



Lucy Daniels Center  
*Helping children live emotionally healthy lives*

# connect



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## From the Executive & Clinical Director



*Dear Friends of the  
Lucy Daniels Center:*

**R**ecently I was sitting in a coffee shop waiting to start my monthly pow wow with Deshelia Watson, chair of our Board of Directors. A woman walked up to me, saying, "Dr. Rosenblitt, it's (so and so), do you remember me?" I hardly needed the reminder. How could I forget the face of the mother of the first child accepted into the Lucy Daniels School 25 years ago? We visited, and she told me of this child's many successes and continued challenges, while I quietly admired this family's courage, humanity, and advocacy for their child.

As I reflected on this chance encounter, I found myself thinking broadly about the thousands of families we helped over the ensuing years, whether in our school, our on-site clinic, or our in-home services. Sometimes we had prevented emotional difficulties from developing and other times we were able to essentially resolve emotional difficulties that had developed. Yet there were also many instances in which we reduced but did not eliminate the emotional burden. In those instances, we aspired to help the child and family to realistically cope, anticipate, and advocate. I heard the fruits of this kind of help in my talk with this mother.

Reducing symptoms is the goal for many in the contemporary mental health world. We are different at the Lucy Daniels Center. Every child and family that comes here quickly learns that we will help with symptoms as part of a broader goal to do everything we can to help each child reach their fullest potential. This is why we are here and why we have become, over these 24 years since we started with that first little child, such a treasured resource in our community.

*Sincerely,*

A handwritten signature in orange ink that reads "Donald L. Rosenblitt, M.D.".

Donald L. Rosenblitt, M.D.  
Executive and Clinical Director

## No Strings Attached

Students enjoyed a day of telling stories through theatre at the Paperhand Puppet Intervention studio.



Lucy Daniels School students, parents, teachers, and supporters enjoyed a behind the scenes tour of the Paperhand Puppet Intervention studio.

There is something wondrous that happens between children and puppets. Children are often fascinated by puppets and connect strongly with them, which can lead to an overcoming of shyness and fear and greater use of speech. Puppet-play also encourages concentration, use of the imagination, and expression of feelings. How befitting that Paperhand Puppets were our featured artists for our annual *Expressions. A Celebration of Food and Art* event. Held each fall, *Expressions* is the Center's largest fundraiser, raising critical support which enables the Center to serve more children regardless of the

family's ability to pay. *Expressions* is more than an event, it is a yearlong interactive experience. Since 2012, a field trip has been planned to provide children served by one of the Center's programs to personally experience the artistic genre being highlighted. This year, students from the Lucy Daniels School visited Paperhand's studio in Saxapahaw to learn firsthand about the art of puppetry. Donovan Zimmerman, co-founder of Paperhand, mesmerized students with the larger than life creations that Paperhand is nationally known for.

It was a magical adventure for all ages.

## From the heART

Mary Davis Wallace, of Cary Visual Art, has been volunteering her time to work with our elementary school students (first through third grades). Their projects, many of which are on display in the school wing, include studies of lines, space, and shapes and leaf prints and rubbings. Ms. Wallace recently hosted our parent/child evening, a semiannual gathering put on by the teaching staff for our school students and their parents, where she guided the families in creating lanterns (now hanging by the front desk) and owls (on display in the school library). We look forward to seeing more of Ms. Wallace and our students' creativity on display throughout the Center.

## Healthy emotional foundation provides building blocks for early learning



### Lucy's Book Club

*A program of the Lucy Daniels Center*

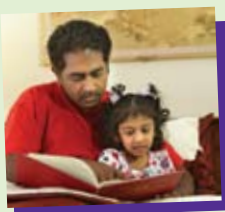


**W**hat started in 2009 as an outreach program to help parents and teachers select books that supported healthy emotional development and family reading together time has now grown into a burgeoning community resource for helping childcare centers to better prepare the children they serve for learning. The true success of an early childhood program is enabling a child to function socially and emotionally within the learning environment. Research shows that if a child can learn to function well in a preschool classroom, there is a strong chance that success will follow into the ensuing school years. In fact, The National Association for the Education of Young Children has devoted an entire section of their new accreditation standards to social-emotional development (NAEYC, 2005). LBC now serves 21 childcare centers in Wake, Durham, and Johnston counties. Partner centers serve large numbers of children receiving subsidized care. Centers re-



ceive monthly deliveries of learning kits including books and classroom materials encouraging healthy emotional development and promoting literacy, professional development for teachers, parent education, classroom observations, and admission to the annual learning conference, **Bookmarked!**—all free thanks to the generosity of committed program supporters like PNC and Golden Corral.

There would be no Lucy's Book Club without the commitment of Joyce Watkins King, the Center's previous director of development. She was instrumental in bringing this wonderful community resource to fruition and Center leadership wanted to ensure that her hard work was honored through strategic planning and program expansion. And the community has responded tremendously—teachers, center directors, parents, corporate supporters—and most importantly, the children LBC serves.



To learn more about LBC, receive suggested reading lists, or how to become a partner for 2015-2016, please visit <http://www.lucydanielscenter.org/programs/book-club>.

## From the Director of Education & Operations

It doesn't seem possible that the first quarter of the school year is already over. We are continuing to add students to our school population this year and will add a 4th and 5th grade in 2015-16, rounding out our pre-k through 5 program. Our students recently participated in a contest to select a school mascot and we are happy to announce that we are now "Lucy's Lemurs!"



