

Saving Families, Saving Lives - 412-366-1300



Anchorpoint Counseling Ministry

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Since 1966

Fall 2016 Newsletter

One Person Can Make a Difference for Many! Thank you, Alan!

We are saddened by the unexpected death of our beloved friend, Alan Bates. Alan was not only a dear friend to us at Anchorpoint but his generosity contributed to the hope and healing of far more people than we will ever know. The way he spent his life proves that one person can make a difference for many.

"The Bible in James 1:22 says that we should be doers of the Word, not hearers only. Alan was a doer," says our Executive Director, Rev. Ron Barnes.

Alan's help has literally always been one flight of steps away from us. His office is located one floor above the Anchorpoint Administration offices at Bates, Barksdale & Ickert. We can't begin to guess the number of times, our staff has climbed those steps for his assistance over the years.

Alan's career path to CPA began in his senior year in high school when he decided to follow in the footsteps of his Uncle Harry. Uncle Harry had graduated from the Robert Morris School of Business and was an accountant. When asked by his father, why he made this decision, Alan responded that Uncle Harry was the only one in the family that had ever owned a new car... Alan's affection for the motor vehicle never waned!

Following his graduation from Franklin Regional High School, Alan worked three jobs while attending what were then known as Robert Morris and Point Park Colleges. With an accounting degree in hand, he was recruited by eight international accounting firms. Deloitte Touche is where he began what would turn out to be a successful and adventurous career in public accounting and entrepreneurial ventures into real estate, cattle breeding, cable television, drug testing,

and a well-known restaurant.

The elder of two children, Alan grew up in a then rural Murrysville, PA. He played baseball, football, and living three miles from civilization, he says he walked...A LOT. It is also here that his

love for gardening began. In addition to his passion for tomatoes, flowers and the Steelers, Alan enjoyed scuba diving, hunting, sky diving, softball, cooking, riding his Harley, sports cars, traveling and countless "adventures" with friends and family.

An entrepreneurial spirit started early for Alan, with creative fundraising skills such as selling fire crackers worth six dollars, individually for ten cents apiece, netting a profit of \$122.00, selling greeting cards door to door, and yes, even selling some used chewing gum! Amazing his parents with the money he made, his work ethic became cemented....work hard and do it well!!

He brought this entrepreneurial originality, work ethic and energy to Anchorpoint. Current ACM Board President, Jim Ogle, shares, "Alan was our stallion, that board member with the personality, passion and will to lead the organization through any situation or

(Continued on next page)



Formerly North Hills Youth Ministry Counseling Center

800 McKnight Park Drive, Suite 802 • Pittsburgh, PA 15237-6504

www.anchorpointcounselingministry.org • 412-366-1300

Building hope and promoting healing and learning through faith-based counseling and support services.

We have this hope as an anchor for the soul, firm and secure. - Hebrews 6:19

(continued from page 1)

discussion, who was so different than any of the rest of us.....someone we all listened to and looked up to.”

Alan’s creative ability to raise money came to good use in 2005 when he was recruited by Ron Barnes to head the Capital Campaign for North Hills Youth Ministry (NHYM), now Anchorpoint Counseling Ministry. Alan was thrilled to be a part of the campaign to raise the funds necessary to allow NHYM to double its office space. The need for the services offered by NHYM was evidenced by the organization outgrowing its original space and now fully utilizing the new space made possible by the \$600,000 raised during the capital campaign.

Alan was a life-long board member of Anchorpoint and a past board president giving hugely of his time, talents, and treasures. He served on our Golf Classic committee as well as many other projects. He opened his heart, his home, his wallet and his contacts to the ministry of Anchorpoint. He was vital to the success of many fundraising, friend-raising and strategic plans that were implemented as we strived to reach out and serve more families in need. In fact, he was currently working with us on our new client care fund, the Anchor Fund, in honor of our 50th Anniversary celebration. He wanted to help ensure the future of ACM’s ministry work for another fifty years.

His family has told us that Anchorpoint was one of his favorite charities. They have shared that Alan is very proud of the accomplishments made by Anchorpoint which have turned his visions of HOPE for this organization into realities. Our staff has said that he was “larger than life, always kind, and ready with humor and wit.”

