



The newsletter of the  
Buffalo Federation of  
Neighborhood Centers, Inc.

*Unlocking Potential ...  
Enriching Lives.*

# BFNC News

WINTER 2001

VOLUME V, ISSUE 3

## *Happy Holidays!*

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## Noteworthy...

### **FleetBoston Awards \$15,000 to Holiday Food Basket Program**

BFNC's 21st Annual Holiday Food Basket program assisted 1800 households on Friday, December 21, thanks to a \$15,000 grant from the FleetBoston Financial Foundation.

The contribution brings Fleet's total investment in the program to \$77,000 since the win-win partnership was initiated in 1996. Each year, in addition to its financial gift, *Fleet Works* volunteers help prepare and distribute the food baskets.

Alongside Fleet's donation, **General Mills** contributed 1800 boxes of cereal to help fill the bags. The company has partnered with the holiday effort several times in recent years. ♦

### **BFNC Selected as Transition Management Provider**

The Erie County Department of Mental Health has selected BFNC to provide transition case management services for mentally ill persons being released from local correctional facilities.

The **Transition Management Program** will develop community service plans for clients, linking them to behavioral health services and other community supports. Assistance will also be provided for filing applications for Medicaid and other entitlements (e.g. home relief, emergency assistance, food stamps, SSI).

Funding for the program is provided by the N.Y. State Office of Mental Health. It was awarded to BFNC through a competitive RFP application process. ♦



*Christine Crawford (l.) and Maria Graham (rt.), mothers whose children are enrolled in the FADD program, share ideas at a recent advocacy meeting.*

## FADD Program Offers Help for Developmentally Disabled

Give someone a fish and you feed him for a day. Teach him how to fish, and you feed him for a lifetime.

That old proverb underlies the philosophy of BFNC's Family Assistance for Developmentally Disabilities (FADD) program. FADD is funded by the New York State Office for Mental Retardation and Developmental Disabilities. It is available to serve any family with a child or adult living with a developmental disability.

"This program helped get my children back on Social Security when I was cut-off," said Janice Moore. Moore has been involved with FADD for seven years. She credits it with giving her the second opinion she needs to deal with a confusing world of agencies and government programs. Like many FADD consumers, she is also a member of the program's consumer advisory council.

At their monthly meetings, council members learn how to advocate for their family member's special needs. Most importantly, they get to learn from each other's experiences.

Each month, workshops address topics ranging from how to deal with school committees on special education to understanding social security and other benefit systems. The committee also votes on which financial requests will be approved for fellow consumers through the BFNC Family Reimbursement program. The money is usually distributed for small purchases that help provide a healthy, stable living environment.

"We're just like a family," said Phillip Voss, a longtime consumer, who cares for his son, Michael, age 29.

*Continued on back page*



## Spotting Signs of Anxiety in Seniors

*National tragedies can stir old fears*

by Nathaniel Draffin  
Director, Senior Day Training Program

As our country continues to grapple with post-September 11 anxieties, much attention has been given to helping children cope with questions and fears. Equal attention should also be given to seniors in our community, and especially seniors with special needs.

In my daily work, I have watched as current events affect older Americans with mental illness and developmental disabilities. Regardless of their diagnoses, our members have been impacted as all seniors have by a host of national crises. They have witnessed and experienced World War II, the Holocaust, Pearl Harbor, air raid drills, the Korean War, the Kennedy assassinations, the Vietnam War, the assassination of Martin Luther King, Jr. and the Civil Rights riots of the sixties.

Thus, they are prone to experience the threat of terrorism in unique ways.

Signs of anxiety in seniors that we can all look for include undue agitation, restlessness, crying, excessive nervousness, hyper motor activity, or unusual complaints of bodily discomfort.

To help dispel fears, special needs and well-aged seniors should be offered every opportunity to express their feelings. Extra attention should be given to comments made by veterans, who might be offered one-on-one counseling when needed. Group activities tied to fund raising for victims or their families and other projects also help individuals cope as a community.

