

Town of Bedford, Town Center, 12 Mudge Way, Bedford, MA 01730-2171

Telephone: 781-275-7727

Fax: 781-275-7767

Web Site: www.bedfordma.gov/youth



Special points of interest:

- *Hoarding Education Training*
- *Walk and Bike to School Day*
- *JGMS After School Program Spring 2015*
- *Youth and Family Services Committee 2014-2015*
- *Youth Resource Card*
- *Youth and Family Donors*
- *Pedestrian & Bicycle Master Plan Update*
- *Coping with Trauma*
- *Unplugged March 4, 2015*
- *Safe Homes*
- *The Importance of Family Meals*
- *Exercise for the Right Reasons*
- *Men's Health*
- *Veterans new District Director*

Bedford Offers Hoarding Education, Part Two

The Bedford Hoarding Task Force (TF) is pleased to announce "Hoarding Prevention Training, Part Two." Youth and Family Services Director Sue Baldauf, Health Director Heidi Porter, and former Council on Aging Director Lori Dance worked together on a grant application for this training and are pleased to be able to offer Bedford clergy and staff, lay leaders, senior volunteers, and other community leaders this opportunity.

Bedford has seen a growing number of hoarding cases among residents 60 and over. The TF plays a key role in addressing those cases. Without grant funding such as this, the TF would not be able to provide these important services to the Bedford community. Further, many community members and active seniors look for meaningful volunteer activities, and training these residents to provide sorting and discarding assistance to other residents or elders with potential issues of clutter and disorganization that could lead to hoarding will help build relationships and decrease stigma associated with asking for help.

In addition to representatives from the Bedford Hoarding Task Force, this training will be open to all church leadership staff or volunteers as well as Police, COA staff and volunteers, housing, and any community member interested in offering help to a neighbor or friend. The training will be limited to 25 people and is free, covered through funding to the Bedford Hoarding Task Force from a Lee A. Mannillo grant from MassHousing in Boston.

RSVP to 781-275-7727 or to youthandfamily@bedfordma.gov with name, title, and affiliation by March 1, 2015.



Inside This Issue:

JGMS After School Program	2
YFS Committee 2014-2015	2
YFS Staff Queries	2
Youth Resources Card	2
Pedestrian/Bicycle Master Plan	3
Unplugged	3
YFS Donors	3
Coping with Trauma	3
Unplugged	4
Safe Homes	4
The Importance of Family Meals	5
Exercise for the Right Reasons	5
Man Therapy	6
Veterans new District Director	6

Walk and Bike to School Day!

On **Wednesday May 6, 2015** Bedford schools will join over 600 other schools from across the Commonwealth to celebrate *Massachusetts Walk and Bike to School Day!* Over the past six years, Bedford Walk and Bike events have grown both in size and enthusiasm. Once again we are anticipating hundreds of Bedford elementary and middle school students and family members, along with Town Leadership, principals, and teachers will walk and roll to school. Detailed information will be forthcoming in school newsletters, on the Healthy Bedford Facebook page, and on the Healthy Bedford webpage:

www.bedfordma.gov/Healthy-Bedford

In addition to being fun community events, Walk and Bike to School Day celebrations raise awareness of the need to create safer routes for walking and bicycling, especially to and from school. They also emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion, and concern for the environment. The events build connections between families, schools, and the broader community. One of the primary goals of the initiative is to assist

students and families in finding safe forms of active transportation throughout the school year.

The Safe Routes to School program is part of the Massachusetts Department of Transportation and is federally funded by the Federal Highway Division. The program is designed to create safer streets, promote physical activity, and build sustainable environments in over 170 communities throughout Massachusetts. For more information about the Massachusetts Safe Routes to School Program, visit: <http://www.commuter.com/safe-routes-to-school>



JGMS After School Program Winter 2014

FITNESS AFTER SCHOOL
BABYSITTER TRAINING
GIRL TALK
SHOOTING & EDITING FOR TV
YOGA FOR THE MIDDLE SCHOOL BODY & MIND

Bedford Youth and Family Services in collaboration with John Glenn Middle School is gearing up for another successful Spring After School program with a focus on the most popular activities including Fitness After School with Libbey Beinert, Babysitter Training with Joanna Daley, Girl Talk with Bedford High School student leaders and advisors Wendy Tanahashi-Works and Maureen McDermott, Yoga for the Middle School Mind and Body with Nicole d'Entremont, and Shooting & Editing for TV

with Greg Dolan and Brian Dorrington.

