



*Founded as
The Child Abuse
Prevention
Foundation*

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The Polinsky Children's Center Foundation

SPRING 2010

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A Quarterly Publication from Promises2Kids

The 2010 Promises Summer Concert

Helping Kids Through the Power of Music



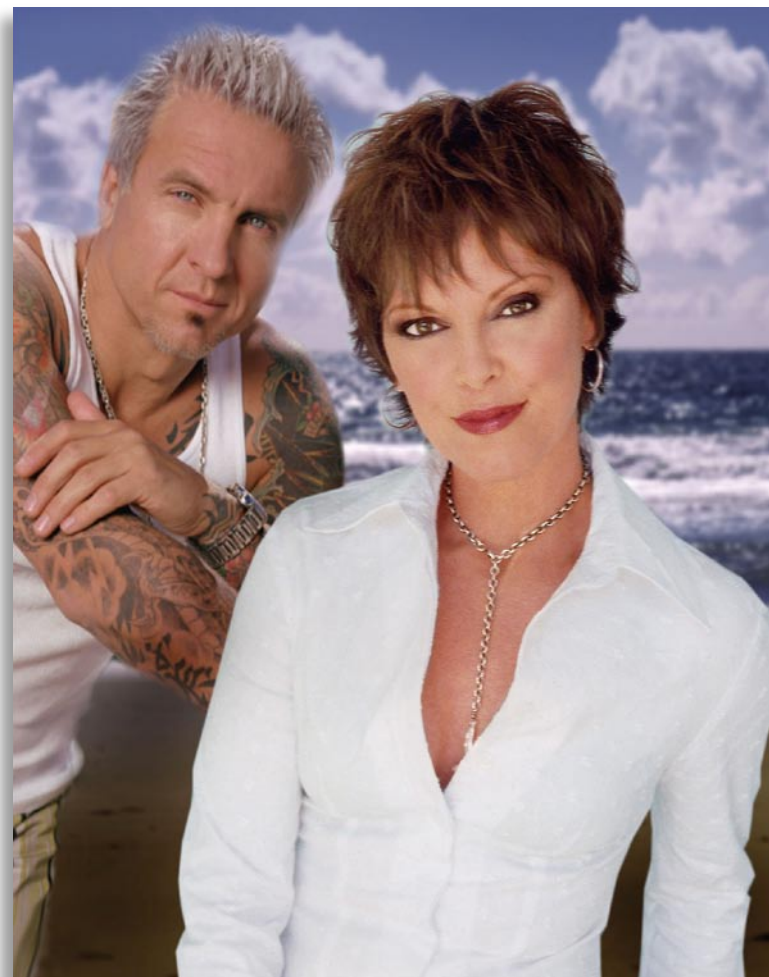
Promises2Kids invites you to rock into summer with four-time Grammy Award winner Pat Benatar and producer, songwriter and guitarist Neil Giraldo at the second Promises Summer Concert to be held on Wednesday, June 2, 2010. This rare acoustic performance has never been seen in San Diego and promises to be an unforgettable evening. The concert will be held under the stars at the beautiful oceanside La Jolla estate home of Joan Waitt. Proceeds from the event will support Promises2Kids' mission to break the cycle of child abuse through prevention, education, and advocacy.

Benatar's *Love Is a Battlefield*, *Hit Me with Your Best Shot*, *We Belong* and *Heartbreaker* established her as one of the top-selling female vocalists of all time. Neil "Spyder" Giraldo is the distinctive lead guitarist of Benatar's band and has performed on all of her albums. In addition to composing and producing much of Pat's work, Neil has also collaborated with Rick Springfield and Kenny Loggins.

The evening will feature an incredible array of live and silent auction items, a sumptuous plated dinner skillfully prepared by the chefs at the Hyatt Regency La Jolla at Aventine and a private musical performance by Pat Benatar and Neil Giraldo.

Tickets for this unique event are only \$250 and are available on the Promises2Kids web site at www.Promises2Kids.org or by contacting Laurie Spears, Promises2Kids Special Events & Volunteer Manager, at laurie@promises2kids.org or 858-427-1112.

Seating is limited so purchase your tickets today!



Grammy Award winner Pat Benatar and guitarist Neil Giraldo will be the featured artists for the 2010 Promises Summer Concert, Wednesday, June 2, 2010 at the estate home of Joan Waitt.



