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## Special points of interest:

- *RAY of Hope*
- *Bedford in Motion*
- *JGMS After School Program - Spring 2012*
- *Youth and Family Services Committee 2011-2012*
- *Safe Homes*
- *Community Social Services Reference Guide July 2012*
- *TheFamilyDinnerProject.org*
- *Youth and Family Services Donors*
- *Fuel Assistance*
- *How to Demonstrate Respect at Work*
- *Bedford Veterans - Bronze Medallions*
- *DEA's Drug Take Back Day*

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## Recognize a Youth - RAY of Hope

Bedford Chamber of Commerce (BCOC) and Bedford Youth and Family Services (BYFS) are pleased to announce the "RAY of Hope" award. The RAY of Hope Award (**R**ecognize **A** **Y**outh), is designed to identify high school age young people who have performed outstanding service to the Bedford community and/or who by their actions are excellent role models for their peers. Modeled after a similar program in Needham, the RAY of Hope Program is a recognition that young people and their development are of critical importance to the functioning of the Bedford community and their collective futures.

Annually the BCOC will recognize one outstanding young person or group, coordinate a gift from the BCOC, and will work with the local press to inform the larger . BCOC and BYFS will accept



nominations at any time from local businesses, schools, religious or civic groups, or individuals, for high school age youth who are deserving of recognition.

To nominate a young person please fill out the application form available from either the BCOC or BYFS or download it from the BCOC website [www.bedfordchamber.org](http://www.bedfordchamber.org) and mail to Bedford Chamber of Commerce, ATTN: RAY of Hope, 12 Mudge Way, Bedford,

MA 01730. The form can also be faxed to 781-275-7767 or emailed to [YouthandFamily@bedfordma.gov](mailto:YouthandFamily@bedfordma.gov)

Nominations must be submitted by April 1st and will be reviewed by representatives from BCOC and BYFS, and the youth with the most compelling service accomplishments will be selected and honored at the BCOC Annual Dinner.

For questions about the award or the process please contact BCOC Executive Director Maureen Sullivan at 781-275-8503 or BYFS Director Sue Baldauf at 781-275-7727.



## Bedford In Motion

Like adults, children should be physically active most, if not all, days of the week. Experts suggest at least 60 minutes of moderate to vigorous physical activity daily for most children. Adults should strive for at least 30 minutes on most days.

### The Many Benefits of Exercise

Everyone can benefit from regular exercise. Kids (and adults) who are active will:

- have stronger muscles and bones

- be less likely to become overweight
- decrease the risk of developing type 2 diabetes
- possibly lower blood pressure and blood cholesterol levels
- improve concentration and school readiness
- sleep better

### The Three Elements of Fitness

When you watch your kids

playing, you've seen the three elements of fitness in action when they:

1. run away from the kid who's "it" (**endurance**, also **aerobic**)
2. climb the monkey bars (**strength**)
3. bend down to pick up a toy (**flexibility**)

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**Look for our new July 2012 Community Social Services Reference Guide this summer!**

## JGMS After School Program Spring 2012



**BABYSITTER  
TRAINING!**  
**GIRL TALK!**  
**WORDSMITHS!**  
**FITNESS ROOM!**

Bedford Youth and Family Services (BYFS) in collaboration with John Glenn Middle School is gearing up for another successful Spring After School program with a focus on the most popular activities: Babysitter Training with Carol Eaton, Girl Talk with advisor Genevieve Gannon and BHS student leaders, Fitness

Room After School with Libbey Beinert-Hunnewell and Wordsmiths with Lisa Fontaine-Rainen. Programs start the first week of April. The registration deadline is Friday, March 23rd. Space is limited; be sure to sign up as soon as possible to secure your spot.

You can view our flyer and download

a registration at:  
[www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)

Hard copy flyers are available at John Glenn Middle School office as well as BYFS office at Town Center. Questions? Contact Jessica Santos at 781/275-7727 x262 or [jessicas@bedfordma.gov](mailto:jessicas@bedfordma.gov)

### 2011-2012 Youth and Family Services Committee:

Tom Pinney, Chair ♦ Sheryl Barkan, at Large ♦ Kristina Philipson, at Large ♦ Alison Malkin, at Large  
Cathy Cordes, Selectman Liaison ♦ Jeff Wardwell, Police  
Noreen O’Gara, School Committee ♦ Kevin Wormstead, Board of Health Liaison

### Newsletter Credits:

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## Sign Up for Bedford’s SAFE HOMES Starting in May 2012!

The Safe Homes program is a support network for Bedford parents with children in grades 6-12 who are concerned about alcohol and drug use at pre-teen and teen parties and gatherings.

Through Safe Homes, we are encouraging parents of Bedford middle school and high school students to make a pledge that

will provide a safe environment for youth when they have parties or gatherings in their homes - safe from alcohol, drugs, firearms and other hazardous items.

The names of those who make the pledge will be included in the Safe Homes Directory - including the grade level of their children, address and telephone number.

