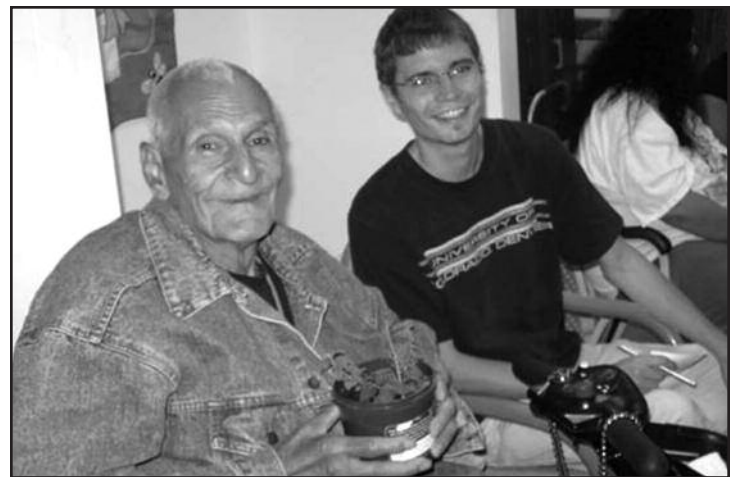




The youth at Connections School and the clients at Total Longterm Care, Cody Center have cultivated meaningful intergenerational relationships through the Bessie's Hope "Youth and Elders Program."

Both groups look forward to their regularly scheduled visits, and the friendships are beautiful to behold.

Students from the Experiential Learning Center of University of Colorado at Denver have developed mutually rewarding relationships with grandpartners at Franklin Park Health Care Center. At this visit (pictured below), the students provided the plants, soil and pots. Grandpartners got to do the planting, assisted by the students.



## For Your Information

The Bessie's Hope end-of-year appeal letter presented alarming statistics and addressed the need for immediate attention to this issue. It also provided documented support on the positive impact our work has on bullying. *"Even if children are lectured about compassion, they need to be exposed to a situation where they can experience it. Bessie's Hope provides that situation."* Dr. Rossie Davis, Psychologist. Dr. Frame offers additional information.

### "Bully Busting"

by Roger Frame, Ph.D.

Some people believe that bullying is a harmless rite of passage that is a natural part of growing up. "Boys will be boys," they say. "A little adversity builds character." However, researchers find that 25% of bullies end up in jail by the time they are 30 years old! They also say that the victims frequently develop

physical symptoms such as headaches, stomach pains, and have sleeping problems. Some are afraid to go to school, go to the bathroom at school, and have trouble concentrating. Bullying is a big problem. Fully 49% of students reported being bullied in the past month, while 30.8% reported that they bullied others.

Part of the problem is that most bullying goes undetected. While 84% of teachers believed that they frequently intervene, only 35% of the students agree. When video cameras were set up on a playground, the supervisors were only aware of 17% of the bullying events that occurred. Even when they were aware, they responded only 23% of the time. Thus, adults intervened only 4% of the time!

Combating bullying is not as simple as we once thought. Many of those who were bullied, also bullied others! We

once focused on physical bullying among boys. We now know that while girls tend to bully with indirect methods such as exclusion, rumors, and slander, just as many boys were exposed to indirect bullying as girls. In addition, we now have cyberbullying where anonymous people can spread rumors on the internet. Let's not forget workplace bullying. You probably know of a few office bullies where you work.

The first step in busting bullies is to admit that bullying exists, and define what is bullying and what is innocent fun. Then build a system-wide plan to combat it.

Watch for Dr. Frame's book *"Don't Carve the Turkey With a Chainsaw: Resolving Family Conflict,"* due to be released in late summer 2011. Check out his website for more information at [Frameworks4learning.com](http://Frameworks4learning.com).

## From the Executive Director



Spring is around the corner. . . a time of birth and rebirth. I thought this would be a fitting time to reminisce about the “birth” of Bessie’s Hope, some 16 years ago.

**Bessie (Granny) Stephens** was the grandmother of my fellow co-founder, Linda Holloway. Bessie and Linda had a very close bond, and Bessie always had an ear to listen, a bed to rest in, and favorite food to make everything better.

When Bessie developed Alzheimer’s and had to go to a nursing home, Linda made monthly drives from Denver to Texas to visit her. It was during those visits that Linda realized that many living in nursing homes felt isolated and alone.

Linda was in prayer when she heard a very clear and inaudible voice repeating, “Bring them together — the young and the old.” With eyes closed, she saw the work that would be Granny’s legacy.



To read more about the amazing Bessie Stephens, please visit our website, [www.bessieshope.org](http://www.bessieshope.org). Her story is truly inspiring.

Warm regards  
Sharron Brandrup

## 7th Annual “Intergenerational Bowl-a-thon”

Dr. Eldon Laidig was the presenting sponsor, and First Bank and Ernst & Young were Turkey Level Sponsors for another great bowling event.



(Above) There was Bessie’s Hope intergenerational fun and excitement happening at two bowling centers, Monaco Lanes and FatCats.



(Left) Pressure’s on! Gotta pick up that spare! Former Denver Nuggets player, Ervin Johnson concentrates while bowling a frame for a youth.

Get in on the fun early and join the bowling committee. No, you don’t have to bowl to be on the committee. Call 303-830-9037.

