

**Pennsylvania  
Perinatal  
Association**



April 6, 1990

Curtis Wadlington  
1324 Locust St. Apt. 520  
Philadelphia, PA 19107

Dear Curtis:

This letter will confirm your employment with the Pennsylvania Perinatal Association "Changes and Choices" Program as the Program Development Consultant for the Male Responsibility Program.

The position will begin April 17 and run through June 30, 1990. The responsibilities will require five hours of work per week. Approximately 2 1/2 hours p/wk will be spent in a planning meeting with P.P.A. staff. The planning meetings will take place at the BEBASHI office every Tuesday evening at 6:00 pm. The expectations for the remaining time consist of the following: availability for phone conversations with P.P.A. staff, research and resource gathering, preparation of documentation and materials, consultations with other programs and reporting.


Summary reports and invoices are to be submitted to the Program Director, Adina Ruvel, on a bi-monthly basis. The reports will include a listing of:

- meetings held during the period
- tasks accomplished
- materials/documentation prepared
- concerns and obstacles encountered
- goals for next period

The salary for the preceding services will be \$75 per hour, to be paid upon receipt of the invoice and report. Withholdings will be taken out. Please complete the W-4 and Employment Eligibility Verification forms within the week. If you would like direct deposit, please send a voided check.

We're looking forward to working together again. I hope that this is the start of a regular working relationship between you and P.P.A., as well as, opportunities for BEBASHI to become more involved in the "Changes and Choices" Program.

Sincerely,

  
Sheila S. Sorkin  
Executive Director

cc: Adina Ruvel

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MALE FRIENDSHIP PROGRAM DRAFT  
AUGUST 1, 1990

Proposed workshop series topics (by week)

NB: Workshops 1-3 are sample workshop outlines. 4-12 are briefly summarized without an outline form.

WEEK 1: Introductions

Purpose: to start to learn to talk with each other and introduce the concept of male bonding.

Objectives:

- A. Introductions and welcome to the group
- B. Ground rules presented to the group
- C. Introduction game (see attached "warm-ups")
- D. Discussion after the game
  1. Why did we play this game?
  2. Did you learn anything new about the people in this room?
- E. Pairing of participants. These are the pairs that will be working together for the rest of the workshop series.
- F. Give participants off-site assignment for next week
  1. Phone contact with a group partner for no less than 10 mins.
  2. Request that they come prepared to discuss the assignment the next week.
  3. Suggested questions for the phone call:
    - a. What did you do today?
    - b. Tell partner what you did today.
    - c. Discuss favorite sports team.
    - d. Discuss movies.
    - e. Discuss TV shows.
    - f. Favorite music.
    - g. Girl-friends?
    - h. Where do you go to school?
    - i. Favorite foods.
    - j. Do you have a job?
- G. Discuss how workshop #1 went for the participants.

WEEK 2: Defining friendships

Purpose: To help participants explore how they view friends.

Objectives:

- A. Welcome any new participants into the workshop and explain that this is the last week to join the group.
- B. Review last week's assignment, discussing what did and did not work with the assignment.
- C. Introduce the "anatomy of friendship" activity
  1. Tape up 2 life size people figures

2. Hand strips of construction paper and markers to each participant.
  3. Assignment: ask participants to announce to the group and then write on paper strips the attributes that they would like in a "best friend".
  4. Attach the attributes to one of the body figures as they are written down.
  5. Review the attributes attached to body #1 and ask "why" questions re. what they are looking for in a best friend.
  6. Repeat process above asking the question this time: What attributes does your friend really have?
  7. After completing person #2 discuss why the two people are different, emphasizing "dream vs. reality".
- D. Assignment for next week.
1. Call your partner and talk to him for the first time or again if you talked to him last week.
  2. If you feel comfortable enough, call and arrange a time to meet with him.
- E. Wrap-up the workshop with a fun game that is unrelated to the workshop.
1. Old lady in the bag race
  2. Basketball dribble race
  3. Hockey race

### WEEK 3: Choosing friends

Purpose: To help participants learn to choose, maintain and evaluate healthy friendships.

Objectives:

A. Introduce the topic of choosing friends

B. Game: choose one

1. 3x5 cards to each participant and have them write anonymously to the following questions:
  - a. side 1: two things I look for when choosing a friend.
  - b. side 2: two things I do to keep my friends.

Collect the cards, shuffle them, pass them back to the group. Go around the room, each person reading side 1, then side 2. Discuss the responses as they are read.

2. Agree/Disagree: Post an agree and a disagree sign on the wall. Read statements re. friendship and friendship maintenance and ask them to stand under the sign that reflects how they feel about the statement. Discuss how they feel about their own responses as well as other people's responses.

C. Off-site assignment: Arrange to meet with your partner somewhere outside of the group.

WEEK 4 and 5: Maintaining friendships

Topics such as Communication (body language, listening, and verbal), Recreation, and Respect will be covered during these workshops.

WEEK 6 and 7: Health

These two workshops will be divided into two health topics: physical and sexual. Physical health will cover general and sports health issues. Sexual health will cover emotional issues, STD's, and reproductive information.

WEEK 8: Developing adult relationships

The goal of this workshop is to help them develop good, solid, positive, and healthy adult relationships/friendships. The focus should be on family, extended family, community, and institutional friends (teachers, coaches, clergy, etc.).

The concept of a "role model" should be introduced. Skill building should take place around making adult friends and maintaining them.

WEEK 9: Drug abuse

A speaker from Narcotics Anonymous (N.A.) will come to speak to the participants on this day. The speaker should be as close to the group's age as possible. Curtis Wadlington has agreed to help arrange this session.

WEEK 10 and 11: When friendships change

Participants will participate in activities that will help them project into the future of their friendships.

WEEK 12: Closing and evaluation

To be determined....