

September - December 2019

Community Calendar

First Fridays

May through October
6pm-10pm
Downtown Phoenixville
Phoenixville First Fridays are held on the first Friday of each month and are a great way to experience everything that Phoenixville has to offer.

Join Us!

Stop by our booth at Blues Fest and Kimberton Arts and Music Fest to partake in our earth loom activity!

Phoenixville Blues Fest

September 7, 2019
12:30 - 10 pm
Reeves Park, Phoenixville, PA

Movie in the Park

September 14, 2019
6:30 pm Activities
7:30 pm Movie start
Reeves Park, Phoenixville, PA

Kimberton Arts and Music Fest

September 28, 2019
110 am - 7:30 pm
Kimberton Park

Food Truck Festival

October 5, 2019
12pm - 6pm
Downtown Phoenixville
30+ Food Trucks will grace the streets with globally influenced eats, giving you the opportunity to enjoy city-style eating in the suburbs.

Pumpkin Fest

October 19, 2019
10:30 am - 4 pm
Downtown Phoenixville
Featuring derby races, a carnival, crafts, live music, and much more!

Halloween Parade

October 23, 2019
7 pm
Downtown Phoenixville

Join Us!

We are so grateful to have been selected as 2019's Phoenixville Chamber of Commerce Gala Recipient!

Chamber of Commerce Charity Gala

November 23, 2019
5:30-9 pm
RiverCrest Golf Club - Phoenixville PA
Roaring 20's Theme

Burn Off the Bird

November 30, 2019
7:30 am
Phoenixville, PA
Held annually on the Saturday after Thanksgiving, join the Jaycees 5K Race & 1 mile Fun Run beginning and ending at Franklin Commons.

Holiday Parade

December 6, 2019
7 pm
Downtown Phoenixville

Firebird Festival

December 7, 2019
4 - 11 pm
Veterans Field, 192 Mowere Road, Phoenixville, PA

Art for Kids
BARNSTONE
388 West Pothouse Road
Phoenixville, PA 19460



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Phoenixville, PA 19460



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BARNSTONE NEWS

Letter From Our Executive Director



Sean Halloran
Executive Director
Barnstone Art For Kids

Our Mission:

Using the Power of Art to foster resiliency in children facing adversity

Barnstone Art For Kids

Sean Halloran
Executive Director

Lisa Katarynick
Director of Programming

Board of Directors

Constance Dougher *President*

Carrie Harcus *Vice President*

Eric Daugherty *Treasurer*

Marggy Escorcica *Secretary*

Caroline Cadigan

Charles Gallagher

Sean Halloran

Lynn Detwiler

"Transition" is a loaded word. All by itself, it may seem relatively neutral but in context it has real consequences, good or bad. For our kids, transition is part of their everyday life. As they develop, kids must adapt and cope with changing rules and expectations. They must learn and master new skills and norms, and they must do this in an ever-changing, sometimes turbulent environment.

This Summer, Barnstone piloted a brand-new program with several young adolescents. "Summer Studio" was a great success. Our teens, supported by Mentors and Barnstone staff, created individual art projects that they would do each day of our six-week program. The projects were unique to each teen, and were discussed at our weekly gatherings. During our discussions, it became clear that our teens struggled just as much with their schedules and managing their worlds as the adults in the group. Add to this the dark cloud of adversity, and our eyes open up to just how much our kids have on their minds. Well, our eyes are wide open at Barnstone, and we are responding with more developmentally sensitive programs, and facilitating a meaningful dialogue with the kids we serve. We are poised, once again, to open our doors and provide a safe and supportive environment where creativity, compassion, and collaboration are ready tools for their use.

It is also a time of transition for Barnstone Art for Kids. As Lynn and I have worked side by side these last months I have been awed and inspired by what has been built and what has been accomplished. However, I know there are new places for Barnstone to go. We have so many exciting things to share, and so much to do for our kids and our community.

Read on! Learn about our recent successes, what new directions we are taking, and then decide how YOU want to be involved. It's an exciting time here at Barnstone, and we look forward to you joining us for the adventure.

