



Resource Family Connection

News, Events, and Information Benefiting
the Children of Waukesha County
November and December, 2018



6 Simple Practices to Handle Holiday Stress

By: James Baraz



“Tis the season to be jolly” - but isn’t that always easier said than done? While the holidays of course bring us many joys - family reunions, good food, thoughtful gifts - they also entail an incredible amount of stress: Those family reunions can dredge up old family conflicts,

the good food often requires lots of careful preparation, and holiday shopping can be a nightmare. So how can we stay grounded and present and truly let ourselves feel the holiday spirit?

Though the next gadget or experience may bring fleeting pleasure, research shows that genuine happiness is about how we feel inside. To really enjoy the holidays, try these simple, research-based practices that will help keep you in a healthy state of mind.

1. Set your intention to enjoy the holidays as much as you can.

By making the conscious decision to open yourself to true well-being and happiness, you’ll be more likely not to miss those uplifting moments and even begin to have your radar out for them. Psychiatrist Dan Siegel argues that by setting your intention, you “prime” your brain to be ready for positive experiences. And this can spur a positive cycle of happiness: Research by psychologist Barbara Fredrickson shows that when we allow ourselves to feel positive emotions, we become more open and sensitive to future positive experiences, bringing us even more of those good feelings down the line.

2. Savor any moments of well-being when they’re here.

Don’t just know that you’re feeling good. Let your awareness savor how the experience registers in your body and mind for 15 to 30 seconds. (Neuropsychologist Rick Hanson calls this “taking in the good.”) Research by Fred Bryant, a professor of psychology at Loyola University, has found that savoring positive experiences strengthens our positive response to them. And neuroscience studies have shown that the longer we hold an emotionally stimulating experience in our awareness, the more neural connections form in our brains to strengthen the trace of that experience in our memory.

3. Take a break, regain your focus.

If you’re feeling overwhelmed by everything on your To Do list, remember to take a few breaths. Take a break and enjoy a cup of tea or a hot bath. Try some yoga or exercise. Or get out of the *doing* mode for a little while and let yourself just relax. It can be challenging to disengage from the clutch of activity and connect with the moment in a restful way. But research suggests that it’s worth the effort to slow down and regain your focus: A recent study out of Harvard found that a wandering mind - typical in our multitasking culture - is a strong cause of unhappiness.

4. Practice gratitude.

Don’t take your good fortune for granted. Consciously reflect on all the blessings in your life each day. Express your appreciation directly to loved ones and friends when you’re with them. You and they will both feel the joy of loving connection. In a study by Martin Seligman, a leader in the field of positive psychology, people who considered themselves severely depressed were asked to write down three good things that happened each day for 15 days. At the end of the experiment, 94 percent of these subjects had a decrease in depression and 92 percent said their happiness increased. A study published earlier this year in the journal *Psychological Science* found that people who expressed gratitude to others felt significantly closer to those people afterward.

5. Practice generosity.

Neuroscience research shows that performing an altruistic act lights up the same pleasure centers in the brain as food and sex! Whenever you feel the impulse to be generous, act on it. As you do, notice the expansive feelings in your body and mind. Without expecting anything in return, notice how good it feels inside when you see someone happy because of your sincere generosity. It can be as simple and profound as being fully present for a friend, sharing the gift of your caring and attention. Or when you open the door for someone, consider the positive impulse behind that act. Anytime you do something that contributes to the well-being of another, let yourself feel the joy of generosity. And be sure to include yourself in your generosity practice.

6. Play and have fun.

Remember what it was like when you were a kid during the holidays? Let yourself experience that again. Be around kids if you can. Tune into and take delight in their enthusiasm. Singing or dancing are excellent ways to get out of your head and open to joy. As David Elkind, author of *The Power of Play*, writes, “Decades of research has shown that play is crucial to physical, intellectual, and social emotional development at all ages.”

Finally, remember that happiness is contagious: Research shows that happiness can spread like a virus across three degrees of separation; if you’re happy, you increase the odds that your close friends and family will be happy, too. So the more you can stay connected to your own happiness, the more you help others get in touch with their own well-being. We all benefit when you can awaken the joy within you. Happy Holidays!



Christmas Shopping On A Budget - 9 Easy Tips

By: Scott Alan Turner

According to ABC News, consumer counseling agencies see a 25 percent increase in the number of people seeking help in January and February, and most of that traffic is propelled to their doors by holiday bills that haunt consumers like the ghost of Christmas past. Christmas shopping on a budget can help.

