



CAP Center Caption

Spring
2005

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Adopt-A-Family Program Breaks Record

Forty-five contributors made Adopt-A-Family 2004 a tremendous success! A total of 57 families, 177 people, received a bounty of gifts from our ever-generous sponsors. As a result, this holiday season was truly joyful for children who may have had few or no presents to open otherwise. There were 45 individuals and groups who contributed to the Adopt-A-Family program this year.

The families and staff were overwhelmed by the generosity of our sponsors who donated everything from necessities such as clothing and diapers, to extras like toys, games and books. The holiday spirit of giving and caring for others was in abundance at the CAP Center. A special thank you to the following sponsors:

| | | |
|-------------------------------|----------------------|-----------------------------|
| Brent & Melissa Bachochin | Dr. Kim Freeman, DDS | Noon Rowlett Exchange Club |
| David & Lisa Barbour | Dr. Lisa Garner | Jeanenne Oglesby |
| Bigby, Havis, & Associates | Candy Haynes | Scott & Erin Olson |
| Rob & Margaret Braun | Terry Hibbitt | Mike & Sheila Robinson |
| The Burrs Group | Intellicare | Dr. Mike & E.J. Rodgers |
| Deborah Carter | Nancy Jones | Barbara Sharp |
| Calvary Baptist Sunday School | KERA | Social Exchange Club |
| Anita Chanpong | Ladies' Prayer Group | Denise Shaughnessy |
| Coppell Exchange Club | Teel Lawler | St. Andrew United Methodist |
| Brenda Damron | Patricia Lehtola | Roundtree Landscaping, Inc. |
| Scott & Linda Davis | Teri Lewis | Travis Wolff |
| Gerald & Ida Deats | Lewisville Open MRI | Joyce & Linda Turpin |
| East Dallas Exchange Club | Rena McClurg | Uptown Exchange Club |
| E-Rewards | Leann Munoz | Webb & Ackels |
| Evening Dallas Exchange Club | Nautilus Group | Richard Zweig, DDS |

We're Settling In - CAP Center Relocates

On January 17th, the CAP Center moved from 2820 to 2902 Swiss Avenue. We are now physically located on Swiss Avenue! Our three Healthy Families staff, previously located in Oak Cliff, now reside here also.

"We've wanted everyone to work out of the same office for years, and in January the Meadows Foundation made that possible," said Margaret Patterson, CAP Center Executive Director. "It's so much more productive to have everyone housed under one roof."

Our new two-story home was built in 1901 and restored by the Historic Preservation League (now Preservation Dallas) in 1983. It overlooks Central Square Park, the second public park built in Dallas. The first floor includes four offices, a conference room and a work-room/kitchen. On the second floor we have workstations for our three Parent Aide Case Managers, two Healthy Families Support Workers, our Shaken Baby Syndrome Educator and an intern.

Not only is our location new but we were also the fortunate recipients of a new telephone system donated by Estech Systems, Inc. (ESI). The new phones have made our lives so much more efficient, and our callers are happy to know we now have voicemail.

If you're in the neighborhood, please stop by and we'll give you a tour!

Our phone number is still 214-370-9810, but our fax number has changed to 214-824-6901.

*"If
we cannot make a world
in which children no
longer suffer, at
least we can try to
reduce the number
of suffering
children."*

Albert Camus

SBS News and Thank You!

There have been many exciting events for the Shaken Baby Syndrome program recently. Our new SBS public service announcement debuted on the WB33 and is running from February through the end of April. We are very grateful to the WB and Renee McMillon, Community Affairs Director for the station. WFAA-Channel 8 also will be airing it. Other area stations—including Telemundo and Univision—have shown an interest in running it, and we're hopeful the PSA will receive even wider air play.

We want to express our sincere thanks to Stan Hart for writing, directing and producing the PSA. We are so grateful for his contributions and those of the actors and film crew.

Speaking of contributions, we also want to thank Robert Greeson, a Dallas webpage designer, who created our new SBS Teen Page. It can be accessed through our website at www.excav.org. Just click on the SBS logo and, once you're there, you can also view the English and Spanish versions of the PSA.

While we're passing out the accolades, one more should be added to the list; Ameriquest Mortgage has donated Texas Rangers tickets to the CAP Center. We will raffle them off at the *6th Annual Childcare Provider and Parenting Conference* that will be held Saturday, April 2, 2005, at East Dallas Christian Church.

We are indebted to you, the community, who through your talents and efforts make our jobs so much easier.

Parent Aide Success Story!

I know a mom who is 25 and has four children. She works full time to provide for those children, struggling to be a single parent and handle everything that being a mother and a father to four children involves. I met this mom in June because she was so overwhelmed and depressed.

