



# The Mentors Plus Match

Check out the Resources and the Fun

December, 2022

Sharable with Mentee Version

Volume 10, No. 12



We can all find stress to worry about during the holiday season, but reframing our expectations in the light of “how can I help make this celebration better for those we care about” or “how can we use our own abilities to make things different” can often effect how much fun everyone has. During this season let’s put our energy into helping others, which has been shown in many ways to lessen our own stress!

Julie



Meadowbrook Theatre  
Enjoy A Christmas Carol! (Discount price available before December 18<sup>th</sup>.)

Holiday Music on You Tube for Youth: Gratitude Attitude, by the Oslo Sout Teens.



## Fun Things to Do Anytime

\***Try a new craft.** Carve a holiday shape out of bar soap, then paint it as a decoration or a gift to someone special!  
\***During this holiday season,** think of anything you might make or *do for someone else* to make them smile. People often value a caring feeling more than actual gifts - because it shows appreciation of them.

♥ **Due to Covid, many people still don’t have their full-time jobs, adequate food, or extra money to buy Holiday presents for their youngsters. Please try to find some way that you can help – by making a donation of money or goods, collecting useful things for others, or helping people who need assistance – such as raking leaves outside for seniors - or sending a card to someone who is isolated.**

## ★ December Announcements

**Please turn in your December Mentor Report, Saturday, 12/10/22**

★ **Mentors Plus Orientation:** Mentors Plus Orientation will be held at 10:30 on Saturday, December 10<sup>th</sup>. Please have anyone interested call Julie (248)672-0730.

★ Please e-mail your pictures, stories, & upcoming events to Julie each month.

## Julie’s Corner

**Governor’s Service Awardee Mentor, Annette Donn**



Annette Donn received a Governor’s Service Award at the Fox Theatre, November 17<sup>th</sup>. It was a wonderful celebration of all the work she’s done as a Mentor and as a Member of the Southfield Youth Assistance Board. We genuinely appreciate all she has contributed in her community!

★ **Mentors Plus: YouTube Helps turn down stress during thig busy season!**  
**Holiday Stress Management, Vince Lia, (5 minutes) or How to Deal with Holiday Stress, CBS News, Lisa Palmer Useful for adults! (9 m)**



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



## **6 Best Christmas Light Displays Ever! (Available On-Line – Copy and Plug into YouTube Around the World)**

<https://www.youtube.com/watch?v=-VL9dQHMMfo>

### **Magical Winter Lights Wins Heavyweight Trophy - The Great Christmas Light Fight**

<https://www.youtube.com/watch?v=fTtXIjFqKC8>

Interactive and intricate, this Chinese Lantern festival-inspired city of lights in Houston, TX includes a 60-ft. light tree and animatronic dinosaurs.

### **Christmas Around the World: Britain, Russia, USA, Canada, Sweden, China, Japan**

<https://www.youtube.com/watch?v=E2YrzmGa5GI>

Each year Christmas is celebrated through the world with great religiosity and festivity, however, the pattern of celebration varies according to cultures.

### **Virtual Christmas Light Tour! — The Western US**

<https://www.christmasdesigners.com/blog/virtual-christmas-light-tour-the-western-usa/>

We're touring 21-states worth of dazzling light displays starting in Texas, heading westward, and looping back around and down to Louisiana. View LED forest, enchanted train rides, and luminous desserts from the comfort of your own home.

### **Christmas Around the World**

<https://www.travelchannel.com/interests/holidays/photos/christmas-around-the-world>

From Finland's Santa Claus Village to Australia's Bondi Beach party, see how other countries celebrate Christmas.

### **Santas Around the World**

<https://www.travelchannel.com/interests/holidays/photos/santas-around-the-world>

See Santa's -- and his doppelgangers' -- amazing adventures around the globe. We found him water skiing in Virginia, swimming with dolphins in Japan and competing in the annual Winter Games in Sweden.

