

# FOSTER & ADOPTIVE FAMILIES of LARIMER COUNTY

Monthly Newsletter

June 2018

## Welcome to FAFLC

Foster and Adoptive Families of Larimer County is a family support organization that strengthens foster and adoptive families through:

- Publications
- Training and education
- Providing opportunities for networking among families
- Financial assistance for the special needs of children

We know you have busy schedules, but we hope you take the time to read these important tips, events, and articles.

Additionally, here are some local training classes that we are very excited about. Check them out!



Each year in Colorado, more than 500 children "age out" of the foster care system. These children enter adulthood without any sort of permanent connection—no childhood home to go to for Thanksgiving dinner, no one to go to for advice before a job interview, no one to call when they're having a bad day ... no support system at all.

The CHOICE program intervenes before these children "age out" of the system, by creating broader connections between youth and adults outside of the traditional adoption route. The program is built on the premise that once you make a connection with a foster child, you will be compelled to help in a more permanent way and help him or her transition into adulthood.

Come learn more about the ways you can get involved in the life of a youth in foster care. Through the CHOICE program, you can become a mentor and host for a foster youth, and create a permanent relationship with that youth that will dramatically improve their outcome.

If you attend the webinar version of this class, please note that we utilize telephone for audio and a powerpoint will be available through Ready Talk.

### CHOICE Orientation Webinar

6:00pm MST

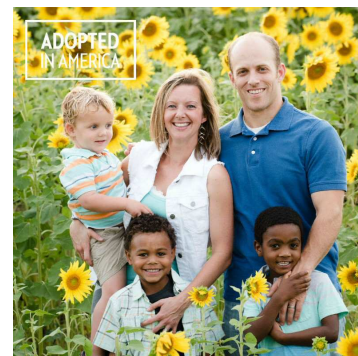
Registration is now open.

Register at [adoptex.org](http://adoptex.org).



### In This Issue

- Summer Learning Tips
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## Parents, Need A Date Night?

Fundango offers foster, adoptive, and kinship parents a night off while Kids At Heart hosts a 3-hour FUN themed event for kids from 0-18 years old. Cost is \$5 per child or \$15 per family.

RSVP: 970-223-1230 or [director@kidsatheartfundango.org](mailto:director@kidsatheartfundango.org). Reservations required.

# TOP 10

## “EASY SUMMER LEARNING TIPS” FOR PARENTS

### 1 Read. Read. Read.

Summer reading should be FUN reading! Help your child read ANYTHING AND EVERYTHING that interests him or her. A great way to get started is by celebrating the end of the school year with a special trip to the library or a bookstore. Help your child set-up a comfortable and quiet space with good lighting for summer reading. Encourage your child to create a schedule for daily reading and set an example by letting your child see you read every day.

### 2 Have Fun with Numbers.

Find creative ways to practice math: ask your child to help you tally the bill at the grocery store, calculate time, or follow a recipe. Some children enjoy math workbooks or online worksheets – there are lots of free ones.

### 3 Turn off the TV! Turn off the screens!

A little bit of screen time is ok – but too much screen time is not healthy. Monitor (and limit) screen time in the summertime just as you would during the school year.

### 4 Make Art!

Kids love art projects of every kind – but they rarely have enough time during the school year to draw and paint and construct as much as they'd like. Picasso said, “Every child is an artist. The problem is how to remain one once we grow up.” Let the summer months be the time when your child discovers that he or she has the amazing ability to create through art.

### 5 Experiment! Do Science!

Watch an ice cube melt. Grow grass. Play with magnets. Collect rocks. Collect leaves. Summer is a great time to experiment with science.

### 6 Eat smart. Eat healthy.

It's ok to eat ice cream on a hot summer day – but don't eat only ice cream. Kids need help eating healthy. Without the structure of the school day, some kids tend to eat tons of junk food during the summer. Keep plenty of fresh fruits and veggies at the ready, like carrot and celery sticks with hummus, ranch dressing or peanut butter for “skinny dipping”. Process watermelon in your blender and freeze it in popsicle forms for an icy, refreshing treat.

### 7 Get outside. Take a hike. Play in the sun. Go for a bike ride or a run. Visit a park.

Some children experience unhealthy levels of weight gain during the summer months because they get less exercise when schools are closed. It's important to help your child stay physically active all summer long.