In just six short months, this mom has worked hard to change herself and her family. She began to see a doctor for depression and is much improved. She has more energy and patience, which are essential ingredients to successful parenting. She came from a home where she was sexually abused as a child and not protected by her parents. She became a mother at 13.

Both of her relationships with the fathers of her children were abusive, and the last one ended with his being sent to jail. This mother and her children have suffered and endured. She is determined to provide a stable and loving home for her youngsters. Mom is learning new parenting techniques and is always open to new ideas. She has become firm and consistent in her parenting. She has followed up with resources provided to her. She has maintained her employment and has now opened her own bank account. We have taught her budgeting skills and the process is working. She now can pay all of her rent on time. Not too long ago she couldn't resulting in hundreds of dollars in late fees which, in turn, kept her from being able to pay all of the rent the next month.

This mother feels better about herself and her parenting ability. She is looking forward to and planning for the future. Her goal is to own her own home one day. I believe she will do it!

Save the Date

CAP Center Classic

**Monday
October 10, 2005**

**Riverchase
Golf Course**

Another way to benefit the
CAP Center...

Use your
Diner's Club®
Points.
Donate to Club Reward



#7801D

CAP Center Cash Donations

A big THANK YOU to all the donors who gave \$500 or more to the CAP Center during the 2004 year. We could not do it without you!

A.C.T. Commercial Construction
 Actuate
 Bank of America
 Berkner Exchange Club
 Bigby, Havis & Assoc.
 David and Lisa Barbour
 Brocade
 Annie Burns
 Chi Omega
 Cisco Systems
 Citigroup Foundation
 Computer Assoc.
 CNT
 Constantine Foundation
 Dallas Mavericks Foundation
 Dallas Women's Foundation
 Scott and Linda Davis
 Gerald Deats
 Rosemary Domecki
 Lisa Domiteaux
 E-Rewards
 Gayne and Jody Ek
 George Ellis
 EMC
 Exchange Club of Coppel
 Exchange Club of East Dallas
 Don and Teresa Garland
 Garland Rhoads Foundation

Nancee Glatstein
 Michael and Vicky Gunning
 Harold Simmons Foundation
 David Herrick
 Hewlett Packard
 Hitachi Data Systems
 Cindy Hodge
 IBM
 Kathrine Kinser
 Christopher and Ashlee Kleinert
 Koons, Fuller, Vanden Eykel & Robertson
 Bryan Korba
 Lake Highlands Exchange Club
 Donna Lane
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 Rebecca Manton
 David Matthews
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 McCune Foundation
 Meadows Foundation
 Chuck and Mary Blake Meadows
 Debbie Mrazek
 National Exchange Foundation
 Net IQ
 Noon Exchange Club of Garland
 Nortel Networks
 Scott and Erin Olson
 Joe Pacetti

Pearce Exchange Club
 Steve Perkins
 Steve and Elisa Reiter
 Walter Ridlon
 Robert McCormick Tribune Foundation
 Gerard Rocchi
 Rockwood Companies
 Dr. Mike and E. J. Rodgers
 SAP
 Patrick Sargent
 Scurlock Foundation
 Speedway Children's Charities
 Storage Tek
 Susan Sulentic
 Sun Microsystems
 TEK Systems
 Thompson & Knight
 Timberlawn Foundation
 Trammel Crow
 Uptown Exchange Club
 Ike Vanden Eykel
 WB 33 Kid's Fund
 Women of Saint Michaels
 Sondra Wyatt

Any omissions are unintended

CAP Center Partners with The Richards Group

The CAP Center has chosen the Dallas firm, The Richards Group, to bring a fresh new image to the Center.

The Richards Group will assist the agency in branding, creative advertising, and media planning duties.

One of the goals of this project is to help the CAP Center convey its message to potential clients, donors and volunteers in the community.

The CAP Center is very excited about this opportunity and is looking forward to our association with The Richards Group!

Stock or Bond Transfer to the CAP Center

If you've ever wondered how to give the CAP Center stocks or bonds, here's the answer:

If you have the actual certificate, you will use an *Irrevocable Stock or Bond Power* form that can be completed, signed and delivered to the CAP Center liaison (contact information shown below) at Lincoln Financial Advisors, along with the certificate.