“We have lost a good friend and board member. Alan was one of the most caring, passionate and benevolent individuals that I have ever known. He brought so much insight and inspiration to our Board. Alan challenged each and every one of us to become better stewards. He will be truly missed,” shares Jeff Gmuer, another long time ACM board member and past president.

Because of his devotion, service and generosity not only to us but to the many other organizations that he supported, we honored him two years ago at our Golden Anchor Gala. We were so happy to have the opportunity to present him our award for the ***Friend Who Brings Hope to Our Community***.

In addition to being friend to us and so many others, Alan holds many monikers, he is...

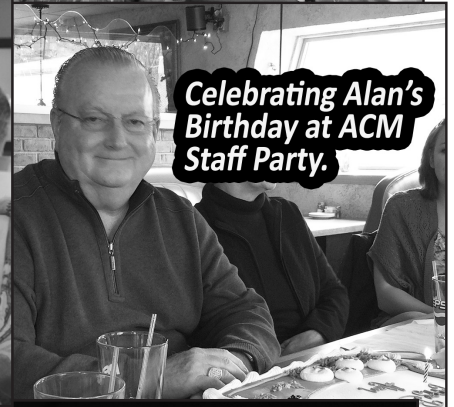
“Big Pap” to his three grandchildren, “Dad” to his



Alan’s company, Bates, Barksdale & Ickert, being recognized as a 20 Year Sponsor of the Golf Classic in 2015



Faithful supporters, Alan & Bonnie could be counted on to attend ACM Events.



Celebrating Alan’s Birthday at ACM Staff Party.



Alan surrounded by family and friends at the LeMont celebrating his honor as Anchorpoint’s Friend Who Brings Hope to Our Community.

six children, “Husband” to his wife, Bonnie Brimmeier, “Accountant-Advisor” to clients whom he guides as if they are family, and “Benefactor” to those to whom he can never say “no”.

Among those for whom he has been a benefactor, are Anchorpoint’s clients. They will never fully know the extent to which Alan has impacted their healing experience “behind the scenes.”

Alan’s legacy makes a lasting impression on so many showing how one man can make a difference—a true blessing for all who knew him and many who will never know him. As sad as we are to let him go, we rejoice in our assurance that he has been greeted by our Savior with the words, “Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!”



Journaling for Self-Awareness

By Barbara Lynn Smith, MA, CAADC, CCDPD, LPC

"What lies behind us and what lies before us are tiny matters compared to what lies within us" – Ralph Waldo Emerson

Have you ever thought of **Journaling** to develop a greater sense of self? Journaling/writing in a diary can be a valuable tool in terms of healing your emotional, spiritual, mental, and physical issues. The benefits of journaling are very therapeutic in terms of enhancing a greater awareness of one's thoughts, ideas, and feelings about a particular situation or issue.

In the therapy setting, journaling can be utilized to address one's emotional pain, loss & grief issues, life adjustment issues, and spiritual confusion issues. The journal author-writer then has the opportunity to process the journal entries with a therapist to assist with a greater development of understanding and interpersonal growth.

Journaling can also be utilized for writing about daily stressors such as work stress, relationship stress, family stress, and daily responsibilities. Writing about any of these stressors can assist with developing valuable insight into your thoughts and abilities to deal with them. Journaling can empower you to think clearer, be a better problem solver, and just lend a greater insight into your own personal issues.

Journaling can also be about a fun adventure, a special time in your life, or just about a family vacation. Writing and journaling about these very unique adventures can help to develop more insight in to your thoughts, feelings, interests and passions. Imagine picking up that journal after some time has passed and revisiting the positive memories; reading about your fantastic adventure from your own personal journal!

Just the idea of writing about a topic of interest can aid in valuable insight, clarity, beauty, grace and joy. You are the artist in terms of your own thoughts and ideas. Why? Because you own your thoughts, ideas, and feelings. Think of the journal as your own personal canvas and you are the artist! As a result, journaling can increase your thoughts and ideas

about your own interpersonal areas of: mind, body, and spirit. There are numerous reasons for journaling. Some ideas are a: recovery journal, life transition journal, goal-directed journal, or spiritual discovery journal.