For many of us, while we have the lights up and the tree decorating, there isn't anything under the Christmas tree yet. You may not have bought a single present or even budgeted for presents. Here are nine easy, last-minute Christmas shopping tips for busy people trying to do their shopping on a budget.

1. Make a shopping list. Write down the list of people you plan on buying gifts for. Critically consider who should be on your gift list, and don't be afraid to trim it. Start with your immediate family and close friends, and selectively add to your list from there.

2. Set a spending limit. Many people overspend on Christmas gifts by letting their emotions get the best of them. It's easy to feel guilty when it comes to holiday spending. Do you need to spend \$50 on every one of your nieces and nephews? Definitely not. Figure out the total amount of money you want to spend on presents, and divide it up among each person on your list. For example, if you decide to spend \$400 on presents, that might be \$150 for your spouse, \$50 for your parents, and so on. And if this is the season to pop the big question, there are ways you can save on an engagement ring.

3. Pay in cash. The easiest way to not go into debt is to use cash instead of credit to buy gifts. You'll be forced to stick to your budget. When you use a credit card, it's way too easy to lose track of how much you've spent and on who. Plus, an extra \$10-\$15 here and there go unnoticed but add up quickly. Use the cash budget - you'll thank yourself in January when you don't have any Christmas debts to pay.

4. Shop by yourself. If you shop alone, you'll likely spend less money, especially if you have friends with poor money habits. A shopping partner in crime can distract you from your plan by convincing you to buy something unplanned and unnecessary. It's very easy for someone else to spend your money.

5. 'Tis the season to give, not buy. Guilty! I love buying myself things I want, when I want them. And my wife, Katie, hates it because it's one more thing she can't get me for Christmas for the man who's impossible to shop for. In December, we institute the "no shopping on Amazon for yourself rule." If I want something, I can add it to my wish list or ask for it for Christmas. Our rule also helps avoid splurging and spending less. This is the season for giving, not receiving. If you find something you can't live without, add it to your wish list. If nobody buys it for you, pick it up on sale after Christmas for yourself.

6. Shop for sales at discount stores. To get the most out of your holiday budget, check out the discount stores where you can find discounted items and great deals. To save even more, look to buy discounted gift cards to pay for your purchases. Some examples of discount stores are: Kohls, TJ Maxx, Marshalls, Dollar Stores, Costco/Sam's Club, and Big Lots. If you shop exclusively online, remember that Amazon may not always have the best price. Be sure to check out eBay, Walmart, and specialty stores.

7. Don't go crazy on the kids. How many toys can a child play with at once? You got that right - *one*. Try this gift-giving idea where each kid gets four presents: a want, a need, a wear, a read. There are lots of ways to save money on babies and toddlers too.

8. Wrap a lot. My wife, Katie, loves having many presents to open. And she loves socks. Instead of wrapping six pairs of socks

in one box, I'll divide them into a couple of boxes. Or, if I buy her only three pairs of socks, I might wrap each pair individually. If you are giving a Christmas gift that has several parts to it - tools, an outfit, kitchen utensils - wrap up each item individually. Your recipient will have more to unwrap and a fun time doing it.

9. Buy a combined gift. You can save money while still giving great gifts by giving a slightly more expensive gift to two or more people instead of buying individual gifts for every person. For example, if we purchase a Barbie Dream House for my three nieces, they can all enjoy it, instead of buying a Barbie Corvette for each of them. Here are some examples to get you started:

- ✳ For kids: video games, board games, play sets
- ✳ For couples: an experience, weekend getaway, new TV
- ✳ For parents: framed family photo, tickets to a show

Christmas Shopping on a Budget Reduces Stress

It's a stressful time of year for many people with money being tight or having a lot of people to buy presents for. To avoid the big credit card bill that will be due in January and to keep from paying for gifts from now until next Christmas, have a shopping plan and a spending budget. Know how much you'll spend on each person, what you're going to buy them, and pay in cash. Give yourself the gift of starting the new year with less debt and more money in your pocket!

Glen and Maria Luther



After raising their own children and enjoying several quiet years to themselves, Glen and Maria Luther decided to become foster parents in 2015. At the time, Glen was General Manager of a metal-stamping plant, and Maria was a corporate attorney. They felt their strengths could

best be used helping teenagers navigate through their last few years in foster care, so they accepted placement of a 17-year old boy. After he successfully transitioned to independent living, Glen retired and the nest was empty again. The timing seemed right to try something new, so the Luthers purchased the landmark Smiley Barn in Delafield with plans to restore it and create a magical toy and candy store inside. During the 6-month period leading up to the store's opening, the Luthers accepted placement of five more children, ages 15, 14, 13, 11, and 8. According to Maria, "We never expected that. It was exhausting, but worth it. We put life back into our household as well as the barn." Maria says she's glad they decided to accept the placements, despite the fact that the timing was difficult. "There's never a perfect time. Once you jump in, you find it all works out."