Activities begin the week of April 6th and the registration deadline for all programs is Friday, March 27th. **Space is limited; be sure to sign up as soon as possible to secure your spot.**



Flyers are available in our office and at the JGMS Main Office. Feel free to call Jessica Wildfong at 781-275-7727 ext. 262 or email at jessicaw@bedfordma.gov with any questions or concerns.



2014-2015 Youth and Family Services Committee:

Tom Pinney, Chair ♦ Alison Malkin, at Large ♦ Peter Ricci, at Large
 Caroline Fedele, Selectman & Recreation Liaison ♦ Jeff Wardwell, Police
 Ann Guay, School Committee ♦ Caroline Donnelly, Board of Health Liaison

Newsletter Credits:

Layout & Design
 Fran Stander

Editor
 Sue Baldauf

Contributors
 Sue Baldauf
 Jessica Wildfong
 Bill Linnehan
 Carla Olson

BYFS Staff Queries - Main Number: 781/275-7727

Sue Baldauf, Director, x263 - Counseling referrals or questions ~ General dept. questions ~ Community concern ~ Issue related to Violence Prevention Coalition, Bedford Community Partnership, Business Diversity Training, Progress Fund ~ Parenting Education Topic

Fran Stander, Administrative Assistant, x264 - General questions ~ General community & Resources ~ Job Match ~ Events & Press Releases ~ New Resident Packets ~ Volunteer Opportunities

Jessica Wildfong, Youth Development/Prevention, x262 - JGMS After School ~ Peer Mentoring ~ Youth Website ~ Other youth related issues - Alcohol, tobacco, or drug education ~ Diversion ~ Youth Risk Behavior Survey ~ Safe Homes ~ Fuel Assistance

Carla Olson, Healthy Bedford Coordinator, x260 most Thursdays ~ Safe Routes to School & Healthy Bedford initiatives

Bill Linnehan, Veterans Agent, 781/275-1328 - Any veterans related question

Eliot Counselors: 781-275-7727 Laura Quinlan x261, Lynne Chapas x260; 978-369-1113 Kristen Herlihy x115, Holly Boker x134

New! Youth Resource Card

The Bedford Youth Resource Card is a wallet-sized card with resources to help youth in unexpected situations and to generally help them stay safe and healthy.

Cards are available at no cost at the Bedford Youth and Family Services office.

Contact Jessica Wildfong: jessicaw@bedfordma.gov or 781-275-7727

Bedford YOUTH RESOURCE CARD

MA Alcohol and Drug Hotline
1-800-327-5050

Mental Health Crisis Hotline (Advocates)
1-800-640-5432

National Domestic Violence Hotline
1-800-799-SAFE (7233)

National Runaway Hotline
1-800-RUNAWAY (786-2929)

Planned Parenthood
1-800-230-PLAN (7526)

Suicide Hotline (Samariteens)
1-800-252-TEEN (8336)

The Trevor Project (LGBTQ)
1-866-488-7386

Printing made possible by:
Town of Bedford Youth & Family Services

Bedford YOUTH RESOURCE CARD

Bedfordma.gov/youth
Anonymous mental health screenings

Barcc.org
Boston Area Rape Crisis Center

Itgetsbetter.org
LGBTQ organization

Nationaleatingdisorders.org
Support for eating disorders

Teenshealth.org
Info on health and safety

Teens.drugabuse.gov
Info and resources on drug use and abuse

Information provided by:
Bedford Youth & Family Services
781-275-7727 or www.bedfordma.gov/youth

Job Match

Students from middle and high school interested in working at jobs such as childcare, yard work, snow shoveling or odd jobs may find a great job match with Bedford Youth and Family Services (BYFS).

BYFS matches students with a job request from a Bedford resident. The resident and the youth negotiate the rate of pay, depending on the job.

Applications for teens can be downloaded at www.bedfordma.gov/youth under Job Match or at our Town Center office.