### 8 Go to a museum – again and again.

For every child with an interest, there is a museum with a special collection. Insects? Space travel? The ocean? Art? History? Find a museum and visit it – whether in person or online.

### 9 Read a poem.

Here's the start of a silly, ridiculous, funny, poem by Shel Silverstein:

*Millie McDeevit screamed a scream  
So loud it make her eyebrows steam.  
She screamed so loud her jawbone broke,  
Her tongue caught fire, her nostrils smoked...*

This is just one of a thousand wonderful poems for children. Google “funny poems for children” and see which ones your child enjoys. Read them aloud. Memorize a line or two. Substitute words to make your own rhymes. Ask your child to describe the poem in their own words means and what it means.

### 10 Finally... go to sleep!

Keep a bedtime routine. It's ok for your child to stay up a bit later in the summer but it's still very important to maintain a regular bedtime and routine. For example, if you read a bedtime story to your child during the school year, then read a bedtime story during the summer.

**SUMMERS  
MATTER**

20 Things Every Parent, Teacher, & Principal  
Should Know About Summer, July & August

By Matthew Boulay, PhD

**NEW BOOK SUMMERS MATTER**

GET MORE GREAT IDEAS FOR PRINCIPALS,  
TEACHERS AND FAMILIES

Author: Matthew Boulay

**Available on Amazon**



**national summer  
learning association**  
[www.SummerLearning.org](http://www.SummerLearning.org)

# { Poudre River Fest }

Saturday, June 2, 12pm-6pm

Adjacent to New Belgium Brewery on the Poudre River Oxbow

Poudre River Fest is a free, family-friendly festival that restores, celebrates, and educates people about the Cache la Poudre River.

- Learn about conserving the Poudre River and its resources through kids' activities.
- Connect with local groups that work to improve and maintain the health of the river.
- Volunteer to help with river cleanup and restoration projects in the coming year.
- Dance to live music.
- Enjoy beer from New Belgium Brewing Co. and food from local eateries.
- Live Music! We'll have the following great bands playing throughout the day:  
Chris Dismuke | Colony Funk | Bonnie & the Clydes | Lonesome Days



## Local Support Groups

### **Boulder** | Boulder Valley Christian Church

Group Name: Adoption, Foster & Orphan Care

Contact: Cathy at [cathy@bvchristian.org](mailto:cathy@bvchristian.org)

### **Broomfield** | Discovery Christian Church

Group Name: Adoption and Foster Care Support Ministry

Meeting: Last Sunday, 2:30- 4:30 pm

Contact: Bonnie Robertson at [bonnie.robertson02@yahoo.com](mailto:bonnie.robertson02@yahoo.com)

Please RSVP to Bonnie and let her know your childcare needs

### **Denver** | Various Support Groups

Contact: Deb Marshall at 303.204.7515 or [dmarsal@earthlink.net](mailto:dmarsal@earthlink.net)

### **Englewood** | AllHealth Network - Inverness Office

Group Name: Adoptee Relationship Techniques for Teens (ARTT)

Meeting: Every Monday, 5-6pm

Helping teens who were adopted effectively communicate their needs and have better relationships. Open to teens ages 13 - 18.

Contact: Call (303) 730-8858 about this group

### **Fort Collins** | Faith Evangelical Free Church

Group Name: Foster Care/Adoption Support Group

Meetings: 2nd Wednesday of the month, 6pm in the café

Contact: Jodi Larson at 970.226.0100 or [msquared2@comcast.net](mailto:msquared2@comcast.net)

### **Fort Collins** | Timberline Church

Group Name: Foster Care/Adoption Support Group - Welcome Child

Meetings: 2nd Sunday of the month, 6-7:30pm

Contact: Wayne and Michele Sanner at 970.481.5749 or [mlsanner@gmail.com](mailto:mlsanner@gmail.com)

### **Fort Collins** | Poudre School District Parents of Special Needs Kids

<https://www.meetup.com/Poudre-School-District-Parents-of-Special-Needs-Kids/>

### **Greeley** | Christ Community Church

Group Name: Forever Families

Meetings: Check calendar at <http://cccgreeley.org>

### **Longmont** | Life Bridge Christian Church, Room 122/124

Group Name: Foster Care/Adoption Support Group

Meetings: Check calendar at <http://lbcc.org/events>

### **Online** | Free therapist-led support group and webinar

Meeting: See website for dates and times at [attachmentcenteroftherockies.com](http://attachmentcenteroftherockies.com)

