

FEBRUARY 2021

WFAPA

Wisconsin Foster And Adoptive Parent Association



CANCELED

COVID-19

DELAYED

We regret to inform you that as a result of the COVID epidemic we need to CANCEL our Spring WFAPA Conference, which was scheduled for April 9-11, 2021 at the Grand Lodge Waterpark Resort in Rothschild, WI.

TERMINATED

RESCHEDULED



 a heartfelt Thanks

WFAPA would like to thank Alfredo (Freddy) Moyano for maintaining our old website and Facebook page for as long as he did and staying with us while he branched out into his own entrepreneurships.

A heartfelt thank you Freddy, for all you did for us.

Good luck in your future!





30 Tips and Ideas to Bust Winter Boredom

Is it just us, or does the winter season sometimes feel like a bit of a letdown? If you're trying to make it through short days and weeks of rain, snow and ice, try some of these wintery tips and ideas.

Tips

1. **Plan Something to Look Forward To** - It might be as small as takeout from your favorite restaurant or buying a fancy coffee. It could be as large as a future trip somewhere warm. Find something that fits your budget and put it on the calendar!
2. **Change Up Your Living Space** - We spend a lot of time inside during winter. Why not change it up? This doesn't necessarily mean redecorating; why not rearrange the furniture you already have? Or change out some picture frames? Little changes can make a big difference.
3. **Bring the Springtime Inside** - Pick up a few houseplants at your local greenhouse, or a bouquet of fresh flowers. Remind yourself that spring is coming!
4. **Keep a Consistent Sleep Schedule** - The shorter days in winter can make you feel tired on their own. By going to bed and waking up at the same time every day, you can offset that sleepiness a bit.
5. **Learn Something New** - After all, the best cure for boredom is something new. Pick a topic you don't know enough about and check out some books at the library as a family, listen to a podcast, research a topic on Google Scholar, or watch a documentary.
6. **Create a Winter Bucket List** - Add some excitement to the short days of winter by creating a list together as a family of the activities and things you want to accomplish (bonus points if you sneak some chores in there). After all, a little motivation never hurt anybody.
7. **Give Yourself a Little Grace** - It can be easy to feel frustrated or down on yourself during wintertime. But really, the world won't end if you need to put on the television for a few hours instead of doing a fun activity with the kids. Spring will be here before you know it.



Keep Brains and Bodies Active

8. **Search for a Workout Video** - Look up a short YouTube yoga video or take ten minutes to stretch on your floor. It may seem small, but you'll be surprised how much better you'll feel.
9. **Have a Dance Party** - Turn on your favorite songs and dance it out in the living room. Get those endorphins flowing.
10. **Go for a Drive** - Depending on the weather, you might not be able to walk around outside, but why not take the family for a drive? Make it as long or short as you want. Crank some tunes, see where the road takes you and stop at any destinations that look interesting to stretch your legs.
11. **Bundle Up to Stargaze** - The winter sky is one of the clearest times to track down certain constellations in the Northern Hemisphere, according to NASA. Get a bonfire going, layer up, and download a constellation app to help identify the star patterns.
12. **Have a Ball** - Play a pick-up soccer or kickball game with friends. Plan to meet family friends at a nearby soccer field for a friendly game of soccer or kickball.
13. **Enjoy the Snow** - If you have snow, what better way to stay active than playing outside? Make snowmen, go sledding, have a snowball fight! (If you don't have snow, have a makeshift snowball fight inside by balling up socks or pieces of paper.)
14. **Get Up to Catch the Sun** - As the days get shorter, make a point to get up when the sun rises, or earlier! If weather permits, add a morning and afternoon walk to your daily routine to soak up as much vitamin D as you can.



Stuck Inside

15. **Revisit Something Good** - Re-reading a classic book or re-watching a nostalgic TV show can add a happy bit of brightness to gloomy days. Why not introduce your kids to things you loved as a kid?
16. **Cook Together as a Family** - Spend time together and try out a new recipe! Whether you bake some delicious treats or just make dinner, your house will smell amazing and you can spend quality time together.
17. **Play Board Games** - Maybe it has been a while since you've played a board game, but instead of switching on Netflix, pull out a classic like Uno, Monopoly or Sorry. You'll quickly remember how fun traditional board games can be.

(Continued on top of page 4) →



WFAPA would like to send our condolences to Michelle Ward who lost her Mother and Kim Brown-Ubersox who lost her Father. You are in our thoughts and prayers.



adoption stories



We all have stories. Some make us laugh until we cry. Others? Well...they just make us cry. If you have lived at all, you have likely experienced both joy and heartache. While it can be easy to wish that we lived a carefree existence without the difficult moments, sometimes even our most trying burdens can become our biggest blessings.

