



EAST HARTFORD  
CHILDPLAN, INC.



# Planning Ahead for Children

ChildPlan Inc. is a non-profit collaborative advocacy group made up of 17 different organizations and agencies in East Hartford which provide programs and services to children and families in East Hartford.

## PRESIDENT'S NOTE

You may not know the true history of ChildPlan and of the individuals committed to its initial intent. In 1993, Rep. Jack Thompson was charged with identifying and addressing the issues facing children in their communities, in response East Hartford heeded the call. Hilde Mayranen, Rosemary Moynihan, Sen. Gary LeBeau, Helene Padegimas, Ken Gwodz, Gary Shea, and Linda Chamberlain were just some of the people instrumental in creating a network of individuals to discuss children's issues – now known as East Hartford ChildPlan.

There was also one more person instrumental in the development of ChildPlan from the beginning – Mayor Melody Currey. She served as a child advocate well through ChildPlan's incorporation in 2003. She continued her commitment to children's issues as a legislative aide to Rep Rosemary Moynihan then she was elected as a state Representative for East Hartford, and through her tenure she became Asst. Deputy Speaker of the House, all the while sitting on ChildPlan's Board as a concerned parent and community leader. She rarely missed a ChildPlan meeting and worked actively with the organization to Chair numerous committees.

We are so proud to have Mayor Currey on our board. Her new position and duties make her schedule too demanding to chair committees for ChildPlan. However, she has not wavered on her commitment to children and in true Melody spirit has found another way to support ChildPlan. We are honored that Mayor Currey has named ChildPlan as one of two beneficiaries of the Mayor's Ball, the theme of which is *"Celebrating the Child Within Us."*

I would encourage you to plan on attending this event on March 25, 2006 at Rentschler Field. Please come out to show support for Mayor Melody Currey, ChildPlan and to celebrate children. Additional information can be obtained by contacting Donna Kehoe at 569-5630. I look forward to seeing you there!

The mission of ChildPlan Inc. is to proactively and effectively collaborate with the East Hartford Community to improve the quality of lives of our children and families.

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## CHILD SEXUAL ABUSE PREVENTION TRAINING

Our Child Sexual Abuse Prevention training is underway! ChildPlan's presenters Commander Robert Kenary, East Hartford Police Department, and Cephus Nolen, Director, East Hartford Youth Services have been visiting our schools for staff presentations of "Child Molesters...Suspect and Deflect!" Our mission is to shift the primary burden of sexual abuse prevention away from the children, putting it where it belongs—with parents and adults.

This is just the start for our Child Sexual Abuse Prevention Training Program. We are going out to East Hartford's PTOs, civic and service organizations, childcare centers, and parent groups. If you would like to schedule this **FREE** one and a half hour training for your group, please call 569-5630 (ask for Donna or Karen).

### Special Thanks to Our Sponsors:



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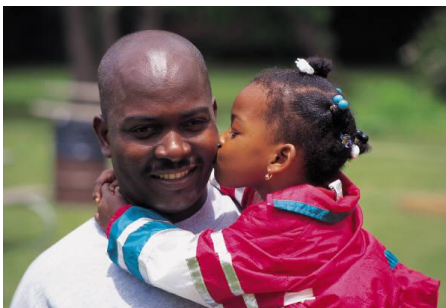
**WILLIAM CASPAR GRAUSTEIN**  
MEMORIAL FUND

# COLLABORATIVE AGENCIES

## EAST HARTFORD HEALTH AND SOCIAL SERVICES

East Hartford Health and Social Services has been serving the community for over one hundred years. During that time we have provided programs and services to people to help enable them to stay healthy and thrive in their community and their lives.

No health concern is more important to us than the health and well-being of the children in East Hartford. We collaborate with a number of community partners to help reach parents and caregivers of children to ensure they have information and guidance on how best to keep their children healthy. We don't take the place of medical providers, but work with them to hopefully PREVENT many childhood illnesses so that the need to see a doctor is greatly reduced. Some of our current programs include:



- **Immunization Action Plan** which works to ensure that all children in East Hartford receive the shots and vaccinations they need to keep them strong and healthy

- Our annual **Community Baby Shower** which provides moms to be with important links to area services and providers and also is lots of fun for those who attend
- **Grandparents raising Grandchildren** support group which offers a social setting for grandparents to come together and learn health and other information that supports their efforts to raise kids
- **Well-child clinics** offered through our public health nursing staff which are held at local area churches several times a month provide FREE well-child care and offer referrals to other community services
- **East Hartford P.U.R.P.L.E.** (People United to Reduce and Prevent Lead Exposure) offers screening and education for children and their parents who might be exposed to lead paint
- Our **Social Services** department offers vouchers for emergency food, and annually offers Coats for Kids and Toys for Kids during the holiday season and food baskets for Thanksgiving, Christmas and Easter.

