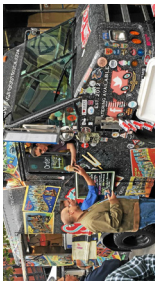


SATURDAY APRIL 25
A Whole Lot of Lulu
 Funky outdoor bi-annual flea market located in Phoenixville. Local vendors selling handmade crafts, vintage items, and junk. Live music, and even something for the kids!
 10:00 AM - 4:00 PM | Phoenixville



SATURDAY, APRIL 26
Walk MS
 Walk MS brings together a community of passionate people for one powerful cause: to end MS forever. And with every step we take and every dollar we raise... we're that much closer. Together, we are stronger than MS. 1 mile and 3 mile routes.
 8:30 AM Walk Starts at 10:00 PM
 Schuylkill River Trail | Phoenixville



SATURDAY MAY 2
Food Truck Festival
 Face the streets with globally influenced eats, giving you the opportunity to enjoy city-style eating in the suburbs. Both city-based and local trucks and vendors participate in this unique event.
 12:00 PM - 6:00 PM | Phoenixville



SATURDAY MAY 13-16
77th Annual Dogwood Festival
 Food, Rides, Midway and Live Entertainment in Phoenixville's Historic Reeves' Park.
 6:00 AM - 10:00 PM | Phoenixville



BARNSTONE NEWS



The Benefits of Altruism

COVER:
The Benefits of Altruism

Our Mission:

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



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Barnstone Art For Kids

Sean Halloran
Executive Director

Lisa Katarynick
Director of Programming

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Marggy Escorcia *Secretary*
Caroline Cadigan
Charles Gallagher
Sean Halloran
Lynn Detwiler *Founder*



BARNSTONE

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Phoenixville, PA 19460
610.917.0140
www.barnstoneartforkids.org



Mentor Spotlight

Mirleni Marin
Volunteer Mentor
First Year
Emerging Artists



What do you like most about volunteering as a mentor?

I want to offer encouragement and help others. I hope to make a positive difference in kids lives. I also like meeting people with similar interests and developing new skills.

I would never leave home without lipstick.

The thing I like most about myself is that I am resilient.

The craziest thing I have ever done is bungee jump and zip line through the Rainforest.

I could eat a million cups of Rita's water ice gelati.

My guilty pleasure is a nap on the beach.

My secret talent is I do energy work - Pranic healing.

My favorite pizza topping is mushroom

I feel passionate about doing my best to be kind and helpful to others.

I can never pass up dancing to 80's music.

Nothing scares me more than a mouse.

My go to karaoke song is Livin' on a Prayer by Bon Jovi

How Can I Help?

\$1000

Develops one On the Go remote location

\$500

Provides Summer Session for 20+ children

\$250

Pairs a mentor with a child in the Power of Art

\$100

Administers training for new one to one mentors

\$50

Replenishes art supplies for children facing adversity

\$20

Supports Barnstone Art for Kids

Other Ways to Give

Volunteer as a Mentor

Contact Lisa@barnstoneartforkids.org

Donate Supplies

paper towel rolls, egg & milk cartons, plastic containers and bottles, boxes, etc! Check out our wish list below for art supplies needed.

Amazon Wish List

www.amazon.com/hz/wishlist/ls/3N9ACO0L65OIP?ref_=wl_share

For Leadership Circle Donation inquiries at the \$2500-5000 level contact:
Sean@barnstoneartforkids.org

Barnstone Art for Kids provides programs to children in need of healing at no cost to the family. Barnstone Art for Kids is funded through the generosity of individual donors with Foundation support. A copy the official registration and financial information for Barnstone Art for Kids may be obtained by calling the PA Department of State at 1-800-732-0900. EIN 38-3872177.



Home is Where the heART is!

Barnstone Art For Kids offers classes in downtown Phoenixville

In late 2019, Barnstone Art for Kids had an opportunity to take up residence in a renovated classroom at the old Sacred Heart School in downtown Phoenixville. The space was made available through collaboration with Ann's Heart (a partner and non-profit leader in our area). Barnstone jumped at the chance to offer programs in the downtown area, and we moved into the room in late September. The space was bare when we walked in, but our volunteers came en masse to fix that! On January 13th, we hosted our annual Volunteer Appreciation gathering at our new space! Barnstone's HeART for Kids now hosts a weekly drop-in program for preschoolers and their caregivers. Take a look at our hard working, wonderful volunteers in action!



