



The Mentors Plus Match

For members of the Mentors Plus Family

January, 2023

Share with Your Mentee Version

Volume 11, Number 1

Quote of the Month



With the New Year, change is inevitable! Let's continue to make the most of challenging situations, assess our current habits and consider some strategies that might work even better than what we're doing! Let's not be trapped by trying to keep things the same. Welcome new experiences this year! Julie

Wishing you all peace!
JANUARY
CELEBRATES
MENTORING!!
THANK YOU SO
MUCH FOR BEING A
MENTOR!

Hope you're having a very
Happy Holiday Season!

Fun Things to Do Anytime

1. Roast marshmallows over a fire in a fireplace, then make s'mores with graham crackers and chocolate bars.
2. Bundle-up to try ice-fishing (first, make sure ice is very solid).
3. Introduce your mentee to a friend or family member he/she hasn't met and go on an outing.
4. Gather up items to donate and deliver to the Salvation Army, Goodwill, or local shelter.
5. Talk about having a personal budget and how to make it work, especially if you want to save up for special events.
6. (Deliberate Repeat) Try to come up with a New Year's *Revelation* – an idea that you could let another person know that might improve your relationship with them this year.

★ **November Mentors Plus Report are due on Tuesday, January 10th.**

★ **Mentors Plus Orientations are being suspended. Contact Julie if someone wants to volunteer.**

★ **The Advisory Committee Meeting is currently being arranged. You will be notified.**

Mentors Plus nominated Willow Schlacter for Mentor of the Year just before Covid19 began. They'll be selecting winners sometime in 2023. Thanks go out to her for the great job she does, as well as to all our other terrific mentors.



Mentor Tina with Julieta and Brooklyn at having winter fun at Glenmore Trails.

EVERYONE HAS HABITS!

As the new year begins, check out these talks on "Habits". Everyone frequently needs support in actually moving towards our New Year Goals. Ted Talks: Marco Badwal: *The Power of Habit*, 14 Minutes and Al Switzler: - *Change Anything: Use Skill Power over Will Power*, 19 Minutes. Both okay for any age.

For the New Year, try to identify 3 important ways you changed during 2021 before setting new goals for 2022!!

Please E-mail your pictures, stories, and new events to Julie each month.



Oakland County Youth Assistance

Mentors Plus

Be a friend. Show the way.

Oakland County Circuit Court -
Family Division
Oakland County Youth Assistance,
1200 North Telegraph Road -
Bldg. 14 East, Pontiac, MI 48341
248/858-0041



HISTORY OF NEW YEAR'S RESOLUTIONS AND CELEBRATIONS (Contributed by Barb, A Future Mentor in Mentors Plus)

<https://www.cnet.com/health/the-history-of-new..>

New Year's celebrations have been around for quite some time -- about 4,000 years -- but resolutions weren't always about losing weight or finding love. "Almost every ancient culture has some type of religious tradition or holiday that relates to the beginning of the new year," says Caleb Terry, a European history and Western civilizations teacher at Archbishop Chapelle High School in Metairie, Louisiana.

NEW YEAR'S RESOLUTIONS FOR YOUTH

<https://middleearthnj.wordpress.com/2014/12/29/the...>

If your teen is having that urge, Middle Earth is offering our "top ten list" for the best **New Year's Resolutions for youth**. Give this list to your Mentee or teen and let them choose one to focus on.

HOW TO BE A BETTER YOU THIS YEAR

<https://www.liveabout.com/top-new-years-resolutions-for-teens-3196621>

Here's a list of the most common New Year's resolutions - and, more importantly, some ideas for getting started on them (and keeping them actually going past January 1st).

MOST FASCINATING NEW YEAR TRADITIONS AROUND THE WORLD

<https://bigseventravel.com/2020/10/most..>

New Year's Eve and New Year's Day are two of the most beloved holidays around the globe. For millennia cultures from all corners of the Earth have celebrated the turn of the year in their own way. From China's epic Lunar New Year festivals to Rio de Janeiro's unbelievable beach celebrations, there's much to love about this special day. Although the pandemic has slowed down somewhat, there will still be some changes in the way many will be celebrating the end of the year. NYE will definitely be different. But that doesn't mean it has to be cancelled altogether. We thought we'd share with you some of the most interesting New Year traditions around the world to help quell your wanderlust in the meantime.

CELEBRATIONS AROUND THE WORLD

<https://www.kidcyber.com.au/celebrations-around-the-world>

Information for kids K-6 about ways in which different countries celebrate the beginning of a new year. Includes an easy to read section for early readers. For school and homeschooling projects or just reading for interest.

WINTER CELEBRATIONS - KIDS

<https://kids.nationalgeographic.com/explore/winter-celebrations>

Learn about unique traditions, celebrations, and holidays that occur around the world during December and January.

