



NEWS RELEASE

For Immediate Release

Contact: Karen Thomas

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PROSPER To Hold Recognition and Press Conference

The Carbondale and Scranton PROMoting School-community-university Partnerships to Enhance Resilience (PROSPER) teams will be holding a recognition and press conference on Friday, October 22 from 9:00 – 10:00 a.m. at the Electric City Trolley Museum off Cliff St. in Scranton. Elaine Berrena, Penn State Prevention Research Center senior project associate, will be providing an update on the research results from the PROSPER study. In addition, remarks will be made by Dr. Paul Kazmarcik, Carbondale Area Elementary School principal, and the Frazier family, past participants of the Strengthening Families Program for Parents and Youth 10-14. In addition, the first Friend of PROSPER award will be given to an individual who has championed evidence-based prevention programs in Lackawanna County. Also PROSPER sponsors and members of the Carbondale and Scranton PROSPER teams will be recognized for their support.

The PROSPER project is an innovative model for bringing research-based, scientifically proven prevention programs to communities in order to strengthen youth, families, and the community. The focus is on strengthening parent-child relations and problem-solving, building youth life skills, and teaching youth to avoid peer pressure or dangerous behaviors.

The PROSPER team is a collaborative of community partners who meet regularly to assist in program planning and implementation, help secure funding and resources, and provide support and assistance as needed. Working together, they implement evidenced-based programs that meet the needs of family and youth in Carbondale and Scranton, and facilitate the implementation of these programs.

For more information about PROSPER or the recognition press conference, call Penn State Cooperative Extension at 963-6842.

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FOR IMMEDIATE RELEASE

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Extension Offers Dining with Diabetes Program

Learning that you have diabetes can be overwhelming at first. There are many new things to learn and it can be difficult to know where to start. Dining with Diabetes is a program offered by Penn State Cooperative Extension. It will help persons with Type II diabetes understand some of the most important things they need to know about how to manage their diabetes. Marlene Nash, M.S., R.D., L.D.N, and Nicole DeMarco, CHES, will lead discussions addressing:

- Important numbers you need to know
- Planning healthy meals
- Healthy food preparation
- Physical activity

Classes will be offered weekly for four weeks from 10:00 a.m. - 12:00 p.m. beginning Friday, October 29 through Friday, November 19, with a three-month follow-up class on Friday, January 21 at the Penn State Cooperative Extension Office, 200 Adams Avenue, Lower Level, Scranton. Each class offers:

Food demonstrations and tasting recipes

- Physical activity and ideas to take home
- Discussions regarding important information to help you manage your diabetes

Lab tests will also be offered to measure HbA1c and lipid levels. Participants will receive a pedometer, exercise DVD, exercise bands, and recipes. The fee for the class is \$35.00 per person or \$50.00 per family. For more information or to register, please contact Karen Thomas or Nicole DeMarco at 963-6842 by October 22.

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Program Helps Kids Succeed

Are you a parent or caregiver of a 5th or 6th grader? Would you like to learn some additional skills to help your child succeed? If so, then register for the free Strengthening Families Program starting in early October.

The Strengthening Families Program for Parents and Youth 10-14 is a seven week program designed to reduce adolescent substance abuse and other problematic behaviors in youth ages 10 – 14 years. It has been scientifically tested and results have shown that children who have completed the program are less likely to become involved in risky behaviors like drug and alcohol abuse.

Parents and children begin each Strengthening Families session with a shared meal followed by break out sessions for adults and youth. During the last hour the families reunite to increase family bonding, positive communication skills and learn to solve problems together.

Four sessions will be held this fall in Scranton and Carbondale. The Carbondale sessions will be held from 5:30 p.m. – 8:00 p.m. on Sundays starting on October 3 and on Thursdays beginning on October 14 at the Carbondale Area schools. The Scranton sessions will run on Sundays starting October 3 from 3:00 – 5:30 p.m. and on Thursdays beginning October 14 from 5:30 – 8:00 p.m. Both sessions will be held at the South Scranton Intermediate School.

Youth will benefit from attending the sessions by learning to: prepare for their teen years, communicate with their parents, deal with stress and peer pressure, and avoid alcohol and drug problems. Parents and caregivers can enhance their parenting skills by: learning to set limits and show love, making house rules, encouraging good behavior, protecting their children from substance abuse, and learning to handle stress.

All sessions are free and include a free meal for the entire family, free child care for younger children and prizes for attendance. For more information or to register for this fun, family oriented program, call Penn State Cooperative Extension at 963-6842 by September 24.

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