

# Compeer Connection

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## *Greetings from Cheri and Bailea*

Thank you to everyone who came to the BBQ and to our volunteers who helped with the event. The BBQ was a huge success! We had over 75 in attendance.

Also, thank you to all of those who supported Compeer through the Cero's Candies fundraiser. Because of your contributions, we were able to reach our set goal!

The next big project for Compeer is our fall recruitment campaign! We are very excited about this campaign! If you would like to help Compeer through volunteering, or know of someone who would please contact us.

**Through Compeer, a volunteer can help change someone's life for the better and it's just as simple as being a friend. Please call today to set up a meeting .  
232-6807 x 305.**

## *Greetings from the Executive Director*

Summer is going by quickly, isn't it? Parents' and (some) kids' thoughts have turned to school, and the needed preparations, and upcoming changes. For any child, the change from one grade to the next can bring some anxiety, hopefully mixed with excitement, and it can become a time to make new friends. For a child struggling with mental health issues, moving from one grade to the next can exacerbate his/her symptoms. Change is a part of life, but it helps to have friends to help us through changes, doesn't it? That's why we are so thankful to our Lunch Buddies who plan to continue their matches with their Compeer friends this Fall. As a Lunch Buddy, your friendship is so important to your match - - they will be looking forward to seeing you at school again soon, and have your friendship to support them as they transition to a new grade level. Thanks so much for all you do as a Compeer Lunch Buddy, and we hope you're looking forward to the new school year! If you are thinking about volunteering as a Lunch Buddy, but haven't checked into the possibility yet, please call Cheri at the office for more information.

*Danette Tipton  
Executive Director*

## *Breakthrough House News!*

### *Residential Services*

Residential Services would like to welcome Ashley Ramirez as the Director of Residential Services. She was promoted from Consumer Assistance Director. She holds a Bachelor's degree in Business Administration from Baker University, managed an Adult Education Department for 8 years, and has worked with foster children who are aging out of the foster care system to gain life skills in an independent living program. Emily Milholen has returned as a Wellness Coordinator after a six week trip to Madagascar. Welcome Back Emily! The Nancy Perry Day of Caring is coming in September 2010 and we are lucky enough to have them assign volunteers to help us with some of our housing projects.

### *Clubhouse*

**What: Carwash**

**Date: Friday, August 6th**

**Time: 11:00am-3:00pm**

**Place: BTH Clubhouse (1201 SW Van Buren)**

Have lunch with the Breakthrough House Clubhouse and get your car washed too! For \$5 we will wash your vehicle and throw in a hot dog, soda, and chips.



**The Clubhouse members are raising money for field trip activities. Please support them, and have fun at the same time!!!**

### *Consumer Assistance*

With Ashley moving to the BTH Housing Department, Lynn will still be a familiar face to our payee consumers. Lynn has assumed Ashley's job as Director of Consumer Assistance. She will be hiring another person soon to assist her with payee and emergency assistance functions.

Summer is still in full swing in August. Please make sure you are drinking enough water to stay hydrated, especially if you must do any amount of walking or activities outside. Remember to wear light colored clothing and stay out of the direct sun as much as possible. Make sure you have your bus pass or tickets, so you don't end up having to walk a long distance in the heat. Plan ahead and your day will go much smoother.

## Match Activity...

Compeer has some exciting news to share! We recruited our first volunteer for *Friends of the Clubhouse*! Ashlee is really friendly and very excited to meet all the members that go to the Clubhouse! We are also in the process of matching two new volunteers in youth one-to-one matches! As always, if you know of anyone interested in volunteering please contact us at 232-6807!

### Volunteer Outing

**Date:** Thursday, Aug. 12th  
**Time:** 8:00pm  
**Place:** El Mezcal  
*5th & Topeka Blvd.*

Come wrap up the summer at El Mez with other Compeer volunteers! As always, bring friends, family, and co-workers that would be good assets to the Compeer program!



### Youth Outing

**Date:** Saturday, Aug. 14th  
**Time:** 2:00-4:00pm  
**Place:** BTH Clubhouse  
(1201 SW Van Buren)



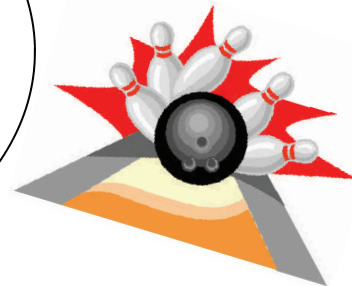
### Compeer's Back to School Luau!!

Come celebrate the end of summer and the start of the school year at Compeer's Back to School Luau! There will be games, activities, and lots of fun, so come join us!! For **rides**, and to **RSVP** please contact Bailea at 232-6807 x 304.

**Hope to see you there!!!!**

### Skillbuilders

Skillbuilders will be taking place on Friday, August 20th at 6:00pm. We will be going bowling at Gage Bowl! Be ready to have some fun!! If you are interested in attending, please call 232-6807 x 304 to RSVP.



## Member's Accomplishment



John G. has been an outstanding citizen of Topeka for 30 years. He began his journey in Topeka when his dad and step mom took him to Menninger's. From there he has been an asset to the Topeka community through the various work and volunteer endeavors he has taken on. He met his wife, Karen, in Topeka. John and Karen have a son Alex. His latest accomplishment came this past May when John graduated from Volunteer Police Training! The training were held on Thursday nights from 6:00-9:00pm for 13 weeks. Throughout the program the participants learned the history of the Topeka Police Department, as well as, heard from various speakers through out the police force. Participants also helped with a garage sale that raised funds for children of domestic violence. Also, participants were allowed to ride in a police car, once during the program. Upon graduating, John became an ambassador of the Topeka Police Department. He received a diploma, a police shirt, whistle, and mug. Thank you to John and the rest of the participants of the Volunteer Police Training Program! Because of you, Topeka will be more safe!

