



The Mentors Plus Match

CHECK OUT THE RESOURCES

November, 2022

Sharable with Mentee Version

Volume 10, No. 11



Mentee Avianna and Kathy at Meadowbrook Theatre seeing Little Shop of Horrors!

"I CANNOT DO ALL THE GOOD THAT THE WORLD NEEDS. BUT THE WORLD NEEDS ALL THE GOOD THAT I CAN DO."



- Janis Stanfield

Happy Thanksgiving!

During the Thanksgiving season, we want to thank each of you again for offering your service as mentors. I hear about the smiles you put on your mentee's faces. I know that many of you continue to do community service. Now that things are opening up more, encourage your mentees to offer service to others. It will help them better understand their own worth and encourage them to experience the joy of assisting others.

Fun Things to Do

- * Gather cans or non-perishable food from family, neighbors or friends to donate to a shelter or community kitchen. Every little bit helps!
- * **Have a gratitude attitude!** Send a card or make a visit to someone who supports you and your family that lets them know you appreciate their help!
- * **Check out a nearby park with your mentor** and gather nature's gifts to make some art for Thanksgiving – colored leaves, seeds, bark, & berries.
- * **Gather some fall produce** – like pumpkins, beets, sweet potatoes and squash. Create a dish with your mentor to share with each of your families.

November Announcements

★ **Please turn in your November Mentor Reports**
By Thursday, 11/10/22.

★ **Mentors Plus Orientation:**
Saturday, November 12th, 10:30.
Please have anyone interested call Julie for further information.

Learning Opportunity

How do people form healthy relationships that last over time.
Watch two interviews with John and Julie Gottman to learn the keys!
(An Unlocking Us Podcast at Brenebrown.com - adult oriented)
There are also a variety of podcasts, presentations, and written materials available at Whytry.org. for all.

Julie's Corner



Mentee Avianna having Halloween fun at Greenfield Village with Mentor Kathy.

PLEASE VOTE

Democracy doesn't work for the well-being of the people unless they participate! You can register and vote at your City's Clerk's Office, even on election day, or register on-line and vote earlier.

Everyone may use an absentee ballot this year. Please contact Julie for more information or if you need assistance. Be Safe!

★ Please E-mail your pictures, & stories to Julie each month.



Pistons Tickets are now available to Mentors Plus.



Oakland County Youth Assistance

Mentors Plus

Be a friend. Show the way.

Oakland County Circuit Court-Family Division
Oakland County Youth Assistance
1200 N. Telegraph Road, Building 14 East
Pontiac, MI 48341-0452
248-858-0041





(Relaxing mood – from Diane)

WE APPRECIATE EVERYONE WHO VOLUNTEERS EACH MONTH TO SUPPORT THEIR MENTEES.

It's important for us to remember that *not* everyone in our communities has enough to eat on a regular basis. Thanks to those who have helped with that cause. We also appreciate those who have volunteered to help other ways in their communities this year. They've been part of the solution. Gathering bicycles to fix, shoes for winter and food for the hungry are on-going projects. Hopefully, more volunteer opportunities will be available this during this coming year!

Please visit our FACEBOOK page to see MORE PICTURES!

Did you know that Mentors Plus is on Facebook? Be sure to check out our Facebook page for updates about Mentors Plus and for photos of past events. <https://www.facebook.com/mentorsplusprogram> While you're there, be sure to share and click "Like" on posts to improve our visibility on Facebook timelines. Are you not familiar with using Facebook? The following are links to tutorials: <http://goo.gl/SncwQm>, <http://youtu.be/ew1C5p851KE>, <http://freefacebooktutorials.com/>, and <http://youtu.be/ZpLiODJsp4Q>

HELP RECRUIT MORE MENTORS AND SUPPORT MENTORS PLUS!

Happy Thanksgiving to one and all!

Fun fact: Just so you know, I guess the place was called Plimouth – not Plymouth, as I was taught. This celebration at Plimoth was actually held about two years after the first Thanksgiving close to Jamestown, Virginia.