Best Regards,
Sean

Donate Today!

Join our Giving Circle

\$5000 HEAL Childhood Injustices

\$2500 COPE with Adversity

\$1000 GROW Beyond Trauma

■ \$500 ■ \$250 ■ \$100 ■ \$50

All donations directly benefit Barnstone Art for Kids and the families in our community.

610.917.0140 www.barnstoneartforkids.org

Barnstone Art For Kids Calendar

SEPT 10 | Volunteer Mentor Training
SEPT 17 | Fall Programming Begins
APR 4 | Barnstone LIVE! Art Spectacular

Talking to Children About Tragedies & Other News Events

By American Academy of Pediatrics

After any disaster, parents and other adults struggle with what they should say and share with children and what not to say or share with them.

The American Academy of Pediatrics (AAP) encourages parents, teachers, child care providers, and others who work closely with children to filter information about the crisis and present it in a way that their child can accommodate, adjust to, and cope with.

Where to Start – All Ages

No matter what age or developmental stage the child is, parents can start by asking a child what they've already heard. Most children will have heard something, no matter how old they are. After you ask them what they've heard, ask what questions they have.

Older children, teens, and young adults might ask more questions and may request and benefit more from additional information. But no matter what age the child is, it's best to keep the dialogue straightforward and direct.



Avoiding Graphic Details & Exposure to Media

In general, it is best to share basic information with children, not graphic details, or unnecessary details about tragic circumstances. Children and adults alike want to be able to understand enough so they know what's going on. Graphic information and images should be avoided.

Keep young children away from repetitive graphic images and sounds that may appear on television, radio, social media, computers, etc.

With older children, if you do want them to watch the news, record it ahead of time. That allows you to preview it and evaluate its contents before you sit down with them to watch it. Then, as you watch it with them,

you can stop, pause, and have a discussion when you need to.

Children will generally follow good advice, but you have to give them some latitude to make decisions about what they're ready for. You can block them from seeing the newspaper that comes to the door, for example, but not the one on the newsstand. Today, most older children will have access to the news and graphic images through social media and other applications right from their cell phone. You need to be aware of what's out there and take steps in advance to talk to children about what they might hear or see.

Talking to Very Young Children

The reality is that even children as young as 4 years old will hear about major crisis events. It's best that they hear about it from a parent or caregiver, as opposed to another child or in the media.

Even the youngest child needs accurate information, but you don't want to be too vague. Simply saying, "Something happened in a faraway town and some people got hurt," doesn't tell the child enough about what happened. The child may not understand why this is so different from people getting hurt every day and why so much is being said about it. The underlying message for a parent to convey is, "It's okay if these things bother you. We are here to support each other."

Talking to Grade school Children & Teens

After asking your child what they have heard and if they have questions about what occurred during a school shooting, community bombing, natural disaster, or even a disaster in an international country, a parent can say something such as: "Yes. In [city], [state]" (and here you might need to give some context, depending on whether it's nearby or far away, for example, ("That's a city/state that's pretty far from/close to here"), there was disaster and many people were hurt. The police and the government are doing their jobs so they can try to make sure that it doesn't happen again."

A parent can follow-up as needed based on the child's reactions and questions.

Excerpted from the American Academy of Pediatrics. Website: www.healthychildren.org/English/family-life/Media/Pages/Talking-To-Children-About-Tragedies-and-Other-News-Events.aspx

6 Keys to Talking with Children About Tragedy

- 1 Be honest and open
- 2 Keep it simple
- 3 Don't be graphic with details
- 4 Let them ask questions
- 5 Don't shy away from the uncomfortable
- 6 Allow yourself and child to feel

CREDIT: www.braveintheattempt.com

Barnstone's Board Welcomes New Members!

Our little organization doesn't run on passion and creativity alone! We are supported and guided by an amazing group of professionals on our Board of Directors.

This year we had some wonderful additions, and a bittersweet goodbye on the Board. Our amazing Past-President, **Allison Stinger**, has retired from her years of service to Barnstone. Allison joined Barnstone at the very beginning, and has been one of its most vocal and supportive advocates. She will be missed, but we know she will always be in our corner!

