

January-April 2019
**Community
Calendar**

**Barnstone Art For Kids Volunteer
Mentor Training**

Wednesday, January 11, 2019
5 - 8 pm
Barnstone Art For Kids
388 W. Pothouse Road
Phoenixville PA
Become a volunteer mentor! Apply online today at
www.barnstoneartforkids.org

Taste of Phoenixville

January 17, 2019
6 - 10 pm
Franklin Commons
400 Franklin Avenue, Phoenixville
Good Samaritan Services will be holding their 17th
annual Taste of Phoenixville fundraiser to support the
essential housing services they provide in both Chester
and Lancaster Counties. Taste of Phoenixville will
offer local fare from over 25 restaurants, breweries
and wineries for attendees. For tickets and more info
visit www.tasteofphoenixville.com

Rosebud Garden Play and Story Hour

Saturday, January 26, 2019
9 am
Kimberton Waldorf School
Rosebud Garden
221 Hickory Grove Road, Phoenixville, PA 19460.
Register by calling Tammi in admissions 610.933.3635
x108, or by email at admissions@kimberton.org.

Barnstone Art For Kids Winter Program Starts

January 29, 2019
4:30-6 pm 6:30 - 8 pm
Barnstone Art For Kids
388 W. Pothouse Road
Phoenixville PA

**#TBT 1990s Party to Celebrate the
Phoenixville Chamber's 90th Birthday**

January 31, 2019
7 pm
\$10 cover
Hosted by Root Down Brewing Company, Phoenixville

Tangled Philly

February 28 - March 3, 2019
Hosted by Philly Area Zentangle & Conscious
Creations Art Studio
225 North High Street
West Chester, PA 19380
Join us for a weekend full of creative flow! Drawing,
Book Making, Journaling, Fiber Art, Should Collage,
Storytelling, Meditation, Journaling, Live Music, and
Mixed Media fun! For more information visit
www.karenizziphd.org/

Barnstone LIVE! Art Spectacular

April 6, 2019
6 - 9 pm
Barnstone Art For Kids
388 W. Pothouse Road
Phoenixville PA
Barnstone LIVE! Art Spectacular is a live, "spectacular"
art event and fundraiser where original artwork is
created right before your eyes! Spectators have the
rare and exciting opportunity to watch artists move
through their creative process, witnessing sketches
evolve into completed artwork that is immediately
available for sale! This event consists of two 45 minute
rounds where 20+ artists will work in various mediums
to create one of a kind art on the spot!

**Join
Us!**

Experience
original pieces
of art being
created LIVE
right before
your eyes!



388 West Pothouse Road
Phoenixville, PA 19460



**Letter From
Our Executive
Director**



Lynn Detwiler
Executive Director
Barnstone Art For Kids

**Barnstone
Art For
Kids**

Lynn Detwiler
Executive Director

Lisa Katarynick
Programming
& Development Director

Erin Ring
Volunteer Coordinator

**Board of
Directors**

Allison Stinger *President*
Carrie Harcus *Vice President*
Eric Daugherty *Treasurer*
Erin Ring *Secretary*
Sean Halloran
Constance Dougher
Lynn Detwiler

610.917.0140 www.barnstoneartforkids.org

In This Issue
December 2018

Executive Function & Regulation
Self Care Techniques
Barnstone in the Community
Mentor Spotlight
Community Calendar

BARNSTONE NEWS

Greetings,

The holidays hold special significance to many of us; a time of love for family and friends, reminiscing on cherished memories, engaging in longstanding traditions. It should be a time of dancing sugar plums and partridges in pear trees. For many though, it can be a demanding time of hardship, pain, and despair. Individuals and children living without the benefit of nurturing relationships or whose basic needs have gone unmet may not have the necessary skill development to effectively navigate the stressful holiday season.

As I travel through the busy Atlanta airport during the Thanksgiving holiday, I am reminded of the Center on the Developing Child's analogy between air traffic control and brain science. The Center provides vast research on executive function and self-regulation – the mental processes that help us manage information, make decisions, and plan ahead. In addition to the article, we've included some suggestions for self-care and grounding exercises.

During this crazy, hectic holiday season, or when you are waiting in those slow-moving lines, remember the importance of establishing routines, engaging in play, and finding connection. I hope you have the opportunity to practice self-care and soothing techniques. Give yourself permission to take in some nature, enjoy the snow, breathe, create something beautiful, be kind to yourself and one another, smile and be in this moment.

Happy New Year,

Lynn

**Barnstone Art For Kids
Calendar**

JAN 23 | Volunteer Mentor Training
JAN 29 | Winter Programming Starts
APR 6 | Barnstone LIVE! Art Spectacular

Executive Function & Self Regulation

Article reprinted from the
Center on the Developing Child at Harvard University Executive Function & Self-Regulation

Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. Just as an air traffic control system at a busy airport safely manages the arrivals and departures of many aircraft on multiple runways, the brain needs this skill set to filter distractions, prioritize tasks, set and achieve goals, and control impulses.

