



Dear Families and Friends:

This is the month of love and what a special time to focus of the amount of time we are spending with our love ones. To our moms and dads make sure you are carving out time for a date. If all you can do is to have a picnic in the living room after the children are in bed, that's good enough. I have seen many couples struggle, from the stress of raising a child with special needs. The greatest gift you can give your child is to care for each other! Children learn how to love through the actions of their parents. Be kind! For the single parents in PLCTA, make sure you are taking time out for yourself. Your child needs you healthy and happy. Find time for a bath, a walk, take at least 15 minutes a day to do something for yourself.

We are inching toward our Annual Walk for Autism Awareness. Debbie is looking for bottles of liquor or wine for our cooler, If you can help out by donating a bottle or if you would like to donate a basket, her contact number is listed on the new flyer enclosed. This is the last month for sponsors so everyone try to bring it at least one new sponsor. Start asking your family, friends and coworkers to join your walk team. Bring a group of friends to run this year. We need great energy and support for a wonderful cause.

Make sure you check out the events planned for each social group this month. Last month, I suggested bringing in a "Kindness Elf" to your home to encourage our children to do kind deeds for others. This could be for neighbors, friends, family or even strangers. I hope the month of love will consists of goodwill toward others. Kindness Matters!

We want to wish everyone a Happy Valentine's Day!

Your President,

Kathleen Marie Walsh





PLCTA GIVES BACK

Thanks to all who donated items for the caddies. PLCTA was able to fill and donate 40 caddies to the Woman's Resource Center.

PLCTA February Social Groups

Older Teen-Young Adult {Suggested age 16 and above}

Idle Hour Bowling...Please arrive 15 minutes prior to get your shoes and ball.

February 14 and February 22 at 1pm

Teen Social Group {Suggested age 13 to 16}

Valentine Pizza Party at Rosario's in Clarks Summit

Sunday February 22nd at 1pm

RSVP to Patti 563-1852

Youth Social {Suggested Age 12 and under}

Carbondale YMCA,

Friday, Feb 20 2015. From 6 - 8. 1 hr pool 1 hr gym/bouncy house and pizza.

RSVP to MaryEllen 346- 2955.

Roots before branches



What is patience?

Many of us have a tendency toward immediate gratification. We want what right now. We exhibit patience when we are able to handle delays en route to a goal or special occasion and to endure the wait calmly.

Our hurry up society doesn't offer children many opportunities to learn how to be patient. Microwaves turn out hotdogs to thirty seconds. Charge cards allow parents to provide children with bicycles or new wardrobe for school the moment they need or want them. We can even obtain a suntan in less than twenty minutes in a tanning booth.

Remember waiting all day for a fresh baked loaf of bread or pot of homemade soup or even putting a much desired item on layaway and using your weekly allowance to pay for it? These experiences and many others taught us patience and also helped us develop a sense of pride and satisfaction.

What I have noticed recently is how young married couples seem to think they should have everything their parents have. Many of us struggled for years before getting a large tv or new car. The beauty of aging is buying new furniture when you're children reach an age where fingerprint and stains become a thing of the past. Part of the fun of wanting something is the planning of how to get it. The small steps we take toward fulfilling our goal are celebrations within themselves. We do children a disservice by not finding opportunities for them to learn the joy of waiting.

Some things still by virtue of the task still require patience: Learning to tie shoes/sneakers, learning to pour liquids, waiting for a tooth to fall out and learn to whistle. Sharpen your vocabulary to encourage patience.

anticipation now, delay goal, later, patience, planning, preparation, waiting

Plan activities that take time to complete: Art Projects. (Discuss the steps required to complete the project.) Plan a play with your child's friends in the neighborhood or from school. Design the set, the costumes, and write the storylines with creative characters.

1. Grow a garden. Provide a magnify glass and popsicle sticks to chart weekly growth. At the end of the summer, hold a harvest making an array of food from the vegetables. Decorate vases with flowers grown. Make a pie or cake from the fruits.
2. Involve your child in planning family events especially upcoming birthday parties. Too often as parents, we take on that full responsibility trying to make it the best it can be. When we do that we rob our children of some great life experiences.

