

The Volunteer Spotlight

for volunteers, supporters and friends of Family Tree

Winter 2006

*A note
from
the
director:*

Volunteering - It Works!

We all pitch in; we all help each other!

“Volunteering can be an exciting, growing, enjoyable experience. It is truly gratifying to serve a cause, practice one's ideals, work with people, solve problems, see benefits, and know one had a hand in them.”

~Harriet Naylor

Hello Everyone,

Happy Holidays! A time to stay warm, celebrate our connection with others and visit with friends and family. A time also to share our abundance with those not as fortunate. This is exactly what Primrose School of Westwoods, Coors Brewing Company and Family Tree did on November 19, National Family Volunteer Day. Through our collaborations, we were able to completely fill 300 Thanksgiving Food Baskets for families in need.

How perfect, as National Family Volunteer Day was created by the Points of Light Foundation to encourage families to volunteer and make a difference in their communities while spending precious time together and modeling for their youth the value of helping others.

Over 300 Coors employees and their families, Family Tree staff and Coors Brewing Company president and CEO, Frits Van Paaschen, were among the volunteers who spent their Saturday ensuring that hundreds of families in need received holiday cheer! A special thanks goes out to Helen Tanner and Suzan Patrick from Coors for their hard work in organizing this nationwide family volunteer day.

We'd also like to acknowledge the students and teachers of Primrose School of Westwoods who, for four years running, have generously donated Thanksgiving groceries to Family Tree. Families receiving Thanksgiving Food Baskets have a median income of \$380 per month, an average family size of three and most often have a female head of household. As you can imagine, the baskets are very much appreciated.

One other fun note, Kathy Pettit, our long-time Director of Grants Administration, collected year-end statistics on our volunteer program. During fiscal year 2004-05, thanks to the efforts of many corporate, civic, family and church groups, more than 100 group volunteer projects were completed at our programs. Volunteers helped us to upgrade and maintain our properties, better serve our clients and raise funds for future projects.

Volunteers who work directly in our programs once again put in a record number of hours. A total of 335 individual volunteers worked weekly or monthly at our programs throughout the year. In total, you gave 31,235 hours of service to Family Tree, an increase of 11% over last year. If we were to pay for these services, the cost

would be more than \$548,000. The numbers represent service well beyond what we could accomplish alone.

With your help, Family Tree was able to serve 25,382 persons last year. The gift of your time and talents is truly appreciated and has immense value.

Happy Holidays and have a great New Year!

Mary Brook

Mary Brook
Director of Volunteer Services



Sporting his "I Volunteered" t-shirt at National Family Volunteer Day, this cheerful volunteer already understands the value of helping others.



Welcome to Our New Volunteers, Interns and Board Members

Volunteers

Christine Erickson
Caitlin McMahon
Nan Fullerton
Beth Ann Vernier
Lynn Siefken
Priscilla Franklin
Jennifer Martinez
Andrew Black
Lori Innskeep
Angela Wilson
Geniveve Hoffman
Megan Wengrove
James Harper-Burns
Lena Fulkerson
Patty Challis
Roxanne Farris
Erin Mack
Lauren Shaw
Jamie Sandstedt
Maria Gallegos

Volunteer Title

Group Co-Leader
Child Care
Jill of all Trades
Child Care
Donations Assistant
Jill of all Trades
Receptionist
Youth Outreach
Women's Advocate
Women's Advocate
Cook
Child Care
Child Care
Legal Advocate
Donations Assistant
Donations Assistant
Women's Advocate
Women's Advocate
Yoga Instructor
Receptionist

Board Members/Board Committee Members

Jennifer Zeppelin Advisory Committee
Christine Bess Services Committee
Sue Wilson Services Committee

Interns

Eva Rivera Community College of Denver
Bethany Kasdon University of Denver
Tammera Gordineer University of Denver
Tomasita Trujillo Metropolitan State College
Kayla Krueger Metropolitan State College

Congratulations to interns and volunteers recently hired as Family Tree staff:

Ann Blankenship
Graceann Harrington
Jelena Subotic
Elissa Vollmuth

"I know it well and sisters and brothers know it, too: What we do is less than a drop in the ocean. But if that drop were missing, the ocean would lack something."

-Mother Teresa



Volunteer Spotlight

We would like to introduce you to Margaret "Nan" Fullerton. Nan is a fantastic volunteer at Family Tree House of Hope. Nan was referred to House of Hope from her church and became a meal coordinator organizing resident dinners once a month. Soon we began to see her smiling face around a bit more, always offering her help and resources. She currently keeps the "house" afloat while the staff are in their weekly team meeting and uses her experience as a teacher to help our children with their homework, a true Jill of all Trades.

