



# INFINITE POSSIBILITIES

*Boys & Girls Club of East Central Alabama Newsletter*

**This is**

**OUR**

**Club**



**GOOD  
TIMES**

*enjoy  
every  
moment.*



**BOYS & GIRLS CLUBS**  
**Lincoln**



*Animals at the Library*



The Lincoln Club members visited the Anniston Library where they engaged in hands on petting of various animals provided by the Anniston Museum of Natural History. Members enjoyed the interactive activity as they learned about various animals including an albino porcupine and snakes. Interacting with animals can be therapeutic for some children. It also gives them an opportunity to challenge potential fear and anxiety about animals such as snakes. Pushing past their limitations helps to develop their social awareness by building confidence and good self-esteem.



**BOYS & GIRLS CLUBS**  
**Jacksonville**

*Arby's In Action in Jacksonville*



Members of Arby's leadership came to the Jacksonville Club and provided a BBQ hotdog lunch and games for the members. There was pickleball, water balloon toss, sidewalk chalk and much more. This hands-on event demonstrated for the members how to build community relationships. The Arby's team also showed the members that social connection and giving back to community is important as part of their social emotion growth. Thank you to the District and Regional managers of Anniston, Sylacauga, Oxford, Lenlock and Pell City.





**BOYS & GIRLS CLUBS**  
Charles A. Hamilton  
Anniston



**BOYS & GIRLS CLUBS**  
Commissioner's Park Unit



### *Talladega Public Library*

### *Plants in our front yard!*



Hamilton-Norwood Club has a garden in their front yard! Raised flower beds support the seedlings. Members learned how to plant, feed and water the plants. They are also growing various plants indoors. This activity has taught the members how to connect to nature and their environment. Using their hands to till the soil gave the members a direct connection to our earth. They are also learning responsibility as they need to take care of the plants for them to grow and thrive. They are excited to see how the plants mature.



Talladega Public Library offered a variety of interactive games for the members of the Commissioner's Park Club. They were also able to win prizes such as fidgets and temporary tattoos which helps with their confidence. During this activity members were able to build their self-awareness by using their abilities to win the games which helped to build their self-esteem. Playing games together supported building relationships with their peers.



**BOYS & GIRLS CLUBS**  
**Roanoke**

### *The Georgia Dam*



What an exciting day for Roanoke at the Georgia Dam. Members had a great learning opportunity as they engaged in STEM interactive activities. They learned about the dam and how it impacts the environment and everyday life. Members learned that the dam generates energy, encourages trade, helps with flood control and improves recreation, i.e. boating, fishing, camping and hiking. Listening and watching the water flow can be used as a coping mechanism coupled with deep breathing.



**BOYS & GIRLS CLUBS**  
**Stemley Unit**



### *The Botanical Gardens*



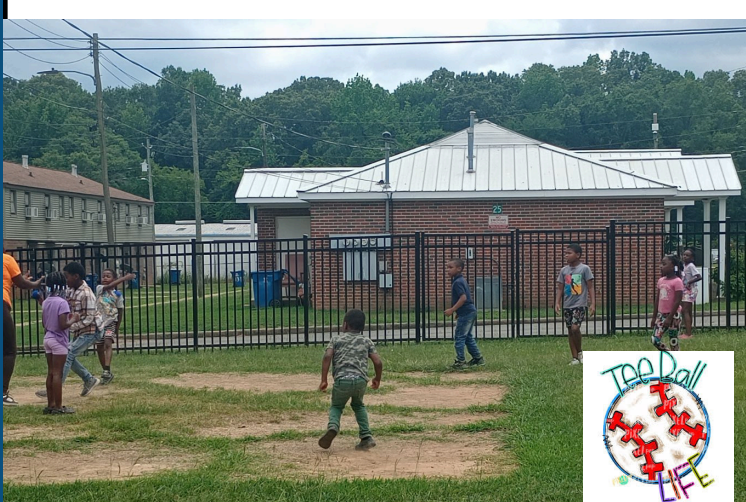
Stemley Club members enjoyed learning about the Botanical Gardens. The gardens are home to over 12,000 different types of plants and 25 unique gardens. Walking amongst the gardens, members experienced the different colors and smells of different plants. Members how they felt about the things around them such as bugs and flying insects that the flowers attract. Members were able to expand their knowledge and self-awareness during this trip as they were able to see plants and flowers that they may not otherwise see in their own environments.



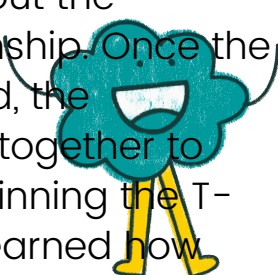
**BOYS & GIRLS CLUBS**  
**Shirley A. Hill Unit**



### *T-Ball in the Yard*



Constantine Club received grant funding for a T-ball set. The members have been enjoying this sport in their backyard! They had to rely on the relationships they have been building throughout the summer for sportsmanship. Once the teams were formulated, the members had to work together to achieve their goal of winning the T-ball game. Members learned how giving back to the community can greatly impact their lives in a positive way.