A report was recently published by the Department of Health and Human Services announcing a significant reduction in child abuse rates. The report stated that the estimated number of victimized children had dropped from 903,000 in 2006 to 772,000

in 2008. That is good news for those fighting the good fight against child abuse and neglect. The work that we are doing is having an impact; however, there are still many children to be saved.

David Finkelhor of the University of New Hampshire, a leading researcher in the field of child abuse stated, “It does suggest that the mobilization around this issue is helping and it’s a problem that is amenable to solutions.”

One word comes to mind after reading this article — momentum. A team that has momentum is on the move and will take a lot of effort to stop. And so it is that our movement to break the cycle of child abuse has gained momentum.

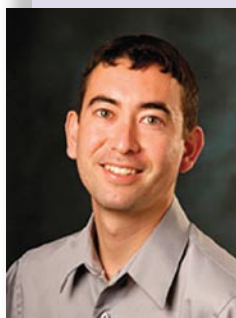
Isn’t it good to know that your time, effort and the check that you sit down and write is truly having a positive impact on someone’s life? Thousands of abused and neglected children in San Diego count on us to continue this momentum.

Since this study was conducted, the economy has taken a significant downturn and history tells us that family financial stress is inextricably linked to a spike in frequency and severity of child abuse so we must remain vigilant — San Diego’s Child Abuse hotline continues to receive approximately 70,000 calls of suspected child abuse each year.

Your support really is making a difference. There are many children to save and protect. We are glad that our combined efforts are working, and we pledge that this progress will not make us complacent, but inspire us to do more.

Sincerely,

Susan Golding, CEO/President



Andrew Abrams

Welcome New Board Member

The Promises2Kids Board of Directors welcomes Andrew Abrams, an associate in the San Diego office of Fish & Richardson, one of the world’s leading intellectual property and business litigation law firms. Abrams’ legal practice emphasizes trademark prosecution, portfolio management, and client counseling as well as litigation, where he assists clients in managing, protecting, and enforcing intellectual property.

Mr. Abrams has been actively involved with Promises2Kids for several years, providing pro bono legal services, and leading Fish & Richardson’s annual holiday Toy Drive, which donated more than 600 toys to help the Promises2Kids Give From Your Heart™ Holiday Drive for foster kids. In addition to his involvement with Promises2Kids, Abrams also participates in the San Diego Volunteer Lawyers Program, the Cal-Diego Paralyzed Veterans Association, the International Trademark Association, the American Bar Association, the California Bar Association and the Asian Business Association of San Diego.



100% OF GUARDIAN SCHOLARS SET TO GRADUATE IN SPRING

As May flowers bloom, so do the hopes and aspirations of 11 bright and talented young Guardian Scholars. Overcoming seemingly insurmountable odds, these students have excelled and are set to receive their college degrees in May and June of 2010. The Promises2Kids Guardian Scholars Program provides financial aid, as well as life coaching for former foster youth to help them obtain a college education.

We congratulate the 2010 Guardian Scholar graduates! You are a source of inspiration for all of our current and future Guardian Scholars and remind us all of our ability to triumph over adversity! Our Guardian Scholars will be graduating from:

- University of California San Diego (UCSD)
- San Diego State University (SDSU)
- University of California Santa Barbara (UCSB)
- University of California Davis (UCD)
- California State University San Marcos (CSUSM)
- Notre Dame De Namur University, Belmont, CA
- Loyola University Chicago



April is National Child Abuse Prevention Month. This newsletter is dedicated to the children.



Keeping Your Kids Safe in a High Tech World

Technology has changed the way we live, work and play. Unfortunately, it has also opened up new avenues for predators and other criminals to reach your children.

Following are a few quick tips to help keep you and your child safe in a high tech world. One rule that applies to just about everything: Don't let technology be your path to public humiliation – if you don't want EVERYONE to see it, don't post it and don't share it.



FACEBOOK: Don't post your whereabouts.

TWITTER: Twitter feeds should be kept private, and only given to people who are known and trusted.

WEB: If your child only knows someone via the Internet, they should never agree to meet with that person face to face.

PARENTS: Place computers in high-traffic areas of the home.

GENERAL: Use strong passwords such as a combination of numbers, letters and symbols.

Learn more about child abuse prevention by visiting www.promises2kids.org.

POLINSKY CHILDREN'S CENTER

Promises2Kids is also the Polinsky Children's Center Foundation. We support services and programs at the Polinsky Children's Center, a 24-hour emergency shelter for children who have been abused, neglected or abandoned. Last fiscal year (July 2008 through June 2009), 2,999 children were admitted to the Center and San Diego County's Child Abuse Hotline continues to receive approximately 70,000 calls of suspected child abuse each year.

