

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](http://www.bedfordma.gov/youth)



### Special points of interest:

- *RAY of Hope*
- *Pedestrian/Bicycle Master Plan*
- *JGMS After School Program Winter 2014*
- *Youth and Family Services Committee 2014-2015*
- *Job Match*
- *Youth and Family Donors*
- *Holding On, Letting Go... Robert Evans, Ed.D.*
- *Tips for Walking Safely to School*
- *Safe Homes FAQ's*
- *Teen Parties*
- *Fuel Assistance*
- *Keeping Kids Safe Program*
- *Veterans*

## RAY of Hope - Recognize a Youth

Initiated in 2011 by Bedford Youth and Family Services (BYFS) and the Bedford Chamber of Commerce (BCOC) and modeled after a similar program in Needham, the RAY of Hope Program (**R**ecognize **A** **Y**outh) is designed to identify high school age young people who have performed outstanding service to the Bedford community and/or who by their actions are excellent role models for their peers. The RAY of Hope Program is a recognition that young people and their development are of critical importance to the functioning of the Bedford community and our collective futures.

Annually the BCOC will recognize one outstanding young person or group, coordinate a gift

from the BCOC, and will work with the local press to inform the larger community of the achievements. BCOC and BYFS will accept nominations at any time from local businesses, schools, religious or civic groups, or individuals, for high school age youth who are deserving of recognition.

To nominate a young person please fill out the application form download from the BCOC website [www.bedfordchamber.org](http://www.bedfordchamber.org) and mail to Bedford Chamber of Commerce, ATTN: RAY of Hope, 12 Mudge Way, Bedford, MA 01730. The form can also be faxed to 781-275-7767 or emailed to:

[YouthandFamily@bedfordma.gov](mailto:YouthandFamily@bedfordma.gov)

Nominations will be reviewed by representatives from BCOC and BYFS, and the youth with the most compelling service accomplishments will be selected and honored at the BCOC Annual Dinner in January.

**Deadline for submission is January 2, 2015.**

For questions about the award or the process, please contact BCOC Executive Director Maureen Sullivan at 781-275-8503 or BYFS Director Sue Baldauf at 781-275-7727.



### Inside This Issue:

JGMS After School Program	2
YFS Committee 2014-2015	2
YFS Staff Queries	2
Job Match	2
Pedestrian/Bicycle Master Plan cont.	3
Holding On, Letting Go	3
YFS Donors	3
Tips for Walking Safely to School	4
Safe Homes FAQ's	4
Teen Parties	5
Fuel Assistance	5
Safe Homes cont'd	6
Keeping Kids Safe	6
Veterans	6

## Pedestrian/Bicycle Master Plan (P/BMP)

The Town of Bedford has launched a Pedestrian/Bicycle Master Plan (P/BMP) funded by Community Preservation Funds. The Plan will help the Town identify and prioritize investments to improve the pedestrian and bicycle network in Bedford. These investments will build on the existing trail and sidewalk network and, in combination with bicycle improvements, give residents of all ages more transportation options for local trips. At the first community open house, over 100 people participated in brainstorming and identifying priorities to make Bedford more walkable and bikable.

Communities that are bicycle and pedestrian-friendly place a high

priority on planning methods and policies that favor alternative modes of travel. Finding solutions so that pedestrians, bicyclists, and motorists can travel safely and conveniently is a balancing act, but the benefits reaped by well-balanced transportation and land use planning are significant:

### HEALTH

Walking and biking are safe, simple and fun ways to be physically active and stay healthy. When done on a regular basis, walking and biking can help burn calories, reduce blood pressure, strengthen the heart and lungs, improve mood and reduce risks of many diseases.

### ECONOMY

Walking and biking are great ways to save money on transportation costs. Since walking or biking on a regular basis is great exercise, they can help avoid expensive workout equipment or gym fees and can help prevent or lower medical expenses.

### ENVIRONMENT

Walking and biking are pollution free transportation options. When we walk or bike instead of drive, we keep emissions out of our air and chemicals out of our water. Walking and biking take up a lot less space than cars do as well, meaning more open space

## JGMS After School Program Winter 2014

**FITNESS AFTER SCHOOL**  
**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 Winter After School program with a focus on the most popular activities including Fitness After School with Libbey Beinert, Girl Talk with Bedford High School student leaders and advisors Maureen McDermott and Wendy Tanahashi-Works, Yoga for the Middle School Body and Mind with Nicole d'Entremont, and our always popular Shooting & Editing for TV with Greg Dolan and Brian Dorrington.

