

*Creating Healthier Relationships  
Building Stronger Communities*

In this issue . . .

We Can Help  
Setting Rules and Consequences with Teens  
National Homelessness and Hunger Week  
NUMBERS Do Tell Stories



# Family Services INCORPORATED

## PROGRAMS and SERVICES

Crime Victim  
Support Services

Counseling Program

Developmental  
Disabilities Program

Domestic Abuse  
Project

Emergency Shelter  
Project

The Meghan Blair  
Children's Room

Men Helping Men

Protection From  
Abuse Office

Teen  
Center and Shelter

Street Wise  
Outreach  
and  
Opportunity  
Program  
(SWOOP)

Training  
and  
Consulting  
Institute

Women Aware



## WE CAN HELP

*Do you just need someone to talk to?*

*Are you worried about your teen?*

*Are you worried about the path they are on?*

*Could you and your teen benefit from  
a cooling off period?*

*Are you tired of the battles over rules,  
curfews and responsibilities?*

The Teen Shelter is more, much more than just a shelter for runaway, homeless and at risk youth, ages 12 - 17. This shelter located at 3718 Sixth Avenue, Altoona has been operated by Family Services Incorporated since 1991.

Not all youth are seeking shelter—some are just trying to find a place to spend a few hours. At times, these young people are looking for someone to talk to or the opportunity to meet with other teens in a safe environment.

We have expanded our services to become more of a "Teen Center." Youth drop in after school, get help with their homework, stay for dinner and participate in nightly group discussions dealing with issues pertaining to their age group.

What started out as a shelter almost 20 years ago, has now expanded to include life skills education, runaway prevention services, after care home visits, drop-in services and individual, group and family counseling.

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## Setting Rules and Consequences with Teens

Rules and consequences become a critical piece of negotiating your way through your children's preteen and teen years. Both rules and consequences may change as your teen's needs and desires develop. It can help to ask yourself some questions about your household rules periodically.

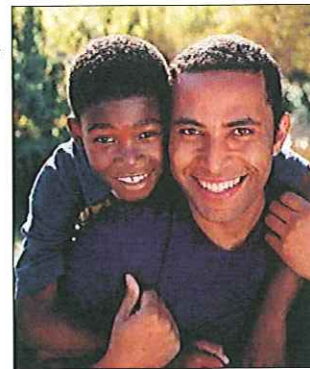
General questions you may want to consider:

- Are they reasonable?
- Have I thoroughly explained reasons for these rules?
- Are there too many rules?
- Are they enforceable and realistic?
- Has my teen been involved in making any of these rules?
- Are they consistent with the rules of other parents whom I respect?
- Whose needs are these rules designed to meet?

Remember, no matter how reasonable your rules may be, it is part of your teen's growth process to challenge them. This means that you need to be prepared to enforce them and impose consequences.

*It (Teen Center and Shelter) was homey and had food and a place to sleep. The shelter had lots of staff willing to talk to you about problems.*  
~Teen

*I really felt the staff understood the issues at hand and handled things very well.*  
~Parent



November  
is  
National Runaway  
Prevention Month



Bryan and Baby Gage

*Bryan,  
Thank you for helping Ryan and me  
give the gift of a home to our son.*

Dear Family Services,

*My now husband, Ryan and I were lucky enough to be guests at the Emergency Shelter Project in Altoona. Before arriving we were terrified. What was it going to be like? We had no clue what to expect. We had just spent our last night in his Mother's attic just crying. I was seven months pregnant and because we were not married at the time, I thought that we were going to be split up. I had heard such horror stories about staying at shelters and I could not bear the thought of being in a separate room from Ryan.*

*Upon our arrival we were greeted by Bryan. Although he was very kind, we did not feel at ease until he told us that we would have our own room together. Only then did we think that it would not be as bad as we had imagined. He went through all the rules of the shelter and then showed us to our room.*

*Ryan and I kept to ourselves for the first week until we started having problems with each other. Bryan and his staff went above and beyond what we had expected — I don't know what we would have done without them. They played mediator and marriage counselor many times, but most of all we felt like they were/are our friends.*

*Ryan and I worked really hard to get where we are today, but I know without a doubt that if Bryan and his staff would not have taken the time that they did to help us, we would not have a place to call home.*

*My husband and I will always be grateful to Bryan and his staff. They will forever have a place in our hearts and prayers.*

Sincerely,

*Ryan, Kelly and Baby Gage*

*PS: To the next couple or person who is lucky enough to get a room in the Emergency Shelter Project, take advantage of all the help that is offered but NEVER taken for granted. We all need a little help at one time or another, just be grateful there are places like this that are willing to give a helping hand. Also, do not expect to have everything handed to you, nothing in life comes free but instead work hard to reach your goals. Never give up and we promise you that in the end you will receive everything you ever wanted and more . . . We did!*



### The Need to do More

Recent official counts now show more than 1.5 million people are living on U.S. streets or in shelters. Some analysts place the number of homeless Americans at 3.5 million, with 1.4 million being children.