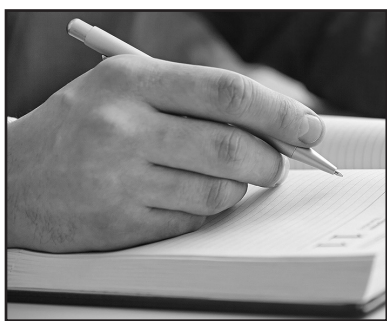


Tips to get started:

1. Pick a topic or issue to write about.
2. Spend some time picking out a journal. There are many options: a book, a notebook, on-line journaling, etc.
3. Establish a good/calming time and place to write.
4. Consider writing in just a "stream of consciousness". This simply means write down whatever comes to your mind about the topic.
5. Write about your thoughts and feelings for that day about the specific topic. Remember: Feelings can change.
6. When in doubt? Just write, write, write.
7. Evaluate your own unique positives of writing in your journal. (Example: greater clarity, better problem-solving, etc.)

Why wait! Just get started writing about your topic and begin to develop more interpersonal clarity, insight, beauty, grace and joy. Ultimately, journaling can help you to achieve your goal by simply just writing in it.

Do you need help sorting through your thoughts and emotions? A compassionate therapist is available. Call Anchorpoint at 412-366-1300 to schedule an appointment to begin your journey of hope and healing.



"The most helpful part of my counseling was being able to express my feelings and words from the heart. This experience has helped a lot during rough times in my life."

– ACM Counseling Client

After School Tutoring

Tutoring & Mentoring Provided in a Nurturing, Supportive Environment.

Could your child benefit from tutoring?

- ✓ Does your child frequently complain about hating school?
- ✓ Is your child doing poorly in one or more subjects?
- ✓ Does homework take much longer than you would expect?
- ✓ When asked about incomplete homework, does your child make excuses as to why it is not finished?
- ✓ Are homework hassles ruining your relationship with your child?
- ✓ Do you frequently get calls/emails from your child's teacher regarding missing assignments and poor grades?
- ✓ Do you feel like you've tried everything and your child is still struggling in school?

If you answered "YES" to at least 3 of the above questions, maybe it's time to let Anchorpoint help you and your child.

What makes the ACM's Tutoring Program unique?

- One-on-one tutoring for youth in KG thru 12th grade
- One hour tutoring sessions scheduled from 3:30 – 8:30, Monday – Thursday
- Sliding scale used to determine hourly tutoring fee (based on income and number of people in family)
- Assistance provided for homework, reports, projects, organization, and preparation for tests

For more information about the tutoring program, contact Sandy Niekum at 412-366-1300 ex. 123 or tutors@anchorpointcounselingministry.org.



"I cannot thank you enough for all of the encouragement and love that you have given me. It means a lot to have somebody to believe in you."

- High School Student in Tutoring at ACM



Get Involved. Tutors Needed!

Make a difference for a child struggling with school work.

Volunteer Tutors/Mentors Needed: to assist students in all grade levels in Reading, Math, English, and Science. Choose the subjects/grade levels that you are comfortable tutoring. The commitment is one hour/week during the school year on the same day at the same time with the same student helping with homework, study skills and remedial activities.

Volunteer Homework Buddies Needed at Anchorpoint: 1st & 3rd Wednesdays of the month October thru May from 7 to 8pm. Help children with homework while their mothers meet for their SPIN for Single Moms. This is a great opportunity for High School Juniors and Seniors to earn volunteer credits or for a youth group or small group to volunteer together.

Certified Teachers Needed: Two Elementary teachers (5-8 hours/week); One Middle School/High School English Teacher (4-6 hours/week); and One Middle School/High School Math Teacher (4-6 hours/week). These are paid positions at Anchorpoint Counseling Ministry.

To learn more and apply, call Sandy Niekum at 412-366-1300 ex.123.

You are cordially invited to
Anchorpoint Counseling Ministry's
**Golden Anchor Gala
& 50th Anniversary Celebration!**



Celebrating People of Hope in our Community.

Honoring

Rev. Keith Brown
A Friend Who Brings Hope

Wilkins Associates Architects
A Business That Brings Hope

The Claus Family
A Family Who Brings Hope

Memorial Park Church
A Faith Community That Brings Hope

In gratitude for 50 years of ministry, we will also award our new Hope Scholarship to a student in our Tutoring/Mentoring Program.

