

Extra support in a busy world

I have often said that we tend to be like the people we are around the most, whether we want to or not. If you believe in this train of thought, then you know the importance of surrounding yourself with those who are positive influences.

Most all of us can name a handful of people who made differences



in our lives. You may think of your parents, a teacher, a coach or a pastor. You may recall an aunt or uncle, a neighbor or a school bus driver. Or you might even consider a clerk at the grocery store, a camp counselor or a classmate. These people, knowingly or not, served as mentors for us. They did so not only with their words, but more importantly, with their actions.

In a sense, we are all serving as mentors, as what

we say and do impacts others around us at all times. But some mentors take the extra and more formal step of providing specific time and direction for designated children, while also realizing that they, too, are learning.

In this month's cover story, we share details on the One On One Mentoring Project, a program designed to give families an extra support structure in today's busy world. You will learn how anyone can help, and that the simplest efforts are often the most effective in impacting the lives of children. We hope this story motivates you to get involved and make a difference.

Thanks for reading. **CLL**

Shane Goodman
Publisher

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Life in the Valley

Thanksgiving Day is three months away but my personal Thanksgiving is the day after Labor Day. That is the day I arrived at Apple Valley four years ago. That is easier to remember than the exact date. Call it a movable feast. When I arrived, the apartment was completely furnished with all my things – even the pictures on the wall and knickknacks on the shelf. It was home. My family had worked very hard to make it appealing. And it is. Mary Ellen and Sheila are only a phone call away. They do my errands and take me to appointments. In fact, Sheila has called when an ambulance has come here just to see if I'm okay. The families that are far away keep in touch. I am blessed.

At the close of our monthly Resident Meeting we offer individual prayers. Almost all give thanks for family and Apple Valley. I definitely believe that those who have chosen to live here have given their families a gift.

This little story has been in my notes for some time. How it has escaped print this long is a mystery. One day a resident was uptown and met a friend on the street. While chatting, the friend remarked "I know a lady that lives at Apple Valley." "Really? What is her name?"

"Well, I don't remember her name but she has white hair and uses a walker." How is that for specificity? Picture this, if you will: A dining room filled with 50+ 'senior citizens' and music playing in the background. The music ends and I hear a male voice in the far end of the room say – "That's my favorite song." I laughed (to myself). He obviously did not grow up in the Seventies. The song? "Puff the Magic Dragon!"

As you are probably well aware, the Clear lake High School class of 1940 had its 70th reunion this summer. When people asked me about it, I had to say that I felt as if I was still at Apple Valley, what with all the walkers, canes and tales of ailments. Ed attended his 60th and said the same thing!

And yes, the "distant relatives" all made it home this summer! Summer always seems much too short – but hey! There is still October's bright blue weather.

~ Pat. J.



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