



ACT Happenings

Take Home and Share with Your Family!

Fall 2005

www.abingtonact.org for expanded information

Taskforce Seeks Community Nominations For 5th Annual Citizens That Care Recognition Reception

Who do you know and admire for the difference they have made in the lives of young people in this community? Whose contributions, either individually or as an organization, to the wellbeing of youth and their families would you like to see recognized?

The Abington Community Taskforce (ACT) would appreciate you sharing the names of these special people as plans begin for the fifth annual

Citizens That Care Recognition Reception to honor those persons and organizations that have made positive contributions to the safety and wellbeing of Abington Township and/or Rockledge Borough youth.

Your nominees may serve as positive role models for youth in different settings, provide

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Healthy Connections, Teen Sexuality, Special Needs Children Among Featured Offerings at Parenting Center at Abington

The Parenting Center at Abington provides an array of helpful seminars, discussion groups, and workshops to strengthen and support parents as they move through the ages and stages in their children's lives. This fall, the Center will offer a number of important opportunities at its 1130 Old York Road location. For pre-registration, fees, and information, call 215-576-0586.

Every parent wishes to form healthy relationships with their children, not only for the emotional

fulfillment, but also in recognition that these relationships have the potential to make a huge difference in children's lives and the decisions they will make. On Thursday, October 20, 7:00-8:30 p.m., join Developmental Psychologist Diana Rosenstein, Ph.D., for **Building Healthy Connections: Holding On/Letting Go**. Dr. Rosenstein will discuss the importance of the relationship parents develop with their children; why they significantly impact their

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Holy Redeemer Presents *Internet Safety for Children & More*

Holy Redeemer Health System will be running a series of parenting programs this fall. They will be held at the Holy Redeemer Child Care Center, 1648 Huntingdon Pike, Meadowbrook (on the hospital campus) from 7:00-8:30 p.m. For more information and required pre-registration, call 1-800-818-4747.

Parents seeking practical tips and strategies to build core character traits for life success will want to consider **Parenting for Success** on Monday, October 10. Saul Fisher, Ph.D., Holy Redeemer pediatric psychologist known for his practical how-to approach, will present this workshop geared to

parents of children ages 3-11. The cost is \$5.

Internet safety is a huge concern for parents. The Abington Township Police Department's Lt. Dennis McCauley, a leading expert on internet safety, will present a free seminar, **Internet Safety for Parents**, on Wednesday, October 12. This basic course will tell parents the essentials for keeping their children safe online, including how to protect children from pedophiles, hate groups, pornography, bomb-making recipes, and other offensive and dangerous material.

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Fall Offerings at The Parenting Center at Abington

judgment, values, risk-taking behavior, and overall adjustment; and how parents can foster healthy parent/child connections.

On Wednesday, November 9, 7:00-8:30 p.m., parents can focus on a topic that always brings out many questions, **Teens and Sexuality: What Is Happening and What Can Parents Do About It?** Lynn Benjamin, M.Ed., LMFT, and Parenting Center Director Audrey Krisbergh, M.Ed., will lead a discussion on teens and sexuality. It will include typical behavior by today's standard, warning signs that a teen is heading for trouble, parent limit-setting while maintaining positive relationships with their teens, and parents talking with their children about sexuality.

Parenting a child with special needs can often be an emotional and difficult job, but it also offers many rewards. A **Four-Week Discussion Group for Parents of Young Children with Special Needs** will meet Mondays, October 3 through 24, 10:00-11:00 a.m., and offer opportunities to share information about a parent's unique role with special needs children from birth through five years. Parents may bring their children.

A topic of frequent concern for many parents is bullying and teasing. **Bullying & Teasing Sur-**

vival Tips will be offered Friday, October 21, 9:30-11:30 a.m. **Understanding Your Teen—The Challenging Years: 12-18** will be held Wednesday, October 26 and November 2, 7:00-9:00 p.m.