Contact: Deb at 970-328-5630 or

[deb@attachmentcenteroftherockies.com](mailto:deb@attachmentcenteroftherockies.com)

### **Online** | Adoptive Families Circle Online Community

[http://www.adoptivefamiliescircle.com/groups/group/Colorado\\_Adoptive\\_Families1/](http://www.adoptivefamiliescircle.com/groups/group/Colorado_Adoptive_Families1/)



# Bingo Volunteer Lineup

Every Sunday night, 5:30—9:30pm

Please go to our website [www.fafcl.org](http://www.fafcl.org) and under the members tab click on Bingo and there is a signup genius. Any questions please contact:

Kathryn Sparks: [kspar5411@gmail.com](mailto:kspar5411@gmail.com)

(970) 443-5411



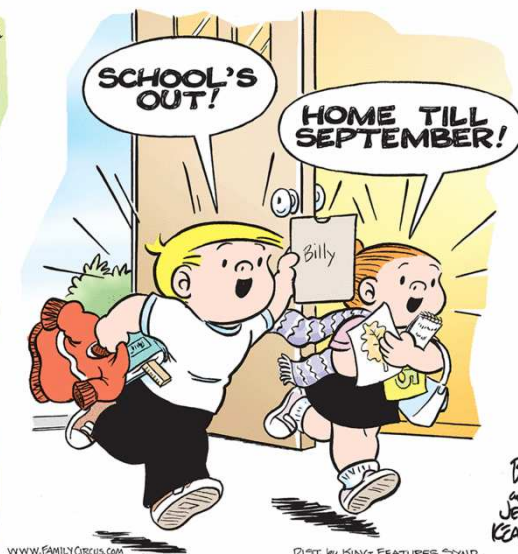
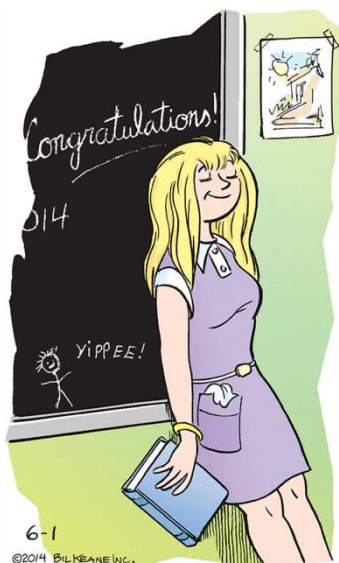
Bingo is always in need of more volunteers—general volunteers as well as callers—and training is available. Youth have to be 14 years old to volunteer.

**Bingo is FAFLC's major fundraiser. This is a great easy way to get volunteer hours.**

This is also an opportunity for youth to meet other youth and to learn about customer service and handling money. They can also use bingo as a community service for school if it is needed. For the adults it is an opportunity to meet other foster or adoptive parents and network.

FAFLC has been doing bingo as a fundraiser for over 23years! Please consider volunteering.

\*\*\*\*\*If you are unable to make your scheduled time, it is your responsibility to find a replacement.



# Local Events

## **Kids' Summer Movie Club at the Rialto**

*June 5-July 24, 10am and 2pm  
Rialto Theater, Loveland  
Free*

The Kids' Summer Movie Club at the Rialto Theater is here! The Movie Club is FREE for kids aged 2-16. Sign up at the theater box office to receive a movie club card. Bring your card to each movie and earn prizes along the way. Each movie shows at 10am and 2pm.

Tuesday, June 5: The Lost Village  
Tuesday, June 12: Pete's Dragon  
Tuesday, June 19: Paddington 2  
Tuesday, July 3: Coco  
Tuesday, July 10: Kubo and the Two Strings  
Tuesday, July 17: E.T. The Extra-Terrestrial  
Tuesday, July 24: Cars 3

## **Missoula Children's Theatre Group Audition**

*June 25, 10am-12pm  
Rialto Theater, Loveland  
Tuition: \$50*

The Missoula Children's Theatre professional tour team will arrive in Loveland with full production in tow and assemble a cast of talented Loveland students. Roles are available for students in grades 1 – 12. A group audition will take place at 10AM on MONDAY, JUNE 25 in the Devereaux Room at the Rialto Theater. The cast will perform The Princess and the Pea on the Rialto Theater stage on Saturday, June 30 at 3 pm and 5:30 pm.

