

Partners Link

www.partners-west.org

February 2011



March 2011

Amazing things happen with Partners every month. Know someone who would like to support a child in your community? Tell them about how they can get involved in Partners Mentoring!

Montrose/Ouray County
249-1116

Gayle Davidson
Executive Director

Kathy Gordon
Executive Assistant

Donna Jackson
Administrative Assistant

Andrea Gray-Hoover
Montrose Case Manager

Lisette Riviere
Montrose/Ouray Art Partners Case Manager

Valene Baskfield
Ouray Case Manager

Kristi Harvey
Marketing and Special Events Coordinator

Richard Harvey
Community Resource Development

Delta County 874-4661

Betsy Shepherd
Program Director and Delta Case Manager

Julianne Johnson
Art Partners Case Manager

Valerie Kortz
Nexus Coordinator

Debra Trninich
YSAP Coordinator/ TAB Board

NEW MATCHES

One to One

- 12-8 Barbara Phillips & Kayla R
- 12-11 David Williams & Michael F
- 12-20 Rod Ragsdale & Isaac A
- 12-22 Joey Boese & Tianna G
- 12-23 Todd Wicklund & Xavier Q
- 12-28 Debbie Kitchens & Sadearah
- 1-7 Dennis Doerer & Brenden C
- 1-31 John St George & Ryan J

NEW MATCHES

Art Partners

- 12-22 LouAnn McKay & Holly H
- 12-30 Mary Hill & Shelby R
- 12-30 Rosella Grasha & Rebekah H
- 1-9 Wanda Brunemeier & Grace C
- 1-26 Caroline Lescroart & Kianna Z

Partners Board Members:

Judy Anderson
Tom Chinn
Ryan Ellington-Finance Chair
Jon Gordon-Chair
MaryAnn Jackson
Lance Michaels
Dan Shaffer
Fred Thomas
Susan Towne-Secretary
Kevin Walters



Great Paintings, Great Partnership!

When I recently told Sherrie Polcyn that she and Natalie H have been Art Partners for over ten months she was totally surprised. "I can't believe it! The time has gone so fast." she said. "I guess time flies when you are having fun."

These two petite artists seem to share a common perspective and quiet sense of humor and never seem to run out of subject matter for their work. Their paintings are often inspired by the landscapes of Sherrie's travels. She and Natalie make a special effort when Sherrie is away to stay connected by instant messaging and texting. In fact, this has been a good opportunity for Natalie to help Sherrie get more comfortable with technology. Sherrie was even able, with a little coaching from Natalie, to use the camera on her phone for the first time. The learning and teaching, as in most good partnerships, goes both ways.

Aside of their regular meetings, Sherrie has also taken Natalie with her to an Art Class she herself attends to improve her drawing. It is universally believed that good drawing makes a solid basis for any painting and it shows in both their work. Natalie's watercolor paintings reflect the importance of a good foundation and as a Senior Art Partner, Sherrie is helping Natalie acquire that.

This partnership has successfully entered work together in the Delta County Fair as well as the Black Canyon Show in Hotchkiss and Natalie and Sherrie both have brought home ribbons. Sherrie even won a nice cash prize for a work she entered in a regional poster contest. Showing your artwork, whether you win or not, shows a belief in yourself and confidence in your abilities. Both these Art Partners have that and I feel privileged to know them and have them in our wonderful program.

Julianne Johnson, Delta Art Partners Case Manager.



The first day of February I was offered the opportunity to work at Partners. Very apropos as February is the Chinese New Year and the most famous day is Valentine's Day and all about the love.

I have loved Partners for almost twenty years when I started as a Senior Partner right out of college. I have appreciated the incredible difference a partnership can make in both partners lives ever since!

I have worked with adolescents in crisis, in proctor placement and in the midst of growing up since that first partnership. I even graduated with a BA in Psychology thinking that would help with my working with teenagers and children. I have worked with Jacob Center, Olathe Police Department, Black Canyon Boys and Girls Club, Montrose High School, and T.P.P.I. (Teen Pregnancy Prevention). What I have seen is that caring adults paired with a younger person is what works!

I have lived in Montrose for 21 years after leaving Boulder. I have been married 21 years to the same man—Carle! He is an electrical engineer, wood worker, mountaineer, stone mason, and soccer coach. We are a study in opposites attract. We have two girls that are at Montrose High School. They both love music, eating, reading, sleeping and skiing. Individually they love soccer/mountain climbing and swimming/cooking!

I enjoy cooking (favorite – Mexican), gardening, chilies, soccer, reading, music, and movies! I also coordinate the Hillcrest Community Garden and serve as a Board Member for Montrose Avalanche Soccer Club. Another job I love is working at San Juan Hop Farm growing and selling hops.

I am looking forward to getting to know all the partners!

Andrea Gray-Hoover –Montrose Case Manager



Hello.

As a clinical social worker having worked in a variety of settings, I have seen nothing work more magic for a

child then a one on one relationship. My enthusiasm for accepting a case manager position with Partners comes from my belief in knowing kids need our time and they need it now more than ever.

Ouray County like most places across the country is learning what it means to be a community now that changes in the economy are forcing the issue. Partners can serve as the bridge between what people need and what people have to give. I am excited to serve as a contributor to something as meaningful as one on one relationships through the Partners Program.

