

Foundations Health & Wholeness is a nonprofit organization with a mission of innovating care to heal mind and spirit; changing lives, families & communities.



## Spring 2022 Foster Parent Newsletter

### Bite-Sized Inspiration



"Anyone who does anything to help a child in his life is a hero."

~ Fred Rogers

### What's New @ Foundations

#### Give Big Green Bay Success!

Foundations Health and Wholeness recently participated in the 2022 Give Big Green Bay fundraising event. This year, our theme was all things self-care and breaking the stigma surrounding men participating in self-care.

Foundations staff had a blast taking photographs or making videos of their self-care practices to share on our Facebook page over the span of 24 hours!



With the help of our generous donors, **Foundations Health and Wholeness raised over \$14,000 to put toward our programs** and helping out our community. We are so grateful for each and every gift we received. As always, we look forward to continuing to uplift our mission with your help.

In case you missed it, [HERE](#) is our "thank you" video to show

our sincere appreciation!

Photographed Above: President and CEO of Foundations, Ryan Good, getting in some self-care.

## Reminder Regarding Incident Reporting

A gentle remind to all foster care parents that Foundations is required by the State of Wisconsin to send in a write-up for certain situations to ensure everyone in the home is and/or remains safe, or that you have a safe place for your family and the child in your care to go to should something happen. If your case manager is out of the office, **please call or email the worker that is on their "away message"** right away to ensure everything is reported within the allotted time frame in accordance with guidelines from the Department of Children and Families. If you are uncertain if an incident meets the Serious Incident Report criteria, please contact your case manager.

### **Incidents requiring an immediate report to your case manager:**

- Any reported incident of child abuse or neglect (by the child or another party)
- A suicide attempt
- An incident involving law enforcement services
- An injury or trauma that requires the child or youth to see a doctor
- Any damage to the premises that affects the compliance of your license (any safety concerns or structural damage)
- A fire at the house that requires the fire departments services
- An outbreak of a serious communicable disease (COVID is included)
- Any use of a restraint, and/or an injury during the use of a restraint
- The death of a child

All of us at Foundations Health and Wholeness are here to support you through incidents that happen with the children and teens in your care. We appreciate all that you do for our agency and the youth we serve! **Please reach out to your case manager or regional director with any questions or concerns regarding this matter.**

## Recruiting, Referrals, Bonuses, & More

**ALLISON'S UPDATE:**  
**NEWS FROM OUR**  
**STATEWIDE REFERRAL**  
**AND LICENSING**



## MANAGER

Have you considered opening up your heart and home to teens in need?

**Foster homes for teens continue to be our greatest need,** as we

continue to see on average 2/3 of our referrals for teens. It only takes one positive adult to change the life of a teen.

*Could that adult be you?*

The Foundations Team emphasizes providing high quality support for foster parents at every step to ensure our families and foster youth are set up for success.

*Consider being the safe place for a teen in need to learn, love, and grow today.*

If you are interested in learning more about fostering teens, please contact your case manager or regional director!

## CONTINUED RECRUITING IN THE EAU CLAIRE REGION

Foster Care by Foundations continues its recruitment efforts in the **Eau Claire Region** with the hopes of opening up a NEW office this June!



How can you help? We've got **yard signs!** Please consider "planting" one of our recruitment signs in your yard this spring to support our efforts in recruiting new foster care parents.

**This small act makes a BIG difference.**

If you or a loved one are interested in obtaining a yard sign please contact Collin, our statewide foster care recruiting manager, by phone at 920-606-1205 or email at [cdrews@wearefoundations.org](mailto:cdrews@wearefoundations.org)! We can arrange for your sign

to be dropped off.

## FOSTER CARE REFERRAL PROGRAM



The need for foster parents continues to grow across the state and we are looking to our best source for help - YOU!

Existing foster parents know first-hand the challenges & rewards of fostering.

We can't think of anyone better to help us find quality foster parents.

THAT'S WHY WE ARE OFFERING AN INCENTIVE OF UP TO \$500 AS A REFERRAL BONUS

### How it Works

- The person/family making the referral must be currently licensed as a foster parent with Foundations Health & Wholeness.
- You will receive \$250 for every new household (parent/family) that completes the licensing requirements through Foundations Health & Wholeness.
- You will receive an additional \$250 when the household receives their first placement.