Most importantly, do not try to hide the truth should an emergency arise. Our elders have been through many challenges in their lives. Honesty and a calm approach will get us all through the challenges to come. ♦

# *Around the Agency...*



*On Wednesday, November 15, 900 BFNC consumers and Buffalo neighbors attended the **BFNC-Citibank Community Thanksgiving Dinner**. The event has been sponsored by Citibank since 1996 through an annual grant of \$3,000. We offer our thanks to the Citibank, Citicorp, General Mills, Unitarian Universalist Church and other community volunteers who helped serve that afternoon. Additional thanks go out to our other lead sponsors, the Community Music School and the Buffalo-Niagara Marriott, for their contributions.*



*Children in the Fun & Learn after school program were treated to a special story hour this fall when Marie Hare came to visit. Hare, the Assistant Vice President for Community Affairs for KeyBank, recently presented a \$3,000 **Key Foundation** grant to the BFNC Summer Fun Days program. Key Foundation has supported the program annually since 1999.*



# Thank You for your contributions!

(Donations received August 20 – December 7, 2001)

Every effort has been made to ensure the accuracy of our donor lists. If there has been an accidental error or omission of your name, please contact our public relations office at 852-5065.

## Holiday Food Baskets

- FleetBoston Financial Foundation
- with support from General Mills and ...

Douglas Bissontz	Mary Brown
Diane Collier	Jack Coyle
Ramona Duell	Janet Duffey
Gale Fitzgerald	Marjorie Gardner
Catherine Hall	Paul Jackson
Mary Jarrett	Charles E. Martin
Verna T. Morton	Margaret Paroski
Patricia Pembleton	Sarah Pittman
Frederick & Jane Pordum	
Willie A. Price	Nancy Rogers
Joseph & Jane Rube	Maurice Samuel
Gerald Saxe	Joseph & Joanne Senall
Bonnie Smith	Ronald Stokes
Artheria Ware	John & Ann Williams

## BAPPS Adopt a Teen Dinner

- Sponsored by the Presbytery of WNY
- with support from ...

Applebee's	Blockbuster
Buffalo Bisons	Buffalo Bills
Barbara Dixon	Jessica Gant
The Gap	R.J. Grissom
McDonald's (Main/Utica)	
Old Navy	Georgeanna White

## United Way Donor Designations (last cycle, 2001 fiscal year)

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## Inkind Contributions

Afrika	Anderson's
Applebee's	Mary Banks
Buffalo Bisons	Buffalo Destroyers
Teacher's Federation	Buffalo
Classic Pizza	Cracker Barrel
Delta Sonic	A Dollar
Jeffrey Drake	Drew Candle Co.
Neeti Ellis	The Hallmark Store
Harris Hill Golf Center	
Howden Buffalo	Fred Howe
Just Pizza	L'il Bit of Country Store
Luther's Crafts	Media Play
Pizza Express	Rich Products
Salvatore's	Six Flags
Straw Beary Gifts	Successories
Robert Trebilcock	WNY Foundation

## Memorials

Frederick & Jane Pordum  
(In memory of **Stephania Zontek**)  
Charles Martin  
(In memory of **Clemmon H. Hodges**)

## Summer Day Camps

Key Foundation	Ronald Peoples
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## Moot Senior Citizens Awards Dinner

- Sponsored by the M&T Foundation
  - with support from ...
- |                          |                         |
|--------------------------|-------------------------|
| Allscript Pharmacy       | American Express        |
| Amherst Senior Center    | Buffalo Criterion       |
| Buffalo Teachers Fed.    | CAO of Eric Co., Inc.   |
| Carl-Jeff Barber Shop    | Child & Family Services |
| Ciminelli Construction   | Colston Enterprise      |
| Comm. Music School       | Deacons' Alliance       |
| Dobmeier Janitor         | Eaton Associates        |
| James France             | GiGi's Restaurant       |
| Greater Buffalo Savings  | Harper's Auto Svc.      |
| Hiscock & Barclay        | Hodgson, Russ, LLP      |
| James Management Co.     | Judge Julian Johnson    |
| Junior Productions       | Meals On Wheels         |
| Metro Horohoe-Leimbach   | Mid City Builders, Inc  |
| Mt. Olive Baptist Church | New Golden Nuggett      |
| Nextel Partners, Inc.    | Hon. Jeannette Ogden    |

