



## 7 Secrets of People Who Keep Their New Year's Resolutions

By: Kevin Kruse

I know you didn't achieve your New Year's resolutions in 2016.

I say that confidently, even though we've never met, because research shows only 8% of people actually achieve them. So statistically, I bet you didn't.

How can you become one of those elite few, who actually achieve what they set out to do? Do you need more motivation? A special system? What are the secrets?

To find out, I interviewed one of the leading experts in behavioral change, psychologist Paul Marciano. Dr. Marciano is the author of *Carrots and Sticks Don't Work*, and he specializes in the area of behavior modification and engagement. He offered seven keys to achieving your goals.

**1. Make your goals specific.** People proclaim, "I'm finally going to get in shape." But what does that actually mean? Do you intend to reach a certain weight? Or body-fat percentage? Do you want to run three miles without rest? Maybe be able to do 10 pull-ups? Dr. Marciano is a fan of the classic goal system that makes goals specific, measurable, achievable, relevant, and time-bound (SMART).

**2. Measure progress.** "If you can measure it, you can change it" is a fundamental principal of psychology. These feedback loops will be a source of motivation as you reflect on where you started and where you are. They will also help you to know when you are hitting a plateau or slipping backward, so you can adjust your efforts.

**3. Be patient.** Progress is seldom linear. Some people will see rapid gains only to hit resistance later in their efforts. For others, initial progress may be painfully slow but then they suddenly achieve rapid breakthroughs. Making lasting changes takes time.

**4. Share your goals with friends and family.** Social support is critical. Yes, it takes some personal courage and vulnerability to share something that you might actually fail at, but to dramatically increase your odds of success, you'll want support from those around you. One of the most effective things you can do is to get an "accountability partner," someone who checks in with you daily or weekly. It's easy to break a promise to yourself, but far harder to admit to a friend.

**5. Schedule it.** Have you ever said you can't "find the time" to do something? Nobody *finds* time, we choose time. We all choose to spend our time the way we do - whether that's eating junk food or going to a spin class. Make your new goals a priority and actually schedule them into your calendar. If you have a fitness goal, schedule recurring time blocks for your daily workouts. Want to declutter? Schedule time to clean out your closet or garage on your calendar. Treat these New Year Resolutions appointments just like they were scheduled doctor appointments. You rarely reschedule your doctor, you should treat this time the same way. That which is scheduled, gets done.

**6. Something is better than nothing.** Are you guilty of "all or nothing" thinking? Do you ever think, "Well, I might as well get dessert since I already ate those French fries?" And then, "I blew my diet last night, so I'll just restart it next week." Dr. Marciano says the difference between doing something rather than nothing is huge. If you don't have a full hour to workout at the gym, just decide to make it the best 20-minutes you can. If you stumble out of bed and don't want to do 20-minutes on the treadmill, lace up your sneakers and do five minutes (and you just might find you

do another 15 minutes once the first five are out of the way). Dr. Marciano says, "Any effort towards your goal is better than no effort."

**7. Get up, when you slip up.** Legendary coach Vince Lombardi said, "It isn't whether you get knocked down, it's whether you get back up." Resiliency is paramount. Don't turn temporary failures into total meltdowns or excuses for giving up. Instead, just acknowledge the mistake and recommit to the path towards the goal.

Dr. Marciano says achieving your goal *isn't* about willpower. It's about developing the right skills, executing strategies, and having the patience that inevitably lead to success. Will 2017 be the year you join the elite 8%?

## Foster Care Recruitment Effort

In an effort to raise awareness for the need of additional foster parents in Waukesha County, we have been participating in indoor and outdoor events across the County. Our booth includes information on how to become a foster parent, frequently asked questions, steps to become a foster parent, and promotional materials. We also give PowerPoint presentations, followed by a question and answer session. If you know of an event where we can have our booth, or would like us to come and speak for an organization, please contact Libby Sinclair at [esinclair@waukeshacounty.gov](mailto:esinclair@waukeshacounty.gov).

## The Clothing Closet is Busting at the Seams!



The Clothing Closet is running out of room with donations of infant and toddler clothing. All of the clothing is in good condition with no stains or imperfections. We have some really nice things in there, and many items still have store tags on them!! We are hoping that Kinship and Foster Families will use this resource. Please contact Linda Finn, one of our Human Services Support Specialists, at 262-548-7254, to arrange a personal appointment to come in and "shop" in the clothing closet!

## WAUKESHA JANBOREE

### JanBoree 2018!

January 26, 27, and 28, 2018!

It's "Game On" at the 33rd annual Waukesha JanBoree! Bring the family and enjoy more than 35 events throughout Waukesha all weekend long... Most are FREE!