## **CONGRATULATIONS JOHN!!!**

### August Activities

#### **Fun Club**

Cost: \$2.00 + admissions to the zoo. Date: Aug. 6th and Sept. 3rd. Time: 10:30-11:30am. Visit the zoo for a story, a fun craft, and exciting guest readers from our community!

#### **Popcorn & a Movie (ages 6-10)**

Cost: \$2.00. Date: Thursday, Aug. 5th. Time: 6:00pm. Location: Central Park

Take a break from the hot sun and come inside for an evening of movies and fun. You'll get to see all of the latest movies that you were too busy to go see during the school year or that you loved so much, you'd watch them again.

#### **"Back to School" Bash (ages 6-12)**

Cost: \$2.00. Date: Saturday, Aug. 28th. Time: 6:00-8:00pm. Location: Garfield

Hey kids, excited about going back to school? Don't pout; we're having a "back to school" party. There will be games, music, basketball, volleyball and much more. Start the school year off on a positive note at our "bash".

#### **Run, Jump, Scoot, and Scream! (ages 1-6)**

Cost: \$3.75. Date: Aug. 4th and Aug. 11th. Time: 10:00am. Location: Rice

Hey daycare providers and stay at home parents! Are you looking for a place to take your kids for a couple of hours? They'll be able to play with tons of little toys and activities equipment. Care providers/parents can walk around the gym, but are encouraged to participate with all the kids. The gym will only be open for the daycare providers/parents for this program.

## Tips for Saving on Back to School Gear

### Shop the Right Way

Before you set out to shop, take a look at what your kids can reuse from last year. From there, determine what your kids NEED not what they WANT. This will prevent you from buying a lot of things that your kids already have, or that they want now but won't want when they see what their friends have. Once you have a clear picture of what you are going to buy, put a dollar amount (budget) on the trip as a whole. For example, don't budget for each thing ("I'm going to spend \$2.00 on pencils") instead make a cap ("I'm not going to spend over \$100").

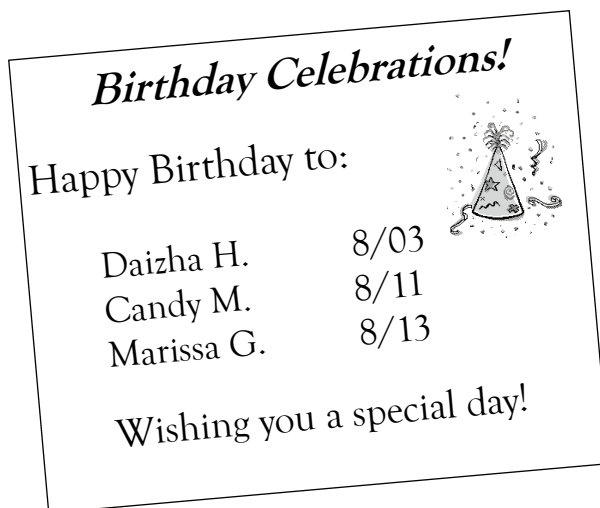
### Bargain with Your Kids

Give your kids the list of items you NEED to get and the dollar amount that you have set for the cap. Then explain to your kids that they can choose to skimp on certain things so that they can splurge later. For example, if your kid is always reaching for the \$50.00 jeans explain that he/she could get the \$20.00 jeans and allocate \$30.00 to entertainment, a trip, designer merchandise, etc. This in turn, teaches your kid about the value of money. However, if your kid skimps now you have to follow through with reward. Budgets and bargains do not work with out a splurge or a reward at some point.

### Look for Places to Spend Less

Look in the newspaper for sales, consignment stores, and outlet malls! However, beware of "tricks". Just because it says three for \$6.00 doesn't mean you have to buy three. If you don't need all three, then buy one at \$2.00 and SAVE \$4.00! Also, determine if it's worth the gas money. For example, if you are at an office supply store, get all your office supplies there even if across town there's a ruler on sale for \$1.00 less then what you are going to buy it for at the office supply store (gas will cost you more then what you will save). Another thing to look out for is outlet malls, make sure when you are shopping in a store that is an "outlet mall" that you are actually getting discounts and it's not just a regular store with regular prices surrounded by stores that are outlets.

***\*\*Be firm with your budget, stay focused, and SAVE, SAVE, SAVE!\*\****



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[www.breakthroughhouse.org/Compeer.html](http://www.breakthroughhouse.org/Compeer.html)

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**Word Search**  
*Back to School*

- WORD BANK**
- Assignments
  - Locker
  - Backpack
  - Lunchroom
  - Bathroom
  - Math
  - Bell
  - New Friends
  - Binder
  - Notebook
  - Cafeteria
  - Nurse
  - Chalkboard
  - Old friends
  - Classroom
  - Padlock
  - Clock
  - Paper
  - Courses
  - Pencils
  - Desk
  - Pens
  - Doors
  - Principal
  - Enroll
  - Quizzes
  - Eraser
  - Roll Call
  - Exams
  - Rules
  - First Day
  - School Bus
  - Gymnasium
  - School Office
  - Hallway
  - Schoolyard
  - Homework
  - Science
  - Intercom
  - Secretary
  - Janitor
  - September
  - Language
  - Social Studies
  - Arts
  - Student
  - Learning
  - Study
  - Library
  - Teacher