Lucy's Book Club has extended its reach thanks to generous grants from PNC Bank and Golden Corral. We are now able to provide books, materials, workshops, and child observations/consultations to 21 childcare centers in Wake, Durham, and Johnston Counties. These are all centers that serve substantial numbers of children receiving subsidized care.

We are another stop closer to completing our therapeutic garden. Our greenhouse has been constructed and the finishing touches will soon be added. A garden party in the spring may be a real possibility!

Warm Regards,

A handwritten signature in cursive script that reads "Deborah Mugno". The ink is dark and the signature is fluid and legible.

Deborah Mugno, Ed.D.,  
Director of Education and Operations

## To Bee or Not to Bee

On November 4 and 6, students in Pre-K through third grade from the Lucy Daniels School visited the Bayer Bee Care Center where they learned firsthand the importance of protecting honey bees and the role bees play in protecting our food supply and human health. The field trip is one of the many educational and enrichment activities made possible through our partnership with Bayer CropScience who also provided funding for the new Lucy Daniels Center Therapeutic Teaching Garden.

On the guided tour led by one of Bayer's senior beekeepers, students were able to taste several types of honey, learn the various "jobs" bees have in nature and in the beehive, and discover threats to honey bee health. A hands-on experience, students went outside into the gardens to learn about the flora that attracts bees and were given wildflower packets, books, and other takeaways to encourage students to be better friends to bees.



Lucy Daniels School student enjoys learning about different types of bees with the virtual exhibit at the Bayer Bee Care Center.

"I had no idea bees were so important to our food supply", states one parent who attended the field trip. "This was a wonderful learning experience for our family."

**The bee-friendly Teaching Garden is slated to open in spring 2015.**

## From the Director of Development & Communications



**D**uring winter, many of us are pre-occupied with external warmth. It is winter after all and we must don our outer gear to brave whatever nature sends our way. I like to think of this time of year as a way to create warmth from the inside out. Though the temperature outside has dropped, there is an abundance of good cheer, festive giving, and hope that warms the heart and spirits. And this is something that is sorely needed during a time when public funding of children's mental health is growing increasingly colder. The challenges of this economy continue to impact crucial services to children and families, and nobody can predict to what extent. But for many children and families receiving services at the Lucy Daniels Center, hope keeps coming in from the generous and creative people of this community.

At the Lucy Daniels Center, our programs work from the inside out to change young lives for the better.

We value our parents, donors, businesses, and organizations who find new and innovative ways to provide support where it is needed most. There is nothing I find more inspiring than the amazing things that are happening on a local level. While an eternal fan of the warmer months, it is this season that brings out the best in many of us.

Thank you for your continued belief in our mission; for your gifts of resources, time, and encouragement; and for your commitment to children's happiness.

Heartwarminglly,

A handwritten signature in black ink that reads "Clarendia Stanley-Anderson". The signature is written in a cursive, flowing style.

Clarendia Stanley-Anderson, M.Ed., CFRE  
Director of Development and  
Communications

## PNC volunteer donates time and earns grant for the Center

**E**very day, Lucy Daniels Center volunteers are making a contribution to the healthy emotional development of young children in the Triangle area. Daniel Jetter, Officer and Senior Quality Assurance Business Analyst at PNC is no exception.

Jetter committed over 40 volunteer hours to the Center, clearing a nature trail for the Lucy Daniels School students, cleaning and organizing the Center's storage unit, delivering Lucy's Book Club packages to area daycares, and cleaning and painting the Center's kitchen. He has not only devoted valuable time and services, but has earned a \$2,000 grant through the PNC Grants for Great Hours program. This funding will directly impact the children and families served.



Daniel Jetter devoted 40 hours to help the Center with projects, including painting and cleaning the kitchen.

**For more information on how you can join Jetter and other volunteers, go to [www.lucydanielscenter.org/giving/volunteer](http://www.lucydanielscenter.org/giving/volunteer).**

She used to think I was the only one she could trust.  
But now she knows that the world is not so scary a place after all.



*Night times were the worst because that is when Emma's fears would keep her awake and we would hide in the closet until she fell asleep.*

**W**e've been through a lot together—tantrums, big worries, and time-outs. Emma didn't want to play with other kids because she thought they wouldn't like her, so we just stood together on the playground and watched everyone else having fun. Sometimes at school we just sat together in her cubbie and closed our eyes or covered our ears. She sometimes would cry quietly and make my fur wet. Night times were the worst because that is when Emma's fears would keep her awake and we would hide in the closet until she fell asleep. Once she hugged me so tight that one of my buttons popped off!

I know that Emma loves me but I also know that she really wants to play with the other kids and not just me. I used to

go to school with Emma every day. Emma's teachers even saved me a special seat at circle time. I also used to go visit a lady with Emma to talk to her every week. I think they called her a therapist. They talked to Emma, her parents, and me a whole lot—the teachers and therapists really understood her worries and they know how to help.

It wasn't always easy and sometimes I still get to take a ride in Emma's backpack, but more and more I get to sit back and watch her play, like today. Watching Emma play and hearing her laugh with her friends makes me happy. And Emma knows I am always here when she needs me.

**Teddy**

# connect

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Clarenda Stanley-Anderson

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**SAVE THE DATE**

**SATURDAY, MAY 2, 2015**  
**Lucy Daniels Center**



**5K Run/Walk**  
for Children's Mental Health

## **MISSION STATEMENT:**

*The Lucy Daniels Center helps children live emotionally healthy lives through in-depth evaluation and treatment, family involvement, and education.*

## **Lucy Daniels Center**

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