Sometimes parents feel that they are always satisfying the needs of everyone else in the family and that there is no energy, time, or other resources remaining to do something for themselves. When parents feel drained and resentful, they are not able to continue to nurture other people. **It's Okay to Sit Down—Getting Your Needs Met As A Parent** will help parents to identify their own needs, change some of their attitudes about getting these needs met, and find some practical ways to replenish their supply of energy. This workshop will take place Wednesday, November 16, 7:00-9:00 p.m.

As parents prepare for the gift-giving holiday season, they often face the conflict of greed versus appreciation in their children. **From "Gimmie to Grateful"—Shifting Your Child from Greed to Appreciation** will be offered Wednesday, December 7, 7:00-9:00 p.m.

An expanded listing of all Parenting Center offerings is available at www.abingtonact.org under "Parenting Programs."

Holy Redeemer Presents Parenting seminars

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Parents who wish to encourage their children to adopt a healthy lifestyle will find helpful information and discussion at **Behavior Modification and Exercise: Living the Active Life**. This seminar will

be held Wednesday, October 19 and will be led by pediatrician Eric Berger, M.D., who will focus on issues such as portion control and exercise. The cost of this seminar is \$5.

Nominations Sought for ACT Recognition Reception

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healthy activities for young people to participate in, or support various youth programs. These activities for the betterment of the community might focus on, but are not limited to, substance abuse resistance programs, violence reduction, athletic or religious programs, and human relationships.

ACT will hold its spring Recognition Reception on Thursday, April 27, 2006 at Manufacturers' Golf and Country Club. To submit nominees for this event, send the person's name and organization or

the organization's name, their contributions, and your name and telephone number (please print or type) and mail it to the Abington Community Taskforce, c/o Jack Murphy, 1166 Old York Road, Abington, PA 19001. You may also submit this information through the ACT web site at www.abingtonact.org, under "Contact Us." To learn about past honorees, click the web site's "Special Events" button and visit the archives.

ACT needs to hear from you by Tuesday, November 1.

Community Invited to 3rd International Food Festival

Everyone is invited to an unforgettable evening of sampling signature dishes and beverages from 35 area restaurants and beverage purveyors. The third International Food Festival to benefit Abington's Police Athletic League will be held Tuesday, October 11, 5:30-8:30 p.m. at Huntingdon Valley Country Club. Tickets are \$50 in advance and \$60 at the

door. There will be both live and silent auctions featuring silver jewelry, WWII memorabilia, and sports collectibles. Entertainment will include the Mummers. Expanded information is available under "Special Events" at www.abingtonact.org. To order tickets, call Jack Murphy, Abington Community Policing, 267-536-1071.

Special Off-Site Activities Are Fall Highlight at Abington PAL

All Abington residents from age 12 through 12th grade are welcome at the Abington Police Athletic League every Friday and Saturday night from 7:00-11:00 p.m. Currently, all activities are run from the Glenside-Weldon Elementary School site. During renovations at Willow Hill Elementary School, transportation is provided in PAL's new van from that site to Glenside-Weldon between 6:30 and 10:30 p.m., approximately every 15 minutes.

Each month will feature special on-site events as well as off-site activities on many Friday nights. These activities will include movies, bowling, batting cages, and miniature golf. For a monthly listing of events, visit www.abingtonact.org and see the PAL box under "Things To Do." PAL kids must register the Saturday night before the activity on the following Friday. Space is limited to 28. See Site Director Linda Miller for information and sign-ups.

Religious Opportunities for Junior & Senior High Students

The Pride and CTC (Communities That Care) surveys conducted periodically for 6th through 12th grade students in Abington public schools indicate that a young person's affiliation with a faith community and/or participation in faith-based activities is one of the protective factors that help to keep him or her from engaging in at-risk behaviors. Here are several religious-based opportunities to consider.

A new web site has debuted for Jewish teens. Its goal is to publicize what is new and what is hot for those in 6th through 12th grades. Sponsored by the Community Youth Initiative, this web site gives young people an opportunity to meet new friends, explore Jewish identity and cultural programs, participate in community service events, and collaborate with teens from synagogues and youth groups throughout the Philadelphia area and the surrounding counties. The site can be accessed at

www.jewishphilly.org/teens. For more information from the Community Youth Initiative, call 215-446-3030.