Activities begin the week of January 5th. The registration deadline for all programs is December 19th. *Space is limited; be sure to sign up as soon as possible to secure your spot.*



You can find our flyer and registration form at: [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) (click on Youth Development). Flyers are also available in our office at Town Center and at the JGMS Main Office. Also feel free to call Jessica Wildfong at 781-275-7727 ext. 262 or email at [jessicaw@bedfordma.gov](mailto: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

### 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

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

## Job Match - Applications online or at BYFS Office

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

Young people, who for a variety of reasons, including an after school commitment to sports, music or other school activity may not be able to work in the stores or private industry.

Youth ages 13-18 may register with Job Match. While some youth may be inexperienced, many others are not. The younger youth want a little extra spending money and this opportunity gives them practice for the world of work to come. The older youth may not want to get locked into a steady job and would enjoy the flexibility of being associated with us.

Once the paperwork is completed, BYFS matches the student with an available job. We give the residents who call us the names of a few students to call that we know are capable of performing this particular job given the youth's age and skills. The resident and the youth negotiate the rate of pay, depending on the job.

Odd jobs in the last year have included helping out at home

parties, light office work, some computer instruction and watering a garden while residents are away.

Applications for teens can be downloaded at [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) under Job Match or pick one up at our Town Center office.

Residents with a job can call Fran Stander at our office at 781/275-7727.

## P/BMP

## cont'd from page 1

can be preserved and protected. There are around three parking spaces for every one car in the United States!

### COMMUNITY

Walking and biking increase social interaction, which can help foster more livable, safe and fun

neighborhoods for people of all ages. Walking and biking can also lead to more support of local businesses which means more



money stays and circulates in our community. For more questions on the P/BMP visit: [www.bedfordma.gov/ped-bike-master-plan](http://www.bedfordma.gov/ped-bike-master-plan)

Questions? Email:

[healthybedford@bedfordma.gov](mailto:healthybedford@bedfordma.gov)

## Holding On, Letting Go: Raising Resilient Children In Challenging Times - Robert Evans, Ed.D.

Bedford parents of third graders had the unique opportunity Wednesday, September 10, 2014, to hear **Dr. Robert Evans** speak at Lane School Back to School Night. Parents from grade 4 and 5 were also welcome to attend with advance notice, and roughly 200 parents took advantage of this event which was co-sponsored by Lane School, BEST, and BYFS.

Dr. Evans is a psychologist and the Executive Director of the Human Relations Service in Wellesley, Mass. A former high school and pre-school teacher and a former child and family therapist, he has worked with schools and families for thirty years. He has consulted to over 1,700 schools around the country. His presentations are known for their lively wit and plain talk. He is also the author of many articles and three books, including, *Family Matters: How Schools Can Cope with The Crisis in Childrearing*.

What does it take to be a confident parent? Evans thinks “not much” if the rate of change is slow and the choices for children are few. Our modern society is anything but that, meaning that the dilemma for parents is how to prepare children for their path rather than try to manage the path for the child. Evans highlighted three things children need for a good future - nurture, structure, and latitude -

and went on to elaborate on the components of each with specific examples and their importance. He paid special attention to structure, or the behavioral expectations box of what boundaries are not negotiable, and latitude, or the freedom to learn from experiences, consequences, and actions.

With specific examples from his consultations to other schools and his own personal experience as a father, Evans urged parents to avoid two extremes - leaving their child free to solve every problem on his or her own and protecting their child from every negative consequence of an action or inaction. “If you don’t hold the line about what is important,” Evans expounded, “your kids will have no incentive to develop capacity.” What will distinguish children is what they do in their lives when things happen to them.

All parents want their children to become resilient and confident so how can parents strike a good balance between helping and protecting their children vs. letting them grapple with real-life issues? Dr. Evans suggested the following:

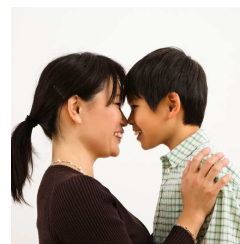
- Spend time with each of your children doing something they like to do. He said this was better than reading any parent

advice book.

- Don’t routinely do something for a child that he or she can do for him or herself.
- When a child presents a problem, don’t leap in to fix it but listen and offer them the opportunity to explore their own solutions.

Use disappointment and examples of failure as preparations for developing long term developmental confidence. Kids need to learn to manage and control their impulses to be successful later on, and this will help with that skill.