### **Kids Sing Christmas Around The World**

<https://www.youtube.com/watch?v=s1pDtslpNYM>

Please note: Christian not secular. Songs featured: Spread The Little Love Around, Feliz Navidad, Away In A Manger, Sing Noel, Go Tell It On The Mountain, Deck The Halls, Joy To The World, The Virgin Mary Had A Baby Boy, God Rest Ye Merry Gentlemen, Happy Birthday, Baby Jesus (Chinese/English), A Very Special King Is Born Tonight, Silent Night.



**Recent Fun for Mentees and Mentors at the Meadowbrook Theatre!**



## *7 Factors to Help Protect Anyone - from WhyTry.org*

- Social Connections & Touch
- Exercise/ Stretches/Aerobics.
- Learn something new.
- Have fun – bike, play games.
- Do something inspiring.
- Acknowledge that change is a part of life.
- Understand different world views/try other perspectives!

Please discuss each part of the following illustration with your Mentee or son/daughter and how they might use these steps to help them better understand how both positive and negative happenings can motivate them to deal with any challenges in their lives with more awareness. That can sometimes assist in making things better.



FROM:

**Rachel's Challenge**

***Why it's important to share gratitude:***

Dr. Robert A. Emmons of the University of California, Davis, and Dr. Michael E. McCullough of the University of Miami, have done an extensive amount of research on gratitude. Their research has proven that sharing gratitude:

- makes you happier
- enhances your positive emotion
- increases your self-esteem
- improves your relationships
- helps with your decision making
- reduces stress and depression
- improves your overall health, especially mental health.



**MORE PICTURES FROM ANNETTE'S CELEBRATION**





**Families having fun at the Henry Ford Museum previously. Great place to more around and learn lots of new things. Reservations to visit the museum are available through Julie, requested a week or more in advance. Greenfield Village is closed from the end of December until mid-April. Let Julie know if you're interested soon! Hope everyone has happy holidays!**



Mentor Thad, family and friends on a recent tour of Greece and Italy, Exploring so many ancient and interesting places is great! Their family sponsors exchange students each year, so they have friends in many places.

# Michigan Activity Pass Program

## "Check out" Michigan

38 brand new destinations to check out! Flint Children's Museum; Sterling Heights Nature Center; Peppa Pig World of Play Michigan; Michigamme Museum; Mopeds2U; Coopersville & Marne Railway; Selfridge Military Air Museum; Hudson Museum; Grand Blanc Heritage Museum; Algonac Clay Community Museum; Algonac Clay Maritime Museum; The Region of Three Oaks Museum; Crystal Falls Museum Society Harbour House; Cedar Springs Museum; Historic White Pine Village; Port of Ludington Maritime Museum; Negaunee Historical Society Museum; Belleville Area Museum; Platte River State Fish Hatchery; Harrietta State Fish Hatchery; Oden State Fish Hatchery; Wolf Lake State Fish Hatchery; Thompson State Fish Hatchery; Marquette State Fish Hatchery; Gardner House Museum; A.E. Seaman Mineral Museum; Port Huron Museum; Huron Lightship; Thomas Edison Depot Museum; Fort Gratiot Lighthouse; Alden B. Dow Museum of Science & Art; Alberta House Arts Center; Kruizenga Art Museum; Courthouse Square Museum; Marquette Regional History Center; Conklin Reed Organ Museum; Raven Hill Discovery Center; Village Theater at Cherry Hill. Welcome to the Michigan Activity Pass Program!

Did you know that your library card can be your best travel companion? Discover hundreds of Michigan's cultural destinations and natural attractions with your Michigan library card! You can "check out" FREE or discounted admission passes (or other exclusive offers) to hundreds of Michigan state parks, campgrounds, museums, trails, arts & cultural destinations, and more. Some of these are indoor activities that you'll be able to do during the winter.