## **Be a Better Babysitter with Babysitting 101**

*June 26, 1pm-6pm  
Harmony Library Community Room  
H*

Teens aged 12-18 learn top-notch babysitting skills at this fun and informative Babysitting 101 program. Find out how to do special crafts with young children, how to select books and read aloud well, how to find babysitting jobs and promote your service, and first aid/emergency/CPR basics. Each participant will receive a workbook with babysitting tips and information covered in the program to take home. Teens will receive certification that they have attended Babysitting 101.

### **Details:**

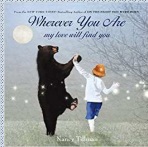
Openings: 20  
Register by 5pm on June 25.  
Please give 24 hour cancellation notice to allow others on the waiting list to attend.  
Parents/guardians must complete a permission form for their kids' attendance at this program.  
Contact Jenny Thurman at 221-6740.

## Reminders for Volunteers at the *Little House*

- Don't forget to get the code for the doors prior to going to the Little House
- Sign in on the sheet inside the Little House or in the back warehouse regardless of the reason for being there
- Do not put items of any kind in the "Model T" shed
- Pay close attention to the bins and how they are labeled when sorting items. Watch sizes and TAKE YOUR TIME!!!
- When trying on clothes or looking at items be sure to return them the way they were found or better. This means folding the items and replacing them on the shelf they were found on—NOT THE FLOOR! Leave the buildings picked up. Many volunteers spend hours sorting, hanging up, and cleaning the buildings.
- Use the appropriate hanger for the item—don't use adult hangers for little clothes.
- If you have to drop off items please put them toward the back of the warehouse where there is empty space and not right inside the doorway. DO NOT LEAVE ITEMS OUTSIDE—IT DOES RAIN AND SNOW IN COLORADO!
- Be sure to turn the lights off and chain up the gate when leaving—utilities are paid by FAFLC

*Little House assistants—please call (970) 481-7993 if you see anything questionable at the Little House.*

# Book Corner



## Wherever You Are, My Love Will Find You by Nancy Tillman

Although this is not specifically an adoption book, it is a lovely rhyming picture book about how much we love our children and how they carry our love within them, even when we are apart. It is very appropriate for adopted children who are thinking about their birth families.

## My Outdoor Bedroom: Thoughts on Living Weird. Happy and Weird.

I used to think I didn't like the outside. I'm not a long-haul backpacker like my most outdoorsy Oregonian friends. I don't enjoy endurance hikes, forced-march style. I don't even go on leisurely grandma walks around the block. But once I was able to tackle outside on my terms — biking in the sunshine, kayaking because I get to sit on my butt in the water, and hiking where hiking means sauntering through the woods and meandering up mountains rather than tight timelines and a race to the top — I was IN. All the way in. Mud in my toes, scrambling over boulders, bugs in my bed, IN.

I started sleeping outside this week, but not in a sleeping bag on a hard pad on the ground. Nope; I started sleeping outside, but in a real bed with sheets, soft pillows, and a ragged, faded plaid down comforter I bought for my first apartment 26 years ago. It's pretty close to heaven on earth, and it's 100% Outside My Way.



Greg only grumbled a little when I pestered him for days and days to pull the old iron bedframe from the storage loft, and I went ahead and ignored his eye-rolling while I stole the nightstands back from our Goodwill pile. I mean, I don't want to brag too much, but I'm really good at ignoring eye-rolling now. Also, sighing. Also-also, the slow shaking of Greg's head

side to side in weary disappointment. I can ignore it ALL.

See, Greg is of the opinion that one bedroom *inside* a house with things like Protection from Inclement Weather and Temperature Control — Not Very Many Giant Fuzzy Spiders and Zero Raccoons with Razor Blade Teeth and Beady Little Demon Eyes Peering from the Blackberry Bushes — is plenty of bedroom for me. Greg thinks I don't need a second, outdoor bedroom. Greg thinks, if I'm going to invest time in a house project, maybe I should finish painting the hallway — or the other 47 things I've started — instead of creating a redundant living space in the backyard.

Poor Greg. Bless his heart. And we can pray for him. <— This is our Greg Liturgy. Amen.

As for me, I'm certain this is the Best Idea Ever.