For more information about Dr. Rob Evans visit his website at [www.robevans.org](http://www.robevans.org) To view the taped presentation from Lane School visit the Bedford Youth and Family Services website [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) and check out the “For Parents” section and look in the ‘BYFS Presents Parent Education Workshops’ section.



## 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

FWF Post 1628

Whole Foods

&

The Residents of  
Bedford through  
your Taxes

## Tips for Walking Safely to School

Walking is fun, and top priority is keeping kids safe while doing it. Development varies widely among children. However, studies suggest that around age 10 many students have developed the skills to walk independently or with a friend. Let your knowledge of your child and walking conditions be your guide when deciding when your child is ready. If you feel your child is ready to walk to school on his or her own, here are some tips on starting the dialogue on walking with your child from the National Safe Routes to School program.

- Walk with a friend when possible.
- Ask your parents to help you pick a safe route to school and then try it out until you are comfortable.
- Stick to the route you picked with your parents. Don't let friends talk you into shortcuts or detours.
- When you are near the street, don't push, shove, or chase each other.
- Never hitchhike or take rides from people not arranged by your parents.
- Talk to your parents and teacher about any concerns that may happen during your walk.
- Be seen: Remember, drivers may not be able to see you well. Always wear bright-colored clothes and if it is dark or hard to see, carry flashlights and wear reflective gear.
- Look for traffic: Watch out for cars and trucks at every driveway and intersection on your walk to school. Look for drivers in parked cars. They may be getting ready to move. Make eye-contact with drivers to confirm that they see you.
- Cross the street safely.
  1. Stop at the curb or edge of the street.
  2. Look left, right, left and behind you and in front of you for traffic.
  3. Wait until no traffic is coming and begin crossing.
  4. Keep looking for traffic until you have finished crossing.
  5. Walk, don't run across the street.
  6. Obey traffic signs, signals and adult school crossing guards.

For more resources and information on Safe Routes to School, please visit the National Center for Safe Routes to School Web site at [www.saferoutesinfo.org](http://www.saferoutesinfo.org) or [www.bedfordma.gov/healthy-bedford](http://www.bedfordma.gov/healthy-bedford)

### Bedford Safe Home Program Frequently Asked Questions



#### What are Safe Homes?

Safe Homes are homes where parents agree to cooperate with the community, schools, law enforcement, other parents, and young people to create a healthy atmosphere where the illegal use of alcohol and other drugs is not acceptable. Safe Homes' parents are taking a stand against the alarming increase in alcohol and drug use among our youth.

#### What makes the Safe Homes Program effective?

Safe Homes is effective because it helps bring together parents who share a desire to help their children enjoy their teen years drug and alcohol free. By signing a pledge to supervise teen get-togethers and prohibit the use of drugs and underage drinking, parents are teaching their own children about their values, as well as participating in a network of parents in whom other parents can have confidence.

#### What are the benefits of signing a pledge form?

When adults in a community join together and take a united stand against alcohol and drug use, they are more effective than when they act separately. Parents benefit from the support of other parents because of the help they receive in resisting pressure from others who do not set these limits on their children's behavior. Your children will know that parents are working together and talking regularly to each other.

Cont'd on Page 6



## TEEN PARTIES A PARENT'S RESPONSIBILITY

Parents are urged to consider the following guidelines about teen parties. Socializing is important to teens; it is a parent's job to ensure socializing in a safe and constructive way.

As a parent of a minor invited to a social activity:

- Call the host parent.
- Verify the occasion and location.
- Check on adult supervision (sibling over 18 is not acceptable).
- Be sure that there are no alcohol or drugs available.
- Be awake or be awakened when young people come home at night.
- Assure your children that they can telephone you (without reprisals) to be picked up whenever needed.

As a host parent at a teen party:

- Be visible and aware of guests who leave your home and return soon after. Allow no party crashers.
- Be aware of your own liquor supply and make it inaccessible to the teens.
- Call the parents of anyone possessing alcohol or other drugs or appearing to be under the influence of either.
- Never allow anyone under the influence to drive or go home alone.
- *Parents are responsible for activities that occur in their homes whether or not they are present.*

Parents have the responsibility for activities that occur within their home. Leaving teens unsupervised may be an invitation to plan and orchestrate parties involving drugs and/or alcohol. If you are away from home, let your child know that you have notified a neighbor or police.

