

LEADING THE WAY



A PUBLICATION OF THE GUIDANCE CENTER
FALL 2011

Harlem Children's Zone visit strengthens our commitment to our region

This summer a core group from Downriver—including Guidance Center Board Member John Colina, agency CEO Kari Walker, key staff from the Center for Early Childhood and the River Rouge Promise Neighborhood team—spent time visiting the Harlem Children's Zone (HCZ) in New York.

The Harlem Children's Zone has created a unique, interlocking network of programs so children can break free of the cycle of generational poverty. The HCZ Project has resulted in unprecedented, large-scale success, changing the trajectories of thousands of children—and has sparked a movement of similar efforts across the country. Recently more than 300 communities applied for grants from the federal Promise Neighborhood initiative, which is based on the HCZ model.

21 communities, including the River Rouge Promise Neighborhood facilitated through The Guidance Center, received Promise Neighborhood planning grants. Now our agency has applied for a Promise Neighborhood implementation grant to create a birth-through-college pipeline of best-practice programs.

The inspiring visit allowed us to see firsthand the impressive results achieved by HCZ and reinforce the similar direction The Guidance Center has taken over the years and continues to pursue through this

new federal opportunity. We share many similarities and were able to sharpen our focus as we work with our key partners to help our local children, adults, families, schools, businesses and community, especially in and surrounding River Rouge.



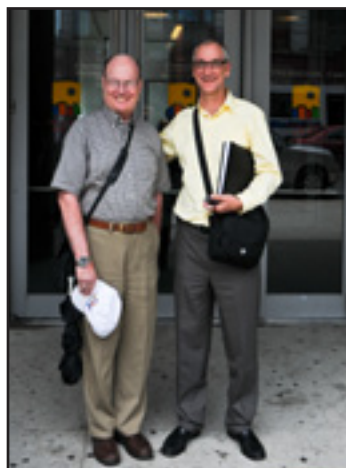
Guidance Center staff and community representatives enjoyed a productive and inspiring visit to Harlem Children's Zone.

The bottom line: The Guidance Center and the River Rouge Promise Neighborhood initiative are working with many to have a collective impact to strengthen families. We want children to succeed. We want families to thrive. And we want to transform communities.

Key Partners for this important work include: The Guidance Center;

River Rouge School District; City of River Rouge; Merrill Palmer Skillman Institute; Great Start Collaborative – Wayne; Regional Educational Service Agency (RESA);

River Rouge Prevention Policy Board; Wayne Metro Community Action Agency; Wayne County Community College District, Wayne State University and the United Way Champions Council. It also is important to note that we are fortunate to have a long list of other collaborative partners.



Board Member John Colina with CEO Kari Walker.



FOR YOUR *generosity,* PLEASE TAKE SOME CREDIT.

Help ensure the future of The Guidance Center by contributing to our endowment fund at the Community Foundation for Southeast Michigan. State law entitles you to a tax credit of 50 percent of the amount you contribute, subject to certain limits. Just write a check payable to the Community Foundation for Southeast Michigan, indicate The Guidance Center Endowment Fund in the "subject" line, and mail by December 31 to:

Community Foundation for Southeast Michigan
333 W. Fort St., Suite 2010
Detroit, MI 48226-3134

For more information on the
Michigan tax credit, call (313) 961-6675.



THE
GUIDANCE
CENTER

in partnership with

communityfoundation
FOR SOUTHEAST MICHIGAN

www.cfsem.org

connecting those who CARE
with causes that MATTER

Sleep Safety Tips

September is Infant Safe Sleep Month. There are a number of things that parents can do to assure that their baby gets restful and safe sleep. Following are some tips you should follow to help your baby sleep safely.

Back to sleep. Place your baby to sleep resting on his or her back, rather than on the stomach or side. This isn't necessary when your baby's awake or able to roll over both ways without your help. Don't assume that others will place your baby to sleep in the correct position — insist on it. Advise sitters and childcare personnel not to resort to the stomach position to calm an upset baby.

Select bedding carefully. Use a firm mattress and avoid placing your baby on thick, fluffy padding, such as lambskin or a thick quilt. These may interfere with breathing if your baby's face presses against them. For the same reason, don't leave pillows, fluffy toys or stuffed animals in your infant's crib.

Don't overheat baby. To keep your baby warm, try a sleep sack or other sleep clothing that doesn't require additional covers. If you use a blanket, make it lightweight. Tuck the blanket securely at the foot of the crib, with just enough length to cover your baby's shoulders. Then place your baby in the crib, near the foot, covered loosely with the blanket. Don't cover your baby's head.

Baby should sleep alone. Adult beds aren't safe for infants. A baby can become trapped and suffocate between the headboard slats, the space between the mattress and the bed frame, or the space between the mattress and the wall. A baby can also suffocate if a sleeping parent accidentally rolls over and covers the baby's nose and mouth.