WINTER CELEBRATIONS AROUND THE WORLD

<https://www.youtube.com/watch?v=V8L4LjqOKmE>

Learn about winter celebrations all around the world



Some areas did project with Firefighter this year. Thad with family and friends celebration the holidays!

**Henry Ford
Museum – A
Terrific Place to
Have Fun!**



Mentee Makahla, outside at Holiday Lights in Greenfield Village a few years back. After December, the Village will be closed until mid-April. However, the Henry Ford Museum is a great place to spend time. Please contact Julie for tickets a week before you'd like to go – with how many tickets you'd like, (youth and adults) and what date. Admission and parking are free for everyone on January 16, in celebration of Martin Luther King's Birthday.



Are you hosting a holiday gathering? Covid19 and flu are still around! Please:

Remind guests to stay home if they are sick – Invited guests should stay home if they have been exposed to COVID-19 in the last 7 days or are showing symptoms.

Encourage social distancing – Host your gathering outdoors, when possible. If this is not feasible, make sure the room or space is well-ventilated. Arrange tables and chairs to allow for social distancing.

Consider Wearing masks – Wear masks properly, especially if you don't know people well, or when less than 6 feet apart *in crowded spaces*. Consider providing masks for guests or asking them to bring their own.

Clean hands often – Wash your hands for at least 20 seconds when entering and exiting social gatherings. Make sure there is adequate soap or hand sanitizer containing at least 60% alcohol available.

Limit the number of people handling or serving food – If serving any food, identify one person to serve all food so that multiple people are not handling the serving utensils or serve for that is prepackaged.

Limit contact with commonly touched surfaces or shared items – Use touchless garbage cans and clean and disinfect commonly touched surfaces and any shared items between use.

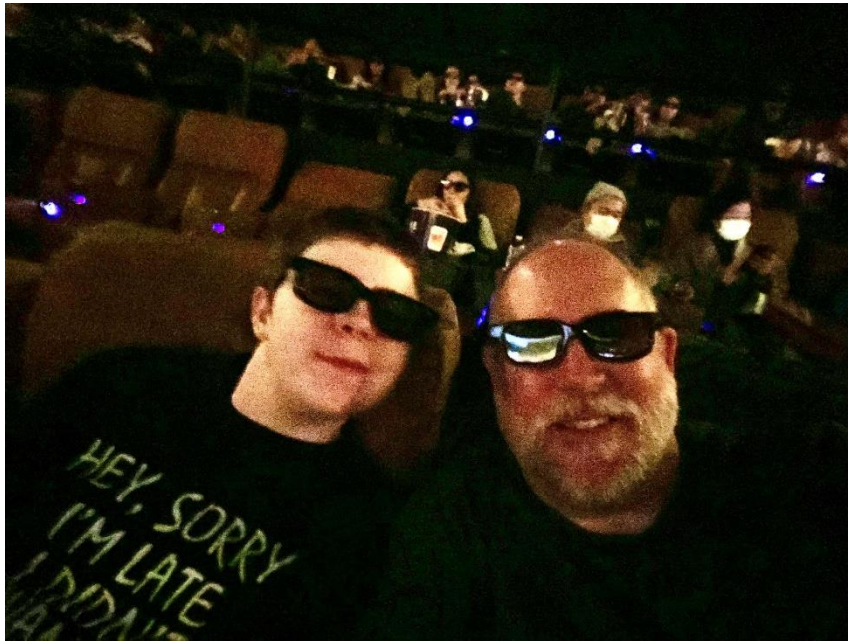
TO ALL OUR MENTORS, WHO DO SO MUCH TO SUPPORT THEIR MENTEES!

THANK YOU

Hope you, your family and friends.... create terrific holiday celebrations more easily this year!

Please visit our FACEBOOK page to see MORE PICTURES!