The Emergency Shelter Project (ESP), located at 2700 Eighth Avenue, Altoona offers area men, women and children shelter services. Homelessness is not just an issue in large cities, it affects all communities, large and small.

“Each month we are able to open our doors to only **31%** of the people who call ESP looking for shelter services,” stated Bryan Lytle, shelter supervisor. “The absolute hardest part of my job is having to turn away twice as many individuals and families than we are able to serve.”

While we are fortunate to be able to provide shelter services to those in our community, the numbers indicate that we need to do more. Our task is to ensure men, women and children are not turned away due to lack of space at this shelter.

### Lots of Smiles and Lots of Baskets



At the end of the day on Friday, September 17, these young people from the Second Avenue United Methodist Church Youth Group were all smiles as they assembled **12** complete baskets for the Welcome Home Basket Project. These young men and women set up a table outside K-Mart from 1:00 - 7:00 pm. They greeted shoppers with their smiles, passed out brochures and asked for donations.

These baskets, each filled with **17** different items, are given to individuals and families when they transition from the Emergency Shelter Project to their own home.

Special thanks to the parents and advisors for the youth group, K-Mart - Altoona, AseraCare Hospice, New Pig Corporation, our Domestic Abuse Project, Kathy Mincin and for the many donations from the shoppers at K-Mart that Friday.

For information or to learn more about how you can support the Welcome Home Basket Project, call 814.944.3583 ext. 333 or email [info@familyservicesinc.net](mailto:info@familyservicesinc.net).

**Anyone that becomes homeless does not have to stay that way.**

# NUMBERS Do Tell Stories

Did you know Family Services Incorporated (FSI) traces its roots back to **1928**?

When the agency started out **82** years ago as an affiliation with the Children's Aid Society of Pennsylvania, its main objective was to care for orphans and destitute children in order to prevent commitment of these children to county homes, county jails and reformatories.



Today Family Services provides **12** services to approximately **2,420** individuals and families per year. FSI provides its expertise and support in the following areas: offering shelter services and specialized housing; targeting prevention of abuse and victimization; empowering those dealing with the results from abuse and victimization; and assisting victims of trauma from events or relationships in their lives.

Two years ago, Family Services took over the operation of the Emergency Shelter Project (ESP), a homeless shelter for men, women and children that was started in the mid 1990's. The ESP numbers are staggering. In the last twelve months, staff received **573** calls to the ESP with **179** men, women, and children receiving shelter services and support. The most telling number is that **394** calls requesting shelter services were turned away from ESP because the shelter was full.

SWOOP (Street Wise Outreach and Opportunity Program) provides **4** types of outreach: street, school, community and internet-based. Last year, our outreach workers, C.J. Grum and Serena Heller, made contact with over **9,000** youth. They have provided **35** presentations to schools and community organizations focusing on internet safety and social networking.

Witnessing violence between one's parents is the strongest risk factor of transmitting violent behavior from one generation to the next. Last year, **125** children were provided services at the Domestic Abuse Shelter. In addition to providing a safe haven to these young people, this Shelter supported **152** women looking to create a home environment without fear.

Residential programs for children and adults with developmental and intellectual disabilities were established in Blair County in the mid 1970's. Today, Family Services operates **10** residences that **27** adults call home.

Last year, Family Services provided counseling services with over **1,650** hours of counseling to **134** individuals, families and partners. The goal of this program is to help to improve life skills, such as: problem-solving, decision-making, communicating and life management.

## Your support enables the following services:

- \$ **35** – one day of shelter and counseling for a homeless person
- \$ **40** – one hour of counseling for a rape victim or a victim of another crime
- \$ **85** – one hour of counseling for a person with no insurance coverage
- \$ **100** – one internet safety presentation by SWOOP in our schools
- \$ **160** – one month of *Kids Groups*, children activities programs at the Domestic Abuse Shelter
- \$ **245** – one week of shelter and counseling for a homeless person
- \$ **290** – average cost for one day of services for a person with developmental/intellectual disabilities
- \$ **560** – one week of shelter and counseling for a woman and her children in our Domestic Abuse Shelter
- \$ **650** – two months of food and paper products for the Teen Shelter/Center