## Moot Senior Citizens Awards, cont.

Osmose, Inc.	P-Tech Comm.
Peterson Auto Sales	Kenneth Robinson
Judge Robert Russell Studio 322	
Edmund Thomas, D.D.S.	William-Emslie YMCA
University Home Furnishings	
Urban Consultants, Inc.	Washington Rx Center

## Community Foundation for Greater Buffalo Awards \$20,000

The Board of the Community Foundation for Greater Buffalo approved a grant request of \$20,000 for BFNC's 2002 Summer Day Camp program. Thanks to the foundation's support, BFNC looks forward to serving an increased enrollment of 450 children next summer. The summer program is offered for as little as \$2 per day to low-income families across Buffalo.

## BFNC Receives Wendt Foundation Grant of \$21,000

BFNC also offers its thanks to the Margaret L. Wendt Foundation for its generous grant of \$21,000 to pay for roof repairs at Westminster Community House. The roof has been completed in time for the winter.

## Citibank Impact Grant Awarded

We extend our gratitude to Citibank for its presentation of a \$10,000 Impact Grant to support BFNC's community development efforts.

*Please consider a year-end, New Year's or special occasion gift to BFNC. Just use the enclosed envelope and send your donation today in any amount. Thank you for your support!*

## BAPPS/FACES Spotlight ...

### Buffalo Adolescent Pregnancy Prevention Services & Family Abstinence Comprehensive Educational Services

## Living Up to Media Images: Too Much Pressure for Most Girls

by Ellen Trautman  
Project Director, BAPPS/FACES



In her 1995 best selling book, *Reviving Ophelia: Saving the Selves of Adolescent Girls*, author Mary Pipher pointed out what we as parents, neighbors, educators and

concerned adults have known for some time: that adolescence in our “beauty-based” society often brings a heavy price for girls, their sense of self, and their health.

Between the ages of 7 and 11, girls are interested in everything, are largely oblivious to societal expectations, and participate enthusiastically in a wide range of activities. They are, in many ways, androgynous, enjoying activities traditional to both boys and girls.

By the time they reach early adolescence, however, girls perceive that much of their success depends on looks rather than on intelligence, inherent kindness, talent or other positive values. Unfortunately, they have learned from the media to accept an unreal standard of beauty that is defined by a false perfection (acquired only through retouched photographs and excessive weight loss).

In other societies, a girl’s transition to adolescence is marked by rites of passage. Sometimes there is also an increase in adult supervision, such as the chaperoning traditional to Latin culture. **In the U.S., though, teens spend an average of only seven minutes per day in conversation with their mothers and five minutes with their fathers.** In

comparison, our teens spend an average of four and one-half hours per day watching TV.

With so little family engagement, girls primarily learn cultural values from the media. The distorted values of “sexism,” “lookism” and “consumerism” are predominant. So is the impression that socially acceptable females are passive, dependent and illogical. These influences can overwhelm girls before they are mature enough to understand them. Thus, in Pipher’s words, they end up feeling “pressured to not be who they are, but rather who the culture says they should be.”

Studies demonstrate that at this point, because of the splitting of their personalities between their “false and real selves,” girls’ IQ’s begin to drop as do their math and science scores. They become more depressed and pessimistic, and they suffer from an overall reduction in resiliency.

They also abandon their own interests in favor of becoming socially accepted, thus creating a dependence on the expectations of others. Girls are trained to become less than what they really are and their mental health suffers.

