



# Resource Family Connection

News, Events, and Information Benefiting  
the Children of Waukesha County  
January and February, 2019



## 5 Simple Tips For Keeping Your New Year's Resolution

By: Kayla Matthews

It's almost a brand new year and with that comes the inevitable New Year's resolutions.

Maybe you want to lose weight and/or get in shape. Maybe you want to quit smoking. Perhaps you wish to do something more creative, like starting a daily journal, finishing a novel or learning a new language.

You eagerly set all those things in January and by February, all your efforts are gone - if they even last that long.

Why is it so difficult to make a resolution that works?

### Why Resolutions Fail

Most resolutions fail not because you lack good intentions but because if you truly wanted to make a lasting change in your life, you wouldn't have to wait for a special day to do it. You'd already be taking steps to attain your goal and you wouldn't allow one setback to derail or defeat the other steps you'd already taken to achieve that goal.

That is exactly the practice you need to follow should you really wish to bring lasting changes to your life.

So, instead of thinking of a New Year's resolution as an all-or-nothing proposition where one slip-up derails your entire effort, create a mindset that any and all progress toward your goal is worthy of reward. Rather than focusing on the negatives, focus on the progress you have made.

### What You Can Do Instead of Making a New Year's Resolution

Here are some alternatives to the traditional New Year's resolution and how they will truly help you change your life for the better.

#### 1. Make a Bucket List for the New Year

Everyone's heard of lifelong bucket lists. However, when we think of bucket lists, we often think in very vague terms, like "Someday, I'd like to skydive/hike the Grand Canyon, run a marathon and visit Paris."

Instead, why not make a bucket list for the year?

Making a list of things you want to do rather than setting one virtually unattainable goal is far more enjoyable. Plus, looking forward to checking items off your list makes you encouraged to tackle the necessary steps you need to take.

For example, one of your bucket list items for the year is to learn Spanish. To check this item off your list, you'll need to set aside weekly, or better yet, daily time to practice it. If one of your bucket list items is to run a 10k marathon, you'll have to make a weekly training schedule to check that item off of your annual bucket list.

#### 2. Focus on the Progress and Make It Enjoyable

We're all familiar with the cliché that Rome wasn't built in one day. And as with all clichés there is a glimmer of truth to that statement.

When setting a long-term goal, such as quitting smoking or losing weight, it's vital to celebrate every step of the journey to keep you motivated.

Ask yourself questions about what you would like to achieve.

Perhaps your goal is to fit back into the size 10 jeans you wore in high school. Then, make a list of some of the behaviors you can change to achieve your goal.



Set it out on a weekly basis and congratulate yourself for every positive action taken. You can try eating fast food no more than one a week or commit to exercise at least 10 to 15 minutes per day.

Instead of beating yourself up when you slip up, try congratulating yourself each time you do well. Celebrate making it through a week of workouts with a nice, long bubble bath or by buying yourself a small gift.

By making the process something you can enjoy and celebrate, you'll be well on your way to making lasting life changes.

#### 3. Set Mini Goals and Take Small Steps Daily

Perhaps one of your bucket list items for the year is to finish a novel. This takes time and as every writer knows, you can't count on just waiting for the moment inspiration strikes to start writing.

Instead, set a goal of writing one to two pages per day. Hold yourself accountable. You can make a pact with a family member or friend to discuss your daily goals. Then, check back with them at the end of each day to evaluate and celebrate your progress.

#### 4. Write Your Goals Down and Use Checklists

Another great way to keep yourself accountable with your resolutions or goals is to write them down. Writing your goals helps make them more concrete and specific.

For example, to lose weight is a vague and amorphous goal. "To lose one pound per week" breaks it down so you'll have a more concrete path to success.

Also, use checklists to keep yourself on track.

Each Sunday, for example, sit down and write a list of actions you can take that week that can help you achieve your goal.

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You can write down your workout schedule for the week. As you write down the schedule, include check boxes next to the routines. As you accomplish and check off each routing, you get instant visual validation that you are on track.

### 5. Make Goals That Are Attainable and Measurable

Experts agree that the best goals have certain characteristics. They should be specific, measurable, achievable, relevant, and time-bound (SMART). These SMART goals are empowering because they focus on goals you can obtain and offer a specific time frame for completion.

For example, you wish to run a half marathon this year.

To create a SMART goal, many trainers would recommend that you make a training schedule on a calendar you see daily, such as a large wall calendar. By seeing the number of miles you have completed, you'll be able to measure your progress.