### Friday, August 2, 2024



Members enjoyed this annual end of the summer Kids Day event! Thanks to some donors, there was a BBQ lunch fresh off the grill, a waterslide, basketball, outside games, ice cream, and plenty of cold drinks. They also had an opportunity to go around in a small circle on "Left Eye" the horse with the guide of a real Cowboy!

# caregiver corner



## MEMBERSHIP RENEWAL TIME!

Please make sure you are inquiring about the application and other things you may need to do to complete the process. Any fees that are due must accompany the application. Please see your Site Director for more information.

As you know, we have been providing service to your child/children at a very low cost to you. In order to continue doing this, we will need your feedback in our parent survey.

If you were sent an emailed copy or a in-person copy, it is very important that you return the survey via email or to your Club as soon as possible.



# Happy First Day of School.



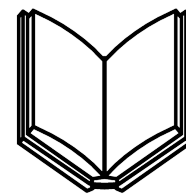
**Anniston City Schools** first day of school is Wednesday, August 7th, 2024.

**Jacksonville City Schools** first day of school is Tuesday, August 6, 2024 for A-K and L-Z on Wednesday, August 7, 2024.

**Talladega City Schools** first day of school is Thursday, August 8, 2024.

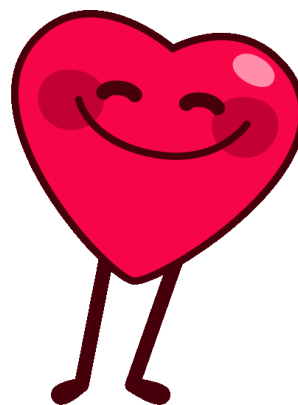
**Talladega County Schools** first day of school is Thursday, August 8, 2024.

**Roanoke City Public Schools** first day of school is Tuesday, August 8, 2024.



Check us out on Facebook

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<https://www.facebook.com/BOYSANDGIRLSCLUBCALHOUNCOUNTY>



- Welcome to all our new staff and summer staff! We are excited that you are here engaging with our youth for a fun filled exciting summer. We look forward to the remainder of the summer.
- Welcome Mrs. Pattie Haines our new Chief Financial Officer (CFO). She comes to us from New York, and is located in the Administrative offices in Anniston.
- Congratulate Ms. Juliette Cook for her promotion to Site Director of the Commissioner's Park Club. We are excited to have her leadership. Please give her a warm welcome when you see her.
- Congratulation to Ms. Tiffany Henry, the Site Director at the Charles A. Hamilton-Anniston Club who is the full-time State of Alabama Youth Development Professional, 2024 Award recipient for the East Central Region Boys and Girls Club.
- Congratulations to Ms. Sheila Elston, the Site Director of the Lincoln Club who is the part-time State of Alabama Youth Development Professional, 2024 Award recipient for the East Central Region Boys and Girls Club.





## SELF-CARE FOR CHILDREN AND ADULTS

Incorporating self-care into a busy schedule can be challenging, but it's crucial for maintaining mental and physical health. Here are some practical ways adults can integrate self-care into their daily routines:

- **Schedule Self-Care Activities:** Treat self-care with the same importance as work meetings or appointments.
- **Utilize Technology:** Use apps or online programs for guided relaxation or cognitive behavioral therapy exercises. Some resources are free and can be done at your own pace.
- **Light Therapy:** Exposure to bright light, especially in the morning, can boost your mood and energy levels. A simple morning walk in the sunlight can be beneficial.
- **Set aside a dedicated time each day,** even if it's just 10-15 minutes, for activities like mindfulness or meditation.
- **Physical Activity:** Find ways to include exercise in your day. This could be a walk during lunch, using the stairs, or stretching at home. Choose activities you enjoy making it less of a chore.
- **Prioritize Sleep:** Aim for 7-8 hours of sleep each night and try to keep a consistent sleep routine. Good sleep is foundational for overall well-being.
- **Take Breaks:** Short breaks throughout the day can help you recharge. Every hour, take 5-10 minutes to stretch, breathe, or enjoy a cup of teal.
- **Morning and Night Routines:** Establish routines that signal the start and end of your day, which can include self-care practices like reading or skincare.

Remember, self-care doesn't have to be time-consuming or expensive. It's about making small, consistent changes that can have a significant impact on your health and happiness



Contact your family doctor or pediatrician. See additional information below.

<https://www.mentalhealthdirectory.net/>

855-209-1575