This lack of resiliency can be tied to the trend for premature sexual activity. In the media, sex is associated with sophisticated, mature behavior, even while girls are portrayed as sex objects. Unfortunately, the corresponding responsibilities and consequences are never portrayed. **Outcomes in the United States include urban teens who experience their first sexual intercourse at an average age of twelve and a half,** and a teen pregnancy rate that far exceeds other countries of the developed world.

Another disturbing trend among girls

in this age group is the prevalence of eating disorders. For some girls, food becomes a narcotic, an anesthetic and a response to all emotions and pressures. This can partially explain the obesity rates that have emerged recently of early adolescents. At the opposite end of that scale is the anorexic who strives to live up to the idealized feminine role, starving herself in the process. **With both of these eating disorders, the victims are often the best and the brightest girls, the perfectionists who try to live up to the images portrayed by the media,** but who respond to those images in very different ways. In both cases, though, they are succumbing to the pressures imposed by their culture.

What can we do to reduce some of these trends?

Parents and other adults can begin to counteract the impact of the media by helping girls to understand these distorted images and by helping them to cope with the pressures. Girls should also be encouraged to participate in sports so that they can see themselves as capable, not just as pretty. Studies are showing that community service has an enormous impact on self-esteem. It allows teens to demonstrate competence while interacting with healthy adults. We can also expose girls to women who model independence and success in their chosen fields. TV time can be reduced. Perhaps most importantly, we can simply begin to spend more time with these young women, always encouraging them to be their “real” selves. ♦

*The above article is based on the author’s reflections after reading *Reviving Ophelia: Saving the Selves of Adolescent Girls*. The book, published in*

# FACES Begins Fifth Year of Service

## *Partnerships, Flexibility Key to Program's Growth*

This fall marked the fifth year of service for BFNC's Family Abstinence Comprehensive Educational Services (FACES) program.

The program is funded by the U.S. Department of Health and Human Services. It brings abstinence educators directly into local classrooms for a six-session "Managing Pressures Before Marriage" curriculum. At the end of the year, a seventh "booster session" takes place to reinforce ideas presented.

Although the program was originally geared for fifth and sixth graders, BFNC staff members have worked closely with school and community representatives to adapt it for older students. Most recently, FACES educator Denise DiBello and coordinator Sandra Fenderson worked with Health teacher David Heatherly and his freshman classes at City Honors High School to refine a program specifically for their needs. As a result, abstinence educational services were provided to 125 students in the school's health classes.

Alongside its flexibility in addressing specific age groups, FACES has taken great strides this year in expanding its reach to Spanish speaking students in the Buffalo Public Schools.

Victor Reyes, Intervention Specialist, joined the FACES staff during the summer. A native of the Dominican Republic, Reyes came to America with his family when he was 11 years old and settled in New York City. He is currently a graduate student in biology at Buffalo State College, but he teaches the FACES program part-time to schools with large Spanish speaking populations.

Thus far, Reyes has translated the program for students at the Herman Badillo Bilingual Academy, Harbor Heights Elementary and School #18, among others where he has taught in both English and Spanish.

"I sometimes get a greater response from the non-English speakers than I do in a traditional classroom," said Reyes. "For many of the students, this is the first time they have had access to these type of discussions, and they're eager to participate."

FACES has also seen new partnerships develop with schools outside its Buffalo base. The Managing Pressures curriculum was recently well received by the Martin Luther Christian School in Tonawanda (managed by First Trinity Church) and by the Baker Hall School in Lackawanna, administered by the Catholic Diocese. ♦

## *Other News ...*

### Presbytery of WNY Sponsors Adopt-a-Teen Holiday Dinner

We offer our thanks to the Presbytery of Western New York for its sponsorship of the Annual BAPPS Adopt a Teen Dinner, held on Friday, December 7. Presbytery volunteers provided gifts and served food for over 100 teens and family members enrolled in the BAPPS case management program.