Questions? Fran Stander 781-275-7727

Pedestrian and Bicycle Master Plan Update

In response to citizen desire to improve walking and biking connectivity in our community the Town of Bedford continues to work on our Pedestrian and Bicycle Master Planning process. Since August, Toole Design Group (TDG) has served as our expert consultant in the development of the comprehensive Pedestrian and Bicycle Master Plan (PBMP) for Bedford. Along with input from citizen representatives, community groups, and Town Leadership, six corridors and nodes have been identified as pedestrian and bicycle "hot spots." These hot spots, or priority areas, were identified as walking and/or bicycling demands based on the over 400 comments

received on the online Wiki map open to the public between October 7th and November 17th, 2014 and at the Open House held on November 12, 2014. The strategies determined to improve the priority areas will not only serve as detailed recommendations for those locations, but also as templates that may be used as a basis for the development of improvements at similar roadways and intersections throughout the Town of Bedford. Ultimately, the PBMP will assist Bedford in becoming a significantly more walkable and bikeable community, improving safety, increasing options for active daily living, reducing congestion, improving air quality, and

increasing quality of life.

Toole Design Group is currently completing field work to inform their recommendations which will be presented at the Community Open House in Spring 2015. Watch for details on the Town webpage:

<http://www.bedfordma.gov/engineeringgis-division/pages/pedestrian-and-bicycle-master-plan>

For inquiries about active living in Bedford go to:

www.bedfordma.gov/Healthy-Bedford or email:

healthybedford@bedfordma.gov



Don't forget to Unplug on March 4, 2015

Try some Special Activities!

Make your own pizza night ♦ Have an indoor picnic ♦ Play a board game with the entire family ♦ Kids plan & cook dinner for parents ♦ Read a book out loud together ♦ Wander in the Bedford Town Forest ♦ Go text free - talk face-to-face the whole day ♦ Clean your closets & donate coats & clothes that you don't need ♦ Count the geese at Great Meadow Wildlife Preserve

Coping with Trauma

Are you troubled by a traumatic event? Many people report that writing about those thoughts can help. People dealing with symptoms of posttraumatic stress disorder (PTSD) may think that writing about something that was traumatic would be too stressful, but there are ways to do it that can actually help you.

For example, when writing about the event, describe how you felt physically. Was your heart pounding, did it make your head hurt, did your stomach drop, or were there other physical effects? This will help you identify how the

PTSD makes you feel and make you more aware of how it is impacting your life.

Some people find it helpful to read over their journal in the days following their writing. In addition, it helps to write about the same topic a few days in a row. Don't think to yourself "I already said that. I should say something new." Remember, no one is going to read this but you, so you don't need to be worried about how something looks or sounds. If grammar and punctuation are not important to you, don't worry about them.

Remember: This journal is only for you!

If writing about the event makes you too anxious, stop right away and try to get some help. If you feel like you could benefit from learning more about your own symptoms, you can take a free, anonymous mental health self-assessment at Bedford Youth and Family Services' online screening at www.bedfordma.gov/youth under "screenings" or www.screening.mentalhealthscreening.org/byfs to see if your symptoms need professional attention.

Thank you to our Donors:

American Legion
Women's Auxiliary

Anonymous (4)

Bedford Motel

Bedford Post Office
Employees

Bedford Schools
Administration
Employees

Callahan's Kenpo
Karate

Cambridge Savings
Bank

Carleton Willard
Village Resident's
Association

Carriage House

Doubletree Bedford
Glen

First Parish in Bedford
Social Responsibility
Council

Flatbread Company

Michael & Lea Ann
Knight

Mettler Toledo

Millipore Corporation

Moison Ace Hardware
of Bedford

O'Malley and
Colangeli CPA's

Staples

VFW Post 1628

Whole Foods

&

The Residents of
Bedford through
your Taxes

Unplug Again and Again!

It is easy to get busy and stay busy in this vibrant community of Bedford. In fact, it was because of this busy-ness that the Bedford Community Partnership initiated Bedford Families Unplugged in October 2004. Supported by the Bedford Selectmen and Bedford Public Schools, Bedford Families Unplugged boasts a long list of endorsers and supporters. Due to the success of the program over the years another Unplugged day is scheduled for **March 4, 2015** with the full support of the Selectmen and School Committee. "Providing respite from our daily, in too many instances, over-scheduled routines just once a year yields little likelihood of making a lasting impression," according to Bedford Public School Superintendent Jon Sills. "Hopefully making Bedford Unplugged a bi-annual event will create greater opportunities for reflection or family time or face to face recreation."

