



# ACT Happenings

Take Home and Share with Your Family!

Spring 2003

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

## New ACT Web Site Meets Community Needs

***“Things To Do” Pages Feature Activities, Events Just for Students  
“Volunteer Opportunities” Show Adults Where Help Is Needed***

There is now a web page where students can find out the activities, events, and programs available to them in the Abington-Rockledge community. Simply log onto [www.abingtonact.org](http://www.abingtonact.org) and click **“Things To Do”** under the flashing stars in the upper right. Students can view a display of activities that includes Police Athletic League weekend goings-on; school and community dances, plays, musicals, and concerts; sporting events and opportunities; youth group events; and special programs. This site is updated twice a week to provide the most current listings for young people and their families.

Some of the community groups and

organizations who currently provide information for this site include Abington Bureau of Parks and Recreation, Abington Police Athletic League (PAL), Abington School District, Abington YMCA, C.A.P.T. (Citizens and Police Together), C.P.Y.A. (Community Partnership of Youth and Adults), Roslyn Boys and Girls Club, and area houses of worship. The site continues to welcome input from groups and organizations that run healthy, enriching, and entertaining activities for youth of all ages.

Similarly, the **“Volunteer Opportunities”** page features listings of volunteer positions in

*(Continued on page 3)*

## Community Invited to Recognition Reception

On Wednesday, April 30, 2003, the Abington Community Taskforce (ACT) will host its second annual ***Citizens That Care Recognition Reception*** at Manufacturer’s Golf and Country Club, Fort Washington, from 5:30-7:30 p.m. Citizens from all walks of the community are cordially invited to honor individuals who have distinguished themselves on behalf of ACT’s mission, recognize outstanding students for their service to the community, hear about ACT’s goals, and meet and greet community leaders and members.

ACT’s honored guest and keynote speaker will be long-time Philadelphia newscaster **Larry Kane**. Honorees for 2003 are **Detective Robert P. Allmond, Jr.**, Abington Township Police Department; **The Rev. Robert M. Hoag**, retired pastor,

Abington Presbyterian Church; **Samuel W Rines, Jr.**, Director, James Fox Memorial Basketball League; **Deborah Sapin-Feldstein**, Executive Director, Aldersgate Youth Service Bureau; **Joanne Weaver-Stroh**, Chairperson, Abington Township Community Relations Committee and No Place for Hate initiative; and **Robert W. White**, President & CEO, Abington Bank. Two new ACT student scholarships will be presented the evening of the reception, and **Adele S. Block** will be recognized as ACT’s 2003 Outstanding Citizen.

ACT’s mission is to create a responsible, caring, and safe community throughout Abington Township and Rockledge Borough, particularly for

*(Continued on page 4)*

## Parenting Center Features “Chat,” Workshop, Books

Teasing and bullying! Is there any family who believes their children are immune from suffering these unpleasant behaviors or possibly inflicting them on others? This topic will be explored during “**Chat and Snack: Discussions for Parents of Elementary-age Children**” on Tuesday, March 11 from 7:00-8:30 p.m. at the Parenting Center. This discussion group meets periodically to focus on concerns related to raising children between the ages of 5 and 12.

Two other spring discussion groups deal with special interests. “**Discussion/Support Group for Parents of Children with Special Needs**” meets the first Thursday of every other month (April 3 and June 5) from 7:00-8:30 p.m. at The Parenting Center. Parents are invited to share information about their unique role with their special needs children. Different topics are highlighted each session. Dr. Bill Lessa, Certified Parenting Educator, Superintendent of Hatboro-Horsham School District, and father of two, leads “**For Fathers Only**” on Tuesday, April 15 from 7:00-8:30 p.m. at the Parenting Center. Dr. Lessa will address some of the unique issues that fathers face as they share in raising their children. Dads will have a chance to discuss their thoughts and concerns with other fathers and Dr. Lessa. Discussion groups are free to Parenting Center members and \$5 for non-members.

The Parenting Center has added the new workshop “**Partners in Parenting—Working Together as a Team**” to explore how parents can create a team spirit in working together and with those involved in the care and raising of their children. It also teaches parents how to convey a sense of security about this team to their children. This workshop will be held Wednesday, March 12, 7:00-8:30 p.m. at Overlook Elementary School. The cost is \$8 for members and \$12 for non-members. Free childcare and homework help will be available.

