

FOSTER & ADOPTIVE FAMILIES of LARIMER COUNTY

Monthly Newsletter

January 2019

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

January 24, 6pm

Register at <https://www.adoptex.org/the-adoption-journey/post-adoption-services/colorado/classes-trainings/choice-orientation/>



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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 5-hour FUN themed event for kids from 0-17 years old. Cost is \$25 per child with a family maximum of \$40. RSVP: 970-223-1230 or director@kidsatheartfundango.org or <https://kidsatheartco.org/fundango/>

Reservations required

FAMOUS ADOPTIONS

Faith Hill (1967-) **Singer-songwriter, Producer, Actress**

Hill (full name: Audrey Faith Perry Hill) was adopted when a few days old by Ted and Edna Perry, who had two older born-two sons and wanted a daughter, and raised in Star, Mississippi. Her birth parents were unmarried, although they married later and had a son.

She always has known she was adopted.

She began singing in public when she was seven, but did not debut professionally until 1993, although she had her first band when she was 16 or 17. She went to Nashville when she was 19 and worked at various jobs until her big break with *Take Me As I Am* in 1993. Her second album was *It Matters to Me* in 1995 and she participated in *The Best of Country Sings The Best of Disney* and *For Our Children Too*, both in 1996. Faith was released in 1999.

She has won a number of country music awards, including singing at the closing ceremonies of the 1996 Atlanta Olympics and singing the National Anthem at the 2000 Super Bowl, as well as four 1999 Academy of Country Music awards. She is married to singer Tim McGraw and has two children (her first

marriage was to songwriter Dan Hill).

Although she initially had no interest in tracing her birth family, she changed her mind and has a good relationship with her birth mother and birth brother; her birth father had already died in an accident.

Her adoptive father's illit-



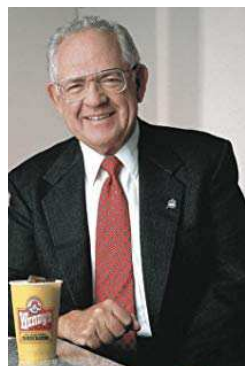
eracy has inspired her to fund adult literacy projects.

Source: https://adoption.com/wiki/Faith_Hill_and_Adoption

Dave Thomas **(1932-2002)**

Born during the Depression to a dirt-poor single mother in Atlantic City, New Jersey, Dave Thomas was adopted as an infant by a traveling construction worker and his wife. Moving out on his own at age 15, Thomas held a succession of jobs in the food industry, starting out as a busboy and working his way up. A fateful meeting in 1956 with Col. Harland Sanders, founder of the Ken-

tucky Fried Chicken chain, led to Thomas' investing money in one of Sanders' KFC franchises, which paid off handsomely and made him a millionaire by the time he was 35. In 1969 Thomas decided to strike out on his own and left KFC to start his own chain of fast-food restaurants, Wendy's (named after his daughter, whose name was actually Melinda but whose nickname was Wendy) Hamburgers, in Ohio. Eventually the chain grew to more than 6000 restaurants, with annual sales revenue topping \$6 billion. As successful as his business career was, however, Thomas was even more famous for his appearances in the company's commercials, where he came across as just a regular guy next door who got along with everybody and was the kind of grandfather that everyone wished they'd had--which, according to many who knew and worked with him, was exactly how he was in real life. He never forgot



how tough it was to be an adopted kid, and



The Kid Who Would Be King



**In Theaters beginning January
25, 2019**

ABOUT: Alex (Ashbourne Serkis) thinks he's just another nobody, until he stumbles upon the mythical Sword in the Stone, Excalibur. Now, he must unite his friends and enemies into a band of knights and, together with the legendary wizard Merlin (Stewart), take on the wicked enchantress Morgana (Ferguson). With the future at stake, Alex must become the great leader he never dreamed he could be.

Rating: PG

Genre: Adventure, Family, Fantasy

Directed & Written By: Joe Cornish

Runtime: 110 minutes

Studio: 20th Century Fox



HAYDINI

RARE MAGIC WELL DONE™

(You'll be fooled... no doubt about it!)