Offer a pacifier. Sucking on a pacifier at naptime and bedtime may reduce the risk of SIDS. One caveat — if you're breast-feeding, wait to offer a pacifier until your baby is 1 month old and you've settled into a comfortable nursing routine. If your baby's not interested in the pacifier, try again later. If the pacifier falls out of your baby's mouth while he or she is sleeping, don't pop it back in.



Sudden infant death syndrome (SIDS) is the unexplained death, usually during sleep, of a seemingly healthy baby. Although the exact cause is still unknown, it appears that sudden infant death syndrome may be associated with abnormalities in the portion of an infant's brain that controls breathing and arousal from sleep.

There's no guaranteed way to prevent SIDS, but you can help your baby sleep more safely by following the above tips. With proper attention to sleep habits, you boost your baby's chances of having healthy and happy sleep. Sweet dreams!

Annual Budd Lynch Golf Classic

The 22nd Annual Budd Lynch Celebrity Golf Classic to benefit The Guidance Center raised \$62,000 to assist programs for children and adults in our community. 27 teams participated in the June 27 event, which included a luncheon and dinner, silent auction and the free Youth Clinic where many children learned tips from the pros.

A special highlight of this year's festivities was the Swing into Summer pre-party the week prior to the event at the beautiful Grosse Ile home of Nancy Tuinier. More than 75 guests enjoyed a delicious dinner on the Detroit River, along with surprise helicopter rides and a stunning rainbow after a few evening showers.

We appreciate the support of many long-time sponsors including Daly Merritt Insurance (Golf Classic Sponsor), PNC Bank (Youth Clinic Sponsor), Nancy Tuinier (Swing into Summer Event Sponsor), and Lisa Kaiser (Swing into Summer Beverage Sponsor).

We also thank the following Golf Classic sponsors for their support: WIT, Inc.; Merrill Lynch – Leo Stevenson; The AccuMed Group; Central Distributors; Fritz Enterprises; Karen Wilson Smithbauer; Ilitch Holdings; Lakeshore Utility Trailer; MBT – Downriver; Sagemark Consulting; Temperature Control; Behavioral Health Professionals; Oakwood Healthcare System; Plunkett Cooney; Stathakis; Delta Dental of Michigan; Huron Valley Steel

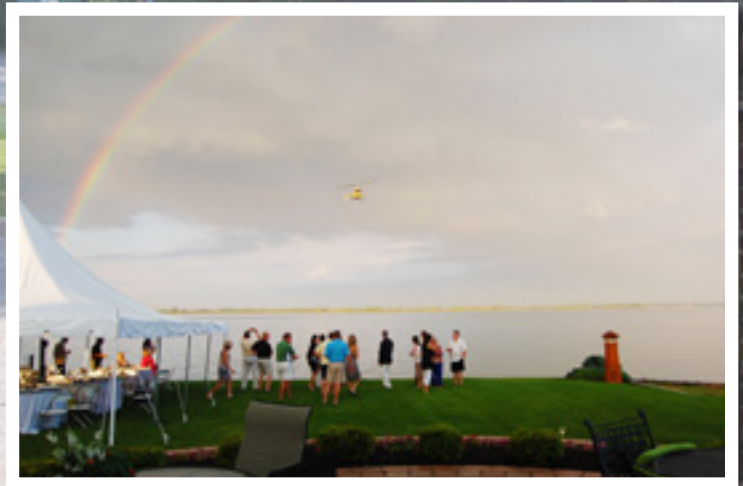


The Swing into Summer party overlooking the scenic Detroit River.

Nancy Tuinier and Budd Lynch welcomed 75 guests to Nancy's home.



CEO Kari Walker speaks about Guidance Center programs.



Helicopter rides and a rainbow surprised and delighted party guests.

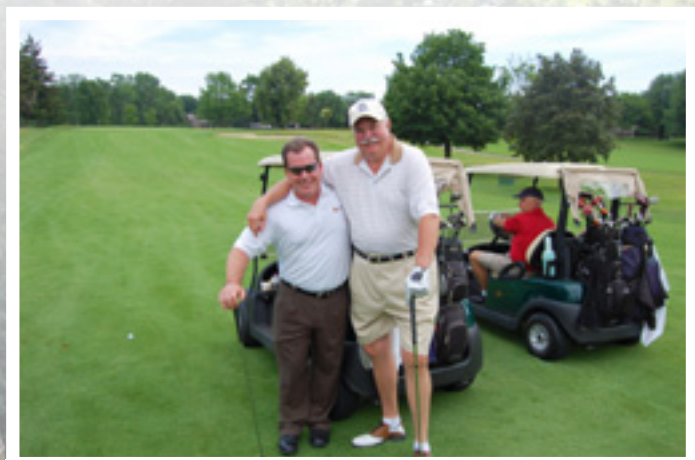
Classic hits hole-in-one for kids

Corporation; Friend of The Guidance Center; Henry Ford Wyandotte Hospital; Holbrook's Roofing Co.; Martenson Family of Funeral Homes; Parts Depot; Philadelphia Insurance; Zubor Buick-GMC, and John G. McNally, McNally Law Offices.