Please visit www.promises2kids.org and click on Polinsky Children's Center Foundation to find out how you can help.

Calling all service-minded people!

Volunteering is a great way to get involved, uncover a sense of purpose and give back to the community. Many are personally transformed through volunteerism, giving credence to the old adage that 'the best things in life are free'. **If you are interested in volunteering at one of our upcoming events or drives please contact Laurie Spears, Promises2Kids Special Events and Volunteer Manager at 858-427-1112 or laurie@promises2kids.org.**

HOLIDAY GIFT DRIVE *Give From Your Heart*™

A Record Success with More than 13,000 Gifts Donated for Foster Kids in San Diego

While the holidays may seem like a distant memory, it was a special one to remember for thousands of foster children in San Diego who received holiday gifts in December. Thank you to all of our supporters — donors and volunteers alike who opened their hearts and their resources so that children who have been removed from their homes due to abuse and neglect can enjoy the magic and the sense of wonderment that the holidays bring.

Thank you to San Diego BOMA (Building Owners and Managers Association) and Boyer Moving for their tireless efforts and for

spearheading the Holiday Gift Drive for eight years in a row! Through BOMA's coordinated efforts, we had collection bins in 300 locations throughout San Diego County. And a special thank you to our media partner, KUSI whose generous promotion on TV inspired the community to give.

If you would like to volunteer for this year's drive, host a bin, or contribute gifts or gift cards, please contact Laurie Spears, Promises2Kids Special Events and Volunteer Manager at 858-427-1112 or laurie@promises2kids.org

Thanks to the 2009 Give From Your Heart™ Corporate and Business Partners

Able Building Maintenance
ABM Janitorial Services
Access Professional Systems
Acqua AI 2
Alliance Environmental
Allied Barton Security
Allied Waste
Alpha Mechanical
Alphagraphics
American Technologies
Arbor Well
ARC Roofing
ARS National Services
Art Expressions Gallery
Audi Escondido
Being Fit Fitness Center -
Clairemont
Being Fit Fitness Center -
Mira Mesa
Belly Up Tavern
Benchmark Landscape
Berg Electric
BERKMAN
Bing & Bush LLC
BioMed Realty Trust
Brandywine
Bridgepoint Education
California Bank & Trust
California Office Maintenance
Cambridge Healthcare Mgmt.
Carmel Mountain Pre-School
Casa de Manana
CB Richard Ellis
CBRE
Centre for Health Care
Chiropractic Wellness Center
City of San Diego Engineering Dept.
City of San Diego Environmental
Services
City of San Diego Metropolitan &
Wastewater Collection
City of San Diego Engineering &
Capital Projects Dept..
Clark Security Products
Clear Channel Communications

Climatec
Colliers International
Commission on Children Youth
and Families
Communications USA
Copley Symphony Hall
Administrative Offices
County of San Diego Animal
Services
Currie Partners
CURVES
Cushman & Wakefield
D.C.T.
Davis Partners
DavyIn Investments
DBM
DFS Flooring
Dowling Construction
Eastlake Country Club
EMCOR
Equity Office Properties
Evergreen Interiors
FasTracKids
FIDM
Fish & Richardson
Five Star Parking
Flood Church
Frog's Club One
G4S Wackenhut
Garden Fresh Restaurant Corp
General Coatings
Genomics Institute of the Novartis
Research Foundation
GMI Building Services &
Guard Services
Grubb & Ellis Management
Services
Guild Mortgage
Hair Drezzers on Fire
Hanken & Assoc.
Heaviland Enterprises
Helen Woodward Animal Center
Hines
Integrated Signs Association
Irvine Company

J&M Keystone
Jack In the Box
Jackson & Blanc
Jake's Motorcars
Jamison Services
Janez Group
JK Investment Properties
Union Bank of California
Johnson & Jennings
KBM Bldg. & Security Services
Kelsey Balch
KFC
Kilroy Realty
Kimball, Tiry & St. John
La Costa Resort
La Paloma Star O.E.S.
Lankford & Associates
Lexus of San Diego
Lockheed Martin
Los Arcos Restaurant
LPL Financial
Maguire Properties
Matrix Direct
Md7
Meissner Jacquet
Miramar Kitchen & Bath
Mission Federal Credit Union
Mitsubishi Elevators
National University
Newland Communities
New Way Landscape
Nordstrom - Fashion Valley
Nordstrom - Horton Plaza
Omega Elevator Corp
Otis Elevator Company
Pacific Building Care
Pacific Medical Buildings
Pacific Rim Mechanical
Paragon Services
Phoenix International
PM Realty Group
PrepKitchen
Tristan Prettyman
Pro Specialities Group
QTC Medical Group