As you can see, we are committed to ensuring that kids are healthy and strong. Please contact us for any of the above programs or if you have a need for more information. 291-7448

## CIRCLE OF LIFE — ARTS FOR ALL

In the summer of 2002, Reggie Barall retired from her career and followed her passion for the arts when she founded *Circle of Life — Arts for All, Inc. (COLAFA)*, a non-profit organization located at East Hartford Community Cultural Center.

COLAFA specializes in inter-generational programs as reflected in our Mission Statement to improve the quality of life of individuals and families regardless of age, ethnic background or economic status. Here are some programs they sponsor for the children and seniors of our community:

- The **After School Enrichment Series at Silver Lane School** in conjunction with the Family Services Co-coordinator Lynn Elmore. We conduct ethnic dance history classes every Monday afternoon from 2:30 to 4:30 for a group of children in grades 3 to 4. In addition, the class teaches healthy eating habits.
- A newly formed **Brownie Troop at Silver Lane School** — we along with the Hartford Association of Insurance Woman, Inc. and The Connecticut Chapter Society of C.P.C.U. provide craft materials for the Brownie Badges and we donate hats, scarves, mittens and socks at Christmas time that the girls make.

- **Arts and Crafts and Cribbage Outreach Programs** for low income families during school vacations and summer breaks run by Nancy Fitzgerald. In addition, Nancy's husband,

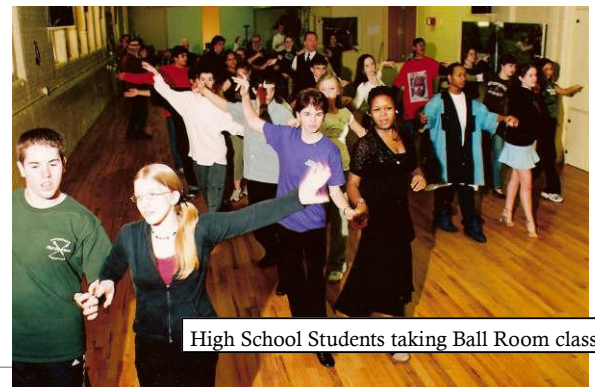
Bob teaches Cribbage at Sunset Ridge School as part of our after school program under the auspices of the School Business Partners.

- The first **High School Dance Competition** for the inter-district school arts programs at the East Hartford Community Cultural Center on April 29th.
- **Ballroom dance lessons on Mondays and Wednesdays at East Hartford High School** and on Saturday's at our dance studio. There are 40 students in this program from various ethnic and economic backgrounds.
- "**Hi Steppin' Seniors Performing Dance Troupe**" that attracts seniors from all over Connecticut at a cost of \$2.00 for residents, which includes a professional dance lesson, a social dance and refreshments.

If you would like to learn more about other programs that *Circle of Life — Arts for All* offers or if you have questions, please visit our website: [www.circleoflife-eh.org](http://www.circleoflife-eh.org), or call us at 291-8747.



A member of our Brownie Troop showing the gloves she made



High School Students taking Ball Room class

# DISCOVERY Programs For Children Ages 0-8

## PARENT LEADERSHIP TRAINING INSTITUTE

The sixteen parents involved in ChildPlan sponsored Parent Leadership Training Institute (a 20-week program focused on becoming parent leaders and advocates for the children of East Hartford) had a very informative visit from Senator Gary LeBeau in which he taught the class the basics on how a bill gets passed as well as the ins and outs of state government, and the different functions and responsibilities of the Governor, the Senate, the House of Representatives, and the various committees.



These parents are also working hard on their final projects that are due on March 16th.

A local graduation will be held April 16th at the Safety Complex, as well as a state-wide graduation at the State Capitol in June.

