



Children's Trust Fund
Protecting Michigan's Children

The Roundtable

Mackinac County Child Protection Roundtable

Newsletter

September/October 2010

PO Box 56 • St. Ignace, MI 49781 • Phone: 906-643-7307 or 888-678-3464, Ext 62254

Mark Your Calendar Family Fun Events:

Book Club for Kids

Thursday, September 9; 5:00 p.m.
"Tangerine" by Edward Bloor
St. Ignace Public Library

Mackinac Straits Health System 9-11 Ball

Saturday, September 11
Social Hour 5:30 p.m.; Dinner 6:30 p.m.
Kewadin Shores Casino
Banquet Room, St. Ignace
Semi-formal; Silent & Live Auction
Tickets \$25 per person at Mackinac
Straits Health System Gift Shop

Movie Night at the Library "Alice in Wonderland"

Thursday, September 16; 6:15 p.m.
St. Ignace Public Library — FREE

Autumn Apple Day

Saturday, October 2
Downtown St. Ignace

Movie Night at the Library "How to Train Your Dragon"

Thursday, October 21; 6:15 p.m.
St. Ignace Public Library — FREE

Trunk or Treat & Haunted Woods Walk

Saturday, October 23; 6:00 - 8:00 p.m.
Open to Public — FREE
St. Ignace, behind Quality Inn &
Big Boy Parking Lots

Community Trick or Treating

Sunday, October 31; 5:00 - 8:00 p.m.
House to house, City of St. Ignace

Weekly Events:

Fab Fridays on the Ice

Fridays, Starting Oct 8; 5 - 7 p.m.
\$5 Includes skate rental,
pizza & pop!
Little Bear East Arena, St. Ignace

Bayside Farmers Market

Saturdays, through October 2
10:00 a.m. - 1:00 p.m.
St. Ignace Public Marina

Prepare Now Before Sending Your Kids Back To School

"Parents need to take important steps now to protect their children's health before sending them back to school," says Dr. Angela Gardner of American College of Emergency Physicians. ACEP has created a list of medical priorities that will help both parents and children start the school year right.

- Organize your child's medical history records and emergency medical contact information. Provide a copy of this information to your child's school or daycare provider.
- Fill out consent-to-treat forms and give one to the school or your daycare provider for them to keep in your child's records. The form will allow caregivers to authorize treatment in an emergency situation.
- Schedule medical and dental check-ups before school starts. Some children may need immunizations.
- Make sure the children understand potential traffic dangers, especially if they walk to school.
- If your child takes the school bus, establish a safe, visible pick up and drop off spot, preferably with a group of additional children and in an area where they can be watched by adults.
- Make sure your children know how to telephone for help. Post emergency-contact numbers by every telephone in your home. Have them practice calling 911 and giving their name, address and brief description of problem.
- Develop a family emergency plan in case something happens on the way to or while at school.
- Be aware of any emergency and evacuation plans your children's schools may have established.

For more information on back to school safety or any other health related topic, please go to www.emergencycareforyou.org

Navigating Toward Prosperity

This is a community mobilization conference for human services staff and other professionals who work with people in poverty, including government officials, educators, volunteers, and business and civic leaders. Especially for people willing to commit to the poverty reduction initiative by developing plans to address the obstacles that prevent self-sufficiency and will feature Dr. Donna Beegle, author of "See Poverty . . . Be the Difference."

The Navigating Toward Prosperity conference will be held Tuesday, September 14, 9:30 a.m. - 3:30 p.m. at the Kewadin Hotel & Conference Center in Sault Ste. Marie, Michigan. Lunch will be provided. Seating is limited!

There is no cost to attend, but pre-registration is required. To register or for more information contact Jennifer Dunton at 906-635-4103 or duntonj@michigan.gov.