QUALCOMM
Ralston Real Estate Company
Rancho Auto Group
Roesling Nakamura Terada
Architects
Reef Property Management
RSI Roofing
SAIC
SCORE! Educational Centers
Scripps Health
Sea World
Seaside Realty - Rancho Financial
Mortgage
Securitas Security Services
Seek Tech
Sentre Partners
ServPro
Snapp Insurance
Sports Authority
SYS Technologies
TAG Team
Tayman Industries
TC Construction
The Colton Co.
The Corky McMillian Companies
The Hearn Company
The Irvine Company
The Remington Club
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Help Promises2Kids & United Way Stuff the Bus on May 1!

What? United Way's Third Annual "Stuff the Bus!" is a community drive to collect new sports equipment for children in need. United Way and Promises2Kids are partnering to ask San Diegans to help us stuff a big yellow school bus full of new equipment for kids in need, many of whom live in foster care or group homes.

Why? New sports equipment is often out of reach for children living in foster care. Having their very own football, baseball glove, or sturdy pair of sneakers allows them to have the same health and fitness experiences and benefits as other kids. Being able to participate in sports also teaches the social and team building skills so critical to their future success.

When? Saturday, May 1, 2010 from 10 am-6 pm.

How You Can Help: Hold a mini-collection drive in your neighborhood, school or workplace! Donate your items during the Live Drive in the parking lot of Sports Chalet's Mission Valley store at 1640 Camino del Rio North, San Diego, California on May 1.

If you would like to participate in this fun and important event by placing a collection bin at your place of employment, please contact Susanne Torre at 858-427-1107 or susanne@promises2kids.org



Special thanks to:



and many others!

Maximize the Mileage on Your Old Car by Donating to Promises2Kids

It's Simple, Stress-Free, and Easy as 1-2-3! Here is how it works:

- 1. Call the toll free number 877-537-5277** and speak to a Vehicle Donation Representative, who will schedule a pick up time that's convenient for you and provide you with confirmation of your donation.
- 2. We make donating your vehicle as simple as possible.** In some cases, if we receive your call early in the day, a same-day pick up can be available. Special arrangements can also be made in advance so you don't have to be with the vehicle when it is picked up.
- 3. If the gross proceeds from the sale of your donated vehicle are \$500 or more,** you will receive an IRS tax form 1098C stating the sale price of the vehicle. This amount is what you actually claim on your itemized tax return.

When you donate your vehicle, you are helping fund programs and services at Promises2Kids to help children who have been abused and neglected. And you benefit by itemizing the contribution and avoid the costs and time of selling your car!

For additional information, contact Susanne Torre at 858-427-1107 or susanne@promises2kids.org.



Stories from the Heart of Camp Connect...

Camp Connect San Diego provides an opportunity to reconnect and strengthen family ties for brothers and sisters in foster care who live apart. In the current foster care system, frequently siblings are separated when removed from their home. This can exasperate an already traumatic situation. “Imagine the trauma that brings in a child’s life”, says Margo Fudge, a county social worker and executive assistant to the director of the San Diego County Child Welfare Services. “Sometimes the kids feel they only have their siblings”.

That is how 12 year old Ruth and her two sisters, Miriam, age 10 and Stephany, age 9 feel. “We worry about each other and want to know how things are going”, Ruth says. “We need to be with each other so we feel good”. And with that little Stephany leans into her big sister and asks for a hug. Ruth gives her a reassuring embrace.

These three sisters see each other only once a week. It’s not enough time, they say. “We want to be together more”, says Miriam. “We miss each other alot.”



The bonding at Camp Connect eases the children’s sense of loss and trauma, Fudge says. “It’s crucial that these kids, who have already dealt with so much pain in their lives, have time to connect with their siblings. In many cases, these are the people they are closest to.”

Ramon is a 10 year old boy with deep brown eyes. He hops out of the camp swimming pool, where he has been splashing with his older brother and sister, to share his story.