The Directory is mailed only to those who have made their pledge. If you have not already done so, you are encouraged to join the Safe Homes Program and make it clear that you are committed to providing a safe environment for teen parties and gatherings.

You can sign up online for Safe

Homes starting in May by going to our website [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)

Let’s join together to keep all our youth healthy and safe.



## Family Connections: [TheFamilyDinnerProject.org](http://TheFamilyDinnerProject.org)

This past November BYFS added the Family Dinner Project as a resource on the back of our Bedford Families Unplugged Calendar. Studies show that children who sit down to family meals tend to eat healthier foods, do better in school, and are less likely to get involved in drug or alcohol abuse than those who do not eat dinner with their family. Marilyn Belmonte reminded parents of this fact as well in the

APPLAUDD parent education program in October. Of course with busy lives and over-booked schedules finding the time to sit down and eat with the members of your household, whether you have children or not, is no easy task.

The Family Dinner Project is a start-up grassroots movement of food, fun and conversation about things that matter. This

movement encourages families to commit to making the family dinner a regular part of their lives.

Over the past 15 years, research has shown what parents have known for a long time: Sharing a fun family meal is good for the spirit, brain and health of all family members. Recent studies link regular family meals with the kinds of behaviors that parents want for their children: higher

grade-point averages, resilience and self-esteem. Additionally, family meals are linked to lower rates of substance abuse, teen pregnancy, eating disorders and depression. They also believe in the power of family dinners to nourish ethical thinking.

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## Bedford In Motion

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Parents should encourage their kids to do a variety of activities so that they can work on all three elements. Remember, you don't have to do all the exercise in one time period; you can spread it throughout the day.

Helping Your Family Be More Active:

Involve the whole family in activities like hiking, biking, dancing, a game of tag, or ball. You can do a lot of walking during trips to the zoo, park, or miniature-golf course. Include children in household activities like dog-walking, car-washing, or yard work. If your destination is too far to walk or bike, park and

walk or bike from a manageable distance. Log your miles or steps and see if you can go further next time. Focus on fun, and making movement part of your everyday routine. For more ideas on active living, visit: [www.bedfordma.gov/BedfordInMotion](http://www.bedfordma.gov/BedfordInMotion)

## TheFamilyDinnerProject.org

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Now, through this movement, families will come together to share their experiences and insights to help each other realize the benefits of family dinners. Together, they'll figure out the resources needed - like tips for setting dinnertime goals, overcoming obstacles such as conflicting schedules and engaging everyone in meaningful conversation - to improve the frequency and quality of their mealtime interaction.

Families of any size and makeup can sign up on line at their website [TheFamilyDinnerProject.org](http://TheFamilyDinnerProject.org) - it is free! The project founders, comprised of social workers, chefs, psychologists and project managers of the GoodWork™ Project at Harvard University, have created four easy steps to get started:

**Step 1:** Commit to working on your family dinners for at least a month. They suggest making a realistic goal that you can accomplish over the course of a month.

**Step 2:** Set goals as a family. They provide "Goal Sheets" so each member old enough to fill one out can have a voice.

**Step 3:** Start by sharing one meal together, preferably dinner but it could be lunch or breakfast if that is where it is easiest to schedule. The website focuses on food, fun and conversation by providing menus, game ideas, and conversation topics and "lots of tools and resources to help your family make the most of your time at the table. Choose one that's right for your family."

**Step 4:** Assess the progress you make towards your family dinner goals. They provide a "Dinner Log Worksheet" to review your success, pinpoint what is working and what is not and help in working "through obstacles - such as time constraints, arguing at the table and texting during dinner." Whether you just want some menu ideas or lots of helpful suggestions, [TheFamilyDinnerProject.org](http://TheFamilyDinnerProject.org) might be just the thing to help your family reconnect over a meal.

Make it a rule that there will be no interruptions at all. This is your precious family time. What do you have to lose?

**LAST MONTH FOR FUEL ASSISTANCE! QUESTIONS? 781-275-7727**

## How to Demonstrate Respect at Work

1. Treat people with courtesy, politeness, and kindness.
2. Encourage coworkers to express opinions and ideas.
3. Listen to what others have to say before expressing your viewpoint.
4. Use people's ideas to change or improve work. Let employees know you used their idea, or, better yet, encourage the person with the idea to implement the idea.
5. Never insult people, name call, disparage or out down people or their ideas.
6. Do not nit-pick, constantly criticize over little things, belittle, judge, demean or patronize.
7. Treat people the same no matter their race, religion, gender, size, age, or country of origin.
8. Include all coworkers in meetings, discussions, training and events.
9. Praise much more frequently than you criticize.
10. The golden rule does apply at work.