There is no limit to the number of referrals you can make. Bonuses will be paid per household, not per foster parent.

**THE MORE FOSTER HOMES WE HAVE,  
THE MORE CHILDREN WE CAN HELP!**



The Foster Care Referral Program is effective March 1, 2019.

## RECRUITING BONUS!

Foundations has a **referral bonus program** to help us recruit more foster families to help children and teens throughout Wisconsin!

For more information about this bonus opportunity, please contact your case manager.



## TEEN PRE-PLACEMENT BONUS!

Increased bonuses are now available for **TEEN pre-placement!**

For more information or questions, please contact your case manager.

## Foundations Health and Wholeness Events

### **CENTRAL REGION:**

The Central Wisconsin Foster Care Office recently held a date night for foster parents at the Steven's Point office. Games, movies, and pizza were enjoyed by all in attendance! Stay tuned for similar opportunities in the future.



## **GREATER MILWAUKEE/GERMANTOWN REGION:**

**May 14:** The Foster Family Networking/Fun Event will be at La Fleur's Gymnastics from 3:15pm-5pm. The address is W189N10991 Kleinmann Dr. Germantown, WI 53022. This event does require an RSVP to Alissa at [agetzin@wearefoundations.org](mailto:agetzin@wearefoundations.org)!

**July 28:** Foundations will have a booth near the music area at the Taste of Germantown at Fireman's Park in Germantown from 5pm-9pm.

## **JANESVILLE:**

Foundations will be at the Beloit Farmers Market from 8am to 1pm on June 4 and July 30!

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### **Foundations Health and Wholeness will be hosting virtual Foster Care by Foundations Informational Sessions!**

These virtual sessions will be held over Zoom at 12pm and 7pm on the second Wednesday of every month beginning April 13. We will be discussing the basics of foster care, differences between getting licensed through the county and Foundations, and how we provide support to families.

The 12pm-1pm time slot will be the meeting ID of 824 8909 4778.

The 7pm-8pm time slot will be the meeting ID of 847 7551 0762.

**We can't wait to see you there!**



**foundations**  
health & wholeness

## Training Schedule for 2022

*All trainings are held via Zoom. See your case manager for more details.*

**March 21 @ 5:30pm - Nutrition** (presented by Milwaukee Office)

**April 9 @ 8:45-12pm - Attachment and Trauma**, via Zoom, reach out to RD for link (presented by Milwaukee Office)

**April 18 @ 5:30pm- Building Birth Family Relationships and Cultural Connections** (presented by Milwaukee Office)

**May 16 @ 5:30pm - TBD** (presented by Central WI Office)

**June 11 @ 8:45-12pm - Sex Trafficking**, via Zoom, reach out to RD for link (presented by Milwaukee Office)

**June 20 @ 5:30pm- Building Life Skills** (presented by Janesville Office)

**July 18 @ 5:30pm- Prudent Parenting** (presented by Green Bay Office)

**August 13 @ 8:45 - 12pm - Suicide Prevention**, via Zoom, reach out to RD for link (presented by Milwaukee Office)

**August 15 @ 5:30pm- Sexual Abuse** (presented by Fox Valley Office)

**September 19 @ 5:30pm- Crisis Management** (presented by Green Bay Office)

**October 17 @ 5:30pm- Sexuality and Sexual Boundaries** (presented by Janesville Office)

**October 22 @ 8:45 - 12pm- The Effects of AODA**, via Zoom, reach out to RD for link (presented by Milwaukee Office)

**November 14 @ 5:30pm- Autism Spectrum Disorder** (presented by Sheboygan Office)

**December 3 @ 8:45-12p- Cultural Competence**, via Zoom, reach out to RD for link (presented by Milwaukee Office)

**December 12 @ 5:30pm- How to Care for Kids Who Have Experienced Trauma** (presented by Central WI Office)

## Family Spotlight

### The Power of a Name

Olivia\* entered care when she was 15 years old. In response to familial trauma and a number of other difficult circumstances, Olivia struggled with behavioral issues and poor mental health, including a history of self-harm. She felt she had to "grow up too fast" due to her living situation and complications with her biological family. The effects of this trauma haunted her on a daily basis, negatively impacting her overall sense of well-being and safety.