Valene Baskfield -Ridgway Ouray Case Manager

Help

We are looking for an individual or a partnership or anyone to help us with our newsletter every other month. Call 249-1116 or send an email to w4partners@partners-west.org

Visit us on **FACEBOOK**

www.facebook.com/partnersmentoring

Calendar of Events

Partnership & Nexus Activities

NEXUS Bowling on Sat. **February 26** at **Rose Bowl Lanes, Montrose** 1 pm to 3 pm

KITE Flying
Saturday
March 12, 2011. 1-4 p.m.
511 East 10th
Delta
(our Delta
Office)
N & P



Annual Radio AUCTION

Tuesday April 19, 2011 7 a.m. to 7 p.m.

KUBC 580 AM/ KKXK 94.1 FM / KBNG 103.7 The Blast. Listen and bid on wonderful and unique items. Call or email us now to sponsor a Board or donate items to be auctioned. Watch our web site for more details.

Happy Birthday

February 2011

2-1 John St George
2-1 David Romero
2-1 Emily Bowman
2-1 Dusty R
2-1 Callie G
2-2 Dolores Wilson
2-3 Zoey J
2-3 Joyce Chapdelaine
2-3 Anna A
2-3 Robert R
2-4 Saderah H
2-5 Marilynn Husby
2-5 Meredith Nemirov
2-9 A J W
2-9 Derrill R
2-11 Sharon Riegal
2-12 Sara M
2-13 Jessie C
2-16 Jaid H
2-19 Keegan C
2-19 Rebecca B
2-20 Emmalee M
2-24 Tom Canning
2-27 Jazimine F
2-27 Angel M
2-29 Peggy Papon

March 2011

3-3 Aaron K
3-6 Frankie H
3-7 Paul Cranor
3-7 Carol Beers
3-7 Cody W
3-8 Mark Alan Orr
3-10 Mary Hill
3-11 Judy Anderson
3-11 Kevin O'Brien
3-13 Sarah F
3-15 Joan Kennen
3-15 Julian G
3-17 Roger T
3-18 Joey L
3-20 Brandon R
3-21 Destiny N
3-22 Eric Bohler
3-23 John Coffinan
3-23 John Clark
3-23 Mariah W
3-24 Nicholai B
3-24 Wanda Eichorn
3-24 AnnaBell W
3-25 Tom Pacht
3-27 Levi S
3-27 Tyler S
3-29 Tony D
3-30 Melody Madariaga
3-31 Raina J
3-31 William D

March 2011

3-1 Sherry Polcyn
3-2 Elizabeth R

www.partners-west.org

The Partners Link
315 S. 7th St
Montrose, CO 81401



Community Shares
Your Check. Your Charity. Your Colorado.



Health Benefits of Kindness

Numerous scientific studies show that acts of kindness result in significant health benefits, both physical and mental. Here are some key points:

- Helping contributes to the maintenance of good health, and it can diminish the effect of diseases and disorders serious and minor, psychological and physical.
- A rush of euphoria, followed by a longer period of calm, after performing a kind act is often referred to as a "helper's high," involving physical sensations and the release of the body's natural painkillers, the endorphins. This initial rush is then followed by a longer-lasting period of improved emotional well-being.
- Stress-related health problems improve after performing kind acts. Helping reverses feelings of depression, supplies social contact, and decreases feelings of hostility and isolation that can cause stress, overeating, ulcers, etc. A drop in stress may, for some people, decrease the constriction within the lungs that leads to asthma attacks.
- Helping can enhance our feelings of joyfulness, emotional resilience, and vigor, and can reduce the unhealthy sense of isolation.
- A decrease in both the intensity and the awareness of physical pain can occur.
- The incidence of attitudes, such as chronic hostility, that negatively arouse and damage the body is reduced.
- The health benefits and sense of well-being return for hours or even days whenever the helping act is remembered.
- An increased sense of self-worth, greater happiness, and optimism, as well as a decrease in feelings of helplessness and depression, is achieved.
- Once we establish an "affiliative connection" with someone – a relationship of friendship, love, or some sort of positive bonding – we feel emotions that can strengthen the immune system.
- Adopting an altruistic lifestyle is a critical component of mental health.
- The practice of caring for strangers translates to immense immune and healing benefits.
- Regular club attendance, faith, entertaining or volunteering

"reprinted with permission from Montezuma County Partners newsletter"

You can help generate funds for Partners each time you shop at City Market

If you use a **City Market Value card**, you can designate that a percentage of all of your purchases be donated to Partners. **You don't pay any more for your groceries** -- City Market simply credits us with a donation amount every time you shop and scan your card. However, you must register your card with Partners. To do that, simply give your name and your City Market card number to any Partners Staff and they will take care of the rest. Your friends can also register to have donations made to Partners, so spread the word! It is an easy way to help our kids. Call 249-1116.

The Scoop with Mystery the Cat



Dear Mystery,
Some days I wake up in a bad mood and everything seems to make me mad. I'm mean to everyone. Later, I feel sorry for hurting other people's feelings. What can I do?

-Crabby in Crawford

Dear Crabby,

Everyone has a bad day once in awhile but there are ways you can change your mood. I like to go for a little walk to think things through. Sometimes I run fast and when I slow down I try to think about all the good things I have in my life, especially my friends and family. If you have been mean to someone, the best thing you can do is tell them you are sorry. Then do something nice for them. It will make you feel so much better. When you wake up in a bad mood, think of a kind thing you can do that day to help someone. Even a small thing like taking on an extra chore or just thanking someone for being your friend will make a big difference. I promise it will change everything.

-Mystery, the Cat

Partners of Delta, Montrose and Ouray is a non-profit organization working toward a future where every child receives positive guidance and encouragement. Within our communities, Partners provides many opportunities for you to share your talents and energy with our youth. Our program is a wonderful opportunity for you to make a difference in the life of a child. Get involved today by [contacting us](#) - you may be surprised what a difference it will make in your life too!

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