(See the last article for more information on the Thanksgiving near Jamestown, Virginia.)

A COMMON VIEW OF THE “FIRST THANKSGIVING”, Plimoth, Massachusetts

Link: https://www.scholastic.com/scholastic_thanksgiving/webcast.htm. (Interested in another perspective? Check this out!)

Step aboard the **MAYFLOWER** and explore a reproduction of the Mayflower, anchored at Plimoth Plantation. (20-minute video for all grades)

OR visit a **PILGRIM VILLAGE** and Get a behind-the-scenes look at the simple but arduous life of the Pilgrims. **(18-minute video for all grades)**

Witness the day-to-day life of a **WAMPANOAG HOMESITE** who were the indigenous people who were part of the Wampanoag Nation.

(17-minute video for all grades)

Join the Pilgrims and Wampanoag on a **PLIMOTH PLANTATION** as they discuss the first Thanksgiving. **(30-minute video for grades 3 and higher)** Also Watch the Slideshow Tour of a Plimoth Plantation



Meet SUE, the T-Rex
She is one of the largest and most complete T-Rex fossils ever found. She will be visiting Cranbrook until April 30th. We might be having a Mentor and Mentee event to visit her. Let Julie know if you're interested!

Cranbrook Institute of Science is still partnering with MUSEUMS *for ALL* to offer complimentary general admission for guests and their families with EBT and Bridge Cards. If you have an EBT (Electronic Benefit Transfer) card or Bridge Card, simply show it and make a reservation to receive free general admission. If you have questions regarding this program please contact the Membership department at: 248-645-3245. With reservations, everyone can attend free each month on the 1st Friday. Have fun!

October Was National Bullying Prevention Month

Every day of every month, thousands of young people experience bullying from their peers at school, after school in their neighborhoods, through social media and texts, and even when they are at home. There are many ways to support bullying prevention as an individual or with friends, family, your school,

or your entire community. **ACTIVITIES TO SUGGEST OR DISCUSS WITH OTHERS**



"I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go." - Rachel Joy Scott

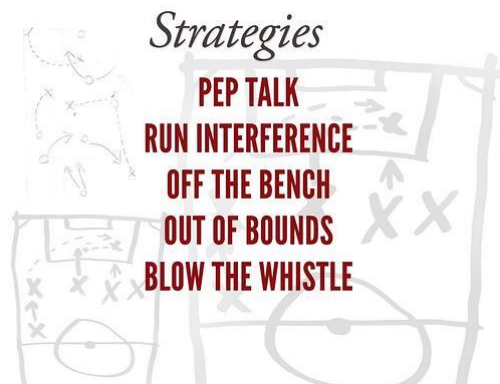
In addition to our pro-solution programs that help reduce bullying by creating chain reactions of kindness and compassion, we have put together a list of bullying prevention resources in our latest blog post. Check it out below.

Discuss the difference between being a Bystander vs. being an Upstander. Option to have students role play different scenarios and then have the rest of the class decide whether the actors were Bystanders or Upstanders.

Important Conversations

BYSTANDER	VS	UPSTANDER
A bystander is someone who sees or knows about bullying or other forms of violence that is happening to someone else, but takes no action to address it or report it.		An upstander is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about someone being bullied, they speak up and do their best to help, protect and support the person.

At some time, every kid becomes a **bystander** - *someone who witnesses bullying but doesn't get involved*. You can be an **upstander** instead - *the person who knows what's happening is wrong and does something to make things right*. It takes courage to speak up on someone's behalf. But just think: by doing so, you are becoming a person of character and also helping someone else. Here are some strategies students can put into practice right away to become an upstander:



Pep Talk - Reach out with kindness to the person acting like a bully in private and check-in to see how they are doing.

Run Interference - Reach out to the person being bullied by talking to them, remove them from the situation, or draw attention to yourself to take the heat of the victim.

