







Health and Wellness

The Health and Wellness program has blossomed this year at the POC with over 20 ladies meeting regularly for educational outreach, support and exercise. A big thanks to our volunteer leaders that have kept this group growing strongly: Ana Flores, Rosa & Diana Vazquez and Luz Sanchez.

Also, thank you to our **Craft-Therapy** volunteers who give of their time and talent: Laura Ramirez for teaching basic jewelry making and Liza Gutierrez for teaching Beginners Crochet.

Because Summer and Books go Together Nicely

Learning doesn't stop at the POC just because its summer. Thank you to our **tutors** who have been faithful through out the summer in mentoring students: Julie Wetterman tutoring in GED and Lori Nowacki who included her son in tutoring in citizenship.

Our **Bilingual Book Club** met this summer for a juicy thriller. A special thank you to Sarah Verdusco of the Palatine Public Library, Elisa Castanon, Ana Flores and Liza Gutierrez.

...and more!

Karen Kabarec and Nallely Kaplan have been keeping POC in mind this summer. Karen brings clothing for needy children to the POC & Nallely has brought a September fieldtrip to ROLE. Thank you ladies!

Thriving This Summer Despite the Heat Wave!

Despite the recent heat wave, Roots Community Garden has been thriving. This is due to an army of hardworking volunteers that tend to Roots on a daily basis. A special thank you to: & Lori Laskowski, Elisa Castanon, Maria Sanchez, Azucena Flores, Guadalupe Ayala, Juana Sarabia, Juana Alvarado, Celsa Santiago, Rosa Perez, Dolores Arreola, Maria Hernandez, Rosa Vasquez, Ana Flores, Rebecca Santana & Charlotte Bloom.

In the POC & around town, POC youth programs are also thriving thanks to ROLE members who donate their vacation time to give back to our communities. Here is a snippet it of what they've been doing:

- Julie Wetterman ran an 8 week program at Edgebrook for 32 kids and brought kids to Prince of Peace for a 1 week camp. A thank you to her daughter, Renata for pitching in to help.
- Kay Chisholm, Carolyn Palmquist, Sam Stapleton & Courtney Renwick volunteered in the Learning Lab and for childcare.
- Nancy Grybash and Christina Johnson volunteered with ICOMPETE and Summer Camp
- Debbie Rohrwasser brought opportunities for leadership in the VIP program at Palatine High School

Save the date and keep your calendars open!

ROLE Luncheon

Thursday, September 27th at 11:30 am @ POC.
You must RSVP for this event.
Childcare available.
RSVP to
Kdmillin@comcast.net or

RSVP to

Kdmillin@comcast.net or
by calling
847-776-9500 ext. 0.



Week of September 19th,@ 7:30 PM dress rehearsal tickets available. Performed at Arlington Heights Metropolis Theater. Sponsored by





November **Artisans Market**

is a great opportunity for Christmas Shopping & great way to support the POC. We are looking for crafters who are interested in participating. Contact Liza at 847-963-6351.