Other Parenting Center offerings this spring will include the following workshops:

- **Coping with Sibling Rivalry**
- **Tools for Effective Discipline**
- **Turning Down the Heat in Your Home—How to Keep from Boiling Over with Anger**

- **Limit Setting for Toddlers**
- **Toilet Learning**

For location, fees, registration, and possible childcare, call 215-576-0586 or check the new ACT web site “Parenting Programs” page at [www.abingtonact.org](http://www.abingtonact.org).

The monthly “**Book Previews for Parents**” are held from 10:00-11:00 a.m. on Tuesdays at Barnes & Noble, 835 Old York Road, Abington. A book is introduced and discussed each month. This spring’s selections include *Kids Are Worth It* by Barbara Coloroso on March 11, *The Explosive Child* by Ross W. Greene on April 8, and *Pick Up Your Socks* by Elizabeth Crary on May 13.

For parents of infants through preschoolers, The Parenting Center offers a variety of adult discussion/child play programs. Find out more at [www.parentingabington.com](http://www.parentingabington.com). The Parenting Center is a nonprofit, non-sectarian organization located at 1130 Old York Road, Abington.

### AMH Offers Workshops

Abington Memorial Hospital (AMH) hosts a variety of parenting and child workshops to benefit families and their children. There are two key offerings this spring. “**Pediatric Dental Care: Birth through Childhood**” will be held on Wednesday, April 9, 7:00-8:00 p.m. at the hospital’s Dixon Building. Dental staff members will discuss infant tooth care from when and how to start cleaning infants’ teeth, the dos and don’ts of bottle feeding, and the role of fluoride to scheduling a child’s first dental exam and how to handle a tooth accident. Pre-registration is required at 215-481-2204. This program is free.

A “**Babysitting Workshop**” on Saturday, May 3 from 9:00 a.m.-3:00 p.m. teaches young people basic childcare, age-appropriate activities, how to handle family routines and emergency situations, and other topics. Taught by Child, Home and Community, Inc. it will be held at the Rorer Building. Class size is limited, and the cost is \$30. Register at 215-348-9770.

For information about a variety of AMH support programs for students and their families, go to [www.abingtonact.org](http://www.abingtonact.org) and click “**Things To Do.**”

# Students Sign Up for 5<sup>th</sup> Annual Rock-a-thon

Students who want to combine a fun evening with service to a worthy cause are invited to sign up now for the 5<sup>th</sup> annual Rock-a-thon to be held at Abington Junior High School from 5:00 p.m. to midnight on Friday, March 28. Eligible participants include sixth through ninth graders in Abington Township public, private, and parochial schools. This year's event will once again raise funds to ease the suffering of child abuse.

There is space for 70 teams of five. Each team member will rock for 15 minutes and then have an hour to enjoy pizza, movies, games, and live bands. Students must sign up as a complete

team. The team fee is \$100 (\$20 per person). Any checks submitted should be made payable to C.A. P.T. (Citizens and Police Together).

The Rock-a-thon is sponsored by the Community Partnership of Youth and Adults and The Character Cafe. For information, students should contact either their school's police liaison officer or Detective Joseph Dalton at 215-884-4700 ext. 2493 or during non-school hours at 267-536-1098. Forms are available outside Room 151 at Abington Junior High School.

## 24-Hour Relay Challenge Team Sign-up Packets Available March 1

Student and adult teams of 10 are wanted for Abington's largest annual fundraiser to benefit local youth programs—the 24-Hour Relay Challenge. This year's event will be held Saturday, May 17 to Sunday, May 18 at Memorial Field. Team sign-up packets are available to the community beginning March 1 at the Abington Township Building reception desk (1176 Old York Road) and the offices at both Abington Junior and Senior High Schools. Student teams must have two adult chaperones. A \$100 non-refundable deposit is required but is put toward the team fee of \$500 (\$50/person). Direct

questions to Brian Reiff: [reifbe@abington.k12.pa.us](mailto:reifbe@abington.k12.pa.us) or 215-517-2850 #4085.

Hundreds of community volunteers also make this event a great success. Volunteer opportunities in 4-hour shifts range from registration, team check-in, and safety and security to serving food, overseeing entertainment activities, and helping with a variety of miscellaneous needs. To pursue this option, contact Doug Kucera at [kucedw@abington.k12.pa.us](mailto:kucedw@abington.k12.pa.us) or 215-517-2850 #3072; or Marianne Frank at 215-885-2213.