From games of disc golf, to hokey, to bocce and Comedy Sportz to trivia, and big games and bags! We'll cover games of fun for everyone!

From families, to adults, to children, there's fun for everyone. Get to the Waukesha JanBoree and get your "Game On!"

For additional information: <https://www.janboree.org/>



## Thank You to Girl Scout Troop 20118



Girl Scout Troop 20118 took it upon themselves to gather a TON of items for our foster youth! They gathered personal hygiene items for when youth come into care. They collected clothing, books, and toys as well. On December 8th, a few of the girl scouts dropped off the multiple boxes and bags of donations. The girls were able to see

where we store the items and learn a little bit about our foster care program. Thank you to Troop 20118!!

## Clothing Allowance Changes

Thank you to all of you who have attended our Advisory Council meetings. A discussion was had at our last meeting regarding some confusion and difficulty in processing initial clothing allowance receipts for reimbursement. Taking that under advisement, we will now be implementing a new procedure which will expedite the time it takes for providers to be reimbursed. All receipts should be sent directly to your foster care coordinator to expedite the process of reimbursement. We continue to strive to improve our services and supports to our providers, and your feedback is tremendously helpful in implementing positive changes in our program. Please contact your foster care coordinator with any questions you may have.



## R & R Club

R & R Club is a drop-off evening of fun for any child that has a disability from birth to age 21 and any siblings. This is a chance for parents to enjoy an evening out. The R & R Clubs are run by Broadscope staff (who are present during all Club events) and volunteers from the area. There will be a respite provider to assist the children with any toileting or personal care needs. Children are divided into the following groups: birth - 7 years, 8 - 12 years, 13 - 21 years, and siblings. Each group participates in arts and crafts, fun, games, and group activities. A snack will be provided, please let staff know of any food restrictions. Group participation is encouraged, but children are not required to attend any specific activities. It's just a night to have fun and relax! One-on-one supervision is available if your child has any specific needs. Registration must be received at least two (2) days prior to the class date.

All classes are held on Friday evening from 5:30 - 8:30 p.m. R/NR Fee is \$9/\$13 for each class. Min: 10 Max: 30

DATES	CODE
February 9, 2018	9500.100
March 9, 2018	9500.101
April 13, 2018	9500.102

Schuetze Recreation Center  
Instructor: Sara Baron, Broadscope Disability Services,  
sbarron@broadscope.org, Direct: (414) 329-4512  
NOTE: Registration for this program is through WPRF. This program is assisted by Community Development Block Grant (CDBG) funding.

## Samantha Ribbens & Scott Newkirk

Samantha Ribbens and Scott Newkirk have been licensed foster parents with Waukesha County since February 1, 2016. The family was originally licensed as a relative placement provider, having taken in two children who were immediate family. Since becoming licensed by Waukesha County, the family has decided to become a general level 2 foster home. Samantha and Scott have gone above and beyond taking in children for frequent lengthy respite care stays, often with little notice. Samantha states that she recognizes the need for respite care for both foster families and birth parents to prevent placement disruptions as well as out of home care placements. Samantha has worked closely with other providers and birth parents offering support and respite opportunities to maintain stability for those children.



The Waukesha County foster care program and staff would like to recognize the Ribbens/Newkirk family for their support and commitment. You are truly amazing!

## Winter Craft - Cotton Ball Penguin By: Easy Peasy and Fun

What you need:

- \* Cotton balls
- \* 1 sheet of white, black, and orange paper
- \* Scissors
- \* Glue
- \* Buttons (optional)



Start by cutting the penguin body shape out of white paper. Cut one small half circle out of black paper for the head part, and two larger half circles for the wings (you can apply these to the body shape now or at the end). Cut the beak and legs out of the orange paper.

Apply a generous amount of glue (we worked with white school glue) to the white penguin shape. Start sticking on cotton balls until all the white part is covered in fluffiness. Let it dry for a while.

If you haven't already, add the black parts. Also stick on the beak and feet. We used buttons for eyes, but you can just as easily go with two circles cut out of the black paper.



# Additional Training and Events



## Required Training

### Required Training For All Relative Care Providers, Level 1 and Level 2 Foster Homes

**Foster Parent Orientation** – The Foster Parent Orientation is open to anyone interested in becoming a foster parent. **If you are currently in the process of becoming a licensed foster parent, you are required to attend this Orientation class prior to the approval of your foster care license.** Please complete the on-line Pre-Placement training prior to attending the Orientation session. The online Pre-Placement training is located at <http://wcpwps.wisc.edu/FCC.htm> Please save the certificates after you have completed each Module. These are required to become licensed.