### 2014-2015 Fuel Assistance

If you could use some help paying your home heating bills, the Commonwealth's Fuel Assistance Program may be for you! Bedford residents of all ages are invited to apply for the program which provides a benefit to those who meet certain income guidelines to pay fuel bills.

To be eligible, you must be a Bedford resident and have an income ranging from \$32,618 for a one-person household to \$82,800 for a six-person household. The income limit is higher for families with more than six members. The amount of the money the program provides depends on the number of household members and the household income. Those who enroll in the Fuel Assistance Program will be automatically eligible for a free home weatherization program, free heating system repair or replacement, free energy-saving devices, and discounts for many utilities.

To apply, Bedford residents under age 60 should call Bedford Youth and Family Services (BYFS) at 781-275-7727 and those age 60 or older should call the Bedford Council on Aging (COA) at 781-275-6825. The YFS or COA will set up a time to assist you with the application. Please be assured that all information given to the friendly agency staff who help you will be held in the strictest confidence. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!

Income Guideline:	<u>Household Size</u>	<u>Yearly Gross Income</u>
	1	\$32,618
	2	42,654
	3	52,961
	4	62,727
	5	72,763
	6	82,800

## Bedford's SAFE HOMES

cont'd from page 4

### **But I trust my children completely. Why would I need to be involved?**

One of the valuable aspects of the Safe Homes program is that it provides information for each family about the rules and limits set by other families with whom their children interact. This can make it easier to ensure that your own child will enjoy social events without being put in uncomfortable positions because of a lack of parental supervision. In addition, it can help children, who might feel self-conscious that perhaps their parents are stricter than others, to know that many parents have the same rules.

### **I can't imagine that parents would permit their children and their friends to drink or use drugs at parties in their homes. Why is signing a pledge needed when these rules seem so obvious?**

To some, they are obvious. To others, substance use may seem like normal behavior for teenagers so they allow it in their homes. However, parents who choose to sign a Safe Homes pledge are making a commitment to be active in their supervision as well as in their communication with their teens. This sends a message to their own children about the importance they attach to this issue as well as to the community.

### **My children are in high school—of course they are going to experiment, that's only natural. I'd rather they did it**

### **in my home where they are safe than out somewhere they could get hurt. Won't this program just make them more secretive?**

Maybe, but it provides them with one fewer place to experiment. In addition, teens won't receive mixed messages about alcohol/drug use. Teens need to hear consistency in the messages they receive from adults. Clear messages from parents have been shown to help most teens resist the temptation to experiment in this hazardous way. While we know that few teens are going to avoid making mistakes, we are trying to give them the tools they need to make wise decisions in as many situations as possible.

### **What will happen if I join the pledge and something happens—the kids sneak it in or my child drinks at someone else's house?**

Again, Safe Homes is about parents taking a stand against alcohol and drug use by teenagers. Not all teenagers take that same stand even if their parents do. Remind them that there will be consequences for their behavior. Some of those consequences can be severe involving law enforcement.

### **What is my liability if I host or provide alcohol?**

There are several things you must know. Drinking under the age of 21 is against the law, and those who provide alcohol can be

held liable for anything that happens to an underage consumer. This means that you could be charged with a criminal offense for procuring alcohol and/or be sued for damages or injuries caused by an underage drinking in your home.

### **Who will know I am a member or have my phone number?**

The Safe Home program coordinator and member parents who have also signed the pledge will have your name and phone number. This information will be available to all Bedford Safe Homes parents in the annual Safe Homes Directory and to the Bedford Police.

### **If I sign the Pledge, does it mean I can't have alcohol in my home?**

The Safe Homes Pledge states you will not allow anyone under 21 to have alcohol in your home or on your property and that you will provide secure storage of firearms and other hazardous materials. Your decision about alcohol use as an adult of legal age is up to you.

*Safe Homes is not a Program designed to address adult alcohol consumption.*

*The Safe Homes pledge is NOT a legally binding contract. It is an "Agreement" among a community network of parents.*

## Keeping Kids Safe - October Program

In October, approximately a dozen parents attended the presentation "Keeping Kids Safe" which focused on helping parents and caregivers of children acquire the language needed to take active roles in protecting children from abuse and

dangerous situations. Marybeth Dwyer, Family Support Training Specialist with the Children's Trust Fund, provided parents with information and skills to address this sensitive issue. The presentation was co-sponsored by Bedford Youth and Family

Services. A DVD was provided by the Children's Trust Fund which illustrates how to respond to a child's questions or disclosure and is available to borrow at the Bedford Youth and Family Services office.

### **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