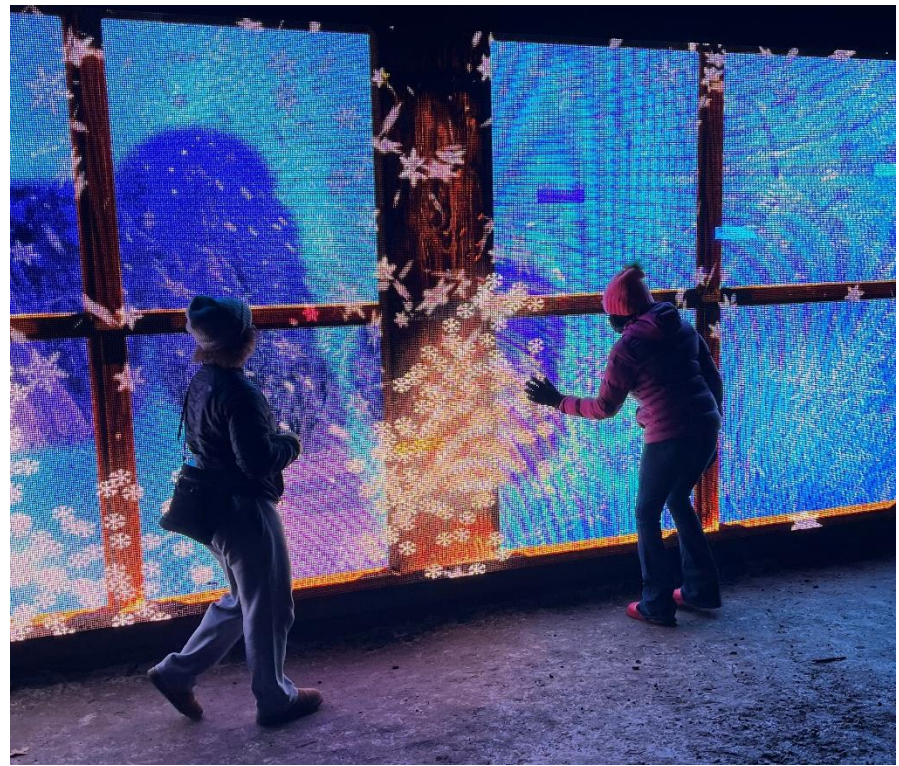
Did you know that Mentors Plus is on Facebook? Be sure to check out our Facebook page for updates about Mentors Plus and for photos of past events. <https://www.facebook.com/mentorsplusprogram> While you're there, be sure to share and click "Like" on posts to improve our visibility on Facebook timelines. Are you not familiar with using Facebook? The following are links to tutorials: <http://goo.gl/SncwQm>, <http://youtu.be/ewlC5p851KE>, <http://freefacebooktutorials.com/>, and <http://youtu.be/ZpLiODJsp4Q>



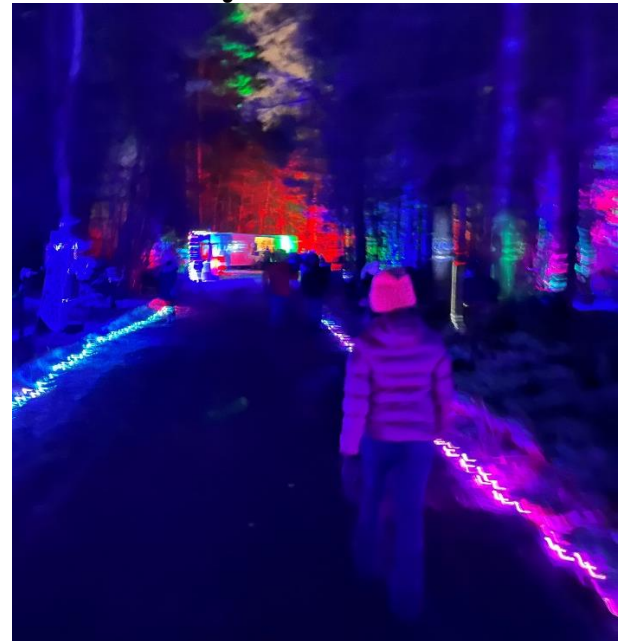
Mentor Thad and Kevin seeing the Avatar Movie. Want to attend a Pistons Game this year? Let Julie know.



Some blasts from the past of Mentors and their Mentees!



Lots of Fun for Mentor Tina with Mentee Julieta and Brooklyn at Glenmore Trails





©iStockphoto.com/Camrocker

"The Stone Of Hope" memorial by master sculptor Lei Yixin was opened to the public in West Potomac Park, Washington DC, on August 22, 2011.

What Do People Do?

Martin Luther King Day is a relatively new federal holiday and there are few long standing traditions. It is seen as a day to promote equal rights for all Americans, regardless of their background. Some educational establishments mark the day by teaching their pupils or students about the work of Martin Luther King and the struggle against racial segregation and racism. In recent years, federal legislation has encouraged Americans to give some of their time on this day as volunteers in citizen action groups. There is still much work to do today in moving toward a healthier and more just society. Some volunteering might be best done outside, virtually and/or wearing masks.

Background

Studying history is another way to make the day meaningful. Martin Luther King was an important civil rights activist. He was a leader in the movement to end racial segregation in the United States. His most famous address was the "I Have A Dream" speech. He was an advocate of non-violent protest and became the youngest man to be awarded the Nobel Peace Prize. He was assassinated in 1968.