As a young teenager, it was decided that Olivia's biological family home was no longer the safest place for her to reside. After some trial residences, it was determined that the better course of action for Olivia was to enter foster care for help, stability, and treatment. Olivia was fortunate to land into the home and loving arms of Melody and Bill in Wautoma, Wisconsin.

Melody and Bill are successful, trauma-informed foster care parents -- a perfect match given Olivia's background. It was key to place Olivia in a trauma-informed home that would also provide her solid routine and structure. Melody and Bill took great care to support Olivia and help her feel loved and secure. Moreover, the couple went above and beyond to provide Olivia with an example of what a stable home and healthy family dynamic might look like.

Though there have been ups and downs, as with all parenting

journeys, the love and guidance of Melody and Bill turned out to be the vital key for Olivia's success. Providing Olivia with consistency, structure, and loving parental guidance has ultimately afforded her a new life, one that once seemed out of reach. Olivia is now a thriving 18-year-old who will be graduating from high school this spring. She was able to obtain her driver's license, apply for jobs, succeed academically, and get holistic care for her well-being, all because of Melody and Bill's dedication as foster parents. With the help of her foster care parents, Olivia was able to get the therapy and care she needed to learn new skills that enable her to cope with her traumatic past. In turn, Olivia's mental health continues to show signs of great improvement.

Turning toward the bright future, Olivia has her sight set on higher education and will be applying to attend Fox Valley Technical College in the fall. She feels confident in her ability to grow because she knows she'll always have the guidance and support of her foster parents. The foundation a loving home can truly be the key to a youth's future success and healing, as it has been for Olivia.

Most notably, Olivia has felt comfortable enough to call Melody and Bill "mom" and "dad" in recent months. We can think of no higher honor. Accordingly, Olivia has made the significant decision to change her last name to that of Melody and Bill. Though Olivia is still in touch with her biological family, she feels that Melody and Bill have provided her the home, love, and family dynamic she needed to thrive. With the love so freely provided by Melody and Bill, Olivia can finally "imagine a good future" for herself.

Olivia hopes to safely reunite with her biological family someday soon, as she will be aging out of foster care. But she'll always carry the unbreakable bond that changed her life forever in her brand new last name.

\*All names have been changed to protect privacy.

## Community Fun

**Here are some family-friendly  
community events in your area:**

**GREEN BAY**





**The Great Bunny Train** - The Easter Bunny is coming to town April 9-10, 2022 and will be spending time at the National Railroad Museum! Each admission to The Great Bunny Train includes a ride on our train, a visit with the Easter Bunny and an array of games, crafts and entertainment. Please note that the Museum is under the jurisdiction of the Transportation Security Administration

(TSA), which mandates that everyone ages 2 and older wear face masks while inside museum buildings and while on the train. We look forward to see you this Easter season!

**Easter for Kids / Pascua para Niños** : You and your family are invited to our free “Easter for Kids” on Saturday, April 9th from 11:00 a.m. - 1:00 p.m. at St. Paul Lutheran Church (514 S. Clay St., Green Bay). // Tu y tu familia están invitados a nuestra “Pascua para Niños” el sábado, el 9 de abril, de 11:00 a.m. a 1:00 p.m. en la Iglesia Luterana San Pablo (514 S. Clay St., Green Bay). You and your kids will learn how Jesus rose to save us, sing Easter songs, play games, have snacks, and do Easter projects and crafts. All families are invited. To help us with planning, please register your family using [the ticket link](#).// Tu y tu familia van a aprender como Jesús murió y resucitó para salvarnos, cantar cantos, jugar juegos, comer bocadillos, y hacer proyectos y actividades que celebran la Pascua. Nuestro evento es gratis, y todos están invitados. Para ayudarnos con la planificacion, [registre a su familia con el enlace del boleto](#). ¡Dios los bendiga!

**Family Easter Event** on Saturday, April 9th from 9:00 - 11:00 AM at Messiah Lutheran Church. Family Easter is an event for the whole family. Join us for an Easter Egg Hunt (at 9:30 or 10:30 am), crafts, cookies and refreshments, and an Easter short movie (5 minutes) in the sanctuary. You can register to win a \$50 gift card to Kwik Trip just for coming. See link to the [Facebook event page](#) for more.