It has been six years since Ramon lived with his brother and sister. He only gets to see them a few times a year, especially his 17 year old brother, who lives farther away than his sister.

“I miss them,” he says. Ramon talks about one of the special times he has spent with his brother while attending Camp Connect. “It was last night. We went to the chapel and he played his guitar for me”, says Ramon. “I like that. It makes me happy.”

Source: Union Tribune.

Camp Connect

There are currently 694 children between the ages 6-17 years old in the foster care system living apart from at least one of their siblings. Camp Connect San Diego, a program sponsored by Promises2Kids and the United Way in partnership with the County of San Diego, organizes events throughout the year designed to reunite these siblings. Our goal is to help build familial bonding and memories among these children.



Upcoming Events

Day at Knotts Berry Farm
Saturday, June 5th

Camp Whispering Winds Retreat (Julian)
Thursday August 19th - 22nd 2010
this is a 4day/3 night camp

Mission Bay Yacht Club
Saturday, September 25th

If you are interested in donating or volunteering, or would like more information about Camp Connect, please contact Stephanie Trolinger at 858-427-1106 or stef@promises2kids.org. *Volunteers will need to be 21 yrs or older and complete a volunteer application and Live Scan.



Everyone leaves a mark on humanity. Our marks are made by the impression of our lives on others. A person is remembered for the weight of his or her character; for marks of accomplishment; for

acts of kindness; for length of compassion; for width of personal warmth; for generosity; and for values.

Thoughtful estate planning is one way in which we have to make a mark in the sand – to help others recall our values.

For example, consider the effect of a plan that not only includes provision for family members, but resources for charitable purposes.

When you include a charitable organization such as Promises2Kids in the final disposition of your estate, you declare to your family and friends that you believe in and care about the mission of our organization. Your parting gift becomes a clear declaration of your values.

Estate gifts are especially valuable, not only because they tend to be larger than annual gifts, but because they often fund needed programs and help to establish beneficial services not otherwise possible.

There's something about a well-planned estate gift that influences others to "go and do likewise." As friends and family members plan their own estates, they may recall your generosity and thoughtfulness. Your gift may be the motivation to unlock resources from others.

There's something about a well-planned estate gift that influences others to "go and do likewise." As friends and family members plan their own estates, they may recall your generosity and thoughtfulness. Your gift may be the motivation to unlock resources from others. Contact Edith Glassey, Director of Development at 858-427-1103 or edith@promises2kids.org to discuss meaningful ways of what you might leave behind.



April 2010

30 Ways to Strengthen Families during National Child Abuse Prevention Month

| Protective Factors: | Children's Social and Emotional Development | Knowledge of Parenting and of Child and Youth Development | Parental Resilience | Social Connections | Concrete Supports for Parents | Nurturing and Attachment |
|--|--|---|--|---|--|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| <p>strengthening families www.strengtheningfamilies.net</p> <p>Child Welfare Information Gateway www.childwelfare.gov/preventing</p> | | | | | | |
| 4 Create a calendar of community events for families. | 5 Train your staff on how trauma and loss affect children. | 6 Learn about parenting practices of a different culture. | 7 Help parents set goals and solve problems. | 8 Host a potluck or cultural celebration. | 9 Update your resource directory. | 10 Create a board game library for families. |
| 11 Remember something special about every parent you serve. | 12 Teach kids to resolve conflicts peacefully. | 13 Talk to parents in your program about discipline alternatives. | 14 Recognize parent accomplishments. | 15 Encourage parents to support each other through phone trees, car pools, or play groups. | 16 Create a handout for families with community resources linked to each protective factor. | 17 Ask children who's important to them. |
| 18 Create opportunities for parents to contribute to your program. | 19 Add children's books about feelings to your program's library. | 20 Praise good parenting when you see it. | 21 Make "How are you?" phone calls to families in the program. | 22 Organize "stroller walks" with new parents. Talk about their challenges as you walk. | 23 Let parents use the center's computers for personal business (e.g., writing resumes, email). | 24 Host a play date for parents and children. Point out how the activities build connections. |
| 25 Hold your next event or support group at the local laundromat. | 26 Role play emotions with kids—what do you do when you're happy, sad, or frustrated? | 27 Have parenting tips handy for parents dealing with a challenging issue. | 28 Invite someone in to help parents learn about managing stress. | 29 Create a "positive parenting club" where parents can share their success stories. | 30 Visit a program where you refer families, so you'll know what it's like. | |

Daily activities submitted by local Strengthening Families sites.



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