



The Best News

Queen City Area Best Friends Program

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Best Friends Program
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Match spotlight: 'Friends forever'



Four years ago, Kim Flohr of Dickinson signed up to be a Senior Friend to “do something for a younger person.” At the same time, Kitty, 8, needed one-to-one time and a self-esteem boost. The Best Friends Program matched the two in 1997 and they’ve been bowling, talking, shopping, cooking and shopping ever since.

“The first day we met, she kind of hid behind her mother,” Kim said. “She’s outgoing and not shy anymore. She’s going into junior high and I concentrated all summer on building up her self-esteem so she’d be ready.”

Kitty, almost 13, said she appreciates Kim’s humor and patience, and the time she spends helping her with homework and school problems: “She’s been a really big influence on my life; we’ll be friends forever!”

When she was a child, Kim was in the Big Brother/Big Sister Program and “I only saw my Big Sister three or four times. I wanted to do more than that.” Kim and her husband are also guardians for an older child, and Kim attends college and works at a local daycare center.

Kitty’s mom, a single parent raising her daughter and a son, said the friendship has helped her daughter’s self-esteem and helped Kitty become more organized. “She’s in excellent hands.”

How to help children deal with tragedy

1. Continuously reassure your children that you will help to keep them safe.
2. Turn off the TV. Overexposure to the media can be traumatizing. If your older children are watching the news, be sure to watch with them.
3. Be aware that your child's age will affect his or her response. Adolescents in particular may be hard hit by these kinds of events. Obtaining counseling for a child or adolescent soon after a disaster may reduce long-term effects.
4. Calmly express your emotions—remember that a composed demeanor will provide a greater sense of security for your child.
5. Give your children extra time and attention and plan to spend more time with your children in the following months.
6. Let your children ask questions, talk about what happened, and express their feelings.
7. Play with children who can't talk yet to help them work out their fears and respond to the atmosphere around them.
8. Keep regular schedules for activities such as eating, playing and going to bed to help restore a sense of security and normalcy.
9. Consider how you and your child can help. Children are better able to regain their sense of power and security if they feel they can help in some way.

~ source: Children’s Defense Fund Action Council

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Upcoming Events

Sept. 30: **United Way**
Breakfast, 8 a.m. - 1
p.m., Trinity High
School cafeteria.

Oct. 6 & 10: **Senior Friend**
Training:
Professionalism in
Volunteers. Watch for
further details!

Contributors' Corner

More Family Fun Day contributors:

*Sax Motors * True Valu*
Dickinson Dental Center
Dickinson Child Association
Boy Scout Troop 26

Recent Best Friends Program contributors

Bush Foundation
*Albertsons * Arby's*

United Way to fund Best Friends

The Queen City Area Best Friends Program has been approved for a \$3,000 grant from United Way of Dickinson, a \$1,000 increase from last year's award! Please help Best Friends and other United Way agencies by giving generously to the United Way.

New recycling site: Westwind Consulting Center recently donated an enclosed space in the parking lot next to the building at 135 W. Villard for depositing bags of aluminum cans that are recycled for income for Best Friends. **Call 483-8615 to learn more!**

Enjoy being a friend? We need you! Best Friends' waiting list has grown to 13 boys and girls! Can you help? Call 483-8615 to volunteer an hour each week being a friend to a child in your community!

Inside: Dealing with Tragedy
Tips for Parents