Nan grew up in New York as well as Ohio before making Denver her home. She attended Ohio State University and then transferred to the University of Denver, where she received dual degrees in Psychology and Education with a minor in History.

Nan went on to teach elementary school for 22 years. During this time, she earned a Master's degree in Education Curriculum Development. She volunteered for the Catholic Worker's Kitchen for 12 years. Nan also raised three grown sons and has two grandchildren, a six-month-old granddaughter and a two-year-old grandson.



"I respect them and realize they have a huge task and it is important to help them as much as I can."

Nan has volunteered all of her life! During her first few months at the soup kitchen, she felt very guilty about all that she had. Continuing her volunteer work with people who were homeless, she soon realized that the important issue is not what possessions one has, but what connections one can make. Making connections with individuals is her favorite part of volunteering. Nan stated, "They make an impact in your life and theirs. It's a way to give back."

Nan is very excited about her work at House of Hope. She feels a real sense of belonging and enjoys the mutual respect between clients, staff and volunteers. She said, "I respect them and realize they have a huge task and it is important to help them as much as I can." Her philosophy on helping others fits very well with the one employed by House of Hope staff. She commends House of Hope for encouraging people to take responsibility for their own lives and giving clients the freedom to make their own choices.



Volunteer Spotlight

After retiring from teaching, Mary Beattie wanted a volunteer job that was meaningful and helped the world to become a better place. Her former employment in Jefferson County Public Schools consisted of working with special needs youth, grades 1-12, which she did for eight years. Mary looked up Family Tree in the phone book and didn't have to search any further.

Mary currently tutors youth at Gemini School once a week, provides childcare for Housing and Family Services' adult classes, and is available for one-time special events throughout the year.

Mary and her husband, John, have worked at Feast for Families for two years in a row. You probably haven't seen them as they take on the glamorous task of washing dishes! Mary has delivered holiday gifts to client homes, worked at our golf tournaments and at Automezzi, an Italian car show that benefits Family Tree. She is reliable and dependable, and always willing to help out in a pinch, which is very important and helpful to Family Tree.

Mary's volunteer career started at the age of four! Her mother was an active volunteer and Mary followed in her footsteps; it was an expected lifestyle. As a Colorado native, her mother retired from volunteering at the age of 80 after helping to build the Colorado Trail. While raising two sons, Mary volunteered for the Boys Scouts, Girl Scouts, became a den leader and participated in the PTA. She believes she is effective because she likes the kids and they seem to know that. Mary reflects, "Isn't that what most

people respond to - somebody who likes them?" We certainly wouldn't argue with that!

It's important to Mary that she have a good time with the kids and staff - which she does at Family Tree. With a twinkle in her eye, Mary says, "The pay stinks but the rewards are plentiful."

"Working at Family Tree has been eye opening. I didn't know all these things happened in the world and that these problems are so prevalent. I also didn't know you did all the things you do. I am proud to be a part of Family Tree," says Mary. Her favorite experience was early on at Gemini School. The youth completed an assigned paper about their greatest gift as Mary remembers, "Every one of them wrote about their desires to have a family that was not fighting, to have someone love them."



Volunteer, Mary Beattie, has impacted the lives of youth and adults throughout Family Tree.

New Happenings!

Jake Plummer - Hero for the Holidays!

Broncos quarterback, Jake Plummer, continues to light up the faces of Family Tree children. Again this year, Jake Plummer, the Jake Plummer Foundation and several of Jake Plummer's Bronco friends are planning to take a group of Family Tree children holiday shopping. Recently, one mom whose children participated in last years shopping experience told us, "Jake's shopping trip was our Christmas, without that shopping trip we would not have been able to afford gifts for the family." Hats off to Jake Plummer for making holiday wishes come true.

Family Tree Turns 30 Years Old!

2006 marks the 30-year anniversary of Family Tree. Since 1976, Family Tree has provided a broad range of services and shelter to families and youth of metro Denver to overcome child abuse, domestic violence and homelessness. Watch for updates on our anniversary events all year long! We look forward to sharing the next 30 years with you!

True Story!

A congregation in Mississippi organized a letter-writing campaign on behalf of affordable housing legislation. The administrative assistant of their U.S. Congressman then called the pastor to tell him the office was "overwhelmed" by the concerns expressed by his congregants. The pastor was gratified, but also curious, so he asked how many letters were received. The answer: "four or five." Your 37-cent stamp goes a long way!

-from "54 Ways You Can Help the Homeless" by Rabbi Charles A. Kroloff

Victims of Domestic Violence Need Your Help!