## FOX VALLEY

**Sensory Superstars at the Building for Kids in Appleton** - JOIN THE BUILDING FOR KIDS IN APPLETON ON THE THIRD SUNDAY OF EACH MONTH from 10am - 3:30pm! We are excited to host Sensory Superstars on the third Sunday of each month. Families with children on the autism spectrum will be able to register for an hour of safe and FREE play at the Building for Kids! Since masking requirements will be relaxed for children with sensory processing disorders, only one household will be allowed in the museum at a time. To allow our team space and time for cleaning, families will be limited to the exhibits on one floor of the museum. There will not be a

facilitated program. However, families will be able to take home an activity kit with the instructions and materials for a fun activity. Registration is required. To register, give us a call at 920-734-3226 ext. 110.

**Fox Cities Kidz Expo 2022** on April 9 from 9:00AM to 2:00PM. FREE FUN & EDUCATIONAL FAMILY EVENT! Held at the Fox Cities Exhibition Center located at 355 W. Lawrence St., Appleton. Sponsored by North Shore Bank & Fox Cities Kiwanis For more information, visit [FoxCitiesKidzExpo.com](http://FoxCitiesKidzExpo.com).

**Future Neenah will be hiding ten Easter 'N's throughout Downtown Neenah.** Bring the family and find them all for a chance to win 1 of 8 Dairy Queen Easter cakes! Print the scavenger hunt chart and record where you found them anytime from April 1-14, 2022. Completed sheets can be turned in to the Future Neenah office by 8am on Friday 4/15/22 to be entered to win 1 of 8 cakes for 2 from our friends at Dairy Queen! You can also submit them by email to [info@neenah.org](mailto:info@neenah.org). Winners selected at noon on Friday, April 15. **Check their [website](#) for a scavenger hunt printable PDF form on March 31, 2022 and to gather more info!**

**Welcome Spring time in Wisconsin by making your own flower that will last all year round!** Use your imagination to create the flower of your dreams to hang in a window, give to a loved one, or brighten up your space. April showers bring May flowers – let's bring them a little earlier this year! Location: Bergstrom Mahler Museum of Glass @ 165 N. Park Ave Neenah, Wisconsin 54956. Time: April 2 from 10:00 AM to 1:00 PM. See website for info [HERE](#). Contact: Lynne Phillips Email: [phillips@bmmglass.com](mailto:phillips@bmmglass.com) Phone: (920) 751-4658

**Story Time with the Chicks:** The Kimberly Public Library chicks have hatched and are growing fast! Stop in on April 7 at 4:30pm for chicken stories and meet the chicks. The program will finish with a craft: paint your own baby chick picture.

**Spring comes to life at the farm!** Baby chicks, baby ducklings, baby kid goats, baby lambs, baby piglets, baby calves, baby mini horses, baby kittens, baby bunnies... oh baby, do we have babies! Milk a cow, enjoy a hayride, catch a chicken, kiss a pig, cuddle a kitten, and more! Join us on the **first weekend in May**. Location: Mulberry Lane Farm 3 miles east of Sherwood, W3190 County Road B Hilbert, Wisconsin. Contact: Bonnie Keyes Email: [info@MulberryLaneFarmWI.com](mailto:info@MulberryLaneFarmWI.com)

## **JANESVILLE REGION**

**Family Movie Sing-a-long at the Edgerton Public Library !** Travel to Columbia on the big screen as we sing along to our new

favorite movie, **Encanto!** Rated PG. Tue, Mar 29 at 1pm.

**Join TACOS (Teen Advisory Council of Students) at the Hedberg Public Library** in Janesville on March 29 at 4:30 and help create programs and library services for teens, by teens! Registration is required. Space is limited. Register [online](#), at the library, or call 608-758-6600. MASKS ARE no longer REQUIRED at the library effective March 1. Individuals who are not fully vaccinated against COVID-19 are encouraged to wear a mask indoors per CDC guidelines.

