

Town of Bedford, Town Center, 12 Mudge Way, Bedford, MA 01730-2171

Telephone 781/275-7727

Fax 781/275-7767

Web Site [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)

## Bedford Named One of 2012 100 Best Communities for Young People by America's Promise Alliance and ING U.S.



### Special points of interest:

- 100 Best Communities
- Parent Education Fall Series
- JGMS After School Program - Fall 2012
- Youth and Family Services Committee 2012-2013
- Safe Homes
- Bedford
- Fuel Assistance
- Community Social Services Reference Guide
- Bedford Families Unplugged
- Youth and Family Services Donors
- Bedford Veterans

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Bedford today was named one of America's Promise Alliances's *100 Best Communities for Young People presented by ING*. The national award was given to Bedford to recognize its outstanding and innovative work in addressing the high school dropout crisis and for its programs and services that make it an outstanding place for youth to live, learn and grow.

Bedford, a five-time *100 Best* winner works to ensure youth have access to educational and recreational resources to help them grow to be healthy, caring and economically self-sufficient adults. Its Junior Peer Mentor program pairs high school juniors with incoming freshmen to help them make a smooth transition to high school. Bedford's Reading, Independent, Success and Engaged (R.I.S.E.) program uses learning experiences to expose students to a variety of professions they may want to pursue after graduation while the Excel Program encourages youth to register for more challenging academic coursework.

In an effort to increase access to information available online, Bedford supplies its ninth graders with iPads in place of textbooks to use until they graduate.

### Parent Education Series Fall 2012

Bedford Youth and Family Services (BYFS) in collaboration with Bedford Public Schools and the school parent associations are once again preparing community parent education offerings for Bedford residents. Several fall events are scheduled around school open house nights to make it easier

Bedford's focus on its youth also includes activities to keep them engaged and in a safe place. Monthly dances are held for middle school students, and daily recreational afterschool activities are offered at its recently opened venue, The Corner.

"Being named one of America's Promise Alliance *100 Best* is significant and meaningful to the entire community," said Bedford Youth & Family Services director Sue Baldauf, who coordinated the application process for the Bedford Youth Task Force. "So many dedicated people and programs contributed to this win and it further reinforces our belief that a focus on youth pays dividends to the entire community."

"As many young people across the country go back to school, it is especially timely to recognize communities like Bedford that have come together to make supporting young people a top priority and that are committed to helping young Americans reach their full potential," said John Gomperts, America's Promise Alliance president and CEO. "The *100 Best* winners are doing outstanding work delivering the

Five Promises that create the conditions for all young people to have the best chance for success. We hope the example set by these communities provides inspiration for others to take action."

Among the reasons Bedford was selected for the fifth year in a row relates to the strong partnerships developed by town, schools, police, community organizations, and parents in collaborating on ensuring a strong and successful future for every youth through the Five Promises adults make to young people: Caring Adults, Safe Places, A Healthy Start, Effective Education, and Opportunities to Serve. According to Baldauf, Bedford youth regularly point out the caring adults in their lives through school and town connections and how that has positively impacted their making good decisions.

More than 320 communities from all 50 states, Washington, D.C., Puerto Rico, and the U.S. Virgin Islands were nominated for the 100 Best distinction. Bedford was among a diverse group of winners from 42 different states, including 18 first-time winners and 19 six-time winners. A list of all 2012 winners can be found at [www.AmericasPromise.org/100Best](http://www.AmericasPromise.org/100Best)

for parents to attend. Watch for these early fall events:

**Bullying & Cyberbullying: Prevention in Schools and Communities** will be offered Wednesday 9/19, Thursday 9/20, and Monday 9/24 at Job Lane School from 6:00-7:00 p.m. for

parents of elementary school students and focus on reviewing the bullying prevention law, including cyber safety, and on preventing and addressing aggressive behavior in this younger population.

## JGMS After School Program Fall 2012



- BABYSITTER TRAINING!**
- GIRL TALK!**
- WORDSMITHS!**
- FITNESS ROOM!**
- THE MONEY ZONE**
- SHOOTING & EDITING**

Attention John Glenn Middle School students! Bedford Youth and Family Services in collaboration with John Glenn Middle School is gearing up for another successful Fall after school program with a focus on the most popular activities including Babysitter Training with Joanna Daley, Girl Talk with Bedford High School student leaders, Fitness Room After School with Justin Newton, The Money Zone with Michelle

Martini and our always popular Shooting & Editing for TV with Madeleine Altman and Greg Dolan will also be available.

Monday activities begin November 15th, Tuesday activities begin October 23rd, and Wednesday activities begin November 28th. The registration deadline for all programs except Shooting & Editing for TV is October 10th. The registration deadline for Shooting & Editing for TV is November 16th. Space is limited; be sure to sign up as soon as

limited; be sure to sign up as soon as possible to secure your spot. You can find our flyer and registration form at: [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) (click on Youth Development). Flyers are also available in our office and at the John Glenn Middle School Main Office. Also, feel free to call Jessica Wildfong at 781-275-7727 ext. 262 or email at [jessicaw@bedfordma.gov](mailto:jessicaw@bedfordma.gov) with any questions or concerns.