Off the Bench - After you witness someone being bullied offering kind words or actions of support.

BOTTOM LINE: DO SOMETHING, DON'T DO NOTHING

Out of Bounds - set a boundary with those displaying bullying behavior.

Blow the Whistle - when a physical fight is underway or someone is threatening themselves or others find an adult to help.



OUTDOOR ACTIVITIES IN METRO DETROIT FOR MENTORS, MENTEES AND THEIR FAMILIES

1) Mural spotting: Around Eastern Market in Detroit, there are many murals to discover, as well as music, and yummy food to fill you up. The wonderful River Walk is also not far away. Interesting places for Matches to explore.

2) Belle Isle Park: Known simply as Belle Isle, is a 982-acre island park in Detroit, Michigan, developed in the late 19th century. It consists of Belle Isle, an island in the Detroit River, as well as several surrounding islets. The U.S. - Canada border is in the channel south of Belle Isle such that the island is not in Canada. Owned by the city of Detroit, Belle Isle is managed as a state park by the Michigan Department of Natural Resources through a 30-year lease initiated in 2013; it was previously a city park. It is connected to mainland Detroit by the MacArthur Bridge. Belle Isle Park is home to the renovated Belle Isle Aquarium, the Belle Isle Conservatory, the Belle Isle Nature Center, the James Scott Memorial Fountain, the Dossin Great Lakes Museum, a municipal golf course, a half-mile swimming beach, and numerous other monuments and attractions. It is also the site of a Coast Guard station. Wikipedia

3) Enjoy your local area Cider Mill or Apple Orchard! Some great spots to visit include: Franklin Cider Mill, Blake Farms, Yates Cider Mill, Diehl's Orchard & Cider Mill, Longs Family Orchard Paint Creek Cider Mill and Wiard's Orchard.

4) Don't forget activities that you can do in your own neighborhood: Pick up litter in a local park, help rake leaves, or go with a neighbor to walk their dog or offer to do so for them, if it's appropriate.



More Fun at Greenfield Village Halloween Nights!



Keep the Knowledge Growing: There are many *Ted Talks* and *You Tube Videos* on-line for free about a variety of topics. It's always useful to keep gathering knowledge about others' experiences. The YouTube.com talk I'd like to recommend this month is *The Exercise Happiness Paradox*, by Chris Warton. He talks about the relationship between our own happiness and exercise to make our lives better. Search: YouTube.com. We could all use more happiness! Let's try to stay safe and healthy as we continue to move back into seeing more people in our lives! (Appropriate for all!)



Henry Ford Museum – a terrific place to have fun and learn, especially when it's *cold* outside! Let Julie know even one week in advance, if you'd like Museum Tickets and how many. We will also be getting a few tickets for Holiday Lights at Greenfield Village - coming soon!

Why Try? One of the *Why Try.org* programs suggested that the following six conditions, based somewhat on Maslov's identified human needs, are necessary for young people to be doing well, no matter where or how school is being held. I think these are, more generally, the keys to how well we all do, whether at home, work or school. They are:

1. We are physically comfortable where we are.
2. We feel safe where we are.
3. We feel we belong and are welcome where we are.
4. We have healthy self-esteem – I have recognized status here.
5. We have self-actualization here – I work on things that I feel are personally relevant here.
6. I am inspired here – I feel a connection to something greater than myself when I am here.