Free Student Bowling Event

"Strike Out the Violence," will be held on Wednesday, September 22, from 5:30 to 7:30 p.m. at Gateway Lanes. Open to all Middle School and High School students, this event includes free bowling, free shoe rental, and free pizza and pop. There will be Goodie Bags for all that attend and Grand Prize drawings at 7:30 p.m., which you need not be present to win. Prizes include a chance to win an iPod Touch bundle, two Nintendo DS kits with games, and two iPod Nano's.



AGENCY SPOTLIGHT

SNAP-Ed Program:

Learn more about how to prepare nutritious meals, manage your money and stretch food dollars, and improve your life through Supplemental Nutrition Assistance Program education (SNAP-Ed). The program is open to everyone and free to those eligible for food stamps. For more information about this program call MSU Extension at 643-7307.

It's "back to school" time. SNAP educator, Mary Lynn Swiderski, gives these food safety tips to parents who pack school lunches to ensure a foodborne illness doesn't make its way into a child's lunchbox: 1) Put something cold in the lunchbox, such as a frozen juice box or water bottle, next to the sandwich. This ensures the sandwich won't get too warm and your child still has a cold drink at lunchtime. 2) Sandwiches made with coarse-textured breads can be frozen and won't get soggy when they thaw, and it keeps everything else in the lunchbox cold. 3) Rinse all fruits and vegetables under running tap water, then dry with paper towel. 4) Always keep it clean. Show children how to wash their hands with warm, soapy water before they eat, which is critical to help stop the transmission of diseases like influenza.

CAN (Child Abuse & Neglect) Parent HelpLine: 800-943-4357

The CAN Parent Helpline is a 24-hour Crisis Intervention, Information and Referral helpline for parents and caregivers who need someone to talk with when they are feeling overwhelmed with the many demands of parenting and providing care. This line service is funded by Michigan Department of Human Services.

Youth and others concerned about the welfare of a child may call this line and be connected to the Child Protective Services office for the county in which the abuse, neglect or exploitation may be occurring. Hospitals, police and other agencies also use 800-943-4357 to locate the Child Protective Services for the appropriate Michigan county.

The Nifty Fifties!

The Chippewa Theater Guild and EUP Community Dispute Resolution Center present a Mystery Dinner: The Nifty Fifties, directed by John Gilbert. Saturday, October 6th at Dream Makers (Kewadin Casino) in Sault Ste. Marie, MI. Pre-show games and cocktails at 5 p.m. with show and dinner at 6 p.m. Advance tickets only are \$30 per person. Call 906-253-9840.

Twelve Alternatives to Lashing Out at Your Child

The next time everyday pressures build up to the point where you feel like lashing out — STOP! Try any of these simple alternatives. You'll feel better, and so will your child.

- Take a deep breath . . . and another. Then remember you are the adult.
- Close your eyes and imagine you're hearing what your child is about to hear.
- Press your lips together and count to 10 . . . Or better yet, to 20.
- Put your child in a time-out chair. Remember this rule: one time-out minute for each year of (your child's) age.
- Put yourself in a time-out chair. Think about why you are angry: is it your child, or is your child simply a convenient target for your anger?
- Phone a friend.
- If someone can watch the children, go outside and take a walk.
- Take a hot bath or splash cold water on your face.
- Hug a pillow.
- Turn on some music. Maybe even sing along!
- Pick up a pencil and write down as many helpful words as you can think of. Save the list.
- Call the toll-free number below for child abuse prevention information.

Prevent Child Abuse, for prevention information call 1-800-CHILDREN (1-800-244-53736).

We've Moved!

The Diane Peppler Resource Center and Strong Families/Safe Children offices have moved. The new address is 245 Ferry Lane in St. Ignace. This is just southeast and across the road from DHS, and next door to the Hope Chest. For more information, phone DPRC at 643-0498 or SFSC at 643-0490.

This bi-monthly newsletter comes to you compliments of The Mackinac County Child Protection Roundtable. If you would like to feature your family event or to be in the Agency Spotlight contact Mary Lynn Swiderski, Roundtable Coordinator at 643-7307.