Have you ever gone through a situation and felt utterly alone? Have you been ashamed to speak your truth out loud? Have you ever just needed someone to say, "It's okay. I've been there, too."? Most of us want so badly for someone to identify with, to normalize what we often think are unique struggles. In these times, the testimony of others can be a bright and shining light in the darkness. So...have you considered sharing your testimony?



If you think that nobody is interested in what you have to say, you'd be surprised. Whether you are a birth parent, a potential or current adoptive parent, or a person who was adopted, your story can touch the lives of countless others. Don't forget about the stories in your life that are completely unrelated to adoption as well. First, it can help to think about where your story begins, how it progresses, and how it has led to your current situation. Also remember that your future is still wide open, so your story is never really finished.

If you would like to share your story and/or your family's picture on WFAPA's website, Facebook, and/or newsletter, please email Tina at twfapa@new.rr.com.

Become a Sponsor



WFAPA is a peer and volunteer-based association that supports and advocates for foster and adoptive parents by offering training, support program and helps to create and support different legislative measures with our fellow representatives in Madison. Every year we hold a spring conference in April and a fall conference in October throughout the state of Wisconsin.

WFAPA conferences reach a statewide population, and WFAPA encourages networking amongst foster and adoptive parents. Our conferences bring in highly qualified speakers who can help foster and adoptive parents on the issues presenting in their home. WFAPA also educates the public and brings a more positive light to foster and adoptive parenting through stories in different areas of the media (including radio, newspapers, etc.) and through our quilt, which tells the stories of foster children.

We are looking for sponsors to help keep our association growing. We cannot do this without the help of people like you. Would you consider donating \$25.00 a month, a one-time yearly donation of \$300.00, or a donation of your choosing? Not only is your gift 100% tax deductible (we are a 501(3) (C)), but our members are encouraged to patronize your establishment, and you will also be mentioned in

- ~ WFAPA Newsletter that is published four times a year: February, May, August & November,
- ~ On our Facebook page, www.facebook.com/wfapa,
- ~ On our website, www.wfapa.org and
- ~ Our conference folders.



We are very proud of our achievements and the hard work of a lot of people connected with our association. Please feel free to contact our President, Tina Christopherson at (715) 938-6667 with any questions. Thank you in advance for your generosity and support!

18. **Do Some Early Spring Cleaning** - Why not use this time to tackle the closet you've been avoiding? Better yet, while you're cleaning, pull out old photo albums as a family and reminisce!
19. **Take up Something Crafty** - There are plenty of beginner knitting and embroidery kits available online and in craft stores. Why not pick up a new skill?
20. **Do a Puzzle Together** - Find a fun puzzle and put it together as a family. There's nothing better to do with a cup of tea.
21. **Host a Dinner Party** - If you're going to be stuck inside, you might as well do it with friends. Invite friends over for a meal or a weekend, or if you are social distancing consider a virtual dinner party where everyone logs in from home. You'll be surprised how much fun new faces can bring to the monotony of wintertime!
22. **Play Family Jeopardy** - Create a list of trivia questions about the members of your family and play a game of family jeopardy!
23. **Go On a Virtual Field Trip** - From the Smithsonian to local zoos, plenty of organizations have created virtual options so you can stay warm and cozy while still adventuring.

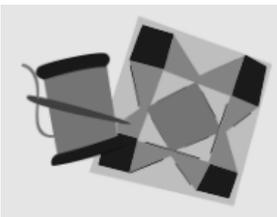
Activities for All Ages

24. **Sing Karaoke on YouTube** - These days, you don't need a karaoke machine to have fun. Turn on some YouTube videos and sing along as a family. You'll all be laughing in no time.
25. **Little Library** - Create a neighborhood lending library. Put some of your favorite books in a box outside your house or apartment, along with a sign that tells your neighbors to leave a book for each book they take. If you are connected to neighbors on Facebook or Nextdoor, consider spreading the word about your little library.
26. **Play with Your Food** - Whether you make pancakes in shapes, create gingerbread houses, or cut your sandwiches into stars, add a little whimsy to family mealtime.
27. **Send Letters** - Whether they're addressed to friends or grandparents, send out some mail. It's the gift that keeps on giving — just wait until you get letters back!
28. **Get Fancy and Cook** - Turn your house into a five-star restaurant. Pull the candles out, dress up, and eat a fancy meal together. The best part? Unlike actually going out, you can still wear those slippers.
29. **Make Art Together** - Whether you're coloring, painting, or drawing self-portraits, have fun by doing it together.
30. **Get Puzzled** - Work through a puzzle together as a family, and up the ante with harder and harder puzzles as you all become pros.