Legal Advocate Volunteer

The legal advocate volunteer assists victims of domestic violence, sexual assault, and/or stalking who come to the Jefferson County Courthouse to obtain protection orders. The legal advocate volunteer helps victims with the necessary paperwork and provides support throughout the court process. Volunteers also handle phone calls, giving information and referrals to callers, as well as providing crisis intervention when necessary. For more information, call Mary Brook at (303) 422-2133. Also visit www.thefamilytree.org for other volunteer opportunities.

FAMILY TREE HOLIDAY WISH LIST

GIFTS THAT DOUBLE THE IMPACT

Our families and youth at Family Tree have many critical needs beyond traditional holiday items. Please consider contributing generously of the following items which are basic to a person's comfort and self-reliance.

- Cab Vouchers/Bus Tokens
- Diapers
- Baby Wipes
- Phone Cards
- Laundry Detergent
- Toilet Paper/Paper Towels
- Pillows/Bed Linens
- Hygiene Products
- Gas Vouchers
- Baby Food & Formula

For a more extensive list of special items that help families and help Family Tree, as well as other holiday giving options, such as adopt-a-family, giving trees and volunteer opportunities, please contact Wynn at (303) 422-2133 or visit our website at www.thefamilytree.org.

Available Now!

2005 Family Tree Annual Report



Financials

Donor Listing

Programs & Services

Contact us and get your copy today!

Visit www.thefamilytree.org

Visit us at www.thefamilytree.org



The mission of Family Tree is to help people overcome child abuse, domestic violence and homelessness to become safe, strong and self-reliant.

Address Service Requested

3805 Marshall St., Suite 100
Wheat Ridge, CO 80033



Non-Profit
Organization
U.S. Postage
PAID
Wheat Ridge, CO
Permit No. 79

Show Your Support During The Holidays . . .
And All Year Long!

Lucinda Holiday Pins

Each pin is handcrafted and available in pastels,
primaries or bolder colors.



Price: \$14.00

Three Ways to Purchase:

1. Visit our website at www.thefamilytree.org
2. Phone: (303) 422-2133
3. Stop by: 3805 Marshall St., Wheat Ridge

Family Tree Workshops

Family Tree offers workshops on domestic violence and homelessness three times a year, the next one starting January 21. This training will help prepare participants to volunteer at programs that help people overcome child abuse, domestic violence and homelessness. Volunteers, staff and the general public are invited to attend. Among the expert presenters are:

- The Honorable Roy Olson, First Judicial District Jefferson County Judge
- Lynne Sprague, Residential Supervisor, Family Tree Women In Crisis
- Kimberly Mitchel, Victim Witness Assistant, Jefferson County District Attorney's Office
- Linda Loflin-Pettit, Executive Director, AMEND
- Karen Schuchman, Supervisor of the Education and Counseling Program, Family Tree Karlis Family Center

Domestic Violence Topics include:

- Effects of Domestic Violence on Women and Children
- The Criminal Justice System's Response to Domestic Violence
- Perpetrator Treatment
- Cultural Considerations and Vicarious Trauma

These workshops will be held on:

- | | |
|--------------------------|---------------------------|
| January 21 (9-5 p.m.) | February 8 (6-9:30 p.m.) |
| January 25 (6-9:30 p.m.) | February 21 (6-9:30 p.m.) |
| February 4 (9-5 p.m.) | February 22 (6-9:30 p.m.) |

Homelessness Topics include:

- The Profile of Homelessness in Denver- "Who are the homeless and why?"
- Runaway and Homeless Youth

This workshop will be held on March 14 (6-9:30 p.m.)

Workshops are held at the Family Tree Administrative Offices at 3805 Marshall Street in Wheat Ridge.

Advance registration is required. No cost for current and potential volunteers. \$15.00 for the general public.

Please call Mary Brook at (303) 422-2133 for more details and to register.

Volunteer Training . . . Striving For Excellence!

"I recently attended most of the Family Tree Volunteer Training sessions offered in September and October 2005. I was truly impressed with the expertise and commitment shown by all of the presenters, and I learned so much in a few brief sessions. We covered topics such as understanding domestic violence, trauma, vicarious trauma, perpetrator treatment, cultural and special population considerations, the effects of domestic violence on children, legal advocacy, volunteer policies, de-escalation techniques and much more.

"...when you find this level of performance and commitment, you see a world-class program..."