Thursday, October 27, 2016

LeMont Restaurant

Honorary Corporate Chairs: Curt & Kim Fleming
Master of Ceremonies: Kathy Emmons, WORD-FM

Cocktail Reception with Cash Bar at 5:30
Followed by Dinner, Awards Presentation, & Hope Auction

Black Tie, Business Attire, or Dress for a Specific Decade Optional
Please RSVP by October 17, 2016

Benefiting the Clients of Anchorpoint Counseling Ministry

**Were you involved
with the North Hills
Youth Ministry in the
60s, 70s or 80s?**

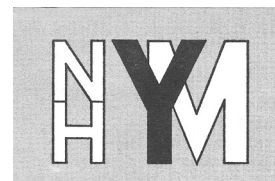
We want to hear from you!
Call 412-366-1300 to share your story.

**Help Us Celebrate
50 Years of Ministry!!!**



Information is being gathered to celebrate Anchorpoint's 50th Anniversary during the Golden Anchor Gala on October 27th. The Gala recognizes those who bring hope to our community and benefits clients needing counseling, tutoring or preventative education.

To share your experiences with the ministry, for more information about the Gala, or to buy tickets to the event, call 412-366-1300 or visit us at anchorpointcounselingministry.org. You can also email photos or stories to wendy@anchorpointcounselingministry.org.



**Anchorpoint
Counseling Ministry**
Formerly North Hills Youth Ministry

Saving Families - Saving Lives
AnchorpointCounselingMinistry.org

Who Inspires Hope in Your Life?

Here's an opportunity to
recognize this special person.

Make a donation in his or her name. If present at the Gala, a special place card will greet your honoree. For more information and to make a donation in the name of your hope-inspiring friend, call us at 412-366-1300.



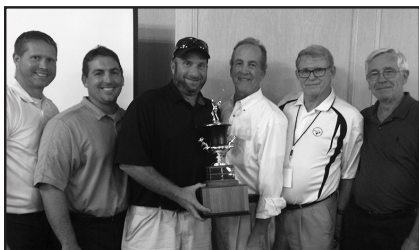
Thank You for a Great Day at the 25th Annual ACM Golf Classic.

"I never prayed that I would make a putt. I prayed that I would react well if I missed." -Chi Chi Rodriguez

Whether your game was good or bad, all involved - golfers, sponsors, volunteers and staff - reacted with great generosity at Anchorpoint's 2016 Golf Classic. Thank you! This year's tournament was held at the Olde Stonewall Golf Club on Friday, September 16th. The weather was gorgeous, the course both beautiful and challenging, and the food was delicious. It was a terrific time of golfing and fund- and friend-raising. Visit our Facebook page for photos from the day: facebook.com/anchorpointcounseling.

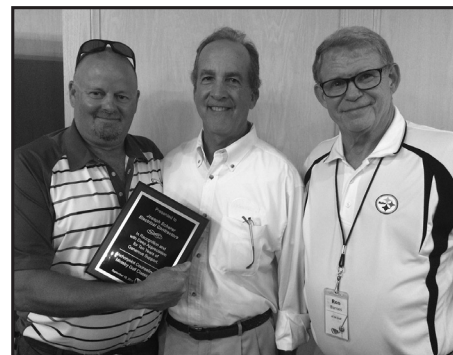
We were excited to honor two companies for long-term sponsorship of our Golf Classic: McKinley Carter Wealth Management for being a 15 year sponsor and Joseph Scherer Electrical Contractors for 10 years of sponsorship.

Parkwood Presbyterian Church took home the Church Goers Cup. Joseph Sherer Electrical Contractor's team won First Place in First Flight and Ken Wilkins and team won 1st Place in the Second Flight. Congratulations to all our winners.



\$40,000 plus was raised. These funds will be used to subsidize our various programs serving children, teens, couples, and families. Without your generosity and philanthropy it would be very difficult to minister to the many clients whom we serve each year. Please know your giving enables many families to receive needed help and hope.

Mark your calendar and plan to join us on Friday, September 15, 2017 at the Olde Stonewall Golf Club for the Anchorpoint Golf Classic.



Wish List Thank You!

Restaurant Gift Cards or Prepared Meals

Needed: A delicious free meal is provided to the moms and children who attend the SPIN for Single Moms Support Group at ACM on Wednesday evenings. We have been blessed with local churches and restaurants who have prepared meals and individuals who have donated gift cards so that we can purchase meals. Meals are needed twice a month October through May. Call Cassy at 412-366-1300 for more information on quantities and to reserve a date to treat stressed out moms and families with a worry free meal.