Whether you want to hibernate or play games all day, we're trucking through winter right beside you. You got this, geniuses!

Article taken from website, www.signupgenius.com//home/ideas-bust-winter-boredom.cfm Article was posted by Kayla Rutledge who is a graduate student that spends most of her time writing, singing for her church and eating quesadillas.

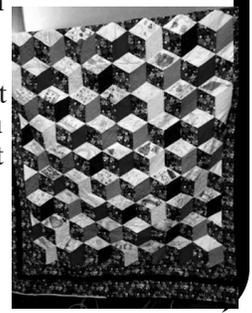
GO TO OUR WEBSITE, WWW.WFAPA.ORG AND CLICK ON THE RESOURCES TAB TO FIND OTHER FUN ACTIVITIES AND RESOURCES.



FAMILIES TELLING STORIES THROUGH QUILT SQUARES

Adopting a child is such a powerful, emotional experience and like pregnancy and birth, no two adoption stories are the same. We are making another WFAPA Quilt and if you have adopted a child or you were an adopted child, we would like to hear from you.

Sherry will send you a quilt square-which you will design. Also, you will need to provide a short essay about what your adoption means to you. Please remember, no identifying information. You can reach Sherry Benson, WFAPA Treasurer and Social Worker Liaison, by emailing her at misssherry@new.rr.com or by texting or calling her at (715) 923-1124.



Creative Corner

Craft from Sharon Harding, rediscoveredfamilies.com,

Crafts can be a great way to bring a family together or even help an autistic child with the help of the whole family. They are fun and allow your creativity to take control for a while, creating something that you might not have thought of before.

INSIDE MY HEAD

Trace around family members silhouettes. You can find instructions for doing that at www.curbly.com/family-silhouette-art-in-under-an-hour. Invite everyone to go through magazines and cut out anything that shows what is inside their head. It could be toys they want, things they like to eat or places they want to go. Then fill the silhouettes with the pictures!



DO YOU HAVE A YOUNG CHILD WITH A DELAY OR DISABILITY? THE BIRTH TO 3 PROGRAM IS HERE TO SUPPORT YOU.



While families face uncertainties during the COVID-19 (coronavirus) pandemic, young children with delays or disabilities are still in need of support. The Wisconsin Department of Health Services (DHS) Birth to 3 Program is here to support children and their families through this public health emergency.

The Birth to 3 Program strives to help children grow and learn to their fullest potential. Families of children with developmental delays or disabilities under the age of 3 can get support and services from the program. DHS and local county Birth to 3 Programs are able to adapt supports and services to the unique challenges each family and community is facing. Individualized Family Support Plan (IFSP) teams and families work together to find the best way to stay in touch during this time. When in-person contact isn't possible, services are delivered over the phone and through online video applications (apps) and platforms. Everyone works to make sure children get the support and services they need at all times.

If you believe your child has a delay or disability, or has been diagnosed with one, contact your county.



ALPHABET SHUFFLE, LLC

Counseling For All Ages and Family Mediation Services

Sherry Benson, LCSW, LMSW, CCTP,
Certified Family Mediator

805 1st Street, Menominee, MI 49858

Phone: 906-424-4476

Text: 715-923-1557

Fax: 906-424-4480

Email: misssherry@new.rr.com
www.alphabetshuffle.com



Family Works Programs, Inc.

5604 Medical Circle, Madison, WI 53719
(800) 660-9204

www.family-works.com

Family Works Programs, Inc. is a community of people throughout Wisconsin dedicated to helping children with complex needs. Our treatment families are compassionate and committed to creating a healthy home for children who present significant challenges.



Crispy Homemade Chicken Nuggets

PREP TIME: 20 Minutes **COOKING TIME:** 10 Minutes **RESTING TIME:** 1 Hour
TOTAL TIME: 1 Hour 30 Minutes

Ingredients: ~ 3 lbs. chicken tenders cut into 1 inch cubes ~ 1 cup butter milk full fat ~ 1/2 cup sweet pickle juice
~ 1/2 tsp. black pepper

Dry Flour Mix: ~ 1 cup all purpose flour ~ 1 tsp. paprika ~ 1 tsp. salt ~ 1/2 tsp. black pepper
~ 2 tbsps. corn starch