**Act as if what you do makes a difference. It does. ~William James**

# THANK YOU!

*It is because of your belief in Family Services Incorporated we are able to reach out and provide the resources to those who are able to take on life's challenges and become stronger.*

James and Dawn Absher  
AFSCME-Local #3155  
Allegro Restaurant  
Allied On-Guard  
Reynold Altberg  
Altoona Area Public Library  
Altoona Curve  
Altoona Mirror  
Altoona Sunrise Rotary  
Altoona Symphony Orchestra  
Always A Party Rentals  
Ambrosia Fine Dining  
Andrews & Beard Law Offices  
Anna McCall, Artist  
Annie Bee's Studio  
Anonymous  
Janelle Archey  
art4  
AseraCare Hospice  
Nicole Bagrosky  
Nancy Baker  
Tony and Liz Bambocci  
Maggie Barker  
Bedford Springs Resort & Spa  
Berean Baptist Church  
Nancy Bergstein  
Best Buy #1015 - Altoona  
Beta Sigma Phi Laureate Zeta Theta  
John and Joanne Bice  
Big Mouth Subs  
Denny and Mary Billick  
Christine Binduga  
Black Dog Café  
Blair Companies  
Blair Plastic Surgery  
Blair County Drug & Alcohol Program, Inc.  
Blair County Historical Society  
Blair County PASR  
Bolger Brothers, Inc.  
Kendric Brantner  
Briar Valley Vineyard and Winery  
Bruce and Sue Brower  
Sherrie Buchanan  
Richard and Diane Bunn  
Burley's Restaurant  
Canoe Creek BIC Church Youth Group  
Caribbean Sun Tan and Spa  
Terry Carnicella  
Carriage House Creations  
Kathy Casserly  
Jim Cayce  
Central PA Combined Federal Campaign  
Chef Matt Shields  
Chris' Hallmark  
Christ Community United Methodist Church  
Doug and Nancy Christian  
Sam Claar  
Tim and Brenda Clapper  
Larry and Karen Claton  
Chris and Renee Cohn  
Comfort Inn & Suites  
Sue Condrin  
Sonny and Debbie Consiglio  
Ron and Barbara Cook  
Bill and Rose Cooper  
Lori and David Copley  
Judith Crawford  
Creative Expressions  
Cresson Alliance Church  
Rhonda Crust  
Marcia Cumming  
Cutting Crew  
Joe and Peg DeLeo  
D&B Mixes and More

Mark and Jo Delozier  
Delta Kappa Gamma Sorority (IOTA Chapter)  
Mark and Gina DeRubeis  
DiAndrea Media  
Beverly Dibert  
Jeffrey and Monica Dietrick  
Dollar Tree  
Domino's Pizza  
Hadley Donohue  
Jeane Duclos  
Kim Duffy  
Edgar Snyder & Associates  
Edith Trees  
Jill Endress  
Faith Assembly of God  
Family Resource Center  
Finelli's Italian Villa  
First English Evangelical Lutheran Church  
First Presbyterian Church  
First Stop Shop, Inc.  
First United Methodist Church  
of Hollidaysburg  
Kevin and Linda Flanigan  
Forever Broadcasting  
Forney Financial Solutions, LLC  
Tim Frick - Acoustic Solo  
Marc Frye  
Fullington Tours  
Bud and Dawn Fulton  
Gardner's Candies  
Jordene Gates  
Gazette Printers  
Gearhart's Meats and Country Store  
Geeseytown Evangelical Lutheran Church  
Giant Eagle - Altoona  
Kristine Gibson  
Wayne and Pat Gilbert  
Art and Cathy Glinke  
Mark and Ellen Glunt  
Carol Gordon  
John and Donna Gority  
Green Home Goods, Inc.  
Greyt Bedazzlies By Sheena  
Dave Haley  
Melissa Hallinan  
Dawn Harpster  
Michelyn Hatch  
Cory Havlin  
Michael and Judy Hemberger  
Barb Hernandez  
Holiday Inn Express - Altoona  
Hollidaysburg Area Women's Club  
Home Nursing Agency  
Hoss's Steak and Sea House  
Patricia Hoyme  
James and Barb Huff  
Kathy Hughes  
Ruth Hughey  
Adam and Amy Ickes  
ICON Studios - Paul Cooney  
Irene Imler  
Interim Healthcare  
IS2 Technologies, Inc.  
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Jethro's  
JJAN Financial Group, Inc.  
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James and Carolyn Kirkman  
Kitchen & Gift  
Debra Knarr  
Tim and Monica Knauss  
Greg and Diane Knisely  
Mike and KC Knot  
K-Mart - Altoona  
Kohl's Department Store #970 Altoona  
Chuck and Lue Kormanski  
Kate and Caroline Lafferty  
Guy and Sara Langham  
LEADS of Blair County  
Marion Lebendig  
Liberty Wine and Spirits  
Mary Lightner  
Lisa Becker Cakes  
Llyswen United Methodist Church  
Deb Locke  
Wendy Long  
Sandra Long  
Fanny Louton  
M&M Booze Cakes, LLC  
Mad Lion Gallery  
Majestic Wine and Spirits  
Mr. and Mrs. William Marks  
Martin's Grocery Store  
Nancy Martz  
Marzoni's Brick Oven Company  
Anna McCall  
Tanessa McGinnis  
Melissa McKee  
Jaime McKee  
Brian and Michelle McKeirman  
Rex Metz  
Kathy Mincin  
Rick Miller  
Jan Mills  
Francesca Mirinda  
Lexie Mirinda  
Vicky Mirinda  
Mom's Club of Hollidaysburg/Altoona  
Monica Knauss- Miche Bags  
Claudia Montero  
Brenda Montrella  
Bonnie Morgan  
Moon Shadow Harp  
Luis and Cindy Moore  
Morrison Cove Baptist Church  
Moses & Associates, P.C.  
Mothers and More of Central PA  
Motions in Glass  
Jerry and Suzanne Murray  
Amy Myers  
Nazareth Family Foundation  
NEW Corp  
New Pig Corporation  
Newry Lutheran Church  
Maggie Novak  
Oak Spring Winery  
Dennis and Holly O'Connor  
Bob Octavio  
Marcia O'Rear  
Pampered Chef - Priscilla Hauer  
Our Lady of Lourdes  
Keith and Renee Parowski  
Ken and Melissa Patterson  
Penn Cheese Corporation  
Penn State Altoona  
Julie Pichora  
Picture Perfect Frame and Gallery  
Vivian Plank  
Neil and Mickey Port  
Precious Life, Inc.  
Press Box Printing