Tutors/Mentors: Volunteer tutors and homework helpers are needed. Call Sandy Niekum at 412-366-1300 ex. 123 to apply.

Office & Mailing Volunteers Needed: Answer phones, stuff envelopes, and more fun. Call Lisa Feraco at 412-366-1300 x100 for details.

Event Participants/Volunteers/Sponsors/Silent Auction Items: For the Golden Anchor Gala

Thank you for Your Continued Prayer Support and Friendship.

Your Christmas Shopping Can Make Difference for

Anchorpoint's Families in Need.



Give a donation to ACM in honor of a loved one. Send your donation along with a note or message and we'll notify your gift recipient that a donation was made in his or her honor. We'll let them know how your tribute to them will be providing hope and healing for someone in need in the new year. Thank you.



Social Media Provides New Ways to Reach Out & Serve: Check Out *Plugged in Parenting* on Facebook

Here at Anchorpoint we've maintained a website for over well over fifteen years. Our blog, Facebook and Twitter have also been used to connect and to share ministry updates, events, and links to articles we think you may find interesting and helpful. We hope that you'll follow us and "like" and "share" our posts to help spread the work of ACM. You never know who among your social media networks may be in need of services at Anchorpoint.

Among our Parent Education workshop offerings is a ***Social Media 101*** class to empower parents and grandparents with the tools to successfully navigate their children's social media usage. We are finding that this generation of young parents are also very involved with social media. ACM is now experimenting with a new social media project to reach out and serve more young parents in our community. It's a Facebook Group called ***Plugged in Parenting with Anchorpoint*** (PIP). Here's the link to visit: [facebook.com/groups/pluggedinparenting](https://www.facebook.com/groups/pluggedinparenting).

Through PIP's online community, members will be able to share parenting advice, parenting struggles, and hilarious family moments. Anchorpoint's Parenting Education Staff join the fun, offering a bi-weekly Q&A topic (that parents submit questions for) and chiming in on the latest posts and questions.

There was a very quiet soft launch of PIP at the end of last week to work out some kinks. Just a dozen were invited to join (mostly friends and some of the parents who are already involved with ACM). It immediately exploded with discussion and members invited others to join. We don't know yet exactly what will become of PIP and how it will work or evolve. We appreciate your prayer support on this



matter. The hope is that through interactions on this forum, we will be helpful to families and learn more about the parenting needs in our community. Our Community Education Program Manager, Cassy Wimmer, is leading this project. She hopes to find more about what today's parents are experiencing and how Anchorpoint can be of assistance. This information together with input that we receive from counselors, churches, schools, and other community leaders, will be used to adapt current parent education offerings as well as develop new workshop topics and support groups. Our goal as always is to strengthen the family through our ministry.

Thank you for your support and sharing the word about Anchorpoint's work whether it be via social media or in-person connections. If you would like more information about PIP, hosting a Social Media 101 workshop, or other parenting topics at your location, please contact Cassy Wimmer at 412-366-1300 ex. 105 or cwimmer@anchorpointcounselingministry.org

If you find yourself struggling with social media addiction or if you or your child are involved with social media bullying, a therapist is available. Call us at 412-366-1300 to schedule an appointment today.

Does Parenting feel like a Battle?

Private Parent Coaching is Available.

You can benefit from personal coaching if you:

- want to better understand your child/teen's behavior
- sometimes feel out of control, or unsure of healthy ways to respond
- want to learn about setting reasonable expectations and effective limits
- are a parent of a child or teen with a challenging temperament
- feel that you need help balancing love and limits
- want to increase your confidence and your parenting skills



Scholarships Available for Single Moms.

*Don't let your financial situation
stop you from seeking help!*

**End
the
Battle!**

With over thirty years of experience in education and counseling, Joan Schenker provides private consultation to parents of children in preschool through the teen years. Call today for more information and to schedule your one hour session: **412-366-1300 Ext. 118**

Pass this on to a friend in need: We're currently accepting clients for...

Professional Counseling

Individual, Couples & Families Welcome. We are here to help you face and resolve significant issues such as:

- Anger & Forgiveness
- Depression & Anxiety
- Emotional, Physical & Sexual Abuse
- Marriage & Family Problems
- Peer Pressure & Bullying
- Conflict Management
- Drug & Alcohol Abuse
- Faith & Meaning
- Loss & Grief
- School Difficulties
- Self-esteem
- Separation & Divorce
- Parent Coaching

If a life transition or unexpected crisis feels overwhelming or challenging, we can help. Call us at 412-366-1300 to begin the healing process.