The Waukesha County Foster Care Program thanks you for your wonderful contribution to our program!

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 Jennifer Mantei, Caregiver Support Coordinator, at 262-548-7250, to arrange a personal appointment to come in and "shop" in the clothing closet!



Waukesha Public Library Upcoming Events

All activities below are held at the Waukesha Public Library (321 Wisconsin Avenue, Waukesha, WI 53186) in the Children's Program Room.

Thanksgiving Story Time and Activities

The entire family is invited for Thanksgiving stories, songs, and craft activities. No registration required. For families with children of all ages.

Date: Tuesday, November 20, 2018

Time: 9:30 a.m. - 10:30 a.m.

Holiday Story Time and Santa Visit

Escape the hustle and bustle of the season and enjoy a story time featuring seasonal stories with Miss Kathy, followed by a visit from Santa and cookie decorating. No registration required. For children of all ages.

Date: Saturday, December 8, 2018

Time: 10:00 a.m. - 11:00 a.m.

Gingerbread Houses

Build a gingerbread house. Supplies provided. Registration is required and begins Monday, November 19. For children in 1st through 6th grades.

Date: Monday, December 10, 2018

Time: 6:30 p.m. - 7:30 p.m.

Holiday Parades

Waukesha Christmas Parade

Where: Historic Downtown Waukesha

Date: Sunday, November 18, 2018

Time: 4:00 p.m. - 6:00 p.m.

Macy's Thanksgiving Day Parade

Where: NBC

Date: Thursday, November 22

Time: 9:00 a.m. - 12:00 p.m. (Central Time)

2018 Breakfast with the Reindeer

Bring the whole family out for some holiday cheer and a festive atmosphere at this free event, making it a wonderful memory for everyone! Breakfast with the Reindeer is presented by the Delafield Chamber of Commerce, and sponsored in part by the many local member businesses.

Kids will love meeting Santa's amazing flying friends, and parents can enjoy the wonder on their children's faces as they greet real, live reindeer (Blitzen was in Delafield last year!) from Reindeer Games in nearby Hartford, WI. Guests are encouraged to bring their camera to photograph loved ones with Santa, live reindeer, and a magical elf or two!

A wonderful event to see Santa, meet his reindeer, listen to live music, enjoy a free hot breakfast, and shop local!

Where: Delafield Fish Hatchery, 417 Main Street, Delafield

Date: Saturday, December 1, 2018

Time: 8:00 a.m. - Noon (Santa and his reindeer will leave promptly at noon)



Breakfast with Santa

Join us for a breakfast with Santa, gather your reindeer food for the big night, and make a Christmas craft! Don't forget to bring your camera along!

Thank you to event sponsor Ruckert and Mielke, Inc.

Registration is required. Register by November 19 at <https://santa2018.eventbrite.com>

Where: Ruckert and Mielke, Inc, W233N2080 Ridgeview Pkwy, Waukesha, WI

Date: Saturday, December 8, 2018

Time: 9:00 a.m. - 11:00 a.m.

Free Admissions

Milwaukee County Zoo

Bring the whole family to the Milwaukee County Zoo for a Free Zoo Day! Sponsored by North Shore Bank, Media Sponsor: WITI FOX 6! Bundle up and plan a family outing to visit some of the cold weather critters, or stay toasty in the Aviary or Big Cat Country. Come over to the Zoo! Admission is free! Regular parking, rental and concession rates still apply.

Dates: Saturday, November 3, 2018 and Saturday, December 1, 2018

Milwaukee Public Museum

All visitors receive free general admission to the Milwaukee Public Museum on the first Thursday of every month during Kohl's Thank You Thursday! This marks the first time that free admission has ever been regularly provided to the entire public.

Where: 800 West Wells St., Milwaukee

Dates: Thursday, November 1, 2018 and Thursday, December 6, 2018

Time: 9:00 a.m. - 8:00 p.m.; The Butterfly Vivarium closes at 4:30 p.m.