For high school and junior high school kids who would like to experience non-denominational Christian fellowship, there is Young Life for high school students and Wyld Life debuting in Abington this fall for junior high students. Young Life Club, a week night, informal gathering in local homes, features fun activities and a thoughtful message. It will begin in mid October. Wyld Life will be offered on Sunday evenings in local homes for 7th through 9th graders and will also feature fun activities and a thoughtful message. A Bible study group for high school students meets weekly. For more information, visit www.abingtonact.org and click "Things To Do" or call the Young Life office at 215-470-7317.

ACT Supports No Place For Hate

In support of Abington Township's No Place For Hate (NPFH) initiative, ACT recently provided \$200 to purchase videos and books for NPFH training sessions. These materials will be available for future speaking engagements requested by local organizations and cover subjects such as peaceful resolution of problems, combating prejudice, and

being responsible for one's behavior. As more monies become available, similar materials will be bought and placed in circulation through Abington's Parenting Center and Free Library.

No Place For Hate was launched by the Anti-Defamation League in January of 2001 to help communities grow stronger and become better equipped to deal with issues of bigotry and prejudice. For more information, call, 267-536-1074.

Fall Holiday Events from Halloween to Gingerbread Houses

Mark your calendars now for special fall holiday events!

The 13th Annual Halloween Safety Party for elementary school students will be held Saturday, October 22 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. This event is sponsored by C.A.P.T. (Citizens And Police Together).

The Ardsley Community Center, 2828 Spear Ave., will also hold its annual Halloween party for neighborhood children ages 6-10 on Saturday, October 22, 6:30-8:30 p.m. The evening will feature a costume contest, piñata, and games. Tickets are \$5, 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 14.

While the turkey is cooking Thanksgiving morning, November 24, you can walk or run in the 3rd 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.

New this year for children ages 8-12 is a gingerbread house decorating workshop on Friday, December 9, 6:00-8:30 p.m., at the Ardsley Community Center Cafeteria. For a fee of \$17, children will have the opportunity to decorate their own, pre-made gingerbread house. For more information and registration, contact Abington Bureau of Parks & Recreation at 215-576-5213.

For more news of these and other special events and activities, visit www.abingtonact.org and click "Things To Do."

ACTION, SPIT, Y Leaders for Teens & Tweens at Abington YMCA

Lights, Camera, ACTION! The Abington YMCA is launching a new program for 7th through 12th graders who are interested in basic training for video production. Join the **ACTION!** film crew on Saturdays from 2:00 to 4:00 p.m. and learn how to handle a video camera and gain tricks and tips on video production and editing. The ACTION! group will practice their new skills on a variety of YMCA events and end the season with a finished production.

A second new program this fall is **SPIT**—Speak Positive Ideas Today. Whether their style is hip hop or spoken word, those who rhyme are often referred to as those who "SPIT." This term is partly a symbolic phrase, but it also describes what can happen during the excitement of delivery when the speaker may accidentally spit, just a little, while performing. Many even refer to the front section of shows as the "spit zone."

SPIT sessions will take place during Teen

Nights (Fridays, 7:00-10:00 p.m.) and Tween Nights (second and fourth Saturdays of each month, 6:00-9:00 p.m.). There is a code of conduct for both performers and spectators. Competitors may enter for \$5 as YMCA members and \$8 as non-members.

For those in grades seven through twelve who want to meet new people and make a difference in their community by helping others, consider joining the **Y Leaders Club**. YMCA staff and adult volunteers help young people create and plan their own projects. Some past projects have included environmental clean-ups as well as food and clothing drives and have earned kids community service credits. The Y Leaders Club meets on Wednesdays from 5:00 to 7:00 p.m. at the Abington YMCA.

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 ("Contact Us."). ACT would like to express appreciation to Abington Memorial Hospital for its assistance in printing this publication.

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