*“When Bessie’s Hope kids come,  
I see people smile who I didn’t  
even know were able to smile.”*

Michele Dinan, Activity Director  
at Franklin Park Health  
Care Center

### Mary

*Her soft smile warms my heart  
I know she’ll always be there  
Her soft skin warms my hand  
I burst out laughing when she howls  
Thank you for your friendship. . .*

Ansel

(teenage boy from  
Connections School)

# Dreams Can Still Come True Program



With the support of volunteers and in-kind donors, Bessie's Hope, is able to make dreams come true for many nursing home and assisted living elders. Phyllis Minton, resident of Gardens at St Elizabeth, had a wish fulfilled — ballroom dancing. She danced, and she danced, and she danced. Phyllis shared her dream with other residents. Everyone had a good time, including dance instructors, Jesse Ogas (pictured with Phyllis); Lisza Gulyas, President of the International Dance Foundation; and other volunteer dancers provided by Bessie's Hope.

## *Bessie's Hope Joins in the Celebration of the Following People:*

### DONATIONS IN MEMORY

**In Memory of Les & Joan Bader**

*Michael Bader*

**In Memory of Laurel June Dillon**

*Kathleen Dillon*

**In Memory of Luella Dvorak**  
*KMD Consulting/Kathleen Dvorak*

**In Memory  
of Bob & Ophelia Fenton**

*Rev Joel Dieterichs*

**In Memory of Gene Hetland**

*Don Ross*

**In Memory of Elvie Metcalf**

*Bernie & Susan Ciazza*

**In Memory of Minnie Roberts**

*Glenna Hale*

**In Memory of Jim & Lorraine Utne**

*Marge Utne*

### DONATIONS IN HONOR

**In Honor of LaFawn Biddle**

*Brenda Olson*

**In Honor of  
Fred & Leslie Depenbrook**

*Ginny Green*

**In Honor of Jo Hillyer**

*Ginny Green*

**In Honor of Barb Ilyes**

*Michael Banks/MBA Financial  
Services, LLC*

**In Honor of Peggy Shelton**

*Linda Holloway*

**In Honor of Rosie Sorce**

*Rich & Sue Jones*

**In Honor of Marie Torreano**

*Ginny Green*

**In Honor of Marge Utne**

*Marie Torreano*

**In Honor of Christine West**  
*Michael W. West & Associates, Inc.*

## Gift of Hearing from a Stranger

*Mary Nelson called Bessie's Hope and said that she would like to purchase a couple of hearing devices for a couple of nursing home residents. Rita Swecker, resident of Berkley Manor Care Center, was thrilled to be a recipient. Thank you, Mary!*



## Save on Taxes and Save Someone from Loneliness

Donate to Bessie's Hope and know that you are replacing hopelessness and loneliness with the loving touch of Bessie's Hope volunteers of all ages. If your interest is in youth, please know that the lives of our "at-risk" youth volunteers are dramatically transformed. Invest in bringing generations together in mutually rewarding relationships. You are always invited to come and watch your investment in action.

- All sponsorships and donations can be in honor of or in memory of someone.
- Donate your vehicles, property, stock shares.
- **Leave a Legacy** by including Bessie's Hope in your trust; gift annuities; will, etc.

Bessie's Hope is  
**GOING GREEN.**

Look inside for details.

8TH ANNUAL



**SATURDAY, APRIL 9**  
**GET YOUR SEATS NOW!**

**BESSIE'S HOPE**

P.O. Box 12675, Denver, CO 80212-0675  
Phone: 303-623-1176, Fax: 303-623-2152  
[www.bessieshope.org](http://www.bessieshope.org)

**"For Your Information"**  
page 1  
In this issue – "Bullying"

Please remember  
Bessie's Hope in your  
payroll deductions

Non-Profit Org.  
**U.S. POSTAGE**  
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Permit No. 1531  
Denver, CO

**RETURN SERVICE REQUESTED**



2010 Bowling Committee members  
and volunteers pause for photo.  
Nuggets' Walter Davis (back row  
middle) joins in the fun.

*Join a Fun Event  
Planning Committee!*

- ❖ "2-Wheel Fantasy – a charity ride for Bessie's Hope" – Motorcycle event with unique twist at the end Saturday, June 18
- ❖ "E-Race Loneliness for Youth and Elders" 10K – City Park Sunday, July 31
- ❖ "8th Annual Intergenerational Bowl-a-thon", Saturday, November 5, again at 2 locations

Call or email for meeting dates and times:  
303-830-9037 or [Linda@bessieshope.org](mailto:Linda@bessieshope.org)

**Bessie's  
Hope**

**Bringing Generations Together**

**MISSION STATEMENT**

*Bessie's Hope enhances the quality of life for nursing home/assisted living elders and brings generations together in mutually rewarding relationships by honoring the human spirit and providing life-enriching volunteer opportunities for youths, families, individuals, businesses and community organizations.*

**Bessie's Hope is a living legacy to Bessie "Granny" Stephens**

**CO-FOUNDERS:**

Sharron Brandrup  
Executive Director  
  
Linda Holloway  
Development Coordinator  
  
Marge Utne  
Volunteer

**STAFF:**

PROGRAM COORDINATORS:  
Joanna Lease  
Kelly Ragland  
Darleen Stiny

ADMINISTRATIVE COORDINATOR:  
Jane Bustamante

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