Private Parent Coaching

Moms or Dads of children preschool through high school can benefit from personal parent coaching. Call Joan Schenker at 412-366-1300 ex. 118 to make an appointment.

Tutoring/Mentoring Program

See the flyer inside this newsletter for more details. Space is limited. For more information and to register your child, call Sandy Niekum at 412-366-1300 ex. 123

Workshops...Invite Us to Your Location

ACM Staff will facilitate the topics of your choice at your site, school, church, or library. Visit our website for more information on sponsoring and hosting a workshop: AnchorpointCounselingMinistry.org (Click on the Education & Support Tab)

• **Parenting & Family:** Equip parents, grandparents and youth leaders with the tools to help navigate youth successfully through childhood and adolescence.

• **Marriage & Relationship:** Topics available for married couples and singles.

Support & Educational Groups

Registration Now Open

Call 412-366-1300 to register for the next session and for more information regarding costs and topics covered. Do not let a lack of financial resources keep you from registering. Scholarships & Sliding Scale payments are available.

Grief Support Group for Widows & Widowers Over Fifty: Hosted by St. Sebastian's in Haber Hall. 2nd & 4th Wednesdays, 1:00 to 2:30 pm.

Self-Care for Women: Eight week support and educational group for women struggling with stress or depression and its effects in their lives. Mondays: 6:00 to 8:00 pm.

Self-Care In Action: A group of women working together to live more confident, energized, self-aware, and joy-filled lives. Expect to embrace hope, battle insecurity, and confront difficult life problems in a safe and laughter-filled setting. This group is ongoing, as participants choose when they are ready to graduate. Monday evenings 6:30-8:30 pm.

Sanctuary—Empowering Teen Girls: Ten week support group for girls grappling with sadness, loneliness, fitting in, assertiveness, body image and more. Tuesdays: 4:00 to 5:30 pm.

Life After Divorce: Twelve week educational group for people trying to make sense of life after divorce and learning to cope with the experience. Major insurance accepted. Tuesdays: 6:30 to 8:00 pm.

SPIN For Single Moms—Prepare to be empowered physically, mentally and spiritually. For less than two hours of your time, you'll be treated to a free meal, great conversation, and homework help for the kids. No need to cook on SPIN nights. Families are welcome to eat a delicious meal prepared by local restaurants and churches. Afterwards, while moms attend the SPIN meeting, we will provide a supervised study area for children K-8th grade to do homework or play games.

Two Wednesdays a month October to May:

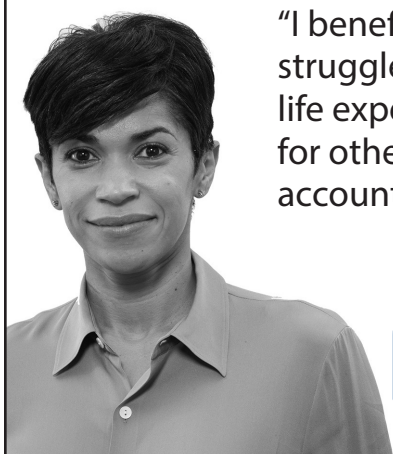
1st & 3rd Wednesday at Anchorpoint's Offices or

2nd & 4th Wednesday at Heritage Church

6:30 - 7:00 pm: Dinner

7:00 - 8:00 pm: Mom's Group Meeting

Children's Homework/Game Time



"I benefitted by hearing from other women that were facing similar struggles even though we may have very different backgrounds and life experiences. You should attend because you matter. You are better for others when you take care of yourself. The group will hold you accountable to prioritize your reflection and growth."

- Self Care For Women Group Attendee

Your generosity ensures support groups are accessible to those in need of help and healing regardless of finances. You are making a difference for individuals and families in need!

Thank you for remembering us during your company's United Way Campaign.

United Way



#354

Support Anchorpoint Counseling Ministry by designating United Way Giving #354. Thank you.



Stay In Touch & Keep Up to Date with ACM! Follow us on Facebook or

Twitter. Join our email list: A sign up link is available on facebook page and our website: AnchorpointCounselingMinistry.org.