

# FALL INTO MENTORING!

“AUTUMN IS A SECOND SPRING WHEN EVERY LEAF IS A FLOWER.” – ALBERT CAMUS

Thank you to Thrivent Financial for hosting a wonderfully successful social for us in September! We were able to recruit two new mentors because of your generosity!



Thank you to Solace therapist, Nicole Litzinger, MA who facilitated a training for our mentors focusing on trauma-informed care!



August 16, 2018

## OCMD Day Trip

Every year, as a joined celebration of summertime freedom and back-to-school reality, the Independent Living Unit makes every effort to take the youth involved in their programs on an unforgettable day trip. This year, the majority of the youth voted on a trip to the beach, as some of them had never seen the ocean. The youth enjoyed riding the waves, trying new foods at Phillip's Seafood Buffet, and budgeting on the boardwalk!

September 24, 2018

## HACC Gettysburg

The students of HACC Gettysburg's Student Government Association (SGA) took some of our unmatched Project Hope youth on an unforgettably inspiring tour of campus. The students shared their journey to college; many of them being the first in their families to pursue higher education. Each of the mentees told their guardians that they were going to go to college after their experience with SGA.

Project Hope Stats

Welcome, newcomers!

- ★ 3 new mentors!
- ★ 3 new potential mentors!
- ★ 3 new mentees!
- ★ 1 new potential mentee!
- ★ 1 match made!
- ★ 2 male mentors needed!



## Gettysburg Goat Yoga

In August, our mentors and mentees braved the humidity for the once in a lifetime opportunity to participate in Gettysburg's very own: Goat Yoga. Everyone who is anyone is talking about this super fun way to explore mindfulness, exercise, and of course – play with baby goats! Everyone who attended had an incredibly memorable time and sincerely thank our yogi Teri for showing us how to balance on a yoga mat with a goat on top of our backs!

INTERESTED IN VOLUNTEERING WITH PROJECT HOPE?

CONTACT [PROJECTHOPE@ADAMSCOUNTY.US](mailto:PROJECTHOPE@ADAMSCOUNTY.US) OR CALL 717-337-0110 TO GET STARTED TODAY!

From the Desk of Project Hope's Program Coordinator

## Mentor Spotlight: Barb & Brandon!

We love celebrating the countless achievements our mentors and mentees experience throughout their time with Project Hope. In this edition of our newsletter, we'd like to recognize two of our phenomenal mentors: Barb and Brandon!

Barb has been with the program since 2015 and was matched with her mentee for 3 years! When their match became informal in August, Barb decided to stay active with Project Hope and take another mentee under her wing. She looks forward to working with her new mentee who also has a love for animals. Barb is a former teacher who looks forward to sharing all the benefits of education and earning a high school diploma! When asked who should become a mentor Barb replied, "An adult who cares, Who listens. Who can be a good sounding board and give advice from a mature perspective that may be a little different from what the young person is hearing."

Mentors with Project Hope are asked to volunteer for at least a year with the program, in hopes that they make a connection with their mentee that will last them a lifetime. At the 6-month mark, the Mentor Coordinator meets with the mentee, mentor, and the mentee's family to discuss how the match has been going and what goals they have for the next 6 months. Brandon and his mentee celebrated being matched over 6 months in August! Brandon's mentee wants to find a job, which Brandon has now helped him apply to numerous

employers within walking distance of his mentee's home. At the 6-month mark, should they wish, mentors are able to bring mentees to their home and introduce them to their families. Brandon's mentee's eyes lit up when he heard this news saying, "Does that mean I can go on your church's mission trips with you?!" We all had big smiles on our faces, recognizing that the mentee had been listening to Brandon's passion for volunteering and giving back to your community all along.



*Spending just an hour a week with a Project Hope youth could make the difference between our young people feeling isolated & forgotten vs. feeling valued & confident! Consider becoming a mentor with Project Hope & changing a young person's life forever.*



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