## New ACT Web Site for Students and Adults in Community

*(Continued from page 1)*

Abington-Rockledge community groups and organizations, particularly for those 18 years and older but may begin to include service learning opportunities for high school students. There are needs in a variety of organizations, such as The Parenting Center at Abington, Abington YMCA, Abington School District, Abington Township Police Department, and Big Brothers Big Sisters. This page offers connections to two forms—one for organizations to submit volunteer needs and another for citizens to submit their names and areas of interest. The township volunteer coordinator receives and processes these submissions, posting needs and connecting interested citizens with

organizations that can benefit from their volunteer services.

**Abingtonact.org** went online in early November 2002 and will continue to grow in its coverage and responsiveness to the community as more people learn of its existence and provide information. Activities and registrations for the “Things To Do” pages may be submitted online either on the special form provided through the “Things To Do” page or through the “Contact Us” page. Photos of youth activities may also be submitted; however, each organization must assume full responsibility for obtaining necessary parental permission. With all submissions, ACT reserves the right to screen for appropriate content.

# Holy Redeemer Offers Spring Parenting Programs

As part of its community education program, Holy Redeemer Health System will offer a series of five one-hour evening parenting programs in March and April. These programs are designed to help parents with the various educational, medical, and emotional challenges they may encounter with their children. They will have an opportunity to hear the latest information and ask questions in their areas of concern. All programs are held at Holy Redeemer Childcare Center, 1648 Huntingdon Pike, Meadowbrook, and have a \$5 fee. Registration is required and may be handled either by calling 1-800-818-4747 or logging onto [www.holyredeemer.com](http://www.holyredeemer.com).

The first course, **“Tips for Educational Success,”** focuses on enriching a child’s elementary education experience. On Tuesday, March 18, from 7:00-8:00 p.m., parents and guardians will have the opportunity to meet with George Fisher, M.Ed., and Kerry Bauerle, M.Ed., of Centennial School District to explore a range of topics from preparing for and transitioning to preschool or first grade to fostering reading skills and ensuring long-term school success.

Robert Rosenthal, Ph.D., of the Growth Opportunity Center will lead **“Defining Autistic Spectrum Disorders”** on Wednesday, March 26, 7:00-8:00 p.m. This workshop will cover character-

istic signs as well as diagnostic procedures and treatment strategies.

**“Discipline without Damage”** will be the topic of discussion on Monday, April 7, 7:00-8:00 p.m. Saul Fisher, Ph.D., Clinical Director, Growth Opportunity Center, will discuss how parents can offer their children a healthy balance of liberty and limits by understanding the nature of self-esteem and setting reasonable limits.

Those with concerns regarding Attention Deficit Hyperactivity Disorder (ADHD) can learn more about recognizing signs as well as diagnosis and treatment options through **“ADHD Today.”** Holy Redeemer pediatrician Jeffrey Ettinger, M.D. will share the latest information on this topic on Tuesday, April 8, 7:00-8:00 p.m.

Violence in the media is an ever pressing issue that will be dealt with in **“Media Violence and Your Kids”** on Wednesday, April 16, 7:00-8:00 p.m. Kiri Rogers, LCSM, and Kate Farmer, Ph.D., of the Growth Opportunity Center, will focus on the affect media violence can have on children and how best to thwart its impact. They will also highlight strategies for keeping computer savvy kids safe. This workshop will be held Wednesday, April 16, 7:00-8:00 p.m.

## Citizens That Care Recognition Reception for Community

*(Continued from page 1)*

young people and those who support them. Representatives from ACT’s 28 member organizations work in partnership to provide a host of healthy, entertaining, and supportive community programs and activities for area youth and their families.

The evening will include hors d’oeuvres and a buffet. Reservations start at \$60 per person with levels of support ranging to \$2,500. Community businesses are encouraged to become sponsors

of this annual event. Supporters making reservations at \$75 a person or more will be listed in the program.

ACT is a nonprofit, community-based organization. For reservations, call 215-517-2720 and leave your name, address, and phone number. Read more about this event and ACT at [www.abingtonact.org](http://www.abingtonact.org), click “Special Events.”

*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*