



The Mentors Plus Match

Resources for Mentors & Those Who Support Youth

April, 2023

Sharable with Mentees Version

Volume 11, No. 4

Quote of the Month



Alone we can do so little;
together we can do so much.

—Helen Keller

Having at least one very positive relationship in one's life can make the difference in whether teens use both their positive and negative emotions as fuel to encourage them in a positive directions or not – in other words, are they resilient? Thanks all of you who are still providing support for young people in this still unpredictable world. Caring is a key! Together, we can accomplish so much!

Julie

Please e-mail information and pictures to Brittany Kalso, Kalsob@oakgov.com, for our next MATCH Newsletter!

**Please Welcome
Brittany Kalso,
as our new Mentor Plus
Volunteer Coordinator.
She starts in this position on
April 15, when Julie retires.**

Fun Things to Do

*Start now planning something special to do for your mother or someone else who take care of you!

* **Check out the recently refurbished Belle Isle Aquarium! Need a park pass to get on the Island, but the fish & the boat museum is free!**

* Take trash bags and clean up a neighborhood park, after the snow's all gone, or begin to walk dogs at your local animal shelter.

Julie's Corner –Mentor Tina, Daughter Brooklyn and Mentee Julieta having Volleyball Game Fun



April Announcements

★ **Please submit Monthly Reports by Monday, 4/10/22.**

★ **Mentors Plus Orientation**
The next one is being held on **Saturday, April 8th at 10:30**
Please send anyone interested to Julie at 248-672-0730!

★ **Mentors Meeting**

Key Aspects of ADHD and Strategies to Try in Building Life Skills

Wednesday, March 12, 6:00
2100 Pontiac Lake Road, #41
Conference Center, Waterford
Please **RSVP** to Julie - for food.

Are you unique? All of us are!

However, some people's brains are wired a little more differently than most others. They are often identified as ADHD. Check out some Ted and YouTube Videos to learn more: *This is What It's Like to Live with ADHD*, Jessica McCabe; *ADHD Redefined*, Brook Matson; & *Making ADHD Your Superpower!* George Cici (For anyone.)

Covid19 occurrence is now low in Oakland County, but remember - it's still there. Please don't see your match if you are feeling sick, wash your hands often, wear masks in crowds, and maintain social distance when you can.



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
Pontiac, MI 48341-0452**



Significant Dates Recognized by Many in April

APRIL FOOLS' DAY

<https://www.history.com/topics/holidays/april-fools-day>

<https://happyeventday.com/history-of-april-fools-day>

Learn some interesting facts about April Fools Day from both of these sites:

FESTIVE EASTER FACTS THAT YOU PROBABLY HAVEN'T HEARD BEFORE

<https://www.goodhousekeeping.com/holidays/easter-ideas/g5064/easter-facts>

Easter is an important holiday. Learn how it got its name and why eggs are so important.

50 EASTER TRIVIA QUESTIONS AND ANSWERS + EASTER FACTS

<https://icebreakerideas.com/easter-trivia>

Easter, celebrated in the spring of every year in the Western world, has a great deal of trivia and interesting facts associated with it. Some are historical, some religious, and some just plain fun. Countries all over the world have their own traditions, food, and special holiday fun. In this article, you will find Easter trivia questions (some with answers), interesting Bible trivia, and Easter trivia facts.

EASTER 2021: WHEN IS EASTER 2021? ITS TRUE MEANING

<https://parade.com/1147042/kelseypelzer/when-is-easter>

What is the true meaning of Easter? Find out about this important Christian holiday and how it is connected to Good Friday.

Earth Day: Friday, April 22: Earth Day is an event observed annually on April 22. It is a day held to demonstrate and promote environmental awareness and calls for the protection of our planet. Today, Earth Day, 2022 is celebrated in more than 193 countries each year. It began in 1970.