## Youth Focus:

### Parenting a Teen through Positive Reinforcement



[Myvirtualacademy.com/Advice](http://Myvirtualacademy.com/Advice)

Most parents can agree: the teenage years can be rough! Hormones are raging, they are trying to gain more independence, and they spend a lot of time away from their parents and their home while hanging with friends. One minute they love and adore you, the next minute you ruined their life. Can many of you relate?

When tempers flare and disagreements are happening, it's hard to not resort to yelling and harsh discipline, but studies are showing us that positive reinforcement may be the key to success, not just in the home but also in their school life.

We've all heard the saying, "The one who is hardest to love needs love the most." It's very hard to set emotions aside and give positive feedback to a student or child who is constantly difficult and making your day-to-day life challenging. It's easier to yell and put them in their place. Yelling is only making tensions higher and your teen angrier, so let's try a different approach and see how it works!

Keep in mind, teens are facing difficult decisions on a daily basis that could impact their future. It's hard to not cave into peer pressure and make the less popular decision, but it happens all the time and teens should be rewarded when the right choice is made.

When we think of "rewards" our mind usually equates that with a monetary value. That's not necessarily the case and we'll show you some different ways to entice your teen to be a good, productive student and member of society.

Remember, you DO NOT and SHOULD NOT give a reward for every good thing your teen does. This is a tool in your tool belt to reward them when you see fit. It's an alternative way of parenting because they'll be receptive to the rewards and these little rewards will help keep them on the right track. The rewards will let your teen know that you notice the good things they are doing, not just focusing on the bad.

## Here are some reward ideas that will reinforce good behavior and deter the bad:

Does your teen have a special hobby or interest? Build a reward based on that. Extra skate time at the local skate park or new paints and canvases for their art projects are sure ways to let them feel rewarded and appreciated. Keep in mind, teens are facing difficult decisions on a daily basis that could impact their future. It's hard to not cave into peer pressure and make the less popular decision, but it happens all the time and teens should be rewarded when the right choice is made.

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- Does your teen have a special hobby or interest? Build a reward based on that. Extra skate time at the local skate park or new paints and canvases for their art projects are sure ways to let them feel rewarded and appreciated.
- Teens always love freedom. How about rewarding good behavior by adding an extra half hour onto their curfew time? This will not only build trust between you, but will give them extra hangout time with their friends



- Cook them their favorite meal. Let them know tonight's dinner will be one to celebrate their successes and ask them to plan the menu so they get their favorite things to eat.
- Lengthen your teen's car privileges. If your teen has been on good behavior or did something worth noting, why not give them longer access to the family car? They'll love the independence and will surely thank you for it! (If they're old enough!)
- Allow your teen to skip setting the alarm on the weekend. Every teen loves sleep! That's just a fact. Let your teen know that because of their good behavior, they can sleep in as late as they'd like on the weekend. It's great not having to wake up to an alarm, and they'll love it too!
- Lastly, don't forget the power of a hug and saying, "thank you." Thanking them for doing well on their schoolwork or for helping out around the house can go a long way. Show them your love and appreciation and let them know it makes for a much nicer, calmer home when they are keeping up their end of the bargain (getting good grades and doing chores around the house).

Teens are just like us. We don't like it if all we hear is the negative from our boss at work, so why would your teen respond positively to yelling or nagging? They won't. That's why it's so important to try another approach and always remember to never forget the power positive reinforcement holds!





### COVID-19 needs to *not* halt food and toy drives

Goods are important to share with the Baldwin Center, Lighthouse and the Oakland County Animal Shelter and Pet Adoption Center. Donations should be non-perishable food items, new, unwrapped toys or pet supplies (consult the 'wish list' on the Oakland County Pet Adoption website for ideas). Please do what you can.

"People may want to give but they don't have an opportunity to, so this is a way for people to donate that is easy, safe and quick," Call to check on hours.



**Winter can be sooooo beautiful!**