I've been fighting Depression again lately. It's been a rough couple of months. I think. Maybe a rough couple of years? I don't know. That's one of the symptoms of mental illness, really; the Not Knowing. The trying to decide if this is Normal or Unhealthy. Is this a Phase or Do I Need Help? So I've been fighting Depression again lately; I just don't know what "lately" really means. I'm bobbing up and down in Ocean of the Unknown. Getting hit by waves of Anger and Hurt and Worry and Blah. Finding myself underwater. Pushing again to the surface. Suspecting this is just part of

what it means to be human in all its complexity. Suspecting this is just circumstantial and easily explained. Suspecting none of that's right at all. ㄟ(ˉ\_ˉ)ㄟ

Mental health is a giant jigsaw puzzle, after all, except we only have some of the pieces. The rest we have to go on a scavenger hunt to find with murky clues. We never find them all. And so I manage my mental illness a lot of ways. Partly through medication which saved my life. Partly through pursuing Joy these days instead of the Approval of Others which has made this life richer and fuller and weirder than ever.

So I keep doing Weird Crap that makes me happy instead of Normal Crap in its tightly controlled box of Acceptable Behavior.

These days, I'm spending my time building fairy houses out of wall holes. And making my bed outside.

I feel like I just keep leveling up on Weird.

Things that make No Sense to others, I'm pursuing anyway, and I'm finding Joy there. It turns out making my bed where the dirt gets in is a piece of the puzzle — the piece that looks like watching the stars before I fall asleep and hearing the wind in the cherry trees and waving at you, always waving, in the dark.

*Beth Woolsey*

With love, friends, from this little piece of earth,



Read more of Beth's posts about raising biological and adopted kids at [bethwoolsey.com](http://bethwoolsey.com)

Hi everyone,

Realities for Children's Youth Activity for June will be on Saturday, June 23<sup>rd</sup> at their campus. It will be a Summer Carnival, in combination with Homeless Gear's Children In Need event, from 9: 00 am to 11:30 am.

This activity can accommodate an unlimited number of families as it will be outside and not limited by capacity ☺. Realities is asking for pre-registrations though, so they have enough food.

Realities is still adding to the fun, but they already have free catered food, life-sized games, a huge water slide, puppies to play with, and Smokey the Bear! We will also have random giveaways of Loveland Laser Tag and Chipper's Bowling, as well as some bikes for the younger kids.

In addition, this will be Homeless Gear's quarterly Children In Need event. Children in Need is a Resource and Distribution fair for families at-risk of or experiencing homelessness. They distribute gear, outerwear, hygiene items and other supplies, and numerous partner organizations join in to provide attendees with a wide range of additional services: eye exams, health screenings, children's books, art supplies, haircuts, resource information and pet food, among others.

To register send e-mail to [infofaflc@gmail.com](mailto:infofaflc@gmail.com)—Required information number of adults (anyone 18 and older) and number of children (3-17) please include you family name



## Respite Resources

From the Colorado Respite Coalition

Are you looking for respite? Use the [Colorado Respite Locator](#) online tool to find providers in your area. [Click here to go the tool.](#)

The Family Respite Voucher Program may provide financial assistance to eligible families to access respite care through contracted providers. Apply online by [clicking here](#).

## Congratulations GRADUATES!

Emilie (Black)

Jayson (Scott) - GED

Courtney (Cajka)

Jessica (Velez)

Tanner (Friar)

Skyler (Lenz)

Quyhn (Bowling)

Emilie (Black)



## 2018 Youth Leadership Forum for Youth with Disabilities

Are you a Colorado high school junior, senior, or young adult (under 26) with disabilities?

You're invited to the Colorado Youth Leadership Forum (CO-YLF)! Develop leadership skills, self-advocacy, and build community! Learn how to reach your education, career and independent living goals!

The CO-YLF is an innovative, 5-day on campus (CSU-Ft Collins) conference, for Colorado youth with disabilities as they prepare for and experience transition to adulthood. Students serve as delegates from their communities and are given the opportunity to cultivate their potential leadership, citizenship and social skills.

The CO-YLF will take place on the Colorado State University Campus in Fort Collins July 8-13. For questions, additional information, and to apply, please contact

[silcylf@coloradosilc.org](mailto:silcylf@coloradosilc.org) or call (303) 902-5897.