From Susan M. Heathfield, About.com

- Thank you to our Donors:**
- American Legion Post #221
  - American Legion Women's Auxiliary
  - Anonymous (4)
  - Bedford Car Wash
  - Bedford Motel
  - Bedford Post Office Employees
  - Bedford Schools Administration Employees
  - Callahan's Kenpo Karate
  - Cambridge Savings Bank
  - Carleton Willard Village Resident's Association
  - Carriage House Café
  - Doubletree Bedford Glen
  - First Parish in Bedford Social Responsibility Council
  - Flatbread Company
  - Fuji Film
  - Michael & Lea Ann Knight
  - Mettler Toledo
  - Middlesex Bank
  - Middlesex Savings Bank Employees
  - Millipore Corporation
  - Moison Ace Hardware of Bedford
  - O'Malley and Colangeli CPA's
  - St. Paul's Church
  - Staples
  - VFW Post 1628
  - Whole Foods
  - &
  - The Residents of Bedford through your Taxes

## From Veteran Agent, Fred Gordon Bronze Medallions Available for Veterans



Secretary of Veterans Affairs Eric Shinseki has announced that the Department of Veterans Affairs (VA) is offering bronze medallions to attach to existing, privately purchased headstones or markers, signifying a deceased's status as a Veteran.

Shinseki stated, "For Veterans not buried in a national or state Veterans Cemetery, or those without a government grave

marker, the VA is pleased to offer this option that highlights their service and sacrifices for our country." The new item can be furnished instead of a traditional government headstone or marker for Veterans whose death occurred on or after November 1, 1990 and whose grave in a private cemetery is marked with a privately purchased headstone or marker.

Under federal law, eligible Veterans buried in a private cemetery are entitled to either a government furnished grave marker or the new medallion, but not both. Veterans buried in a national or state Veterans Cemetery will receive a government headstone or marker of the standard design authorized at that cemetery.

More information about

VA-furnished headstones, markers and medallions can be found at <http://cem.va.gov/cem/hm/hmtype.asp>

For questions related to other veterans issues please contact Veterans Agent, Fred Gordon at 781-275-1328 or by email at [fgordon@bedfordma.gov](mailto:fgordon@bedfordma.gov)

### BYFS Staff Queries - Main Number: 781/275-7727

Sue Baldauf, Director, x263 - Counseling referrals or questions ~ General dept. questions ~ Community concern ~ Issue related to Violence Prevention Coalition, Bedford Community Partnership, Business Diversity Training, Progress Fund ~ Parenting Education Topic

Fran Stander, Administrative Assistant, x264 - General questions ~ General community & resources ~ Job Match ~ Events & Press Releases ~ New Resident Packets ~ Volunteer Opportunities

Jessica Santos, Youth Development/Prevention, x262 - JGMS After School ~ Peer Mentoring ~ Youth Website ~ Other youth related issues - Alcohol, tobacco, or drug education ~ Diversion ~ Youth Risk Behavior Survey ~ Safe Homes ~ Fuel Assistance

Carla Baer, Safe Routes to School Coordinator, x260 most Thursdays

Fred Gordon, Veterans Agent, 781/275-1328 - Any veterans related question

Eliot Counselors: 781/275-7727 Debby Hardy & Kate Imhoff x261, Lynne Chapas x260

978/369-1113 Kristen Herlihy x115, Christianna Morgan x110

## Bedford participating in DEA's Drug Take Back Day April 28th



The most recent National Survey on Drug Use and health shows prescription medicines to be the most abused drugs by Americans, other than marijuana and found that 70% of people who abuse prescription pain relievers say they got them from friends or relatives. There has also been a 400% increase in substance abuse treatment admissions for people abusing prescription drugs.

A recent study on drug use of teens by the Partnership for a Drug Free America (PDFA) found that one in nine children are abusing prescription pain relievers to get high.

Prescription drug abuse results in

one death every 19 minutes in the United States, according to the Centers for Disease Control and Prevention (CDC).

We are calling on residents to see their medicine cabinets through new eyes, as an access point for potential misuse and abuse of over-the-counter and prescription medicine by young people.

Make sure to participate in Bedford's DEA Drug Take Back Day on April 28th.

For more information or questions call Jessica Santos, Prevention Services Coordinator at 781-275-7727.

### Medical Sharps Collection

Medical sharps collection is a new event in Bedford. State regulations will **prohibit disposal of sharps in household waste, effective July 1, 2012.** This new regulation requires that sharps used at home be disposed safely and securely through a mail-back program or at an approved sharps collection location. Medical sharps will be collected at the Council on Aging (COA) from 12:00 - 2:00 p.m. on April 28th. They will **not** be collected at the Police Station.

Sharps will only be accepted in an approved container available for purchase at the Board of Health 781-275-6507. These containers must be completely full. No partial containers will be accepted. Proof of Bedford residency will also be required.

- **Bedford Police Dept, 2 Mudge Way 10:00 a.m. - 12:00 p.m. Drug Take-Back only - no Sharps**
- **Bedford Council on Aging, Town Center, 12 Mudge Way (Rear Entrance) Drug Take-Back and Sharps 12:00 p.m. - 2:00 p.m.**

Both collection events are free of charge to Bedford residents.