

connections *communiqué*

A triannual publication for **pbjconnections**



PBJ Connections Helps Youth Overcome Obstacles

Dealing with stress, worry and anxiety

The holiday season inevitably causes stress and anxiety. “Will I be able to afford gifts this year?” “How am I going to get everything done?”

For many young people in Central Ohio, fear, worry and anxiety are a part of their everyday lives. “I think I failed that test.” “What if no one likes me?” “If I do that, everyone will make fun of me.” “What if my parents get divorced?” “I just want him to be proud of me.” These are just a few of the things young people worry about.

PBJ Connections helps youth manage anxiety by helping them overcome the obstacles of worry, stress and fear.

High School Student, Mary, was struggling with anxiety caused partly by being bullied at school. Mary took control of her anxiety at PBJ Connections by designing her own exercise to help her overcome her issues. She staged physical obstacles for her therapy horse. Mary named the obstacles “encouragement,” “overcoming fears,” and “bravery.”

For two weeks, she worked to get her horse through the obstacles, while openly discussing her own life and experiences with her therapist. They got stuck a few times, but by the time they got to bravery, they breezed right through. Mary overcame her obstacles and learned how to stay encouraged, overcome her fears and be brave by symbolically leading her horse through these issues. She did this without ever putting a halter on the horse. She felt the halter made the horse feel forced and she does not like to feel forced herself. “It was truly amazing to see her work week after week, with this horse following her around the arena with nothing physical keeping them together,” said Holly Jedlicka, clinical director.



A similar exercise helped another young client who was dealing with worry. A famous quote by Corrie Ten Boom states, “Worry does not empty tomorrow of its sorrow; it empties today of its strength.” Allison struggles with worry and it has affected the way she deals with life. During her equine-assisted therapy, Allison spontaneously set up a “Path of Worry,” because she felt the horse was worried. She decided that when the horse made it through to the end of the path, then she, herself, would stop worrying. She didn’t think she would be able to lead the horse all the way through the path so she asked for assistance from the equine specialist. It turns out, Allison did lead the horse by herself, without even realizing it, all the way through the “Path of Worry,” while talking about her own worries. She left the session declaring that she wouldn’t have to worry anymore.

For more information about helping youth deal with anxiety, fear and worry, call 614-395-1395.

**Names have been changed to protect the privacy of our clients.*



PBJ Connections Board Member Brenda Doner meeting legendary investor Warren Buffett at a NASCAR event.

Congratulations Brenda Doner, National Finalist for The NASCAR Foundation’s Betty Jane France Humanitarian Award

Brenda Doner, PBJ Connections board member, was named one of four national finalists for The NASCAR Foundation’s inaugural Betty Jane France Humanitarian Award. This prestigious award recognizes outstanding charitable and volunteer efforts of NASCAR fans. The four finalists were selected by The NASCAR Foundation board of directors, from hundreds of applicants around the country, all of whom have made a significant impact on the lives of children through volunteerism or charitable work during the past five years.

Nascar fans and the general public then selected the winner from the four finalists by voting online. Although Brenda was not the \$100,000 award winner, as a finalist she earned a \$25,000 grant for PBJ Connections and was honored at the NASCAR Sprint Cup Series Awards Ceremony at the Wynn Las Vegas Dec. 2, where she shared the honor with a young client of PBJ Connections and his family.

Each year, Brenda organizes and hosts Christmas and Easter events for PBJ Connections’ children and their families. In 2011, she created Rocky’s Reading Room, a program to encourage and reward children for reading. She also organizes a school supply drive to help low-income families. Congratulations Brenda!



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Thanks for making the 4th Annual Helping Horses Help Kids Trick-Or-Treat Reception a Big Success!

The Helping Horses Help Kids Trick-Or-Treat Reception was held Friday, October 28 at the Bluestone, downtown Columbus. A Victorian black-and-white theme adorned two floors of fun and fantasy. Hosted by NBC4's Cabot Rea and Columbus legend, Fritz the Night Owl, this year's event netted over \$24,000 for PBJ Connections to provide financial aid and scholarships to low-income youth and families needing PBJ Connection's therapy services.

Abby Botts and Thomas Vargo, both students from Westerville City School's Northpointe Program, spoke to the audience of nearly 200 guests, about how PBJ Connections' group therapy program has helped them become better students, better friends and better family members. PBJ Connections celebrated its 5th Anniversary by honoring its founding volunteers: Glenda Childress, Holly Jedlicka, John Lackey, Lois Szudy, Melissa Victor, Ilane Mathews, Amy Munz, Jeff Frontz, Wendy Hovey, and Amy Lowry Park.

Guests enjoyed an outstanding silent auction, great food and drink, trick-or-treat items, raffle items and great entertainment provided by The Columbus Gay Men's Chorus Vox Ensemble, Artist Sue Steiner, Magician Jeff Leonard, Caricature Art & More by Steve Campbell, and fortune tellers, Megan Miller, Amber Sherman and Cody Witter.

Special thanks to Honorary Chair Fran Ryan, Presenting Sponsor Bella Vista Equine Veterinary Services, Media Sponsor WCBE-FM National Public Radio, all of our guests and volunteers, and all of our generous sponsors and donors, including: Equine Veterinary Dental Services, William & Jeannemarie Baker, Greenaway Farm, Bill Decker, Lois Szudy, AEP-Ohio, The Jerry McClain Companies, Keller Farms, Nationwide Children's Hospital, Rolland & Associates Insurance, Lyn Green, Scott Harris, Bill Peters & Janelle Dixon, Banner Insurance Services, Licking Memorial Health Systems, Ottinger & Associates, Park National Bank, RainOne, The Energy Cooperative, Weiler Financial, April Greene, Patty Cake Bakery, Jeni's Splendid Ice Creams, and all of our auction and trick-or-treat stop donors.



Check out our Amazon Wish List at www.Amazon.com. Click on "Gifts and Wish Lists" and search for PBJ Connections.

Give the Gift That Keeps Giving With a Tribute Gift in Honor of a Friend or Loved One

Pay tribute to friends and family on your list, by making a Holiday Tribute Donation to PBJ Connections. Your tribute gift will give hope to children and families across Central Ohio whose lives are changed each year by PBJ Connections' professional therapists, horse specialists, horses and donkeys.

When you make a gift in honor of a friend or loved one, we will send a meaningful card notifying them of your thoughtful gesture. The amount of your gift will not be mentioned, however, a separate receipt will be sent to you.

Make your tax-deductible tribute gift today by calling (740) 924-2205 or by mailing your donation in the enclosed donation envelope. Make sure to provide the name and address of everyone you wish to honor with your gift. Thank you for your support and Happy Holidays!!!

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