

EAGLE VILLAGE NEWSLETTER

WINTER 2021

The Gift of Giving

Being in a position to see people give their time and share financial gifts is incredible. The opportunity to witness generosity allows us to see both sides of it. Is the giver or the receiver the one who benefits the most? The giver is always surprised how much they receive from the experience when that wasn't the motivation and those that receive are surprised, grateful and excited. What we see is mutual benefit. Both giving and receiving offer a great feeling that an identified need has been met and a dream can take flight. As people embrace our cause, we can see and feel the deep concern, and their desire to support the abused and neglected kids that we serve.



This past October, we had a new couple join us as donors at Eagle Village. They gave a generous gift to create a special opportunity for our youth to learn about the gift of "giving to others". In our first Secret Santa Christmas, our youth will draw names, select brand new gifts for another youth in their campus home; wrap the gifts and participate in a gift exchange. Planting the joy of giving by starting a Secret Santa tradition with our youth is a concept we are excited for them to embrace. Giving thought to others and wanting to create happy moments is an important life experience.

For our kids who get to go home for the holidays or to a foster home, for the day, we will have them choose from a selection of gift items for their siblings or parents, or to present a gift to the family who is hosting them for the day.



We are thankful for those that have given our youth this opportunity to experience the joy and feeling of giving; an experience that many of us take for granted. You too can make a difference at Eagle Village. All it takes is caring about our mission, and the lives and futures of abused and neglected children. All you need is you to share yourself, your unique talents, your time and your gifts. We welcome you into our Village!

Merry Christmas from Eagle Village!

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INVESTING IN THE Future

We are invested - in our kids, our employees and everything in-between.

In November, our staff completed a six week course with the Traumatic Stress Institute (TSI) Trauma-Informed Training. This training particularly hones in on the risking connections with those who are survivors of trauma and Adverse Childhood Experiences (ACEs).

Together, we are discovering new techniques to uncovering these traumas or ACEs and how to navigate through the debris resulting from these experiences. An important part of our training teaches us how to support each other as we help



our youth and how to care for our own mental health.

“What makes the Risking Connection curriculum so important is that it helps us understand the impact of trauma upon both youth and staff, and provides a path past trauma towards transformation,” said Chad Campbell, Eagle Village’s RISE Clinical Manager and TSI training leader.

By providing this training and getting a better understanding of how trauma is processed amongst our kids, we are able to give the proper care needed for our kids to soar.

The Gift of Time

The gift of giving comes in a variety of ways and for this particular story, it comes in the form of time.

Earlier this year, we received a gracious donation that allowed us to purchase 20 brand new trail bikes for our kids to enjoy out on the trails and throughout the campus.

To some, riding a bike was easy, but for others, it was a challenge. Learning how to ride a bike is something we see as a normal childhood experience, but for some kids, these experiences were rare or nonexistent.

It was a new opportunity for them, but an experience Bob Werkema, extreme trail rider and Eagle Village volunteer, will never forget.

“It has been an amazing experience to ride the trails with the kids,” said Bob. “Some of them had likely never rode one before and getting them to a point where they could ride over things that seemed scary was probably as exciting for me as it was for them!”

When our volunteers donate their expertise and time, we are giving our kids the attention and knowledge they need to seek their full potential. Creating these experiences gives them the chance to develop new hobbies and skills that they can benefit from in the long run.

Over the last few months, Bob has made multiple visits to take the kids out for a trail ride and to further develop the trails. His goal is to create multiple routes and levels for the kids to challenge them as they progress.



Holiday DE-STRESS

As the holiday season approaches, we know how stressful it can be! Here are some quick sensory interventions you can use to help you decompress during the most wonderful time of year!

TOUCH

- laying under a weighted blanket
- chewing ice
- using a stress ball or fidget toy

SIGHT

- looking through picture books
- seeing the sun rise and set
- watching a candle burn

SMELL

- lighting scented candles
- cooking with herbs and spices
- brewing herbal tea or coffee

TASTE

- eating sour candy or mints
- chewing on a straw or gum
- licking a lollipop

AUDITORY

- listening to white noise
- Singing a holiday song
- Playing your favorite music

MOVEMENT

- lifting weights
- cleaning
- rocking in a rocking chair

5 WAYS YOU CAN GIVE BACK

You know the feeling when you've found the perfect gift for someone and your excitement grows with anticipation because you know they'll love it? That is one of the beautiful things about giving, spreading the love and care for others to share.

