



ACT Happenings

Take Home and Share with Your Family!

Summer 2003

www.abingtonact.org for expanded information

Heading

Summer Babysitting Courses Available in Abington Area

Three Abington community organizations are offering babysitting programs this summer for young people who would like to increase their knowledge of childcare responsibilities.

The Kids' Health Connection at Holy Redeemer Health System is offering a two-day **Safe Sitter** program the weekend of June 21 and 22 from 9:00 a.m.-3:00 p.m. Girls and boys ages 11-13 can learn about child development, age-appropriate activities, basic life-saving skills, and how to handle emergencies. Participants must pass a comprehensive practical and written test to demonstrate understanding of key concepts and skills necessary in child care. This course will be held at the Holy Redeemer Child Care Center, 1648 Huntingdon Pike, Meadowbrook. There is a \$40 fee. Pre-registration is required at 1-800-818-4747 or www.holyredeemer.com.

Another option, Penn State University and the Four-H Club will hold a **Babysitting Workshop** at Ardsley Community Center for boys and girls ages 11 and up. The workshop will cover feeding, diaper changing, basic first aid, handling emergencies, and other important aspects of child care. A Four-H certificate will be issued upon completion of all four sessions and a course project. The course will be held July 14, 16, 17, and 19 from 9:00-11:30 a.m. There is a \$20 fee for Abington Township residents and \$22 for non-residents. To register, contact the Abington Bureau of Parks and Recreation at 215-576-5213.

Abington Memorial Hospital will run a **Babysit-**

ting Workshop in cooperation with Child, Home & Community, Inc. on Saturday, July 19 from 9:00 a.m.-3:00 p.m. in the Hospital's Rorer Building, Garden Café, Rooms M and H. It will teach basic childcare, age-appropriate activities, how to handle family routines and emergencies, and other relevant topics. Certificates are issued upon completion. The fee is \$30. Register with Child, Home & Community, Inc. at 215-348-9770

Place your message here. For maximum impact, use two or three sentences.

Parks & Rec/Red Cross Offer Life Guarding and CPR Course

Abington's Bureau of Parks and Recreation is offering a Lifeguard Training course this summer at the Ardsley Community Center and Penbryn Pool, Glenside. The course will be run by the American Red Cross and provide both lifeguard training and CPR certificates upon completion. Instruction will take place on July 7, 14, 19, 21, 26, 28, and August 4. Weekday sessions will begin at 5:30 p.m., and Saturday sessions will run from 9:00 a.m.-3:00 p.m. Course participants must be 15 years old and pass both written and practical tests. The cost is \$210, which includes a non-refundable \$75 registration fee. For more information, call the Bureau at 215-576-5213 or email [www.parkdata@comcast.net](mailto:parkdata@comcast.net).

Prevent Crime; Use Anonymous Tip Line: 1-877-APD-TIPS.

Summer Parenting Opportunities at The Parenting Center

Parents who would like to gather ideas for keeping children busy during the summer can hear about fun, stimulating, and low-cost activities at the **Summer Craft & Activity Ideas** workshop on Tuesday, July 15 from 7:00-8:30 p.m. This is one of several workshops to be presented this summer at The Parenting Center at Abington, 1130 Old York Road. Other workshops are \$8 for members and \$12 for non-members and include **Tools for Effective Discipline; Parenting the Temperamentally Challenging Child; Building Character, Confidence, and Self-Esteem;** and **“You’re so mean. I Hate You,” – Taming the Anger Monster in Children.**

“Getting Ready for Summer” is the topic for the June 5 meeting of the **Discussion/Support Group for Parents of Children with Special Needs.** The group meets from 7:00-8:30 p.m. at The Parenting Center. The evening is free for members and \$5 for non-members. The August 7 topic will be **“Transitioning Back to School.”**

John Alan Bader, Ph.D., psychologist and father of two, will lead a discussion of how current parenting behavior and attitudes have been influenced by experiences with one’s own father in **For Fathers Only.** He will invite men to consider what they treasure and want to continue with their children and which parts of fathering they want to change when the group meets on June 9 from 7:00-8:30 p.m. at The Parenting Center. This

gathering is free to members and \$5 for non-members.