Do not sign the back of the certificate. The shares will be deposited to the CAP Center account. **The value of your contribution will be based upon the value of the stock or bond on the day it posts to the CAP account.**

If the stock is held in a brokerage account, request the brokerage firm to transfer the stock to the CAP account directly. You will need to provide the firm with a written letter of instruction indicating you want to make a gift of the stock, and transfer it to **Lincoln Financial Advisors DCT #0226 fbo Exchange Center for Child Abuse Prevention, Account #BNX-012017.**

Contact Information:

Larry W Burgess, CFP™
 Helmsman Financial Partners, LLP
 14881 Quorum Drive, Ste. 125
 Dallas, TX 75254

CAP Center
Clients Served
1993 to December 2004

Parent Aide Program

Families: 1,137
Children: 2,842

Families First

Parents: 6,454
Children: 2,737

Shaken Baby Syndrome

People Trained: 7,980

Healthy Families Dallas 2001-2004

Teens and Babies: 141

THANK YOU

Special Thanks to Our Wonderful Program Volunteers for Their Years of Service

| | |
|---------------------|---|
| Clay Moody | 9 |
| Sarah Smith | 9 |
| Jennifer Fullbright | 8 |
| Henry Carney | 7 |
| Janet Cobb | 7 |
| Tahnee Barbee | 5 |
| Kelly Griffin | 5 |
| Shawn Kurz | 4 |
| Jill Lewis | 4 |
| Craig Mindell | 4 |
| Anita Bass | 3 |
| Jody Giles | 3 |
| Kate Murphy | 3 |
| Kelly Thompson | 3 |
| Rachel Hiller | 2 |
| Elizabeth Miller | 2 |
| Scott Plog | 2 |
| Ellen Grigsby | 1 |
| Sophie Guislain | 1 |
| Corrine Gurney | 1 |
| Amy Huffman | 1 |
| Maggie Kuentler | 1 |
| Viviane Minet | 1 |

Message from the President



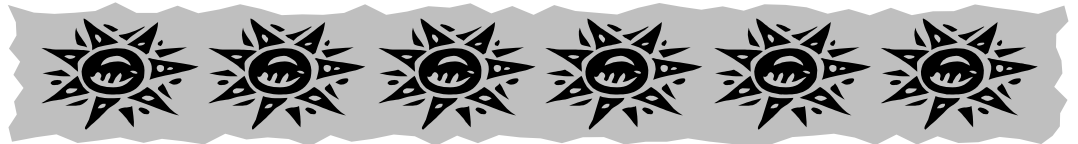
It is a great pleasure for me to serve as President of the CAP Center Board this year. We enter 2005 with boundless possibilities for growth in programs and agency awareness.

Thanks to the coordinated efforts of Dallas Social Venture Partners and our Board, we have a solid strategic plan for navigating our agency into the future. As part of that plan, the pro-bono efforts of The Richards Group, one of the Dallas area's top advertising agencies, will produce a branding plan for the CAP Center, propelling us into a new arena of awareness in the Dallas Metroplex.

More importantly, however, is to recognize that your continued commitment and dedication to our mission, whether it is demonstrated through time, money or in-kind services, is the key that has enabled us to serve a record number of children and families.

Please plan to join us in celebrating our progress at our Open House on Thursday, April 7, 2005, at our new-found home at 2902 Swiss Avenue.

With warmest regards,
Teresa Garland



Hints for Parents

Parenting is the most difficult and important work many of us will ever do. Here are ten tips to help make the job easier!

- ☆ Speak to your children the way you would like to be addressed. You teach your children to respect others by respecting them.
- ☆ Be clear and consistent when setting limits.
- ☆ Help your children name their feelings. Listen to your children's feelings without judging, criticizing or advising.
- ☆ When appropriate, allow your children to experience the natural consequences their behavior.
- ☆ Whenever possible, provide choices for your children rather than giving orders.
- ☆ Ignore your children's negative attention-seeking behavior.
- ☆ Give attention for positive behavior.
- ☆ Be firm but kind when disciplining your children.
- ☆ Encourage and appreciate your children's efforts to develop new skills. Remember, effort or improvement is more important than the end result.
- ☆ Everyone makes mistakes. Treat your children and yourself with a generous heart when mistakes are made.



In memory of Mark E. Burns

January 13, 1955 – October 2, 2004

I wish to thank each of you for your generous contributions, prayers and support since the death of my beloved husband, Mark Burns. Those sustain me.