How To Make A Pilgrim Hat Crayon Cup

Supplies:

- ✪ Black Paper Cups
- ✪ Black Card Stock
- ✪ Ric Rac
- ✪ Scrapbook Paper
- ✪ Buttons
- ✪ Hot Glue Gun and Hot Glue
- ✪ X-acto Knife

Directions:

- ✪ Gather all of your supplies.
- ✪ Using an X-acto knife, carve out the bottom of the cup.
- ✪ Begin by hot gluing ric rac to the rim of your cup. Wrap it around and hot glue again to secure.
- ✪ From there, hot glue a square piece of scrapbook paper with the ric rac ended. On top of that, hot glue a button.
- ✪ Fill with crayons!
- ✪ Hint: If the crayons are the same height as the cup, add some shredded paper inside the cups so the crayons will stick out!



Additional Training and Events



Foster Parent Orientation

Foster Parent Orientation is open to anyone interested in becoming a licensed foster parent. **All prospective foster parents are required to attend orientation prior to the approval of your foster care license.** You will have the opportunity to learn more about our program and the children we serve.

Please note, we are no longer requiring applicants to attend Information Sessions; these have been discontinued. Our revised Orientation Sessions will cover all necessary information in one meeting.

WHEN: November 13, November 29, December 11, 2018

TIME: 5:30 PM - 7:00 PM

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

RSVP to Cassie BeLow at cbelow@waukesha.wisconsin.gov or 262-896-8574. (There is no childcare available.)

Foster Parent Support Group

Our foster parent support group will now be facilitated by Jennifer Mantei. 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

November 1, 2018

December 6, 2018

6:00 PM - 7:30 PM

Parents Place

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

Just a reminder...

- Waukesha County is closed on Thursday, November 22, 2018 and Friday, November 23, 2018 in observance of the Thanksgiving holiday.
- Waukesha County is closed on Monday, December 24, 2018 and Tuesday, December 25, 2018 in observance of Christmas Eve and Christmas Day.
- Waukesha County is closed on Monday, December 31, 2018 and Tuesday, January 1, 2019 in observance of New Year's Eve and New Year's Day.

Helping Children with Grief and Trauma in Today's World

This training is offered by Healing Hearts of Waukesha.

WHEN: Friday, November 16, 2018

TIME: 9:00 a.m. - 1:30 p.m.

WHERE: Oconomowoc Memorial Hospital, Conference Center, 791 Summit Ave., Oconomowoc, WI

Space is limited. Please register by November 7 at <http://www.healingheartsofwaukesha.org>. If you have any questions, please call 262-527-1433.

Helping Our Kids Navigate the Strong Pull of Technology.

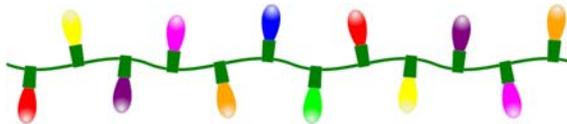
Clinical Psychologist, Dr. Michael Mazius, will present recent findings on the pros and cons of technology as it shapes us and our children. Dr. Mazius will describe new, important ways in which we can assist our children and adolescents in developing self-control, a keener sense of time, balance, and good judgement when technology takes center stage. This approach, often referred to as Co-Engagement, also sets the tone for a healthy, growing parent-child bond. Please come for a lively and informative conversation

WHEN: Tuesday, November 13, 2018

TIME: 6:00 p.m. - 7:30 p.m.

WHERE: Ingelside Hotel, 2810 Golf Rd, Pewaukee, WI

To register, go to <http://parentsunitedwi.org/register-now/> or call 262-345-7810



On-going Trainings

WHEN: 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>

Juvenile Court

November 15, 2018

Presented by: Waukesha County Corporation Council

Attorneys from Corporation Council will be present to talk about the CHIPS process and Juvenile Court. They will also answer any Juvenile Court questions you may have.

No On-going Training in December!

Contact Numbers:

Waukesha County
Health & Human Services
262-548-7212

Michelle Lim, Foster Care
Licensing Supervisor
262-970-4761

Cassie BeLow, General Foster Care
Coordinator
262-896-8574

Jennifer Mantei, Caregiver
Support Coordinator
262-548-7250

Jessica Morris, Relative Foster
Care Coordinator
262-548-7256

Libby Sinclair, Kinship Care
Coordinator
262-548-7277

Hilary Smith, Relative Foster Care
Coordinator
262-548-7254

Angie Sadler, Ongoing Social Work
Supervisor
262-548-7272

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

Social Workers:

Kimberly Dudzik 262-548-7347

Stephanie Engle..... 262-548-7424

Megan Fishler 262-896-8570

Abbey Girman 262-548-7695

Sharon Godwin 262-548-7684

Mallorie Hebeker 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

Amy Weast 262-548-7336

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