As a result of the sessions, and learning more about the inner workings of Family Tree, I am even more impressed with the

scope of the support and expertise that Family Tree is providing to the local community. It takes talent, blood, sweat and tears to staff any non-profit organization, but when you find this level of performance and commitment, you see a world-class program that represents a strong role model for any organization striving for excellence. I consider this through the lens of my personal perspective of 30 years of volunteer experience with non-profits and 33 years of experience and leadership in for-profit in the USA and abroad with many, many organizations.

I finished the training series feeling even more fired up and inspired to do what I can to assist victims of Domestic Violence and stop domestic violence in my neighborhood and my city. I extend my sincere thanks to all the dedicated staff and volunteers at Family Tree."

~Jan DeSanti



Volunteer for Family Tree

Make Time -- Make Friends -- Make A Difference

Legal Advocate

A challenging and rewarding position. Advocates assist victims of domestic violence with paperwork for protection order hearings, accompany them into court and provide referrals. Clinics are M-F, three-hour shifts available.

Paralegal

A position needing a Paralegal experienced in family law to assist service recipients at Wednesday night Legal Clinic with completing paperwork for Dissolution of Marriage/Legal Separation, Allocation of Parental Responsibilities, motions and other paperwork related to family law. Clinics are the 1st and 3rd Wednesdays of every month from 7-9 p.m.

Women's Advocate

Lend a much needed hand to women in shelter. Volunteers assist women and staff with a variety of tasks and help with the day-to-day responsibilities. May also answer phones, including a crisis line. Days, evenings and weekend shifts available.

Childcare

Join Family Tree's Circle of Caregivers by committing only 2-6 hours a month. Volunteers care for kids while their parents are in shelter or attending support groups and classes. Your role with the children is dynamic and could include reading stories, watching videos, assisting with play activities, giving moms a respite, or helping during transition times.

Co-facilitation of children's groups is also available. Groups address safety planning, feelings identification and domestic violence through play and art therapy. Evenings and weekends. Times most needed, 6-10 p.m.

Tutors

Provide this service in a dynamic, fully-accredited school through Gemini. Tutors provide youth with one-on-one or group instruction in basic school subjects and the creative arts. M-F, daytime hours.

Receptionist/Administrative Assistant

Receptionists generally make our day! Tasks include answering phones, routing calls to appropriate extensions, greeting visitors and assisting staff with a variety of light office duties. M-F, daytime hours.

Thrift Store Assistant

Join an established group of fun-loving volunteers. Work at our Treasure Trunk Thrift Store, where our families shop at no cost to them. Assistants perform many tasks ranging from customer service to preparing donations for sale. Hours are flexible, Mon-Fri, 9:30 a.m. - 4:30 p.m.; Sat, 9:00 a.m. - 4:00 p.m.

Internships

Family Tree provides excellent learning experiences in the areas of child abuse, domestic violence and homelessness.

Adult class instruction, cooking, drives for needed donations, special events and other volunteer opportunities available.



Potential Group Service Projects

Refurbish a Bedroom

Deep clean, paint and decorate a bedroom in one of Family Tree's shelters. Replace bedding and curtains, if needed. A group of four can complete this in four hours with prior planning and shopping. Group cost is up to \$125 for paint, supplies, bedding and curtains. This opportunity is generally available Monday through Saturday during the day.

Cook a Meal

Prepare a meal in one of Family Tree shelters. Shop, cook, serve and clean up for 30 people. A group of three to six people can complete this project in two hours with prior planning and shopping. Group cost is up to \$50. Family Tree could provide groceries although the menu would be limited. A group could also deliver a meal prepared off-site as a donation. Currently, cooking breakfast is available at House of Hope on weekends. Cooking dinner is available at Gemini, Women In Crisis and House of Hope throughout the week.

Donation Drive/Money Drive

Collect donations of the most needed items at Family Tree. The most needed items are diapers (medium and large), baby items, gift certificates (King Soopers, Conoco, Wal-Mart, etc.), paper products (toilet paper, napkins, paper towels, etc.), socks and underwear. Or collect cash donations for special projects such as matching grants. (Contact Mary Brook for more details.)

Yardwork

Family Tree owns nine properties. Throughout the spring, summer and fall we have a variety of property maintenance needs. Some are quite simple, like raking leaves and pruning bushes, to refurbishing the buildings themselves. This type of project can be enjoyable for a small or large group. Group costs vary.

For more information on volunteer opportunities or to share additional ideas for group projects, please contact **Mary Brook** in Volunteer Services at **(303) 422-2133** or visit our website at www.thefamilytree.org.

Why I Volunteer

"The hope I see in a woman's eyes when she realizes there is possibility of changing her life."

~Family Tree Volunteer

Please feel free to post this information.