ProCare Health and Fitness  
Providence Presbyterian Church of Altoona  
Shamim Rajpar  
Jack and Cheryl Rawlings  
Donald and Florence Reed  
Mandy Reing  
Remnants of Eileen  
Rick Cornet School of Music  
Carol Riggelman  
Ritchey's Dairy  
Roaring Spring Bottling  
Joanne Romine  
Frank and Ann Rosenhoover  
Neil and Dianne Rudel  
Tom and Marlene Russo  
Salem Luthern Church - VBS  
Sally Equipment Division  
Barbara Savino  
Clinton and Vicky Schmidt  
Denise Schmitt  
Steve and Amy Seltzer  
Servello Gallery of Art  
Joe Servello  
Set Apart Women Ministry Group  
Scott and Jacqueline Sheader  
Sheetz, Inc.  
Helen Sickle  
Silpada Designs - Nadine Buchanan  
Simpson Temple United Parish  
St. Catherine's Prayer Shawl Ministry  
St. Rose of Lima  
Staples  
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Stifel, Nicolaus & Company, Inc.  
Richard Sutter  
Tastefully Simple - Leslie Burket  
Tea Merchant 101  
Teeter Group  
TGI Friday's  
Jonathan and Barbara Thaler  
The Casino at Lakemont Park  
The Dancers Centre  
George and Judy Thomas  
Melanie Thompson  
George and Gail Thompson  
Debbie Thompson  
Charli Thompson  
Tiffany Moments Vilaux  
Tim Frick - Acoustic Solo  
Transamerica Retirement Services  
Treasures by Francesca  
Twenty-Eighth Street Church of The Brethren  
Tyron Colonial Courtyard  
David Umbower  
Unitarian Universalist Fellowship of Blair  
County  
United Way of Allegheny County  
United Way of Blair County  
United Way of Laurel Highlands  
Unkel Joe's Woodshed  
John and Edith Vellone  
Vintage Art Glass  
Theresa Vogel  
Katherine Wagner  
Walnut Hill Winery  
Wehwood United Methodist Church  
William and Margie Weible  
Weis Market - Pleasant Valley  
Scott and Dana Witham  
Wolf Furniture  
Women's Club of Altoona  
Don and Lisa Woomer  
WTAJ TV 10

## In Honor and In Memory

*In Memory of . . .  
Fannie Mollica*

Michael and Gloria Croft

*In Memory of . . .  
Lucille Lane*

Gale Clapper  
Mark and Jo Delozier

*In Memory of . . .  
Peggy Reifsnnyder*

Bethany Evangelical Lutheran Church

*The above donations were received August 1, 2010 through October 31, 2010. We apologize for any errors or omissions.  
Please contact Judy Blair at 814.944.3583 for any corrections.*