

# ECHO

WINTER EDITION - JANUARY 2016  
A QUARTERLY NEWSLETTER FROM  
BETHANY CHILDREN'S HOME

## Music Therapy Services: *Youth benefit from drumming group*

At Bethany Children's Home, music therapy is recognized as an integral aspect of the youth's treatment plan. The music therapist collaborates with clinicians, case managers, recreation and art departments, and cottage staff to offer and provide musically therapeutic services that support our purpose and mission.

Music Therapist Elizabeth Stephanz says, "Music therapy has been shown to have a significant effect on an individual's relaxation, respiration rate, self-reported pain reduction, and behaviorally observed and self-reported anxiety levels."

Bethany offers individualized options for youth to participate in group or one-on-one sessions. A new group for this programming period, Beat Stress!, is an evidence based clinical drumming program offered to youth and staff.



At the beginning of a session a youth was demonstrating hyperactivity, poor impulse control or regulation, and off-task verbalizations. After a 45-minute structured and successful drumming experience, the youth was demonstrating a dramatic improvement in impulse control and body regulation.

After the session, he reported to staff, "I am feeling a little better. Thanks for such a fun group!"

# Christmas at Bethany

Youth and staff experienced a busy and fulfilling Christmas season at Bethany Children's Home in December 2015. The season kicked off with the annual Hanging of the Greens service, and continued with cookie socials, ornament exchanges, fellowship opportunities, the annual Youth Christmas Dinner, Christmas Eve service, and of course Christmas Day! Staff and donors went above and beyond to make this holiday season magical and special for Bethany residents.



Each year, youth and staff from all departments across Bethany's campus come together for the Hanging of the Greens service. The campus decorates the church and the Christmas tree.



Cottages and other departments participated in the annual Ornament Exchange. Cottages keep these unique ornaments in their collections to use year after year.



Volunteers from Fort Indiantown Gap returned to Bethany and wrapped gifts for over 60 youth this year. Thank you to all the volunteers who helped us in Christmasland!



Thank you to Turkey Hill in Myerstown and all churches, organizations, and businesses that helped make Christmas magical for our residents by collecting and donating gifts!



Residents enjoyed the annual Youth Christmas Dinner this year. The residents chose the menu for the party and each youth took away prizes and small gifts.



For many Bethany youth, Christmas at BCH is the first they have experienced. Thank you to all of our donors for providing our youth a blessed and exciting Christmas morning.

To learn more about involvement opportunities and how you can make a difference with service projects, adopting a cottage, or making financial contributions please contact our Development Department today at 610-589-6828 or visit our website at [www.bethanyhome.org](http://www.bethanyhome.org)

# Thank You to our Partners & Donors



Left: Wells Fargo donated \$2000 to help Furnish a Cottage at Bethany. Photographed is Meggan Kerber, Director of Development; Brenda Smith, Wells Fargo Store Manager and Assistant Vice President, Robesonia; and Brian Berger, Owner Limerick Furniture. This special gift will help create a home like environment for Bethany youth.

Right: Reed Cottage staff and residents enjoyed working with this group from St. John's UCC Lansdale! The group did a service project to turn part of the basement at Reed Cottage into a recreation room. Bethany is thankful to continue a longstanding relationship with the church!



Left: An Exeter Orthodontics gift certificate for complete orthodontic care and braces was donated to Bethany through friends attending the Big Vision Foundation Dinner. This past November, a female resident benefitted from this great gift and is thankful to the partnership of Big Vision, Exeter Orthodontics and Bethany for her new smile!



## Tribute Breakfast Awardees

Left to right: Ben Campbell, President of the Bethany Board of Directors; Dr. Betsy Adams, retired principal of Conrad Weiser High School and recipient of the Children's Award; Jon Torres, Bethany alumni and recipient of the Guido and Margaret Bartolacci Education Award in honor of Lee Armbuster; Lee Armbuster, owner and partner Great Valu Supermarkets and recipient of the Harold A. Henning Spirit Award; Kevin Snyder, CEO of Bethany Children's Home.

RETURN SERVICES REQUESTED



Bethany Children's Home  
*Summer Concert Series*  
Friday Nights 7:00 PM

**JULY 8**  
**JULY 15**  
**JULY 22**  
**JULY 29**  
**AUGUST 5**

**SWEET RIDE**  
**VINTAGE Ice Cream**  
**BIKE**

Hot Dogs & Soda

**AUGUST 12**

Final Show Includes:  
**Alumni Appreciation**  
**& FIREWORKS**

**FREE ADMISSION**

**RAIN** Freewill OFFERING Accepted. Proceeds to benefit Bethany's mission.  
**SHINE** Concessions Available! **Tobacco, Alcohol, & Pets PROHIBITED.**  
Seating is on the lawn so please bring your fav **CHAIR or BLANKET.**  
Bethany Children's Home Anniversary Stage  
1863 Bethany Road, Womelsdorf, PA 19567  
www.bethanyhome.org

PRESENTED BY:



**SPONSORS**  
**COMING SOON!**



A simple, meaningful gift through your will or estate enables us to assist youth with self understanding, growth, and healing towards a brighter healthier future.

The gift costs you nothing during your lifetime, and it makes their future possible.

For more information on how to make a difference call 610-589-6828.

The official registration and financial information of Bethany Home Inc. and Bethany Children's Home Inc. may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, (800) 732-0999. Registration does not imply endorsement. Tax Id: 23-1365188