Other Ingredients: ~ 2 whole eggs ~ canola oil for frying

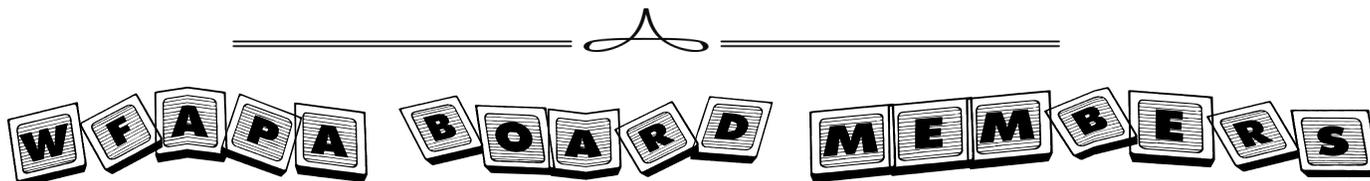
Instructions:

1. In a bowl, mix all the dry flour mix ingredients together.
2. Trim the chicken tenders from the outer coat film and remove any muscle particles attached.
3. Cube the chicken tenders into 1 inch cubes. Place in a large bowl and add 1 cup of butter milk, black pepper, pickle juice and black pepper. Mix well and cover with saran wrap and refrigerate for 1 hr. or more if time permits.
4. In another bowl, whisk the eggs together.
5. Coat the pieces first with the flour mix, then the egg wash, then one more time in the flour mix. Press down the piece with your fingers to set the flour coat on the piece of chicken. Set aside on a lined sheet pan. Continue doing the same thing for the rest of the chicken pieces.
6. Heat the oil in a deep skillet. Keep the oil on medium heat at all times. If you have a thermometer, keep at 350 F.
7. Working in batches, place the chicken pieces apart from each other in the hot oil. Do not over crowd.
8. Fry the chicken pieces for 3-4 minutes until golden brown. Using a slotted spoon, remove the chicken and place on a sheet pan lined with paper towel.
9. Place the cooked batches in the oven to keep the nuggets from getting cold while you finish cooking the rest.
10. When all the batches are cooked, serve with your favorite dipping sauce.



Notes

1. Ideally use a deep pan to fry the chicken nuggets.
2. Allow the chicken to rest in the butter milk for at least an hour, longer if possible.
3. Work in batches so you don't overcrowd the pan.
4. Place the cooked batches in the oven to keep the nuggets from getting cold while you finish cooking the rest.
5. Use a neutral oil that doesn't have much flavor, so as not to overpower the chicken. Oils like canola , corn oil or vegetable oil will do.
6. Sprinkle with some fresh parsley for a pop of freshness and color.



President

Tina Christopherson
twfapa@new.rr.com
715-938-6667

Vice President

Tammy Wood-Gar
tmeesha1973@yahoo.com
715-497-3561



Secretary & Membership

Michelle Ward
twowards@charter.net
920-922-3824

SAAN

Norma Schoenberg
920-922-9627

Treasurer

Sherry Benson
misssherry@new.rr.com
715-923-1124



FASPP (FOSTER AND ADOPTIVE SUPPORT AND PRESERVATION PROGRAM)

FASPP's mission is to meet the needs of foster and adoptive parents statewide through a network of peer driven support and information which will help to preserve foster and adoptive families.

Are you feeling lost? Do you need information? Are you under an investigation?

If so, FASPP may be able to help! Our FASPP and SAAN volunteers are highly trained to provide you with information and/or resources to guide you through various issues. FASPP and SAAN is made up of fellow foster or adoptive parents.

SAAN (SURVIVING ALLEGATIONS OF ABUSE AND NEGLECT)

SAAN is a peer driven support network, the purpose of which is to minimize the trauma to foster and adoptive families while undergoing an allegation without compromising the integrity of that investigation. Foster parents welcome children into their homes knowing that they bring their histories and issues along with them. For this reason, foster and adoptive parents are at a higher risk of having an allegation made against them. Undergoing an investigation is a stressful and scary situation for anyone, and SAAN is here to provide information to support you throughout the investigation process.

Please call or email the following people with questions in these areas:

Norma, Chairperson (Advice on general/allegations) ~ Phone: (920) 922-9627

Melissa (Focuses on fostering younger children) ~ Phone: (608) 333-6650 Email: lovedalemelissa@gmail.com

Tammy (Advice on general/foster) ~ Phone: (715) 497-3561 Email: tmeesha1973@yahoo.com

Lauri (Advice on general/adoption) ~ Phone: (715) 816-4152 Email: lthorssen@gmail.com



SUPPORT OUR WORK BY BECOMING A MEMBER



WE WANT YOU

Considering joining your membership with WFAPA? WFAPA continues to play a role in influencing public policy and advocating on behalf of Foster and Adoptive children and parents in Wisconsin. WFAPA's Leadership has helped to educate policymakers and engage Foster and Adoptive Parents in the debate on issues that affect the Foster and Adoptive System.