**2012-2013 Youth and Family Services Committee:**

Kristina Philipson, Chair ♦ Tom Pinney ♦ Sheryl Barkan, at Large ♦ Alison Malkin, at Large  
Cathy Cordes, Selectman Liaison ♦ Jeff Wardwell, Police ♦ Noreen O’Gara, School Committee  
Kevin Wormstead, Board of Health Liaison

**Newsletter Credits:**

Layout & Design  
Fran Stander

Editor  
Sue Baldauf

Contributors  
Sue Baldauf  
Jessica Wildfong  
Carla Olson

## Safe Homes Program 2012!

The Safe Homes program is a support network for Bedford parents with children in grades 6-12 who are concerned about alcohol and drug use at pre-teen and teen parties and gatherings.

Families who join SAFE HOMES promise to provide a safe and supervised home for teen parties.

Safe Homes brochures were included in middle and high school mailings in mid-summer. This is a reminder that you can complete the form on the back of the brochure or to sign up online go to our website [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) and click on “Sign Up Online” by the

Safe Homes logo on the Homepage. Participating families will receive a directory booklet containing contact information of others who have joined.

**Pledges Due By September 30th**

For more information or questions call Jessica Wildfong, Prevention Services Coordinator at 781-275-7727 ext. 262.



## Bedford in Motion

**What does Bedford need to be a Healthier Community?**

Answer at our: Toward a Healthier Bedford Online Survey!

\*Find the online survey here: [www.bedfordma.gov/BedfordInMotion](http://www.bedfordma.gov/BedfordInMotion)

\*Find the link to the survey on the Town of Bedford Facebook page or the Bedford in Motion

Facebook page

\*Pick up a copy at the Town Center, Yellow Building; Youth & Family Services or Health Departments

For questions, contact: [healthybedford@bedfordma.gov](mailto:healthybedford@bedfordma.gov)



**Look for Fuel Assistance information in our Winter newsletter**

## Community Social Services Reference Guide Available

Bedford Youth and Family Services (BYFS) is pleased to announce the availability of their Community Social Services Reference Guide at their offices at Bedford Town Center. Published every other year, the Guide offers a revised and updated listing of local resources to help residents with basic information and general questions about local resources. An electronic version is also available on the BYFS web page accessed via the Town of Bedford website - [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)

Paid for through Town funding, the Guide has been subsidized and printed in large enough quantities to be mailed to the home of every resident of Bedford and Hanscom Air Force Base toward the ends of August.

If you are a Bedford resident and do not receive the Guide, they are available while supplies last at the BYFS offices in Town Center Building.

A municipal department and a resource for the community, Bedford Youth and Family Services strives to identify and address the social, emotional, and developmental needs of children, youth, adults and families in Bedford through programs and services that support and nurture. Working in partnership with all citizens, community organizations, and other Town and School departments, Bedford Youth and Family Services works to foster a healthy community and enhance the quality of life in Bedford. The department offers

supportive counseling services, community education, resource and referral, and youth empowerment and support.

Conveniently located in office space on the second floor of Town Center, 12 Mudge Way - or the 'yellow building' behind Town Hall - Bedford Youth and Family Services welcomes residents dropping by to pick up a guide and see the other resources available to residents. The Guides will also be available at Bedford Day September 15th at the resource table outside their Town Center offices. For more information please contact Sue Baldauf, Director, at 781-275-7727 or email at [sueb@bedfordma.gov](mailto:sueb@bedfordma.gov)

## Bedford Families Unplugged is Wednesday, November 7th

The Bedford Community Partnership (BCP) invites you to join us in supporting the "Bedford Families Unplugged" program by keeping an unscheduled, meeting and activity-free evening **Wednesday, November 7th, 2012.**

Try adding more connection to your life in the month of November with the Bedford Families Unplugged Calendar. Bedford Families Unplugged is an awareness campaign and a reminder that there is more to life than what is on the other side of a plug. Initiated by the Bedford Community Partnership in October 2004 and supported by the Bedford Selectmen and Public Schools, this event boasts a long

list of endorsers and supporters.

The highlight of the month is Wednesday, November 7th when Public School students will have no homework or evening sports and the School and Town will schedule no evening meetings.

Parents are encouraged to be home for dinner and families can have a night off from their respective "daily grinds" for engagement and fun.

The complimentary Unplugged calendar for the month of November is available at Youth and Family Services office at Town Center, Bedford Public Library, and Town Hall (Town Clerk's office).

Downloading?