January 11th or 12th at 8pm
Lincoln Center Magnolia Theatre

Prices start at \$15

More information: <http://www.lctix.com/hayden-magician>

Local Support Groups

msquared2@comcast.net

Boulder | Boulder Valley Christian Church
Group Name: Adoption, Foster & Orphan Care
Contact: Cathy at 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
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

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

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

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
Contact: Deb at 970-328-5630 or deb@attachmentcenteroftherockies.com

Online | Adoptive Families Circle Online Community

Bingo Volunteer Lineup

FAFLC has been doing bingo as a fundraiser for over 23 years!

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.

Go to the FAFLC website and sign up through our sign-up genius. Make sure to find a replacement if you can't make your scheduled time!

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



- Meet other Youth
- Learn about Customer Service and Handling Money
- Use Bingo as a community service for school if needed
- For the adults it's an opportunity to meet other foster or adoptive parents

Every Sunday night

5:30—9:30pm

nickelodeon  **JANUARY 22 & 23**
PAWPATROLLIVE.COM

PAW PATROL LIVE!
THE GREAT PIRATE ADVENTURE

A VSTAR ENTERTAINMENT PRODUCTION
presented by 

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All-Day Admission

One price covers it all, for the entire day. Your admission includes complimentary skates, all-day admission and skate assistants at no extra cost.

\$8.00 - Children 12 & Under
\$9.00 - Adults

\$64 - Book of 10 Child Passes
\$72 - Book of 10 Adults Passes
(Admission books are sold at the ticket counter.)

WINTER HOURS

(Beginning January 2, 2019):

Monday-Thursday: 2pm-8pm

Friday: 2pm-9pm

Saturday: 10am-9pm

Sunday: 11am-6pm

Local Events



Old Town Square Ice Skating Rink

Dates: Weekly on Friday, Saturday and Sunday with extended holiday hours (through Feb. 2nd)

Time: 12:00 PM to 6:00 PM

*Location: Old Town Square
Fort Collins, CO 80524*

Price: \$2 Admission,

\$1 Skate Rental



Full Moon Walk- Eclipse and Owls

Date: January 20, 2019

Time: 4:30pm—6:30pm

Cost: FREE

Location:

*Devils Backbone Open Space
1725 Hidden Valley Dr.
Loveland, CO 80538*

Join Larimer County naturalists for a moonlit walk at Devil's Backbone Open Space, located just west of Loveland, off of Hwy 34, and learn about the lunar eclipse that will occur later that evening. We will also discuss the owls that live in Colorado and enjoy the beauty of the area as the moon rises over the planes. Hike rating: moderate due to walking in low light. Please dress appropriately for the weather.

Contact: Angela Borland at 970-619-4489 or borlanan@co.larimer.co.us

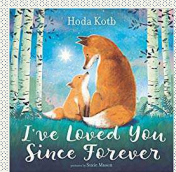
Visit www.larimer.org for more information

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



I've Loved You Since Forever
By Hoda Kotb

I've Loved You Since Forever is a celebratory and poetic testament to the timeless love felt between parent and child. This beautiful picture book is inspired by New York Times best selling author and Today show co-

How Gratitude Can Help You Better Care For You (11/21/18)

<https://confessionsofadoptivparent.com/how-gratitude-can-help-you-better-care-for-you/>

Over the years we've learned what it means to take care of ourselves as parents. But nothing we do, in terms of self-care, happens apart from being hands on as parents. We've learned that simple things, in the middle of parenting demands, make a big difference...

It's the dead of winter out on the farm we just moved to north on Indianapolis, Indiana where we live. The wind is blowing so hard it sounds we fear the gigantic oak trees in our front yard are going to come crashing through our roof at any moment. It's early March and this should not be! But this is Indiana. I'm huddled under a blanket in our front room watching a show on Hulu with all of the kids. Even though our thermostat is set to 70, I can't get warm...not even close. Haven't been able to in months.

We laugh...we giggle...we recite quotes from Black-ish, one of our favorite shows to watch together as a family, but I just can't get warm. And I'm not simply talking about physical warmth. Yes, I'm cold...but I feel like the past few months have been emotionally, spiritually, and mentally cold for me. It began in January. The coldest month in all eternity. Or at least it felt that way. My schedule was slammed, I was jumping on a plane every weekend, and trying to finish my next book.

February wasn't any better. Cold, cold and then more cold. And just when we thought it was about to warm up, it snowed blizzard-like conditions on the same weekend that spring was supposed to begin!