Of course we also thank Budd Lynch for his years of support, as well as the many celebrities who joined us for the event. And we offer our gratitude to many generous In-Kind Donors, Golf Co-Chairs Lisa Kaiser and Tom Kuzmiak, our fantastic golf committee, and the enthusiastic volunteer corps that helps each year.



Detroit Lions' mascot Roary kicks back with some attendees of the Youth Clinic.



Senator Randy Richardville and Bruce Patterson stop for a quick picture before teeing up.



CFO Gary Guetschow, Board Member John Daly, COO Sarah Bannon, Board Member Jim Weeks, and golf committee volunteer Jeff Ferguson.

Tom Kuzmiak and Lisa Kaiser present the prizes during dinner in the clubhouse.



Please mark your calendars for the 23rd Annual Budd Lynch Celebrity Golf Classic, which will be held at the Grosse Ile Golf & Country Club on **Monday, June 25, 2012.**

Internet Essentials connects more students & families



According to the Pew Research Center, only 45 percent of those with household incomes under \$30,000 have broadband at home. Students growing up without Internet at their fingertips are missing out on valuable opportunities and their families may be unable to communicate with their children's teachers and schools.

Now Comcast has introduced Internet Essentials that includes affordable Internet, a low-cost computer, and free Internet training.

Visit www.InternetEssentials.com to learn more.



Boost Nutrition on a Budget

Each participant selects one 2-session workshop. All workshops run from 5:30 - 6:30 p.m.

These **FREE** 2-session workshops will cover general nutrition and healthy living through fun and interactive sessions presented by a Registered Dietitian from Oakwood Healthcare System. Topics include buying organic, maintaining healthy weight, cravings vs. hunger, hidden calories and portion control.

Workshop 1

Thursday, September 15, 2011
Thursday, September 22, 2011

Workshop 2

Wednesday, October 5, 2011
Wednesday, October 12, 2011

Workshop 3

Thursday, October 27, 2011
Thursday, November 3, 2011



At The Guidance Center's Center for Excellence
13111 Allen Road Building 2, Southgate MI

For registration call the Oakwood Health Line at 800-543-WELL.

Thank you to our donors!



Target Foundation:
\$5,000 for Walter White's
After-School Reading
Program



JUNIOR LEAGUE OF
DETROIT
Women building better communities

Junior League of Detroit:
\$2,000 for the Center for
Early Childhood's Reading
is Fundamental Program



Fifth Third Bank: \$5,000
for the Center for Early
Childhood's Mom Power
Groups



Ford MODEL Team Mini-
Grant: \$5,000 for the
Flat Rock Head Start
playground in conjunction
with the Ford Community
Building Accelerated
Action Day

Head Start preschool program now enrolling!

Our Head Start program is recruiting for the fall school year for the comprehensive preschool program for children ages 3-4 that serves 1,592 children throughout the Downriver community.



Parents are encouraged to call The Guidance Center at 734-785-7702 to set up an appointment (walk-ins are accepted).



Agency Tours/Luncheons

Please join us for a free tour and lunch to learn more about how The Guidance Center touches lives.

September 15, 2011

The Guidance Center
Aquinas Building
15601 Northline Road, Southgate

November 11, 2011

The Guidance Center
Kids-TALK Children's Advocacy Center
40 East Ferry, Detroit

All tours at 12 - 1:15 p.m.

To reserve a spot please contact Sherri Hockle at 734-785-7705, ext. 7087 or chockle@guidance-center.org.

i am A VOLUNTEER
THE GUIDANCE CENTER

A **BIG** thanks to our current and previous volunteers. The volunteer efforts of both individuals and groups are truly appreciated!

Guidance Center volunteers are a big part of what we do. Interested in enriching your community? We are looking for mentors, tutors (youth, high school and GED), literacy group aides and pro bono professional volunteers.



For more information or to become a volunteer, please contact Jessica Padgett at 734-785-7705 ext. 7066 or jpadgett@guidance-center.org

Board of Directors

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Carmen McIntyre, M.D.
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You're invited to a special wine tasting event

Grape Expectations for Kids

October 6, 2011
6 - 9 p.m.

Elegant evening includes
premium wine tasting
selected by
Master Sommelier
Claudia Tyagi,
light hors d'oeuvres,
dessert and entertainment.



At The Rattlesnake
300 River Place Drive
Detroit MI 48207

Kindly RSVP by
Monday, September 26, 2011.
To register and submit payment
online visit www.guidance-center.org
and look for the Coming Events section.

Honorary Chair: Nancy Diehl, Kids-TALK Founder

Honorary Committee

John Bussa - Maria & Joe Daly - Angela & John Daly - Debbie Dingell & Congressman John Dingell - Jerry Dorsey IV - Elaine Fritz - Joan Hennessey - Cheryl Kohs - Carmen McIntyre - Carlynn Nichols - Denise Ilitch and Jim Scalici - Lisa Kaiser - Karen Mazo - Sandy Mull - Stephanie Prechter - Hilary Ratner - Veda Sharp - Kari Walker - Kevin Woods