The **New Mother/New Baby Group** will meet July 14 from 10:00-11:30 a.m. at The Parenting Center. Mothers can bring babies under one year and share experiences, discuss their new roles, and make friends.

Play ‘n Share, a discussion group for parents of infants and toddlers, lets parents share their concerns while their children play. It will be offered this summer on Fridays from June 20 to August 1 with a choice of two morning sessions, either 9:30-10:30 a.m. or 11:00 a.m.-12:00 noon. Pre-registration is required, and there is a fee of \$15 for members and \$30 for non-members.

The Parenting Center will continue its **Book Club for Parents** by previewing and discussing *Siblings Without Rivalry*, July 8, 10:00-11:00 a.m. at Barnes & Noble, Jenkintown; *Kids Can Cooperate*, July 23, 10:15-11:15 a.m. at Abington Free Library; *Kids, Parents and Power Struggles*, August 5, 10:15-11:15 a.m. at Abington Free Library; and *The Spirited Child*, August 12, 10:00-11:00 a.m. at Barnes & Noble, Jenkintown.

For comprehensive information about Parenting Center offerings and registration, call 215-576-0586 or visit www.abingtonact.org.

ACT Expands Web Site to Improve Communications

The Abington Community Taskforce (ACT) invites readers to visit its recently expanded web site www.abingtonact.org where it has added four new pages and expanded **Special Programs** under **Things To Do** for young people. Families will especially find **Things To Do** an excellent source of summer sports, camps, and other programs and activities in the community.

Community Calendar features ethnic and religious days of observance and celebration to promote education and understanding in a diverse community such as Abington-Rockledge. ACT created this calendar to extend its support to Abington Township’s “No Place for Hate” project,

which is designed to help communities grow stronger and become better equipped to deal with issues of bigotry and prejudice. **Parenting Programs** furnishes a comprehensive listing of parenting workshops, discussion groups, book groups, and other educational and informational opportunities provided by but not limited to ACT organizations.

Keeping Current/Tips gives community members up-to-date information and resources to deal effectively with timely topics and situations. It can include links to web sites that provide relevant support information in view of community and/or

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Spend Summer Weekends at Abington's PAL Sites

Teens looking for something to do on summer weekend nights are welcome at the Police Athletic League (PAL) in Abington. Two sites provide safe, supervised settings that are open Friday and Saturday night from 7:00-11:00 p.m. Those 12 years old through high school seniors may participate. PAL photo ID's are required and can be obtained from site directors.

PAL sites offer a wide variety of recreational activities and ongoing programs from sports and dances to arts and crafts. Some special events this summer will include a picnic at Alverthorpe Park with many Park activities available to PAL kids and a Flick and Float night for each PAL site at

one of the Abington Township pools.

Keep up to date on PAL event locations and activities by visiting www.abingtonact.org and clicking **Things To Do**. Look there and on Comcast Channel 43 as well for postings of holiday weekend closings. All sites are supervised by an adult site director, adult volunteers, and police officers. For more information, contact either Linda Miller, Site Director, Glenside-Weldon Elementary School, 267-536-1079 or Mel Rice, PAL Coordinator, Willow Hill Elementary School, 267-536-1100 ext. 1589.

Parks & Recreation Highlights Summer Programs

The Abington Bureau of Parks and Recreation has planned a variety of summer activities and events for young people and will kick off the season with its 11th annual **Hooked on Fishing Derby** at Alverthorpe Lake on Saturday, June 7. Children ages 5-16 may participate. Pre-registration is required no later than Friday, May 23 by 4:00 p.m. There is a \$1 fee per child residing in Abington Township. Trophies and prizes will be awarded for the largest fish (weight) in three age categories and overall smallest fish. There will also be a casting contest with a prize awarded for the greatest distance.

Boys and girls ages 10-16 who want to learn to play tennis or improve their skills can register in person at Alverthorpe Manor beginning June 3 for **USA 1 2 3 Tennis**. This program will run Monday through Friday at Abington Junior High School tennis courts from June 23 to August 1. Instruction time is assigned by skill level in one-hour slots beginning at 9:00, 10:00, or 11:00 a.m. The fee is \$40.