### Babies R Us Offers Safety Workshop, Holiday Gifts

On Friday, December 14, 10 teen mothers enrolled in the BAPPS program received holiday baby gifts and a free crib and car safety workshop from the staff at Babies R Us, located at 1569 Niagara Falls Boulevard. Thank you to Lisa Kessler and her staff for their support!

### "First Things First" Poster Contest Open to Buffalo Students

Call the BAPPS office today at 885-1455 or visit [www.bfnc.org](http://www.bfnc.org) for details, official rules and entry forms for the 2002 "First Things First" teen pregnancy prevention poster contest. Cash prizes will be awarded to the top five entries, with a first prize of \$500! Plus the winning entry will be displayed on Metro busses and a billboard. The school submitting the most entries also wins a gift certificate to Hyatt's All Things Creative. Students in grades 6 through 12 are eligible to win. **All entries are due by May 10, 2002.**

*For more information about the services available through the BAPPS and FACES programs, please call 885-1455. Watch for news about our office move in the new year!*

## BAPPS Collaborating Agencies & Services . . .

### Bob Lanier Center

- *Service:* peer education, activities, behavioral modification
- *Location:* School #6, School #74, Kensington High School
- *Time of Program:* after-school hours
- *Ages:* 12 - 18
- *Contact:* Natasha Perkins, 834-2052

### Native American Community Services

- *Service:* case management, group activities
- *Location:* 1005 Grant Street
- *Time of Program:* varies
- *Ages:* 10-20
- *Contact:* Rob Stalker, Pete Hill 874-4460

### Hispanics United of Buffalo

- *Service:* Teenagers Coming Together—emphasis on self-esteem building
- *Location:* 254 Virginia Street, Grover Cleveland High School
- *Time of Program:* after school
- *Ages:* 12-21
- *Contact:* Laurie Santiago, 856-7110

### BFNC Fun & Learn/BAPPS After School Enrichment Program

- *Service:* after school support, computers, workshops and discussions
- *Location:* Westminster Community House, 421 Monroe Street
- *Time of Program:* M-Th., 3-5:00 p.m.
- *Ages:* 5-15
- *Contact:* Tiffany Prunty, 856-0363

### Reaching Out Case Management

- *Assistance:* housing, social services, health, education, tutoring, transportation
- *Location:* Grover Cleveland, Kensington, South Park, Buffalo Alternative and Emerson High Schools; also by appt. at 1225 Main Street.
- *Office Hours:* M-F 9 a.m.-5 p.m.
- *Ages:* 10-21
- *Contact:* Sandra Fenderson, 885-1455

*BAPPS funding is provided by the New York State Office of Children and Family Services. FACES is funded by the U.S. Department of Health and Human Services.*



## BFNC Mission Statement

*To prepare, equip and empower individuals to address life management issues, and to improve the quality of life in their communities.*

BFNC, Inc.  
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### *FADD Program, cont. from page 1*

Voss was so pleased with the program that he recommended it to his neighbor, Christine Crawford. Crawford soon received help transitioning her daughter, Kimberly, into a new school system. Later, when she, herself became unable to work, she was able to get the referrals and advice she needed to care for her whole family.

“A lot of parents don’t understand the special education system so they don’t go to CSE hearings, then their kid falls in the cracks. Having a support system and someone to reassure me that Kim would be fine means a lot. My case manager helps me get the respect I need to help my daughter,” she said.

**To find out more about the FADD program, please call 885-2393, or stop by their offices at 292 High Street, in the BFNC Moot Senior Center. ♦**

## Mailing List Update ...

- I am receiving duplicate copies of *BFNC News*.
- Please remove my name from your mailing list.
- I have changed addresses. Please update as specified above.
- Please add my name to the BFNC mailing list.

*Please mail to the address above, or fax to 852-6270, att. J. Senall. You may also email your update to [jcsenall@bfnc.org](mailto:jcsenall@bfnc.org). Thank you!*