Based on a program started in Needham, Bedford Unplugged Together hopes to remind people that life holds more than what is on the other end of a plug, be it a computer, a television screen, or a phone. The goal of the evening is to encourage various activities families can do together without electricity and that emphasize person-to-person interaction. Bedford Public School students will have no homework, evening sports, or required activities and the School and Town will have no required evening meetings. Parents are encouraged to be home for dinner and families can have a night off from their respective "daily grinds" for engagement and fun. The School Committee has arranged for no home work and no sports while the Selectmen have asked all Town boards and committees to reschedule any of those meetings that might have originally occurred on that Wednesday night.

Families are encouraged to plan activities together for **March 4th** just as they did with the original Unplugged day in November and to try to build activities like this into their daily lives, whether the Town or the Schools declare "Unplugged" or not. According to Bedford Youth and Family Services Director Sue Baldauf, who coordinates Unplugged efforts on behalf of Bedford Community Partnership (BCP), the goal of Unplugged is to increase and improve family connection and relationships. "BCP is not interested in mandating that people do nothing but in supporting families being connected to each other, especially in terms of providing support to our children and youth. We know that when kids have access to caring adults, they do better socially and educationally. We want our adults to remember that not only on Unplugged days but always."

If you have questions about the program or would like more information, contact Youth and Family Services at 781-275-7727.



More Suggested Special Activities:

Eat dinner backwards, starting with dessert first!

Send a thank you note to someone who has helped you!

Volunteer as a whole family!

Sign Up For Bedford's Safe Home Program



The Safe Homes program is a support network for Bedford parents with children in grades 6-12 who are concerned about alcohol and drug use at pre-teen and teen parties and gatherings.

Through Safe Homes, we are encouraging parents of Bedford middle school and high school students to make a pledge that they will provide a safe environment for youth when they have parties or gatherings in their homes - safe from alcohol, drugs, firearms, and other hazardous items.

The names of those who make the pledge will be included in the Safe Homes Directory - including the grade level of their children, address, and telephone number. The Directory is mailed only to those who have made the pledge.

If you have not already done so, you are encouraged to join the Safe Homes Program and make it clear that you are committed to providing a safe environment for teen parties and gatherings.

You can sign up online for Safe Homes by going to our website www.bedfordma.gov/youth.

Let's join together to keep all our youth healthy and safe.

For more information or questions about the Safe Homes Program please call Prevention Services Coordinator Jessica Wildfong at 781-275-7727 ext. 262 or email jessicaw@bedfordma.gov

The Importance of Family Meals

Family meals are much more than sharing food.

Sharing meals as a family.

- sets an important routine and ritual
- gives parents and children time to connect and talk everyday; turn off the TV!
- adds a daily sense of security to family life
- helps teach kids a better self of identity through their parents' stories
- provides nourishment on emotional, intellectual, spiritual and nutritional levels



Mealtimes are a good time:

- for parents to stay involved with children
- to share ideas and keep up on what's happening
- for the family to discuss rules
- to monitor children's activities and friends
- to be a good role model

Parents who eat a variety of foods in a pleasant way teach their children to do the same. The benefits of eating together last long after mealtime, especially if you make family dinners a regular activity. Be flexible and forgiving at first until the mealtime becomes routine.

Research studies show:

- Children who do not eat dinner with their families are 61% more likely to use alcohol, tobacco, or illegal drugs.
- Teens who eat frequent family dinners are less likely than other teens to have sex at young ages, get into fights, be suspended from school, and are at lower risk for suicide.
- By eating with your children, it is more likely that they will eat healthier foods and more balanced meals.

Adapted from www.noodlesoup.com

Exercise for the Right Reasons

You've been told by your parents, your doctor, your spouse and countless others that it's important to make time in your day for exercise and they're right. Exercising regularly has numerous benefits for both your body and your mind. It seems that 5K's, color runs and marathons are the trend. But where do you draw the line between being healthy and over-exercising? There are many telling signs that you have unhealthy exercise habits, including:

◆ **You exercise for the wrong reasons.** You ate a huge meal and feel guilty about it and the only way you can reconcile it in your mind is to hit the pavement and spend a few hours burning off the calories you ate.