**“When I Grow Up...” Storytime with PBS KIDS** on April 2, 2022 @ 11:00 am – 12:00 pm. Career-based story time with help from a field expert. Kids and their families are invited to participate and learn about the exciting world of work. Each story time explores a new career and offers opportunities to play and learn with hands on activities. Attendees will receive a free book and free lunch. Attendance is limited, and registration is required: [CLICK HERE](#). “When I Grow Up...” Storytime with PBS KIDS is a joint program of BPL, PBS Wisconsin, Hendricks CareerTek, and PBS Kids. This is the second collaboration between BPL and PBS KIDS. Last spring, the two organizations, along with Community Action, Inc., worked together to present a successful pilot of the Molly of Denali Ready to Learn Program.

**Coding for Kids happening at Beloit Public Library**, 605 Eclipse Blvd, Beloit, WI 53511, Beloit, United States on Sat Apr 23 2022 at 09:00 am to 11:00 am.

**Join Rotary Botanical Gardens in Janesville on Saturday, April 23, 2022, from 10 a.m. to 2 p.m., for an Earth Day Celebration.** We will have outdoor family and youth activities throughout the day, including exciting games, garden adventures, hands-on projects and community information courtesy of RBG and a variety of local organizations. Admission to Rotary Botanical Gardens is free to all during these activities.

## **GREATER MILWAUKEE/GERMANTOWN REGION**

**Foster the Family Book Tour** at Mill City Church on April 1st at 120 N. Lake Street, Neenah, WI 54956. Starts at 7PM; doors open at 6:30PM. Here is the link to learn more: <https://fb.me/e/1oxpGVUP9>.

**Kids and Family Expo on April 2 from 9am-3pm.** Free Admission. Oak Creek Community Center. Presented by WaterStone Bank 40+ Businesses and Vendors that cater to families. Find your summer plans and new favorite activities all in one place.

**Join our Menomonee Falls EGG-CELLENT Egg Hunt!** You will be emailed a list of all the participating Menomonee Falls businesses that will display a colorful egg in their front window with a letter on it.

Between March 28 – April 8, hunt around Menomonee Falls and decode the hidden phrase. Email your family name and answer to [cerd@sdmfschools.org](mailto:cerd@sdmfschools.org) by April 11th. All correct answers will be put in a drawing to win a basket filled with fabulous prizes from participating businesses. Winners will be announced on April 13th. Prizes can be picked up from the Menomonee Falls CE&Rec Office. This event is FREE, but registration is required. Please register ONE member of the family to receive email updates.

[CLICK HERE](#) to register!

**Join us for Kids' Night Out on April 8 from 5-7:30pm and spend evening at the Wisconsin Humane Society Milwaukee Campus.** What better way to end the week than by making friends with other animal lovers and rubbing elbows with animal guests? Kids' Night Out is for kids in grades 1-6 and provides an opportunity for parents to enjoy a Friday evening to themselves while the kids have an awesome time at the Wisconsin Humane Society. Themes and crafts are always changing so even if you've attended before, there will be something new to enjoy! See [website](#) for further details!

**Join [the Betty Brinn](#) for FREE admission to Betty Brinn Children's Museum**, courtesy of the sponsors! All guests to the Betty Brinn Children's Museum (excluding groups of 10 or more) receive **FREE admission on the third Thursday of every month from 12-8 p.m.** Some restrictions apply. [Advanced reservations are required.](#) Free admission is called "Community Access nights."

## **SHEBOYGAN/LAKESHORE AREA**

**The Spring/Easter Pop-Up Shop** will take place March 19-20 at 4pm. Location: - 587 S Royal Ave, Belgium, WI.

**Mother's Day at the Gardens** will be held at Bookworm Gardens in Sheboygan, Wisconsin on May 7 and May from 8 - 9am.

## **CENTRAL WISCONSIN**

**The 2022 Annual Cranberry Blossom Festival** will be held June 16-19th, 2022 in Wisconsin Rapids, WI. Wisconsin Rapids is in the heart of cranberry country and we are proud to celebrate where the berries begin. The festival is filled with "berry" fun events including, live music, a parade, arts and crafts, a carnival and of course culinary treats featuring Wisconsin's #1 fruit crop, the cranberry!