Both beginner and advanced beginner golfers who have spent little or no time on a golf course and have received only limited instruction can sign up for **Nike Jr. Golf Camp**. This camp for 7-15-year-olds will run from 9:00 a.m.-12:00 noon Monday, August 4 through Friday, August 8 at Alverthorpe Park. The fee is \$175 and includes

a Nike golf manual, hat, bag tag, tea pack, and written analysis of one's swing. The course focuses on developing fundamental skills, including work on grip, stance, posture, and aim to help with putting, chipping, full swing, and specialty shots.

Creative Theater Workshops will be given for two different age groups this summer at the Ardsley Community Center. Experienced instructors will take participants from auditions to performances, covering improvisation, movement, vocalization, and stagecraft. Session one runs from June 23 to July 11, while session two runs from July 14 through August 1. Those 7-11 years old attend morning workshops; those 12 years and up attend in the afternoon. Workshops are held from 9:00 a.m.-12:00 noon on weekdays and cost \$135 per session. Register by or before June 6.

These are just some of the many programs being offered to the children of the Abington community this summer. There are **sports camps**, **art and music camps**, **Aikido** training, and special events, including a **summer concert series** for all ages. For a complete listing, visit either www.abington.org and click **Parks and Recreation** or www.abingtonact.org and click **Things To Do**.

The Jenkintown Day Nursery

Providing Affordable Day Care for Working Parents

For working single parents and families whose income makes childcare costs a challenge, the Jenkintown Day Nursery (JDN) has been providing affordable day care in the community for 100 years. Located at the corner of Baeder and Hilltop Roads in Jenkintown, the JDN has a richly diverse population and is the oldest nonprofit day care center in Montgomery County. Currently, it enrolls 90 children, over 78% of whom are minorities and 40% come from homes where the income is below the poverty level. Fees are set on a sliding scale and range from \$65 to \$150 per week.

To make these fees possible, the JDN has a dedicated volunteer board of directors who raises approximately 20% of the budget through its annual appeal, a Rags and Riches dinner and auction, and other special efforts, including golf outings. The remainder of the budget is obtained through corporations and foundations. Over 80% of the total revenue is applied directly to programs and services. Recently, several area donors have participated significantly in the capital campaign by pledging funds for the Centennial Playhouse/Playground Project. The JDN participates in the Child Care and Adult Food Program in order to provide a nutritious breakfast, lunch, and afternoon snack to each child.

The JDN's curriculum is designed to allow

children to learn at their own pace while staff meet their individual needs. They emphasize age-appropriate learning experiences both individually and in groups so that children can acquire knowledge through discovery and exploration. Teachers offer many hands-on learning experiences for reading readiness, math, language, science, art, music and movement, drama, and cooking.

To enrich the program further, the JDN's Cultural Arts Program provides the children with art, music, and dance and movement classes. Pre-K and kindergarten classes take regular field trips to such places as a local retirement community, a pumpkin patch, and the Jenkintown Library. Special programs, including the police and firefighters, come to the Nursery each month for all the children to enjoy. A staff social worker meets with parents at enrollment, counsels families on childcare issues, helps with family emergencies, works with staff when children are having problems, and is the liaison to other services and professionals when needed.

The Jenkintown Day Nursery is licensed by the Pennsylvania Department of Public Welfare, and its kindergarten is licensed as a private, academic school. For information, call 215-884-1992.

ACT Web Site *(Continued from page 2)*

world events, safety tips related to specific occasions, copies of letters that may be sent home periodically with students from school administration, and other such vital communications. **Grant Opportunities** focuses on one of ACT's strengths of offering its member organizations opportunities to partner in various projects to meet community youth program needs. From time to time, these grant opportunities will be posted on this page, and

web site visitors will be tipped off to these postings through the **News & Events** box on the home page.

Finally, ACT has expanded the listings on its **Special Programs** page under **Things To Do** to feature more support groups and training opportunities that relate to the social, emotional, and educational needs of children and teenagers. Be sure to explore this site today!

re to visit www.abingtonact.org today.

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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