WHAT IS DAYS OF REMEMBRANCE?-UNITED STATES HOLOCAUST MUSEUM

<https://www.ushmm.org/remember/days-of-remembrance>

The US Congress established Days of Remembrance as the nation's annual commemoration of the Holocaust. The Museum is responsible for leading the nation in observing Days of Remembrance and for encouraging observances throughout the United States. Days of Remembrance will be commemorated on Thursday, April 28, 2022. Observances and remembrance activities will occur nationwide on other days in April.

RAMADAN - HISTORY

<https://www.history.com/topics/holidays/ramadan>

Islam is the world's second largest religion after Christianity and has more than 1 billion followers. Explore why, when and how Ramadan is celebrated by Muslims around the world.

RAMADAN, A MONTH ABOUT COMMUNITY FOR MANY MUSLIMS, GOES VIRTUAL: <https://www.npr.org/2020/04/23/841894002/ramadan-a...>

Ramadan in 2022 will continue to be virtual for many Muslims. Learn how people like this married couple are adapting their traditions to figure out how to feel together while staying apart.

Thanks to future Mentor Barbara for this information!!



To all the mentors, who are continuing to have contact with their Mentors. It's great to be able to see each other face to face again! Now that the weather is getting warmer, please don't forget to check to see what is happening in your local parks. Some people have already gone to see how Maple trees are tapped to make syrup. Local communities will soon be having free concerts, art fairs and more programs at the libraries. Enjoy!

I want to say "Thank You" to all the people that have been involved in Mentoring over the last eleven years with me. Going to so many wonderful events with you at the Henry Ford Museum and Greenfield Village, to plays, to our yearly picnics has been Wonderful!

SUPPORT MENTORS PLUS!

Spring Has Sprung at Our Local Libraries

Many of them are connected to a Partnership with the Library Network.

Patrons can purchase discounted tickets to the Detroit Zoo on line. The zoo is open 262 days a year ...go check out the fun!

Reminder: Michigan Activity Pass

Allows Library cardholders to download free or reduced-fee admissions for nearly 450 institutions state-wide, including some free camping sites.

Cranbrook Institute of Science and Technology

This terrific place to visit is open for free on the first Friday of every month until 1:00 p.m.



Don't Forget The Henry Ford

Greenfield Village will open at The Henry Ford, around the middle of April. Be sure to let Julie know, if you'd like tickets. About 7 day notice in advance works well.

Teen Web Site Recommendation:

[Indeed.com](https://www.indeed.com), if you're looking for a summer or part-time job. Excellent tools for discovering and filtering jobs you might want according to your interests, proximity, and typical pay and how to apply. Videos are also available to help you prepare resumes and job interviews.

Devin, Former Mentee wanted to see the world. He joined the Navy after graduating from High School and is now stationed in Japan. We wish him the best as he continues his journey!



Don't Get Caught Up By Those Willing to Hurt You Vaping Among Youth: Do You Know the Facts?

Billions of dollars have been made this year by selling health damaging vapes to youth in this country and around the world. The people marketing them don't care at all about folk's health – they are just trying to bring in money anyway they can and are doing so at our communities' expense. 2/3's of youth didn't realize at the time they started vaping that 99% of the vapes out there contain large amounts of nicotine, so that people get addicted very quickly and then have a hard time stopping this habit – nicotine withdrawal is no fun! The additive flavors that appeal especially well to young people also damage your body.

**Vapes are out there and available to anyone –
Please check out one or more of these videos with a mentor, parent or friend
to see what a lot of people are doing to harm themselves.**

From Idaho Public Television: NicSick: The Dangers of Youth Vaping (40 Minutes)

Vaping: Know the Truth - Empowering Students with the Facts (15 Minutes)

What are the Harmful Effects of Vaping, The Health Nurd (8 Minutes)

Why is Vaping Bad for You? Insider Science (5 Minutes)

If you're vaping and want to quit, Text 8870, then type: Ditchvape

**If you're a parent who need support for your son/daughter,
Text: 847-278-9195 and type: Quit**

Please Care About You!!!



Have a wonderful spring and summer!