



empowering ALL people POC NEWS

Summer 2012

Palatine Opportunity Center
1585 N. Rand Rd.
Palatine, IL 60074
847-776-9500
palatineopportunitycenter.org



Above: CATCH kids working out 5 days a week for 10 weeks at the POC during their summer break.

POC needs your votes!
From September 6 to 19,
**vote for POC at
chasegiving.com.** Or,
use your Facebook page
to vote and spread the
word. POC can earn up
to \$250,000 for receiving
the most votes!

GETTING KIDS AND MOMS TO LIVE HEALTHIER THIS SUMMER

With almost 40percent of Illinois children battling obesity¹, the YMCA CATCH Program implemented at the POC this summer is a community effort to help decrease obesity in Illinois. Through a collaboration of POC staff, the YMCA and POC volunteers, almost 100 low-income area children were able to enjoy a free lunch Monday thru Friday, engage in fun exercises, and learn about healthy food choices. This program has reached beyond preventing obesity in area children and has created an educational outreach group for moms. While children were engaged in the program, moms, who otherwise would not have access to exercise programs, were invited to participate in Zumba and cardio classes. Seeing their children's interest in becoming healthier, this group of 35 women requested additional services to support what the children were learning. The group of women met five days a week and continues to meet today. They explore a variety of topics including nutrition, parenting, mental health and more. POC continues to support this group by providing experts in a variety of fields and childcare.

1. JAMA, 303(3), 242-249



Over 700 summer volunteer hours
make POC programs possible



Women's group met 5 days a week

Help us fulfill our mission of
**building a community of empowered people,
healthy families and vibrant neighborhood**
by donating online at
palatineopportunitycenter.org



Strong bonds lend to a fun filled summer...

Programming at the POC is made possible because of its strong bonds with community agencies and the generosity of volunteers and donors. The **POC Edgebrook Center** isn't any different. Prince of Peace Lutheran Church in Palatine held the Edge-brook Summer Fun Program. Close to 35 children participated in the nine-week camp led by Pastor Steve Deombeleg and the new Hispanic Outreach Ministry. Volunteers from the K-9 Comforts Dog Ministry, part of Lutheran Church Charities, visited the camp and gave area children the wonderful opportunity to meet two therapy dogs, Tillie and Tara.



POC Program at Edgebrook

Where an empty lot once stood, a garden now feeds many...

This year, thanks to the vision of retired Fire Chief Scott Olrich, POC's staff and its women group ROLE, a collaborative community garden was created near the firehouse on Hicks Rd (near Dundee St.). In August, Roots volunteers who keep the garden green despite the summer drought, made more than 90 visits to the garden. **More than 85 servings of fresh vegetables per day have been distributed among families in the Palatine area!** A garden blessing was held in early August where the harvest was enjoyed. Pastor Moland-Kovash of All Saints Church and Pastor Deombeleg of Prince of Peace Church joined us in this event.

Growing Our Roots

Find out more about Roots at RootsCommunityGarden.Tumblr.Com.



Find us online at:

PalatineOpportunityCenter.org

PalatineOpportunityCenter@gmail.com

 twitter.com/PalatineCenter

 facebook.com/PalatineOpportunityCenter