3. Plan cooking the requires time. Frozen Color Pops, baked yeast bread, make cookies with from dough, make chocolate lollipops (use mold and melt chocolate wafers)
4. Read chapter books. Read a chapter a night. For young children a few pages a night.
5. Set up an allowance system. Help them figure out how to save for a desired item. It's never too early to save for college. Avoid those student loans.
6. Keep a family scrapbook. Take it out from time to time to help build an appreciation for the passage of time. Use the back of a closet door to measure each child. Write the date of each measurement.

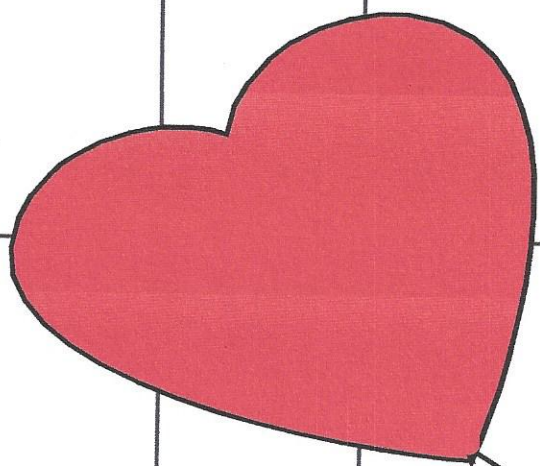
Books to read:

The Carrot Seed by Ruth Krauss
Dance Tanya by Patricia Gauch
Dear Daddy by John Schindel
The Growing Up Feet-by Beverly Cleary
I Can't Wait by Elizabeth Crary
Not Yet Yvette by Helen Ketterman
Something's Is Going to Happen by Charlotte Zolotow
The Whale Song by Dyan Sheldon
Lucy's Secret by Mireille Levert
It's Taking Too Long by Cheryl Wagner
The Pigeon Wants a Puppy by Mo Williams

Apps to purchase to build character

iTouchiLearn Feelings for Preschool Kids
Moody Monster Manor HD
Be a Buddy, Not a Bully

February



Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3 Board Meeting 6pm	4			7	8
9	10	11 Walk Meeting 6pm at the PLCTA Headquarters Snow Date is February 18th	12	13	14  Valentine's Day Shower the people you love with love.	15
16	17	18	19	20  Youth Group Swimming at YMCA 6-8	21  Bowling 1pm at Idle Hours	22 Middle School Group Pizza Party at Rosario's 11pm
23	24	25	26	27	28  Bowling 1pm at Idle Hour	

2015



Walk for Autism Awareness

2015 Teams/Contact Information

Walk / Run Co-Chairs

John Stedina, JSted6@msn.com
Home (570)341-3454, Cell (570)604-9065

Walk / Run Co-Chairs

Marilyn Woellmer, mjwddw@gmail.com
Home (570)586-2499, Cell (570)575-0156

Walk Sponsors

Marilyn Woellmer, mjwddw@gmail.com
Home (570)586-2499, Cell (570)575-0156

Children's Activities

MaryEllenFrommert, MEF71168@Verizon.net
Home (570) 346-2955, Cell (570)877-8060

Walk Registrations

Christina Santiago, CSantiago@PLCTA.COM
Cell (570)677-0357

Information Booths

Kathleen Walsh, parents1ctautism@aol.com
Cell (570) 650-5485, Home (570)586-8358

Run Registrations

Marilyn Woellmer, mjwddw@gmail.com
Home (570)586-2499, Cell (570)575-0156

Bake Sale Items

Laura DeLuccie, Home (570)343-7852
Kathy Moroski, Home (570)347-1435

Team Registrations */ Team Tent **

Marilyn Woellmer, mjwddw@gmail.com *
Home (570)586-2499, Cell (570)575-0156
Michael Slater, scrantonstu31@yahoo.com **
Cell (570) 877-9424

Technology Team

Mike Dessoie, webmaster@plcta.org
Cell (570)499-4058

Basket/Raffle Donations Team

Debbie Barkley, Debbie61403@comcast.net
Home (570)344-4277, Cell (570)677-7500
Lori Bradley, Cell (570)687-2876

Post Picnic – Food Tent*/Food Donations**

Keith Bradley, Home (570)457-3714 *
Cell (570)614-9579 *
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Home (570)586-2499, Cell (570)575-0156
John Stedina, JSted6@msn.com**
Home (570)341-3454, Cell (570)604-9065

Walk Questions/Information

John Stedina, JSted6@msn.com
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PLCTA Headquarters (570)341-3388 (Leave message)