

# connections communiqué

A quarterly publication for **pbjconnections**

March 2010

## Exciting Work Continues Despite Mounds of Snow!

**W**e at PBJ Connections know the work we do with families and children is so important, especially when we get communications from families we've helped. One of the parents sent this lovely note to us and we wanted to share it with all of you:

*"I am disabled and caring for two daughters with special needs on my own. My eldest is 14 and has bipolar 1 and Post Traumatic Stress Disorder. My youngest is 12 and is coping with a number of family deaths and losses, as well as a divorce. Both of my children have ADHD.*

*When they entered the Equine program, I wasn't sure what to expect. My eldest was not stable and*

*cycled frequently. She was very aggressive. My youngest made millions of excuses for her irresponsibility and was too hyper and rough. She was also very depressed.*

*By the second session I knew I had found something really worthwhile! My oldest was the most caring, the most quiet, and she actually smiled the nights when she had equine therapy. She would come in and hug me! I saw glimpses of my old daughter and it renewed my hope that she could indeed get better!*

*My youngest daughter became gentler, more responsible, and picked up on clues from animals and people around her better. She was able to self-monitor herself better, sensing from*

*other's reactions when she was over the top. She, too, came home smiling!*

*Equine therapy is one of the most effective forms of therapy my children have participated in over the years. I would ask that you open your heart to children like mine and help them learn a better way of life! Please give so that other hurting children can learn to hope and to heal."*

Please keep PBJ Connections in mind during the upcoming months. If you know a family in need remember we are here to help, and like this family the impact can be amazing to see! Your donation will help ensure that we can continue to help families like this one.

**NEW GROUPS FORMING**  
**Groups for ages 8-18 are forming now. Sessions begin the week of March 15th.**

Horses can be powerful in assisting youth to learn more about how they interact with others. If you know a youth who would benefit from group services focusing on anger management, grief and loss, social skills, and/or empowerment, please contact Holly at 614-395-1395.

All spring sessions will be held at our Pataskala location and summer sessions will be held in both Pataskala and at Otterbein. We are proud of our continued partnership with the folks at Otterbein College and at PBJ Dressage.

Name / Company: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

I wish to make the following donation. \$ \_\_\_\_\_  Cash/Check Enclosed

**Mail to:** PBJ Connections, 9800 Jugstreet Road NW, Pataskala OH 43062. **Online:** <http://www.pbjconnections.org>

May we publish your name in our quarterly newsletter and online?  Yes  No

May we publish your comments in our quarterly newsletter and online?  Yes  No

Comments: \_\_\_\_\_

Please remove me from your mailing list.

**Founders' Circle** – With your contribution of \$500.00 or more, a child can participate in a five week group session.

**Builders' Circle** – Your donation of \$250.00 or more can sponsor a weekend of family therapy.

**Sustainers' Circle** – Your donation of \$100.00 or more can sponsor a young boy or girl for a single therapy session.

**Contributors** – Your donation of \$50.00 or more can be used to purchase safety equipment and other needed items.



## 2010 Women's Retreat

**PBJ Connection's Fourth Annual Women's Retreat will be held Saturday May 22nd at 1:00 P.M.**

There will be a variety of amazing workshops that will provide relaxation, crafts, fun, information, and bonding opportunities. Imagine yourself helping a great organization and wonderful cause while you experience a mini-holiday in the fresh country air! Spring colors unfold around you on a picturesque farm, while you sample delicious food, revel in relaxation, and renew your spirit both emotionally and physically. This will be a day of laughing out loud, talking, sharing, and gathering with friends, old and new.

The event will include a silent auction, gifts and prizes, wine and chocolate (what's not to love?). In addition, there will be horse inspired artwork and a ceramic tile painting session, just to mention a few great events.

Who has read "Black Beauty" and NOT wanted to be around horses? This is your chance to see these beautiful animals and help make it possible for children who really benefit from them, to participate in therapy. Contact us today for tickets that are \$35 in advance and \$40 at the door.

### Board of Directors

President: Lois Szudy (07-10)

VPresident: Lyn Green (08-10)

Sec/Treas: Melissa Victor (07-11)

Tess Philipps Gaines (09-11)

Holly Jedlicka, MSW, LSW (07-10)

John Lackey (07-11)

Sidney Farr Leister (09-11)

Amy Looney Munz (07-11)

Dr. Jeff Reiswig (07-10)

Executive Dir: Glenda Childress

### Go GREEN with PBJ

We are recycling aluminum cans, empty printer cartridges and cell phones for cash. If you have these items to recycle, please contact us at [donations@pbjconnections.org](mailto:donations@pbjconnections.org).



### Meet Board of Director Member Sid.

Sidney is a manager in the Information Technology division of Ohiohealth. She enjoys bodybuilding and fitness and is a national competitor. Sidney lives with her life partner, Willa, their nephew Teagan, two cats "Maisie and Julian" and dog "Twila". Sidney is a graduate of the Pride Leadership program sponsored by the United Way and brings many years of management experience and diversity to the board. She is also a successful personal trainer.

Sidney joined PBJ Connections because of her love of animals and the bond/connection that is created between them and humans. She has always felt that animals can show us so much through their own personalities and having them help our troubled youth is an inspiration. Sidney wants to give back to the community and feels nothing is more important than the children of today.

Spring is nearly here and at PBJ Connections we are busy organizing lots of great events for clients, donors, and volunteers. Check out our web site and future newsletters for ways to be involved, [www.pbjconnections.org](http://www.pbjconnections.org).

## Board News

The PBJ Connections' Board of Directors met on January 23rd for a strategic planning meeting to focus on the upcoming years goals. During the three hour meeting, board members discussed goals relating to fund raising and growth; programming, marketing, governance, and facilities planning. The Board agreed to take a team approach on all these topics and created teams to help keep discussions and goals on track. The Board of Directors left the meeting with specific goals and feeling energized for the year ahead.

### April 1<sup>st</sup> Re-enroll for Kroger Fund raising

The Kroger Community Rewards Program allows PBJ Connections to earn funds while you shop at Kroger, using your Kroger Plus Card. All current participants must re-enroll beginning April 1<sup>st</sup>. Go to [krogercommunityrewards.com](http://krogercommunityrewards.com) and select Ohio. From there you can read about the program and register your card to support PBJ Connections. Our Kroger Community Rewards NPO Number is 82259. If you have problems send us an email and we will send you step-by-step instructions.

[www.pbjconnections.org](http://www.pbjconnections.org)