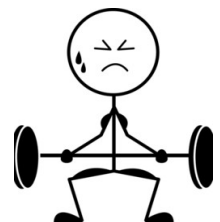
◆ **Exercise becomes a compulsive behavior.** You are often driven by body dissatisfaction or obsessions about your weight.

◆ **Your desire to exercise completely trumps your other**

commitments, which can result in canceled plans with friends, or even exercising when you are ill.

◆ **You feel extreme guilt when you miss a workout.** You double your efforts to make up for it the next time you exercise.

If you think that you may have an unhealthy relationship with food, your body, or exercise, consider taking Bedford Youth and Family Services' free, anonymous online screening at www.bedfordma.gov/youth under the 'screenings' section.



Visit <http://screening.mentalhealthscreening.org/byfs> for more information

Man Therapy Takes Creative Approach to Men's Health

Typical mental health awareness campaigns are not designed with the unique needs of men in mind. Men account for only one in 10 diagnosed cases of depression. However, the suicide rate among men in the United States is alarmingly high and climbing. According to the CDC, four out of every five people who die by suicide are men. When suicide experts started looking closely at men and suicide, they found that those at highest risk of suicide were also the least likely to seek care. They knew that they needed a way to reach out to these men that was different than other public health awareness campaigns. As a result, The Carson J Spencer Foundation, the Colorado Office of Suicide Prevention, and Cactus, a private marketing agency, teamed up to create Man Therapy.

The Man Therapy campaign, which addresses the issue of men not seeking help for common mental health conditions, says: "Difficult problems require bold solutions." This tagline is an example of the masculine, humorous, and innovative approach the campaign takes.

The creators of Man Therapy conducted focus groups and in-depth interviews with

men about how to reach men who are reluctant to seek help. They learned the following valuable lessons:

- ◆ Take the mental health language out of the communication.
- ◆ Show models of hope and recovery.
- ◆ Connect physical symptoms with emotional symptoms.
- ◆ Meet men where they are and use humor.
- ◆ Target "double jeopardy" men, or those at most risk who are also the least likely to seek help.
- ◆ Offer opportunities to give back.
- ◆ Coach the people around them to notice warning signs.

With these lessons in mind, the three groups decided to make the central feature of the campaign a website, www.ManTherapy.org

It features a fictional therapist, Rich Mahogany, and videos that approach the topic of mental health issues with humor and truth. The tone is conversational, non-threatening, and humorous while still being educational.

The state of Massachusetts and its regional suicide prevention coalitions to prevent suicide are working to address the suicide

among working-age men in its state. When leaders learned about ManTherapy.org, they embraced it by licensing it for use in Massachusetts. Screening for Mental Health is working with the Massachusetts Department of Public Health to promote the campaign throughout the state with advertisements, a unique gateway website with local resources, and toolkits for regional suicide prevention coalitions.

If you are or know a man in the community who you think would benefit from some important messages about men's mental health in an entertaining fashion, have them check out www.ManTherapy.org. The website is also activated during the mental health screening process on the BYFS website www.bedfordma.gov/youth under "screenings" if a male between the ages of 25 and 64 takes a screening. The web banner shown below is at the end of the screening site underneath referral information. Check it out!

(Reprinted with permission of Screening for Mental Health February 2015 newsletter.)

You can't fix your mental health with duct tape.



mantherapy.org

Therapy. The way a man would do it.

New Veterans' Services District Director

Gina M. Rada was appointed as the Veterans' Services District Director for the Town of Lexington and the Town of Bedford in December 2014. An Operation Enduring Freedom Veteran, Gina served in the United States Air Force from 2002-2008 as an Aerospace Medical Service Technician, with a 365-day deployment to

Jalalabad, Afghanistan. Her duties included providing medical and administrative support, operating and maintaining therapeutic equipment, and providing training in preventative medicine techniques and Combat Life Saving Skills. Prior to taking on her role as the Director of Veterans' Services Officer for the Town

of Watertown. Gina, along with Bill Linnehan, are committed to providing the Veterans and dependents of Lexington and Bedford with the highest level of services in the administration and application of Veterans benefits.

Bedford/Lexington Veterans Services

781-861-0194, x27 Lexington

Monday-Friday 8:30-4:30 Lexington

781-275-1328 Bedford

Tuesdays & Thursdays 8:30-4:30 Bedford