I had never in my life suffered through seasonal depression. I was always a fan of winter, even the boring months after Christmas but before spring. And here I was, every single day, feeling lost...depressed...lonely. Add to that, one of my kids was in residential treatment and not doing well at all.

It's easy to allow seasons like this to consume you. It's easy to believe that nothing is going to get any better than it presently is. It's easy to muddle through a winter and feel like all hope is lost, and you'll never feel warmth again in the depths of your soul. Add to that, parenting kiddos from trauma and the hopelessness feels even deeper. Mind you, I'm not saying that my children have caused me to feel despair in the past. Nope. I love them deeply. But the battles we face as a result of past trauma (which is not their fault) can be exhausting.

Yes, last winter was cold. But then one after-



noon a good friend reminded me of something that I had failed to see through that season: "You have so much to be thankful for Mike. You're just looking at the wrong things.

So true. As I reflect back on that season of my life last year, I realize something- I was focused on everything I thought I didn't have, but needed. I was staring at everything going wrong, so much so, that I forgot about everything going right! When I simply stopped and

began to give thanks for what I had, and what was right, my spirit lifted and my perspective changed. Not only that, but I began to better take care of me because I realized I had so much to live for, and so much to be thankful for! Your level of gratitude has nothing to do with how much stuff you have, the bottom line in your bank account, or even whether or not you get to do all the things you want to do!

Gratitude is not dependent on what you have. Gratitude is dependent on what you believe about the life you have.

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Tweet Quote

So what do you believe about your life? Are you focused on what you don't have, or can you stop and begin to give thanks for what you do have? What I've found is simply stopping and expressing gratitude every now and then, can change my entire attitude on life. And it's the simply everyday things that we often overlook....

I'm thankful that the sun came up today.

I'm thankful for the beautiful family I have.

I'm thankful for the house I have.

I'm thankful that I have a car to drive.

I'm thankful for breath in my lungs (what a gift!).

I'm thankful that I get to be daddy to these amazing kids!

I'm thankful that I get to be a husband.

I'm thankful for life.

Confessions of An Adoptive Parent is written by Mike and Kristin Berry. They, along with their amazing team, strive to encourage moms and dads along this unique journey of foster and adoptive parenting. They have been married for 19 years and parents for 16. All 8 of their children joined their family through adoption. They fostered for 9 years and have had 23 children come through their doors. Their newest adventure is grandparenting.



Polar Bear RUN AND PLUNGE

JANUARY 19TH, 2019

5K, 1 MILE, & POLAR PLUNGE!

SCHEDULE OF EVENTS

Friday January 18th

Packet Pickup & Registration: 4:00-6:00 pm

Location: ALIVE by Raintree Athletic Club

932 W Drake Road, Fort Collins 80526

Saturday January 19th – Race Day

9:00 am – Registration/packet pickup opens

10:00 am – 5k Run/Walk Start

11:15 am – 1 Mile Run/Walk Start

11:30 am – Awards

11:45 am – Polar Plunge Start



2019 Frost Giant 5K & 10K

In honor of the 40th year of this event, the original courses will be run. This year's race is a fundraiser for a local HS cross country runner and cancer patient, Chase Murray, who was recently diagnosed with leukemia and is currently undergoing treatment. First conceived and run in 1980, the Frost Giant race was started as a winter community event to get people out enjoying Estes Park in the winter time. The route was originally designed by Chip Salon and Rick Zuba to showcase the local scenery. As an avid climber Chip was familiar with Lumpy Ridge and the Twin Owls area, so MacGregor Ranch was chosen as the location. Our motto is to "Run whatever the weather." and we have had a multitude of weather conditions over the 39 years of this race. Much of the course is cross country with variable footing of ice, snow, cow patties and even frozen ditch crossings.



Start Time

5K – 11:00 am & 10K – Noon



Registration

Follow [this link](#) to register for our race(s)



Registration Fee

- Preregistration: 1-race \$30, 2-races \$40, 18 and under \$10.
- Race Day: 1-race \$35, 2-races \$45, 18 and under \$15.
- Add \$15 for tee shirt (cotton feel tech-fabric long-sleeve)



Awards & Medals

Awards for overall 5K M&W, overall 10K M&W.

Medals for M&W 0-12, 13-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Lots and lots of raffle prizes, must be present to win.



Start & Finish

Town of Estes Park Municipal Building (at Bond Park)