun, quality time together by participating in monthly Family Fun Fridays. Held from 6:30-8:00 p.m., at the Abington YMCA, 1073 Old York Road, these evenings feature a dinner, games, gym activities, and swimming. The cost is unbeatable—only \$5

for a family of up to five members and \$1 for each additional member.

Families are asked to reserve their spot by the Wednesday before each event. The first two Fun Fridays of the activity year will be held October 15 and November 19. For information and reservations, call Lanesa Smith at 215-884-9622 ext. 251.

## Healthy Weight, Eating, and Exercise Programs for Kids

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October 5 through November 9, 7:00-8:30 p.m. at Abington Memorial Hospital. The fee is \$70 for the first child, \$35 for the second child, and no charge for additional children.

A **Healthy Cooking Class for the Family** will meet Tuesday, November 16, 6:00-8:30 p.m. at Abington Memorial Hospital and is \$30 for adults and \$5 for each child. This evening program will share recipes to turn tastes away from sugary snacks and fatty junk food toward meals that the entire family can enjoy.

**The Why and How to Safe Exercise and Weight Loss** will kick off with a free introductory session on Tuesday, November 23, 4:30-5:30 p.m. at the Hospital's Schilling Campus, 2510 Maryland Road, Willow Grove. This program for children ages 9-13 will feature 1-hour sessions of kick-boxing, physio-ball, and Theraband® activities. The actual exercise program runs Tuesdays and Thursdays from January 18 through February 24, 2005, 4:00-5:00 p.m. and costs \$60 for the 12-session program. To register for any of these Abington Memorial Hospital courses, call 215-481-2204.

Similarly, Holy Redeemer Health System is coordinating several weight management programs for young people. **Healthy KidZone, Jr.** for children ages 6-11 years old and their parents is an 8-week program that offers nutritional advice, behavioral therapy, and exercise sessions. It meets Mondays, September 20 through November 15, 6:00-8:00 p.m., at the Northeast Family YMCA, 11088 Knights

Road. A physician's referral is required. The fee is \$100 for YMCA full members, \$125 for program members, and \$132 for non-members.

For children ages 10-14 and their families, **Healthy KidZone** offers an 8-week program that includes one-on-one and group sessions with a YMCA exercise specialist and a Holy Redeemer registered dietitian. Parents or guardians must attend four designated sessions with their children. This program meets at the Abington YMCA, 1073 Old York Road, on Thursdays, September 23 through November 11, 6:00-8:00 p.m., and costs \$125 for YMCA members and \$160 for non-members who will be permitted full use of the YMCA during the weeks of their program.

To introduce a regular exercise program into the routine of children ages 9-14, Holy Redeemer Health System is running a **Healthy KidZone Exercise Program** on Mondays and Wednesdays, September 20 through November 24, 5:30-6:30 p.m. This 10-week program includes two weekly 1-hour sessions. Classes alternate between ball aerobics and step/circuit training. Each child receives an exercise ball to use at home. This program costs \$159 and will be held at Holy Redeemer Health & Fitness Center, 1648 Huntingdon Pike, Meadowbrook (on the Hospital campus).

For more information and registration for any of the Healthy KidZone programs, call Holy Redeemer Health System at 1-800-818-4747.

*The Abington Community Taskforce (ACT) is a coalition of parents and Abington- and Rockledge-based educational, religious, social service, recreational, civic, and law enforcement agencies. Its mission is to create a responsible, caring, and safe community. ACT welcomes comments, suggestions, and ideas for future events, programs, and articles. For more information, contact ACT at 1176 Old York Road, Abington, PA 19001, 215-517-2720, or online at [www.abingtonact.org](http://www.abingtonact.org) ("Contact Us."). ACT would like to express appreciation to Abington Memorial Hospital for its assistance in printing this publication.*

*Editor: Rosemary Peters Hinkle*