The problem with traditional New Year's resolutions is they focus on your setbacks instead of celebrating the progress you've accomplished. So, for this year, create resolutions that will celebrate you.

### Janine Sajdak

Janine Sajdak doesn't remember when the desire to take in kids into her family first hit her, but she does know that she was just a kid herself. It took her years to act on that desire. In December, 2015, all of her perceptions on what it would be like were flipped upside down when she welcomed the first young man into her home.

What surprised her most was the pain and loss experienced by these little ones. She couldn't just sit back and watch. Her desire became to help kids and their families stay together. She began by going to her first foster son's grandmother's church every other Sunday.



Later, when she took in the oldest girl in a family of 7, her siblings were invited over. If she needed her hair done, Janine took her to her grandma's place and sat with her mom, aunts, and cousins while she got new braids.

Janine has offered help to biological moms and dads when they don't have the support system they need. It's all for the kids!

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

### The Clothing Closet

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!

We cannot accept any shoes or boots unless they are brand new with tags on them.

## 5 Habits to Make The New Year Your Best Year Yet

By: Dr. Kurt Smith

A new year is now ahead of us. Every year, people make goals and resolutions to better themselves only to fail. Rather than making big resolutions, how about just adding a new habit to your life? Make this new year your best year yet by developing these five habits.

### 1. Have fun being active.

Instead of having a tangible goal to lose five pounds or to fit into your skinny jeans, make it a goal to be active and to have fun while doing so. You may need to explore some new active hobbies such as bicycling, yoga, or hiking.

It can be difficult to commit to going to a stuffy gym five times a week but if you enjoy going out for a long ride on your street bike, you'll be more likely to stick with it. Exercise has so many benefits from reducing your risk of developing diseases such as cardiovascular disease, diabetes and more, to improving your mental health and mood.

### 2. Pick up a new hobby or learn a new skill.

Hobbies offer you an escape from the daily grind and let you try out new challenges. They also provide an outlet for stress and can be a great way to blow off steam. Learning a new skill challenges your mind in new ways and can ignite new passions in you.

There has to be one or two things that you have always wanted to try, but never found the time or courage. Why not try them now? Adding another thing to your plate may seem like it will add more stress but hobbies give you a break from the routine and can actually be a great stress reliever.

### 3. Increase the quality time you spend with family and friends.

Hardly anyone ever regrets taking their spouse on a great date or making fun memories with their children. So do this more. Your to-do list can wait.

Be intentional this year about dating your spouse, having playdates with your kids, and visiting your parents at their place. Tasks and goals will eventually fade away, but time spent with loved ones is cherished forever.

### 4. Practice gratitude.

Studies show that people who are grateful tend to be happier. By practicing gratitude, you don't have to change your circumstances at all. You simply have to change your mindset.

Start a gratitude journal where each day, you write down three things you are grateful for, or share the things you are grateful for with your family. By appreciating all the good things in your life, you will be much happier.

### 5. Reduce screen time.

We waste so much time behind our p hones, tablets, computers, and TVs. Commit to reducing your screen time this year and spend that time doing something more productive and fulfilling.

You can go for a walk outside, read a book, play with your kids, or practice the new skill you are learning. If you need to zone out behind a screen for a bit, set a timer and turn it off once the alarm rings. You'd be surprised at how much more fulfilling life can be when you aren't binge-watching Netflix or scrolling through Facebook.

All of these are simple enough to start and can make a big impact in your health and mindset this coming year. Take the time to make these small changes and by the end of the year, you'll look back and realize this year has been one of your best yet!

## Teen Magna and Anime Club

Every month, we meet to celebrate our love for all things magna and anime related! Stop in for drawing, anime-watching, and snacks! New members are always welcome. Teens going into grades 7-12 are invited. Snacks and supplies will be provided.

**Where:** Waukesha Public Library, 321 Wisconsin Avenue, Waukesha, Community Room

**Date:** Tuesday, January 15, 2019

**Time:** 5:00 p.m. - 6:00 p.m.

## Sledding Hills at County Parks

All parks listed below are open sunrise to 10:00 p.m. (year round), and have a daily entrance fee of \$5 per car.