When children have opportunities to develop executive function and self-regulation skills, individuals and society experience lifelong benefits. These skills are crucial for learning and development. They also enable positive behavior and allow us to make healthy choices for ourselves and our families.



Children aren't born with these skills—they are born with the potential to develop them. If children do not get what they need from their relationships with adults and the conditions in their environments—or (worse) if those influences are sources of toxic stress—their skill development can be seriously delayed or impaired. Adverse environments resulting from neglect, abuse, and/or violence may expose children to toxic stress, which disrupts brain architecture and impairs the development of executive function.

Providing the support that children need to build these skills at home, in early care and education programs, and in other settings they experience regularly is one of society's most important responsibilities. Growth-promoting environments provide children with "scaffolding" that helps them practice necessary skills before they must perform them alone. Adults can facilitate the development of a child's executive function skills by establishing routines, modeling social behavior, and creating and maintaining supportive, reliable relationships. It is also important for children to exercise their developing skills through activities that foster creative play and social connection, teach them how to cope with stress, involve vigorous exercise, and over time, provide opportunities for directing their own actions with decreasing adult supervision.

10 GROUNDING TECHNIQUES

Practice these grounding techniques so they will come naturally when you are upset.

- 1 Run cool water over your hands.
- 2 Place a cool washcloth on your head/face.
- 3 Grab tightly on to your chair as hard as you can.
- 4 Touch various objects around you: a pen, keys, your clothing or the wall
- 5 Dig your heels into the floor, literally "grounding" them!
- 6 Carry a grounding object in your pocket which you can touch whenever you feel triggered.
- 7 Stretch, roll your head around.
- 8 Notice your body: the weight of your body in the chair; wiggle your toes in your socks.
- 9 Clench and release your fists.
- 10 Walk slowly: notice each footstep saying "left" or "right" in detail to yourself.

Reprinted from the Eddins Counseling Group

Barnstone in the Community



This Fall Barnstone Art For Kids participated in the Phoenixville Kiwanis KidsFest, a celebration of children and their families. Vendors at the event engaged children in activities having to do with their cause. Barnstone Art for Kids created an earth loom in which kids could take a turn weaving on the loom representing how we can weave together common goals and values and build community. The earth loom was a huge success!

Once school started, Phoenixville Area Middle School kids were looking for a mindful after school club to help them unwind after the school day. Barnstone Art for Kids collaborated with the Phoenixville Middle School to create the first ever Zentangle Club. Kids meet every Thursday after school with Barnstone staff to learn the relaxing Zentangle method of drawing and how these skills can help them become more aware and focused through their creativity. Barnstone is excited to include this club as one of our "On the Go" offerings.

For more information on how you can help us build resiliency in our community, visit www.barnstoneartforkids.org today!



Barnstone Retreat

This summer, Barnstone Advisors and Barnstone Art For Kids spent a week long company retreat in Park City, Utah where we engaged in play and relaxation. We enjoyed team building activities from hiking to history! Day trips included a hike around Mirror Lake in the Wasatch National Forest, a tour of Olympic Park and the Flying Aces and many other fun stops in between.

Lisa: "I'm a big movie geek so to actually see the Egyptian Theatre and downtown Park City, home of the Sundance Film Festival, was a big deal for me but I have to say, witnessing that moose walking right in front of me was at the top of my trip highlights!"

Erin: "I found Park City to be absolutely beautiful! I loved anytime spent outdoors and hiking but I would have to say one of the highlights of our trip was visiting Utah's Olympic Park. We watched the Flying Ace All-Stars aerial show where olympic and national level ski jumpers and snowboarders flew down giant slides and completed impressive acrobatic jumps and flips...into a swimming pool! This is how the athletes practice for competing in the snow! Quite the performance!"

Lynn: I love spending time in Park City. It is my go to place to unwind and commune with nature. Hiking, fishing, taking in the vistas. It keeps me grounded and nourishes my spirit.

Sharing these adventures with Erin and Lisa has given me opportunity to reflect on the significance of building strong healthy, relationships and the meaningfulness of retaining them.



USA Bobsled Olympic Park: Park City, Utah



The ladies enjoyed a self care spa day while the guys hit the links.

Volunteer Spotlight



Trisha Onuskanych
Volunteer Mentor
Barnstone Art For Kids

What do you like most about volunteering as a mentor?

Meeting and interacting with the kids. I feel privileged to be able to create and play with them.

My favorite Power of Art project is
making the slime!

I can never pass up dancing to
"Ain't no Mountain High Enough"

My super power of choice is
to see the truth.

Outside of school or work my favorite thing to do is
to be hiking, kayaking or anything in nature.

The thing I miss most from my childhood is
my parents.

When I wear my optimist glasses I see
hope everywhere.

The craziest thing I ever did is
driving a very narrow, winding road on a mountain in Arizona for 40 miles.

I feel passionate about
living in the moment of life.

If I was granted three wishes my first wish would be
that everyone in the world had enough to eat.

My secret talent is
being patient & listening

Trisha is a mother and floral designer from Royersford, PA and has been a volunteer mentor for 5 years.