In 1968, shortly after Martin Luther King died, a campaign was started for his birthday to become a holiday to honor him. After the first bill was introduced,

trade unions led the campaign for the federal holiday. It was endorsed in 1976. Following support from the musician Stevie Wonder with his single "Happy Birthday" and a petition with six million signatures, the bill became law in 1983. Martin Luther King Day was first observed in 1986, although it was not observed in all states until the year 2000. In 1990, the Wyoming legislature designated Martin Luther King Jr/Wyoming Equality Day as a legal holiday.



Martin Luther King Jr. Day, January 18, 21:

Please check web sites for information about what is happening. 6 Events can be found at: DetroitIsIt.com/6-MLK-Day-2023-Events. [Other places to check for programs: The Detroit Main Library, Farmington Library, Hope United Methodist Church and the Civic Center in Southfield, the DIA, The Henry Ford Museum, The Detroit Historical Museum, Charles H Wright Museum of African American History, and other local libraries.](#)



Focus on Everyone: Goal Setting

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality.

Why Set Goals?

Top-level athletes, successful business-people and achievers in all fields all set goals. Setting goals gives you long-term vision and short-term [motivation](#) . It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the very most of your life.

- First you create your "big picture" of what you want to do with your life (or over, say, the next 10 years), and identify the large-scale goals that you want to achieve.
- Then, you break these down into the smaller and smaller targets that you must hit to reach your lifetime goals.
- Finally, once you have your plan, you start working on it to achieve these goals.

Step 1: Setting Lifetime Goals

The first step in setting personal goals is to consider what you want to achieve in your lifetime (or at least, by a significant and distant age in the future). Setting lifetime goals gives you the overall perspective that shapes all other aspects of your decision making.

- **Career** – What level do you want to reach in your career, or what do you want to achieve?
- **Financial** – How much do you want to earn, by what stage? How is this related to your career goals?
- **Education** – Is there any knowledge you want to acquire in particular? What information and skills will you need to have in order to achieve other goals?
- **Family** – Do you want to be a better role model for your younger sisters or brothers?
- **Artistic** – Do you want to achieve any artistic goals?
- **Attitude** – Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? (If so, set a goal to improve your behavior or find a solution to the problem.)
- **Physical** – Are there any athletic goals that you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
- **Pleasure** – How do you want to enjoy yourself? (You should ensure that some of your life is for you!)

- **Public Service** – Do you want to make the world a better place? If so, how?

SMART Goals

- **S** – Specific (or Significant).
- **M** – Measurable (or Meaningful).
- **A** – Attainable (or Action-Oriented).
- **R** – Relevant (or Rewarding).
- **T** – Time-bound (or Trackable).
- **State each goal as a positive statement** – Express your goals positively – "Execute this technique well" is a much better goal than "Don't make this stupid mistake."
- **Be precise:** Set precise goals, putting in dates, times and amounts so that you can measure achievement. If you do this, you'll know exactly when you have achieved the goal, and can take complete satisfaction from having achieved it.
- **Set priorities** – When you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by having too many goals, and helps to direct your attention to the most important ones.
- **Write goals down** – This crystallizes them and gives them more force.
- **Keep operational goals small** – Keep the low-level goals that you're working towards small and achievable. If a goal is too large, then it can seem that you are not making progress towards it. Keeping goals small and incremental gives more opportunities for reward.
- **Set performance goals, not outcome goals** – You should take care to set goals over which you have as much control as possible. It can be quite dispiriting to fail to achieve a personal goal for reasons beyond your control!
- **Set realistic goals** – It's important to set goals that you can achieve. All sorts of people (for example, employers, parents, media, or society) can set unrealistic goals for you. They will often do this in ignorance of your own desires and ambitions.

When you've achieved a goal, take the time to enjoy the satisfaction of having done so. Absorb the implications of the goal achievement, and observe the progress that you've made towards other goals.

If the goal was a significant one, reward yourself appropriately. All of this helps you build the self-confidence you deserve.

Example Personal Goals:

- **Career** – "To be in show business , a business person, an athlete or a doctor"

- **Artistic** – "To keep working on my communication skills.
- **Physical** – "To swim 10 laps a day." Or to walk ten miles a week
- **Five-year goal:** "To graduate from high school and go to college
- **One-year goal:** "Volunteer to help people
- **Six-month goal:** "To get better grades in school."
- **One-month goal:** "Talk to someone about my goals." Or read two books
- **One-week goal:** "Keep my room clean and help more around the house

As you can see from this example, breaking big goals down into smaller, more manageable goals makes it far easier to see how the goal will get accomplished.

**HAPPY NEW YEAR – LETS WORK TOWARDS ALL OF OUR
COMMUNITIES BECOMING EVEN SAFER, HEALTHIER AND
MORE JUST FOR EVERYONE!**