



# NATIONAL EXCHANGE CLUB FOUNDATION

*Strengthening Families. Building Communities. Serving America.*

## Your Foundation Focus

*November, 2010*

### OUR MISSION

To provide financial resources for the National Exchange Club Programs of Service

### OUR VISION

Strong American families and National Exchange Club identity through the prevention of child abuse and Exchange's Programs of Service

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### THANKSGIVING

As we enter the holiday season, we are mindful of all the things for which we are grateful: for the vision of those men and women who have built our organization, for local Exchange Clubs that organize activities and events to enhance their communities, for club members and CAP Center staffs and volunteers throughout the country who work to strengthen families, for Exchange Club members who work so diligently to make our American communities better places to live.

We want to express our appreciation to you for your ongoing work and support. Standing side by side with our fellow Exchange Club members who share in our noble mission, we make a positive impact on America's future. *Thank you for all you do!*

### WHO'S ON YOUR LIST?

Have you made your holiday gift list yet? What would be a meaningful gift for someone you care about? Does your uncle really need a new tie? Have you ever seen Susie wear that green sweater you gave her? Would someone on your list be honored by a charitable gift in his or her name?

As we near the end of the calendar year, many of us consider charitable gifts. A donation to your National Exchange Club Foundation will help us continue to provide support to clubs and centers as we work collectively to strengthen families, build communities and serve America. Such a tribute is a thoughtful and meaningful gift to honor a family member or friend. When you make a donation, a special note is sent to the person being honored. And your gift keeps giving throughout the coming year. Call Debbie at 1-800-924-2643 to honor someone on your list today!

### THE MEDALLION DISTINCTION

Charitable gifts are one of the most important and fulfilling ways you can help shape the world around you. As an Exchange Club member, you have the opportunity to ensure the future of

Exchange by providing financial support through the Foundation's elite *Medallion Recognition Program*. Individual contributions from Exchange Club members provide a strong financial resource for the Foundation. These generous contributions are recognized by membership in the *Medallion Recognition Program*. When an individual's cumulative contributions (or collective gifts with a spouse) reach \$500, the donor automatically becomes a *Medallion* member. Additional contributions are then recognized through increased Medallion levels.

**You can safely donate online at [www.exchangeclubfoundation.org](http://www.exchangeclubfoundation.org). Or call Debbie at 1-800-924-2643 to learn about your giving options.**

### *SPREADING THE WORD!*

Presentations on federally funded research of our Exchange Parent Aide Model will be presented at two prestigious upcoming professional conferences: the 25<sup>th</sup> Annual San Diego International Conference on Child and Family Maltreatment in California, and the 2011 Annual Conference of the Society for Social Work and Research to be held in Tampa, Florida. Both conferences are scheduled in January, 2011 and are well attended by professionals in the field. This is an exciting opportunity to spread the name of Exchange, and to share the important work being done in our network through support of our Exchange Clubs across the country.

As part of our national project of child abuse prevention, NECF has been providing Parent Aide services across the United States since 1979. The Exchange Parent Aide model provides in-home supportive services to families at risk of child abuse and neglect. In 2003, we were awarded a federal grant through the Office of Child Abuse and Neglect to study the effects of the Exchange Parent Aide model on child abuse. While in-home visitation has become widely recognized as beneficial in preventing child abuse, this was the first randomized trial of Parent Aide services and shows evidence of high internal and external validity.

Preliminary results appear to indicate that families receiving Parent Aide services had reduced parental stress, maternal depression and maternal anxiety. This was substantiated by reductions in psychological aggression and physical assault to their children. The families also demonstrated greater mastery of parental skills. These findings could be significant given the fact that parental stress has been shown to be a main predictor of future abuse. Further, the initial results substantiate the findings of large retrospective study of over 800 families served by the Winston-Salem, NC Exchange CAP Center over a period of twenty years which showed positive changes in families.

### *WHAT IS FEASIBLE?*

Trustees, board members, staff and leaders in Exchange are often inundated with ideas and proposals by members and non members. Many of these ideas would be great if put on paper, evaluated for feasibility, accountability and action-ability. Sometimes the ideas may be lost in translation and never go any further. This can cause bad feelings for members who thought they had a great idea to help Exchange. It is also very likely that some GREAT ideas are never making it to implementation because there is not a process to efficiently and equitably take them through to evaluation.

Now a new NECF committee has procedures to keep this from happening. The Feasibility Committee has developed an application and evaluation process to make objective decisions about proposed projects. The committee is working on an online application process to expedite matters. Watch for further information about how to submit project ideas.

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Thank you for all you do in support of the National Exchange Club Foundation. We encourage you to ask questions and learn more. Please visit our websites at [www.exchangeclubfoundation.org](http://www.exchangeclubfoundation.org) and [www.preventchildabuse.com](http://www.preventchildabuse.com), and do not hesitate to contact me at [yledoux@plasticdesign.com](mailto:yledoux@plasticdesign.com) or 860-922-6844 or Interim Executive Director, Karen Askew at [kaskew@nationalexchangeclub.org](mailto:kaskew@nationalexchangeclub.org) or 800-816-4570.

Yours, in Exchange,

*Yvonne Ledoux*

NEC Foundation President