Bring Your Kids and Come Create With Us!

*Barnstone heART for Kids
Thursdays 11 am - 1 pm*

*The Heart
30 Hall Street
Phoenixville, PA 19460*

Art and Play As Prevention

In September we opened a classroom space at the HeART. Our first program there is geared toward offering art and play to pre-school aged children and their caregivers during the day. What happens if we provide strategies including creative play and art-making with the parent and the child as collaborators in that experience? Children develop a sense of connectedness, safety, and begin to develop their skills of resilience. Caregivers deepen their parent-child relationship in a fun and supportive environment. Our newest On the Go program seeks to be a source of trauma-prevention, and we are so excited to share this new adventure!



Sean Halloran

*Executive Director
Barnstone Art For Kids*



March 2020

Dear Friends,
Here at Barnstone Art for Kids, we are always moving forward in trying to help our kids **heal, cope and grow**. That work is made more effective because of all of the people who volunteer and support our efforts. Just this morning, I had a meeting with one of our mentors and we were talking about her experience as a Barnstone Art for Kids volunteer. The conversation was honest and I find myself thinking about her words, even hours after it took place. She said that she feels like she "gets" so much from her experience here, and joked that this would be something she might think she had to pay for otherwise.



While we both chuckled over the notion, it hit me as something that I experienced myself as a mentor at Barnstone years ago. We have all had opportunities for community service at one point or another in our adult lives, but in this case the experience I hear most from our folks is more transformative and deeper. I think I know why this is, but I wanted to point out how important you are to Barnstone Art for Kids.

It is an exciting time of change and transition here at Barnstone Art for Kids; expanded programs, a new program location, and many new young artists! I want to say though, without YOU there is no Barnstone Art for Kids. Your generosity and time make all of these wonderful things happen. Thank you for your continued support.

Yours in service,
Sean

Helper's High:

The Benefits of Altruism

Good deeds can relieve stress and help you live longer. Here are just a few of the ways that altruism can improve your attitude and make you healthier, happier, and less stressed:



Releases Endorphins

The positive energy that you feel from doing a good deed can act on your body in much the same way that exercise does, releasing endorphins that make you feel good naturally. That's why the "rush" that good deed-doers sometimes experience after performing an altruistic act is referred to as the "helper's high."

Feeling of Satisfaction

Just because you're being altruistic doesn't mean that you can't or shouldn't feel good about it. You're making a difference in someone else's life and that should make you feel good. There is no reason to try to suppress that feeling or feel guilty about it. Think of it as a perk.

Helps You Feel More Grateful for What You Have

It's not unusual for people to experience a "grass is greener" feeling from time to time. However, because good deeds are often done for those who are going through a difficult time, the experience can serve to remind helpers that their own lives are actually pretty good. Sometimes, actually seeing what is on "the other side of the fence" can make you feel thankful for what you have.

Distracts You From Your Own Problems

Focusing on someone else can actually pull you away from your own self-preoccupation and your own problems. In fact, studies have found that when people with medical conditions (e.g., cancer, chronic pain) "counsel" other patients with those same conditions, the "counselors" often experience less depression, distress, and disability.

Improves Physical Health

Research has discovered that helping others can not only improve your mental health, it also can improve your physical well-being. Studies have found that volunteers tend to live longer and often have better physical health than non-volunteers. (Of course, there are other variables associated with good deed-doers that may at least partially account for these findings. More research is being done to try to better understand all of the factors that may play a role.)

(excerpted from *Psychology Today* article by Sherrie Bourg Carter, Psy.D., 2014)

Mentors Matter!

Barnstone Art for Kids knows how lucky we are to have such an amazing group of Mentors. The people who work with our children are generous, loving, and wonderfully creative. Mentors and the relationships they nurture help our kids feel connected. They know that they are not alone in dealing with life's stressors. Research shows that kids who have had positive mentor relationships are more likely to enroll in college, hold leadership positions later in life, and volunteer themselves in adulthood. These are really strong outcomes showing that the work we do today pays off in their later life. We see these important relationships develop, and we can tell you without question...mentors matter!!

“There is a certain joy working with children brings to my life but knowing my help is making a difference in their lives, well, that's really something!”

– Lisa Katarynick
Volunteer Mentor 5 years
Programming Director 3 years