**Menomonee Park,** W220N7884 Town Line Rd, Menomonee Falls

**Parking:** Archery Lot

**Minooka Park,** 1927 E. Sunset Dr., Waukesha

**Parking:** Picnic area #4

**Mukwonago Park,** S100W31900 County Hwy LO, Mukwonago

**Parking:** East end of picnic area #4

**Nashotah Park,** W330N5113 C.T.H. C, Nashotah

**Parking:** Picnic area #2

## Oconomowoc Winter Farmer's Market

**Where:** Oconomowoc High School, 641 E. Forest Dr., Oconomowoc

**Date:** Sundays through March 31, 2019

**Time:** 9:30 a.m. - 1:00 p.m.

## Waukesha Jamboree 2019 - January 26-28, 2019

From families, to adults, to children, there's fun for everyone! Trolley rides, pancake breakfast, penguin egg hunt, winter games, and so much more! For a complete daily schedule, go to <http://www.jamboree.org>

## Fun Things To Do!

### Retzer Nature Center

Come check out all that Retzer Nature Center has to offer! We have a variety of trails to see and discover new things all year round! No daily entrance fee.

**Where:** S14W28167 Madison St, Waukesha

**Times Open - Nature Center Grounds:** Sunrise - 10:00 p.m.

**Times Open - Visitor Center:** 8:00 a.m. - 4:30 p.m.

<https://www.waukesha.gov/retzernaturecenter/>

### Marcus Theaters

See the hottest blockbusters for only \$5 every Tuesday, and enjoy great concession specials, too!

**Where:** Any Marcus Theater such as:

- ✿ **Hillside Cinema,** 2950 Hillside Dr, Delafield
  - ✿ **Majestic Cinema of Brookfield,** 770 N Springdale Rd, Waukesha
  - ✿ **Menomonee Falls Cinema,** W180N9393 Premier Ln, Menomonee Falls
  - ✿ **Ridge Cinema,** 5200 S. Moorland Rd, New Berlin
- <http://www.marcustheatres.com>



## Breakfast With Santa Was A Success!



We would like to thank everyone who came to our Breakfast with Santa. We enjoyed a catered breakfast, Christmas crafts, a visit from Santa, and toys for all of the kids!

A special thank you to our event sponsor, Ruekert & Mielke. Not only did Ruekert & Mielke provide us with the space to hold our event, their staff dedicated their time and energy to provide Santa, Santa's elves, and helped out with everything!

A special thank you to all of the groups who participated in a toy drive, and then donated all of the toys to Breakfast with Santa. All of the toys went to Waukesha County foster children who attended the event! Thank you!



Cub Scout Pack 140



Girl Scout Daisy Troop 1309



Girl Scout Brownie Troop 20134



Families of the Children's Center Daycare Center

# 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:** January 8, January 24, February 12, February 28, March 12, March 28, April 9, April 25, May 14, May 23, June 11, June 27, 2019

**TIME:** 5:30 PM - 7:00 PM

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

RSVP to Cassie BeLow at [cbelow@waukeshacounty.gov](mailto:cbelow@waukeshacounty.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

**January 3, 2019**

**February 7, 2019**

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

**Parents Place**

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

## Trauma and Resilience in Schools

The first half of this presentation will include a screening and facilitated discuss of the award winning documentary, *Resilience - The Biology of Stress and The Science of Hope*. The second half will focus on how parents, schools, and communities can partner together to provide trauma informed education and care, and to build on resilience factors for youth.

**WHEN:** Wednesday, February 6, 2019

**TIME:** 9:00 a.m. - 11:30 a.m.

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

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

## Parenting and Teaching with Love and Logic

Love and Logic is a philosophy of raising children which allows adults to be happier, empowered, and more skilled in the interactions with children. Love and Logic offers adults an alternative way to communicate with children. The Love and Logic techniques produce results because the techniques are simple, practical, and easy to learn. The concepts behind Love and Logic place a heavy emphasis on respect and dignity for children and at the same time allows parents to grasp simple approaches instead of learning difficult counseling procedures.

**WHEN:** Tuesday, February 19, 2019

**TIME:** 6:00 p.m. - 8:30 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>

## Daycare Assistance

**January 17, 2019**

**Presented by: Shelly Wiese, Child Care Specialist and Beth Treder, Respite Daycare**

Shelly and Beth will talk about how to apply for daycare, daycare benefits, and respite daycare. They will also answer any questions that you may have about daycare.

## Mindfulness

**February 21, 2019**

**Presented by: Eve Altizer, Human Services Supervisor, Counseling and Wellness Unit**

Eve will talk about mindfulness, and how you can incorporate it into your life. She will also lead the group in a guided mindfulness exercise.

## 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 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

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