[www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) or [www.bedford.k12.ma.us](http://www.bedford.k12.ma.us)

Questions? Sue Baldauf  
781-275-7727 x263



**November**

**7 UNPLUGGED!**

**No homework, No night meetings, No sports...really!**

**Thank you to our Donors:**

American Legion Post #221

American Legion Women's Auxiliary

Anonymous (4)

Bedford Car Wash

Bedford Motel

Bedford Post Office Employees

Bedford Schools Administration Employees

Callahan's Kenpo Karate

Cambridge Savings Bank

Carleton Willard Village Resident's Association

Carriage House Café

Doubletree Bedford Glen

First Parish in Bedford Social Responsibility Council

Flatbread Company

Fuji Film

Michael & Lea Ann Knight

Mettler Toledo

Middlesex Bank

Middlesex Savings Bank Employees

Millipore Corporation

Moison Ace Hardware of Bedford

O'Malley and Colangeli CPA's

St. Paul's Church

Staples

VFW Post 1628

Whole Foods

&

The Residents of Bedford through your Taxes

## Parent Education Fall Line Up

cont'd. from page 1

**Teen Technology: What Your Children Are Using** will focus on the technology middle school children might be using and the problems that come with that technology and will be offered Thursday, September 27, 2012 from 5:45 to 6:30 p.m. in the John Glenn Middle School Auditorium.

**Teen Depression - Fact or Fiction?** will be offered Wednesday, October 24, 2012 from 7 to 9 p.m. at Bedford Town Hall in the Multipurpose

Room and is geared especially for parents of middle and high school age youth. This workshop will help identify the signs and symptoms of depression and anxiety; the difference between normal teenage "angst" and clinical depression; how these symptoms can present in school and how the school can help; and when outside treatment should be considered.

**What Are Our Teens Doing & Is It All Healthy?** This

presentation of the April 2012 Youth Risk Behavior Survey data for Bedford middle and high school age public school students and response by the Police Chief Robert Bongiorno and School Superintendent Jon Sills will focus on issues ranging from substance abuse - alcohol, tobacco, marijuana, other drugs - to stress, depression, violence and safety, diet and exercise, and vehicle related risk behavior. The event will be Wednesday, November 14, 2012 from 7 to 9 p.m. at Bedford

Town Hall Multipurpose Room. This information is relevant to all community members.

A flyer announcing the yearlong series and with more information about the content and presenters was mailed to all residents of Bedford and Hanscom Air Force Base and is also available at the BYFS office at Town Center or on their website [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)

Questions? Call 781-275-7727

### BYFS Staff Queries - Main Number: 781/275-7727

Sue Baldauf, Director, x263 - Counseling referrals or questions ~ General dept. questions ~ Community concern ~ Issue related to Violence Prevention Coalition, Bedford Community Partnership, Business Diversity Training, Progress Fund ~ Parenting Education Topic

Fran Stander, Administrative Assistant, x264 - General questions ~ General community & resources ~ Job Match ~ Events & Press Releases ~ New Resident Packets ~ Volunteer Opportunities

Jessica Wildfong, Youth Development/Prevention, x262 - JGMS After School ~ Peer Mentoring ~ Youth Website ~ Other youth related issues - Alcohol, tobacco, or drug education ~ Diversion ~ Youth Risk Behavior Survey ~ Safe Homes ~ Fuel Assistance

Carla Olson, Healthy Bedford Coordinator, x260 - Towards a Healthier Bedford, Safe Routes to School

Veterans Agent, 781/275-1328 - Any veterans related question

Eliot Counselors: 781/275-7727 Kate Imhoff x261, Lynne Chapas x260

978/369-1113 Kristen Herlihy x115, Julia Lawrence x161

## Veterans News



Last month Bedford lost one of its stalwart Town employees in Veterans Agent Fred Gordon. Fred died unexpectedly of a heart attack August 16th with no warning, leaving family, friends, colleagues, and veterans alike stunned. He was only 67. As career Air Force since 1963, Fred understood the demands and sacrifices of serving one's country but he also capitalized on the advantages the military offers by obtaining two Master's degrees - one in Aviation Management and the other in Aeronautical Science and completing Squadron Officer School, Air Command and Staff College, Marine Corp Command and Staff College, and the Air-

School. He was a licensed pilot and annually taught youth in flight school. His last military assignment was at Hanscom Air Force Base in the Joint Stars Radar Program (JSTARS) Directorate, where he retired a Major in January 1994.

Fred believed in service above self. Before taking on the Town of Bedford job as Veterans Service Officer in July 2008, Fred was active in the Masons, the Shriners, and the VFW. As Veterans Agent for Bedford, Fred worked closely with all the veterans in the community needing assistance or help of any type, whether they were in Houses, apartments, the Single

Room Occupancy facility at the VA Hospital, or homeless. If a veteran from another town called and needed help filling out paperwork for disability or any federal or state benefit, Fred helped. Fred saw being Bedford's Veterans Agent as a type of community service to any veteran or his or her family. At his funeral service August 22nd, Fred was described as "kind, generous, polite, intelligent, and personable," among many laudatory comments.

Fred was buried Monday, August 27th, with full military honor in Jacksonville, Florida, in the presence of his beloved

wife, two children, four grandchildren, mother, and other close relatives. The Fredrick Gordon Memorial Fund has been set up through Hanscom Federal Credit Union, 1610 Eglin Street, Hanscom Air Force Base, MA 01731 to honor him and offer an opportunity to a youth's future.

Fred's clients are encourage to contact BYFS directly at 781-275-7727 if they have questions during this transition period. Veterans new to Bedford needing assistance in the immediate interim are encouraged to contact Burlington Veterans Agent Bob Hogan at 781-270-1959.