Connie Dougher, who joined the Board in 2018, has graciously taken on the role of Board President. Many thanks to Connie for her service. We have also welcomed new members; **Marggy Escoria**, **Charles Gallagher** and **Caroline Cadigan**. Each of these individuals bring unique gifts, professional and personal, and we are grateful for their commitment to our children!



Connie Dougher



Charles Gallagher



Marggy Escoria

Barnstone in the Community



Barnstone selected as 2019 Charity Gala Recipient by Phoenixville Chamber of Commerce

We are so grateful to have been selected as 2019's Phoenixville Chamber of Commerce Charity Gala Recipient! The event will take place on November 23rd at the Rivercrest Golf Club & Reserve.

This represents not only needed financial support, but an opportunity for Barnstone to shine even brighter in the greater Phoenixville region! The Gala also is an opportunity for our friends and family to join in the celebration! Put the date on your calendars, buy your tickets and JOIN US for the party!

The Chamber is promising a very swank, fun event that will surely create some great memories. Barnstone is also working on items for the evening's SILENT AUCTION. A portion of these proceeds will benefit Barnstone Art For Kids! Executive Director, Sean and Program Director Lisa, are creating original artwork that will be "on the block" for the evening as well. So come out, get involved, and help us raise a glass to all of Barnstone's successes, past, present and future! Visit our website www.barnstoneartforkids.org for details!

Summer Programming

This summer Barnstone's On the Go programming continued with Phoenixville Area Positive Alternatives (PAPA) at Manavon Elementary School in Phoenixville. Kids benefited from Barnstone programming once a week in the six week Safe Camp.

Back at the Barn we enjoyed some reflective creative time with our teens in our first Summer Workshop Series. Teens were given the opportunity to work on a project of their own in whatever medium they chose. But, there was a twist...they had to create something daily and reflect upon their creations. The kids then shared their seven projects each week with the group generating conversations on subject matter, medium choice and experience.



PAPA Kids enjoyed creating individual feathers for a combined wing project and photo opportunity!

CREATIVE CORNER: Stained Glass Art



SUPPLIES:

Glitter glue
Toothpicks
Food coloring

Picture frames
Suction cup hangers (for hanging frames on your window later on)

INSTRUCTIONS:

- Disassembling the frame. The cardboard back to the frame doesn't get used for the project so you can set it aside.
- Clean the glass with some glass cleaner and then place it inside the white frame.
- Grab hold of the hanging tab and decide how you're going to hang your finished frame. Vertically or horizontally? Position your hanging tab appropriately onto the glass in the middle of the frame and then pushed down the little tabs that hold the glass in.
- Place your frame so the back is facing up.
- Squirt glue all over the glass.
- Add one drop of food coloring at a time to various parts of the glass.
- You can use a toothpick to blend the colors into each other and create some swirl or line designs. Here's where the kids can get real creative.
- Once you're happy with your design, allow the glue to dry overnight.

This issue's Creative Corner project comes from Sara at Bitz N Giggles. www.bitzniggles.com/stained-glass-art/

Volunteer Spotlight



Caroline Cadigan
Volunteer Mentor, Junior Board Member
Barnstone Art For Kids

What do you like most about volunteering as a mentor?

Building long-lasting connections with the kids and watching them have fun and progress throughout the program.

My favorite Power of Art project is

Designing a boat!

I can never pass up dancing to

"Keep Your Head Up" by Andy Grammer.

My super power of choice is

The ability to talk to animals.

Outside of school or work my favorite thing to do is

Crafts or tennis! Although I do really enjoy school work and studying.

The thing I miss most from my childhood is

Daily naps.

I totally believe in

Karma.

I never leave home without my

My phone, purse, and water.

I feel passionate about

Spreading awareness and ending the stigma surrounding mental health.

If I was granted three wishes my first wish would be

That every dog had a home.

I would eat a million

Sour Patch Kids.

Nothing makes laugh more than

My dad laughing.

Caroline started as a volunteer in our Power of Art program, was our intern this summer and most recently sits on our board as a junior member.