At this time we would like to recognize the following parent leaders for their hard work on the following projects:

- Jorge Alvarez: East Hartford PEP (for Spanish speaking people)
- Cate Bourke and Pamela Douglas: Empty Bowls
- Veteer Brown: Kids Night Out Together (K.N.O.T.)
- Virginia Czapl: Family Friendly Schools
- Doug Edwards: Parents — You are the first, best teacher
- Karen Gilbert: New Parents Net
- Maria Guzman: Vamos a Leer
- Dawn Homer-Bouthiette: Democracy in Action — A Field Trip of Capitol Proportions
- Melissa Karvelis: Home's Cool East Hartford
- Summer Lee and Becky Crapo: Round Table with the Superintendent
- Sara McEvila: Warm Hearts and Warm Hands
- Mary Ann Prince: It Takes a Whole Village Clinic
- Lydia Sanabria: Welcome to Your New School
- Karen Smith: Helping Hands

This program is funded by the Town of East Hartford and East Hartford Board of Education.

## PEOPLE EMPOWERING PEOPLE EN ESPAÑOL

ChildPlan, Inc. will be holding the first People Empowering People (PEP) program for East Hartford Spanish speaking adults and teens. Our first class will be held on April 19, the location is still to be determined.



PEP is an innovative program designed to build on strengths of adults and teens. PEP recognizes the unique strengths, life experiences and capacities of each person. It also emphasizes the connection between individual and community action.

Participants will attend ten weekly two-hour training sessions followed by bi-monthly or weekly training and support meetings. The ten training sessions include values clarification, communication skills, problem solving, the helping role, parenting, action planning, community assessment and community issues. They also conduct two or more individual or group projects that benefit their community. If you or someone you know that is interested in attending Spanish PEP, please call Jorge Alvarez: 291-0359 or Maria Guzman: 810-8353 EN ESPAÑOL, or Karen or Donna at ChildPlan: 569-5630 EN IN-GLIS (English).

This program is funded by the William Casper Graustein Memorial Trust Fund.

## EARLY CHILDCARE AND EDUCATION COMMITTEE

Are you an *individual who provides care and education for young children in East Hartford?*

A First Aid /CPR certification course will be offered on a **first-come, first-serve** basis on **Saturday, April 29, 8:30AM—3PM**, at **Silva's Youth of Today on Silver Lane** (for childcare and education providers only please).

This course will be **free** of charge but will require a **\$20 reservation fee** which will be **refunded at the time of registration**. Continental breakfast and lunch will be served. Space is limited to 48 people. Please fill out the form and send along with a \$20 reservation fee made out to **ChildPlan, Inc.** to:

**East Hartford ChildPlan, Inc.**  
**2 King Court, East Hartford, CT 06118**

For more information or reservations, please call 860-569-5630 or 860-622-5975

Please sign me up for the First Aid/CPR course offered on April 29, 2006. I am an *individual who provides care and education for young children in East Hartford* and I understand that I am required to pay a \$20 reservation fee which will be refunded to me at the time of registration or I can donate the fee to ChildPlan, Inc. to help pay for programs for children and families of East Hartford.

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

This program is funded by The Town of East Hartford the William Casper Graustein Memorial Trust Fund.



EAST HARTFORD  
CHILDPLAN, INC.



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Fax: 860-568-7656  
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## UPCOMING EVENTS

### **PLTI Graduation**

April 13th

6:00PM

East Hartford Public Safety Complex

### **PEOPLE EMPOWERING PEOPLE in Spanish**

April 19th

Location and Time: To be announced

### **CPR and First Aid Training for East Hartford Child-care and Education Providers**

April 29th

8:30AM—3PM

Silva's Youth of Today

### **SAVE THE DATE**

New Member Reception

September 28, 2006

### **PLTI PROJECT UPCOMING EVENTS:**

#### **VAMOS A LEER (Come Read With Me)**

March 21st

4:00PM

Raymond Library — Main Street, EH

A 45-minute program run by Maria Guzman with reading and singing in Spanish — all nationalities and languages welcome!

If you have questions or upcoming story ideas for the next newsletter, please contact Karen Gilbert, Editor at ChildPlan: 569-5630 or [kareng.childplan@sbcglobal.net](mailto:kareng.childplan@sbcglobal.net)

## ANNUAL APPEAL UPDATE

To all that have donated to our annual appeal, thank you very much for helping us raise \$6,565.00 to support our mission to improve the lives of East Hartford Children and Families. We still have not reached our goal of \$10,000, if you are interested in donating towards this year's appeal please send your check to: ChildPlan, 2 King Court, East Hartford, CT 06118.

This newsletter is funded through the William Casper Graustein Memorial Foundation and Pratt and Whitney