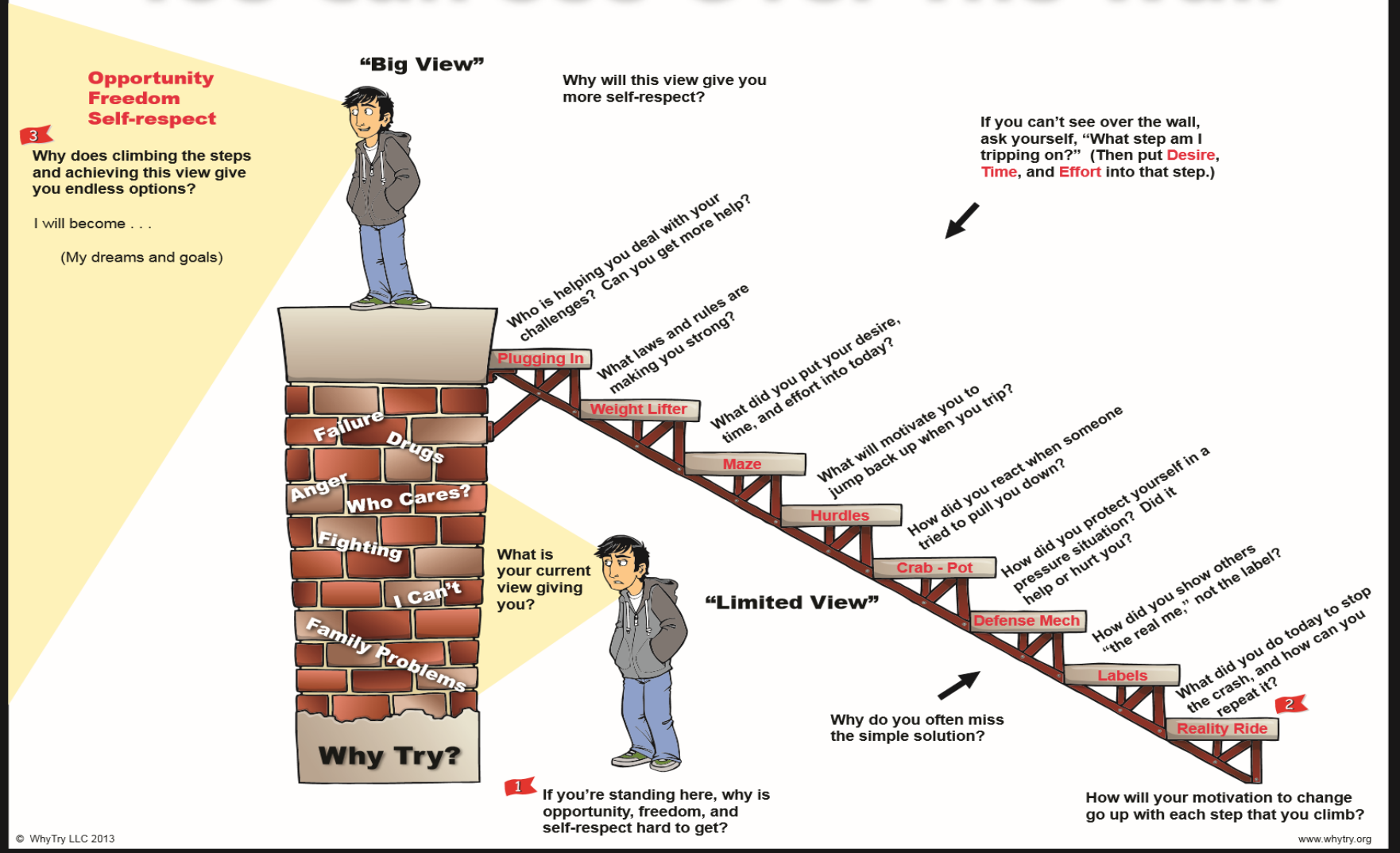
All these things can contribute to having hope and beliefs about how the world works and why. Our perception of the universe as a place that is friendly, not hostile, can help us do our best and encourages the growth of our communities in positive directions.

Please discuss each part of the following illustration with your Mentee or son/daughter and discuss how they might use these steps specifically to help them deal with any challenges in their lives currently.



Focus
On
Youth

You Can See Over The Wall



**THANKS, AGAIN, TO ALL OUR MENTORS FOR ALL THE WONDERFUL SUPPORT
YOU OFFER OUR MENTEES!**