As a member, you:

- ~ Receive four newsletters in the mail each year. ~ Get first hand information of what's happening at the State level.
- ~ Who to call when an allegation arises. ~ Peer Support.
- ~ Scholarship information. ~ Reduced rate for conferences.
- ~ Opportunities to become involved in projects to help foster children.

Please join today. \$10.00 per family.

WFAPA Membership Form

For Family memberships, return this form along with \$10.00 to: Michelle & Larry Ward * W7018 Discovery Dr. * Fond du Lac, WI 54937 Email: twowards@charter.net

Name _____ Phone _____ Fax _____

Email _____ Your Address _____

_____ Would you be willing to help out with WFAPA? yes no

County, State or Agency Name (that licenses you) _____

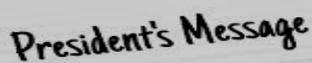
Additional Donation: \$5 \$10 \$25 \$50 Other _____

GO GREEN! I'd like to "go green" and paperless by receiving my newsletter online only.

You can also join online through our website, www.wfapa.org.

ICE PAINTING

This craft is especially good for children with autism because it helps them distinguish between colors as well as catches their interest with bright colors. All you need to do for this is to mix paint and dilute it with some water – acrylic choices would be best for this particular craft. Once you've done this, put the paint water in an ice tray with popsicle sticks in them. After about 2-3 hours, you can pull these out and you and your family can paint with them on paper, giving a unique twist to the traditional painting. Craft from [A Mum Reviews](#) | January 14, 2018 | [Crafts](#) |

President's Message

HELLO AND HAPPY NEW YEAR!

Bringing in 2021 comes with many uncertainties. This pandemic is truly striking so many people. With that being said, I want to let you know that we will not be holding the April 2021 Conference. This decision is never made lightly. The safety of our members is most important to us. Speakers are needed on our agenda as you know and recruiting speakers during this pandemic has been a challenge. People are scared and trying to stay safe. I understand. So, we will shoot for a full awesome schedule on our October 2021 Conference. Mark your calendars now! It will be held at the Grand Lodge Hotel, 801 Creske Avenue, Rothschild, WI on October 22nd to October 24th, 2021. Please feel free to contact me with any questions or concerns. Thank you all for your understanding.

I would like to introduce you to our new website that is up and running. It has a nice flow to it. Bright, cheery, and informative. Please go there to see all updates, news, events etc. You may pay your membership fees there, pay your registration there, you may even donate monies there. Oh my gosh, go there! www.wfapa.org WFAPA graciously thanks our very own Tammy Boettcher Newsletter Chair for her talent, time, and ability to create this site and make it a dream come true! Tammy you are AWESOME! Tammy now holds two positions on the board, Newsletter Chair and Website Chair!

WFAPA continues to strive to get information out to all the 72 counties. Brochures and letters are sent out to the counties. We are always working to make sure that we are known. If you would like us to present to your county, please get in touch with us. We are more than happy to speak about what we do! A good friend once said, "if you are running a program, you should be ecstatic to talk about it." We are!

With the pandemic there are life changes that we have no control. Our world is ever changing. We may be fostering differently through phone calls, face time and masks. Children may not be placed as quickly as before. Perhaps you have had to quarantine. Workers are doing the best that they can. Foster families are doing the best that they can. Adoptions may take a bit longer with the courts being closed and schedules changing. Whatever may be thrown your way please be strong, be empathetic, be kind! We are foster and adoptive parents! We always manage to overcome what is thrown our way. This too shall pass!

"Human trafficking." Is so close to home. It is touching foster and adoptive parents, their child/children, and their families. Please speak with your child/children about this. You may find information and tip sheets on the Wisconsin Department of Children and Families @ <https://def.wisconsin.gov/aht/toolkit>. Please keep your child/children safe. "If you see something, say something."

"We need foster parents, and we need good foster parents. Every single new, good foster parent has more than enough power to make a positive change that a youth will carry with them for the rest of their life. In some cases, it's a positive change that will save their life. The best thing about this is that there are no requirements to be a great foster parent other than being a responsible, caring adult with passion for helping youth." ~ FORMER FOSTER YOUTH

Stay safe and healthy!
Warm heart,

Tina