**WHEN:** January 9, February 13, March 13, April 10, May 8, June 12, July 10, August 14, September 11, October 8, November 13, December 11, 2018

**TIME:** 5:30 PM - 6:30 PM

**WHERE:** Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI

RSVP to Libby Sinclair at [esinclair@waukeshacounty.gov](mailto:esinclair@waukeshacounty.gov) (There is no childcare available.)



## Parent Café

Parent Café's are an educational opportunity for parents to come together and deal with the stressors, worries and challenges of parenting in a supportive environment.

A light dinner and daycare will be provided.

**March 6, June 5, September 4, December 4, 2018**  
**6:00 PM - 7:45 PM**

**Waukesha County Human Services**  
514 Riverview Ave., Waukesha, WI  
RSVP for this training:  
<http://parentcafe2018.eventbrite.com>

## Support Group For Dads

A group to enhance group members' experience as fathers. Topics of discussion will include coping with stress; developing a better relationship with partner/spouse/child's mother; identifying positive role models in your life; identifying how you are a positive role model for your child(ren); discussing your role as a father and what you would like to change or improve.

**Fourth Tuesday of each month**

**January 23, 2018**  
**February 22, 2018**  
**6:00PM - 7:30PM**

**Parents Place**  
1570 E. Moreland Blvd., Waukesha, WI  
262-549-5575

## Foster Parent Support Group

Our foster parent support group will now be facilitated by Susan Peck. This is a valuable opportunity for you to connect with other providers in order to have an open and candid discussion regarding the rewards and challenges of the critically important work you do. In order to receive ongoing training credit, an educational topic or article will be discussed.

On-site daycare is available, but you must register in advance by contacting Parents Place.

**First Thursday of each month**

**January 4, 2018**

**February 1, 2018**

**6:00 PM - 7:30 PM**

**Parents Place**

1570 E. Moreland Blvd., Waukesha, WI  
262-549-5575

## On-going Trainings

**DATE:** See below

**TIME:** 6:00 PM - 8:00 PM

**WHERE:** Waukesha County Human Services, 514 Riverview Ave., Waukesha, WI

All of the on-going trainings are open to foster parents, as well as relative caregivers. A light dinner and daycare will be provided.

You must register the number of adults attending, as well as the number of children for child care, for each individual session at:

<http://waukeshafostercaretraining.eventbrite.com>

## ADHD in Children

**January 18, 2018**

**Presented by: Stephanie Coates, Cornerstone Counseling Services**

Stephanie will talk about ADHD in children, as well as tips and techniques for caregivers to use. She will also answer any questions that you may have.

## Narcan Training

**February 15, 2018**

**Presented by: Lee Clay, RN, BSN**

Learn the signs of opioid overdose and how Naloxone can prevent an accidental death caused by an opioid overdose. All who attend the training will be provided a dose of Naloxone to take with them, free of charge!

## Mental Health in Children and Adolescents

**March 15, 2018**

**Presented by: Mary Madden, National Alliance on Mental Illness (NAMI Waukesha)**

Mary will talk about mental health issues in children and adolescents. She will also answer any questions that you may have.



## Contact Numbers:

Waukesha County  
Health & Human Services  
262-548-7212

Vickie Smith, Foster Care  
Licensing Supervisor  
262-970-4761

Susan Peck, Foster Care Level 2  
Coordinator  
262-896-8574

Libby Sinclair, Relative Foster  
Care Level 1 Coordinator  
262-548-7277

Megan Quandt, Kinship & Foster  
Care Coordinator  
262-548-7373

Jessica Morris, Kinship & Foster  
Care Coordinator  
262-548-7256

Eve Altizer, Ongoing Social Work  
Supervisor  
262-548-7272

Eric Calvino, Ongoing Social Work  
Supervisor  
262-548-7271

## Social Workers:

Kimberly Dudzik ..... 262-548-7347

Megan Fishler ..... 262-896-8570

Abbey Girman ..... 262-548-7695

Sharon Godwin ..... 262-548-7684

Mallorie Hebecker ..... 262-896-6857

Laura Jahnke ..... 262-548-7359

Jamie Kasten ..... 262-548-7265

Jessica Larsen ..... 262-548-7346

Maria Maurer ..... 262-548-7345

Chelsey Nisbet ..... 262-896-6896

Rachel O'Sullivan ..... 262-548-7639

Elizabeth Russo ..... 262-548-7349

Kim Sampson ..... 262-548-7273

Linda Senger ..... 262-548-7698

Brittany Sutton ..... 262-548-7262

Sara Waldron ..... 262-548-7371

Jamie West ..... 262-548-7264

Children's Mental Health Outreach  
262-548-7666

Medical Emergency: 911  
Family Emergency: 211 or  
262-547-3388

If an Allegation of Abuse or  
Neglect has been made  
against you, please call:

FASPP  
Norma Schoenberg  
920-922-9627