As your family gathers this holiday season, think about how you can come together to give the ultimate Christmas gift of giving back. Our Village is always looking for people to get involved and you could too! Here are a few ways you can get involved and help spread the love and care for all to share!

1. SHOP WITH AMAZONSMILE
Did you know when you shop online with Amazon, you can help support our kids? By selecting Eagle Village as your charity of choice, Amazon will donate a percentage of profits from your purchase to our organization. You can also support our kids by purchasing items from

our Amazon Wish List. These items range from personal hygiene products to board games, books and more!

2. SEND AN ENCOURAGING LETTER

For many of our kids, they don't know the feeling of excitement when a letter arrives in the mail just for them, but they could. You can help ignite the Christmas spirit into our kids by sending cards in the mail! When they received cards and letters like this, they cherish them forever. Something so small can make a significant impact!

3. BECOME A MENTOR
Prior to arrival, our kids often times don't have anyone to look up to, to give them guidance or the one-on-one attention they deserve. That is why it is so important to us to provide our kids with a mentor that can give them these things. As a mentor, you can make a direct impact on our youth!

4. JOIN US FOR FRIENDS FRIDAY

Not all gifts of giving come in the form of money, they can also come in the form of volunteering your time and/or resources. Every third Friday of the month we host a Friends Friday, a day to come on our 681-acre campus, learn about our history, volunteering opportunities, and take a tour! These Fridays are a great way to get your foot in the door and start volunteering!

5. COME FOR A SERVICE DAY

Grab your friends, family, coworkers, church groups, whomever and bring them to our campus for a day of service projects! With our 681-acre campus, we never run out of projects and can use your help! No groups are too big or too small and can be customized to the group's desire/capabilities. Meals and lodging can be provided for our extended stay groups!

✂ Cut along the dotted line to save a holiday treat!

Homemade Hot Cocoa

Looking for a quick and easy Christmas gift or a fun activity to do with the kids? Try this Homemade Hot Cocoa Mix!

WHAT YOU'LL NEED:

- 2.5 cups of powdered milk
- 1.5 cups of brown sugar
- 1 cup of cocoa powder
- 1 tsp of salt
- Bag of mini marshmallows
- Blender
- 5, 8 ounce mason jars
- Small fabric squares with your favorite design
- Color ribbon of your choosing

INSTRUCTIONS:

- Measure out all ingredients into a blender and turn on high for a minute or two.
- Once all ingredients are well blended, put 1 cup of the mix into each mason jar.
- Add your favorite toppings to top the jar off!
- Place the lid on the jar then set your precut fabric square on top, screw the lid ring on and finish it off by tying your favorite ribbon around it!
- That's it! Ready to be gifted!

Serving size: 1/2 cup (2 servings per jar)

To add additional flavors to your mix, add 1-2 tbsp.! Mix should be good up to a year in an airtight, dry, clean jar.





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VISIT US ONLINE TO LEARN MORE!



A CHILD'S Christmas Wish

“It’s not for me, it is for the children I hope to have. I want them to have grandparents.”

Alissa, wanted to be adopted. This bright 17-year-old, was about to turn 18 and could leave Eagle Village to lead an independent life with a positive future. When asked why adoption was such an important wish for her at that point she said, being adopted was not for her, but for the children she hoped to have someday. She wanted them to have grandparents.

Her answer made an impression. She wasn’t thinking of herself, she was thinking long-term and wanted a different life for her children. She had hope for her future and realized the importance of relationships. Alissa was thoughtful about the family she wanted to create. Her resilience grew as she worked through her trauma and

overcame obstacles to reach toward her future.

At Eagle Village, the most important priority is our work with every individual youth. With each child’s treatment plan we guide with purpose, observe, support, and build trust in a nurturing, thriving environment. We create opportunities for growth and plant seeds they can lean on in the future.

Please take a moment to consider joining us in our mission to serve the abused and neglected children of Michigan. Your gift will provide our kids with the guidance, support, love and care they so desperately need. Visit www.eaglevillage.org/donate to send a gift today.



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