Sincerely,
Margaret Patterson

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|-------------------------|-----------------------------|------------------------------|-------------------------------|
| Barker & Company | Lauren Dugger | Doug Lytle | Thomas Saviano |
| Jim Apken | Rina Duncan | James & Vicki Margolis | Mary & K.C. Schrick |
| Shelley Ard | Dusselier Concrete Flatwork | John Schmidt | Edward & Loretta Schwerdt |
| Virginia Barbash | Gayne & Jody Ek | Mary Alice Burns | Jack & Becky Selzer |
| David & Lisa Barbour | Deborah Ernst | John & Barbara Monahan | Shared Housing Center |
| Sue Blake | Lois Ernst | Kathleen Morrow | Laura Simon |
| Dan & Cecilia Boone | Wynelle Eubank | Kirk Nahra | Anne Simpson Suplee |
| Linda Boriskie | Exchange Club of Coppell | Maureen Nash | Elizabeth Simpson |
| Nancy Braun | Fleishman Hillard | Dennis & Kristina Newton | Vasa Simpson |
| Rob & Margaret Braun | Jack & Anna Franke | Ross & Gloria Nigro | Susan Simpson Brown |
| Susan Breneman | Kirk & Stacey Franklin | Jeanette O'Connor | Lawrence & Lois Skogerson |
| Mary Brenner | Rose Frey | D. Raelynn Olson | David Smith |
| Annie Burns | Theresa Garbarino-May | Deborah Owen | Ellen Solender |
| Tim Burns | Lisa Garner | Owen Lumber Co | Spanish Main Yacht Club |
| Peg Burns | Harjinder Gill | Anthony & Margaret Patterson | Karlene & Gary Stephany |
| Dorothy Burns | Alice Glah | Anthony Patterson, Jr. | Rosella & Raymond Strawn |
| Ginny and Ed Burns | GMMB | Christopher Patterson | Charles & Margaret Svoboda |
| Wendall & Eleanor Burns | Gloria Halloran | Matthew Patterson | Courtney & William Taliaferro |
| Pat & Marilyn Burns | Leo & Kathleen Halloran | Rosemary Patterson Costello | Texas District Exchange Clubs |
| John & Jeanne Byrnes | Gene & Maureen Hardy | George Patterson | Lisa Underwood |
| Meredith Cabe | Frances Harris | Bradley Perseke | Mary Wadick |
| Kimberly Callinan | Gerard & Elizabeth Helfrich | John Pierson, Jr. | Margaret Walker |
| Elizabeth Calloway | William & Lelah Henderson | Kathleen Pinter | Peggy Walker |
| Gary Carter | Kellee Hercules | Mary Polcari | Patricia & Dan Walsh |
| Jerry Cavalier | Edward & Lucille Holton | Alan Quinlan | Bernard & Kathleen Weisham |
| Anita Chanpong | Regina Howard | Elisa & Steve Reiter | Pamela White |
| Judi Collins | Frank & Barbara Jazzo | Mike & E.J. Rodgers | Brad Whitlock |
| Pat & Robin Cordry | James Kelly | Bill & Elizabeth Rose | Alice & Bill Wright |
| Louis Daly | Shirley Lemoyne Ellis | Mary Rowan Klein | Richard Zweig DDS |
| Martin Davis | Cathleen Leuba | Michael Sampson | |

Where to Turn:

| | | |
|-----------------------------|----------------------------|---|
| CAP Center | 214-370-9810 | www.excap.org |
| Community Helpline | 214-379-4357 or 211 | |
| Shaken Baby Alliance | 817-882-8686 | |
| Report Child Abuse | 800-252-5400 | |

Donate Your Car - Lower Your Taxes!

The CAP Center is now one of the charitable organizations participating in the **Charity Motors Car Donation Program**. People can donate a car they no longer want/need, receive a tax deduction and designate The CAP Center to receive the proceeds from the sale of their car.

If you are interested in participating in this program, please call **Charity Motors at 972-CHARITY** and designate The CAP Center as your charity. Thank you! www.charitymotors.org

CAP Center Staff

Margaret Patterson, LCSW
Executive Director

Carol Duncan, LCSW
Program Director

Amy McShane, LCSW
Case Manager

Karen Coxe, LMSW
Case Manager

Michelle Ferris, LMSW
Case Manager

Kalin Burke
Shaken Baby Syndrome Educator

Claudia DeMoss
Administrative Assistant

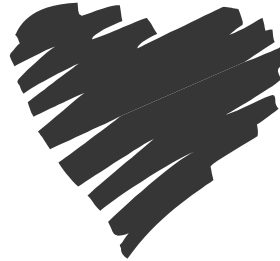
Brooke Damron
Special Events Coordinator

Marquita Shaw
Family Visitation Worker

Regina Davis
Family Visitation Worker

*“Never doubt that a small group of thoughtful,
committed citizens can change the world; indeed,
it’s the only thing that ever has.”*

Margaret Mead



This newsletter is about solutions to the problems of child abuse. CAP Center salutes our dedicated Exchange Club members, all our volunteers, donors and program partners who are committed to keeping children safe. Each of you has changed lives.

Families First Staff

Glenda Bevel-Boyer, *M.Ed., LPC*

Marc Greenwood, *M.A., LPC*

Debra Polsky, *M.Ed.*

Jerry Roberson, *M.A.*

Barbra Silverman, *LCSW*

Ron Sessions, *M.Ed.*

Lauren Dugger,
Children’s Coordinator

Traci Denny,

Ass’t. Children’s Coordinator

David Beveridge, *Registration*

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Exchange Club Center for
the Prevention of Child Abuse
of DFW, Inc., d.b.a.



2902 Swiss Ave
Dallas, TX 75204

Phone 214-370-9810

Fax 214-824-6901

<http://www.excap.org>