**The Farmers Market of Wausau** starts early May and runs through late October on Wednesdays and Saturdays at 7 a.m. until items are sold out.

**The Run The Rapids 5K is a Running race** in Wisconsin Rapids, Wisconsin consisting of a Kids Run/Fun Run. Run the Rapids is a 5k-



Walk/Run that takes place on April 30 from 10am to 1pm. The event will begin at the Centralia Center, located at 220 Third Ave. S. Wisconsin Rapids. See the [website](#) for more details.

**Stevens Point, WI - The HOLISTIC HEALING AND WELLNESS FAIR is coming to you on April 30th, 2022 from 10am-5pm at the Holiday Inn & Convention Center!** Come to explore Everything Spiritual, Holistic & Wellness related. We will have a variety of vendors offering Psychic, Tarot, & Angel Readings, Aura Photos, Various types of Energy Healers, Essential Oils, Crystals, Gemstones, and much more. We will also have a Group Gallery mediumship event similar to John Edwards and Teresa Caputo, as well as 4 FREE Lectures. \$5 Entrance Fee. FREE gift bags to the first 25 people. There will be something for everyone!

**Join the Nekoosa Easter Event** on April 2, 2022 from 10:00 AM - 1:00 PM CDT and get hoppin' during the Bunny Run 5K Run/Walk. Start the journey at Riverside Park head down the bike path towards ERCO Worldwide and back the same route. Afterwards from Noon to 1:00 p.m. take the family down to meet the Easter Bunny in Riverside Park (visits will be contactless) kids under the age of 12 will receive a goody bag with candy and a random chance to win a bike. Bring your camera for photo opportunities. To register for the 5k Run/Walk please click the link below. All participants must complete the form and mail in payment prior to the event. See [website](#) for details.

**Wisconsin Prairie Chicken Festival** - Every April, the Greater Prairie-Chicken dances at dawn, and typically people can assist researchers by sitting in a blind to watch this unique Wisconsin species. Viewings of Greater Prairie-Chickens will be offered to participants attending the Annual Wisconsin Prairie Chicken Festival on April 9, 2022. The day begins with two offerings at the [Paul J. Olson Wildlife Area](#): viewing Greater Prairie-Chickens on their "booming grounds" or a guided grassland birding tour. The festival then continues with exhibits and vendors, along with various workshops followed by a locally sourced luncheon featuring a keynote speaker. Space is limited! For registration, questions, or comments, please email [wisconsinprairiechickenfest@gmail.com](mailto:wisconsinprairiechickenfest@gmail.com). Visit [this website](#) for more details.

## Other Resources

Urban Air in Appleton is offering **free** birthday parties for foster children! If you are interested in setting up a birthday party for your child, please send an email to Jessica at [jdrews@wearefoundations.org](mailto:jdrews@wearefoundations.org)

# Maggie's Moment of Self-Care



Warm weather is FINALLY on its way! One great way to take care of your physical and psychological well-being is to spend some time outside in green spaces. Grab the family and get some fresh air.

[Studies have found](#) that spending time in nature can be good for your mental well-being. Taking some time to head to local parks, hit the nature trails, go camping, or create your very own backyard garden could help you and your family feel more rested and relaxed. Geocaching, birding, and fishing are just a few other to enjoy the outdoors!

Grab the family (and maybe the dog if you have one) and explore the beauty of Wisconsin together. ♥

## Recipe Corner

### English Muffin Pizzas

Yields 4 mini pizzas. [Link HERE!](#)

#### INGREDIENTS

- 2 English Muffins
- 1 TBSP Tomato Puree or Pizza Sauce
- 3-4 Cherry Tomatoes
- 1/2 Red Pepper
- Handful of mozzarella (or cheese of choice)



#### DIRECTIONS

- Preheat oven to 350°.
- Split each muffin into two to make the pizza bases.
- Spread a thin layer of tomato puree over each English muffin half and place the muffins on a baking tray.
- Using mini bento cutters or a sharp knife, cut some fun shapes from the red pepper and set aside (optional -- see heart shape in photo above). Chop the remaining red pepper as finely as you can and sprinkle it over the pizza bases. Finely chop the cherry tomatoes and add to the pizzas too.
- Sprinkle the cheese over the top of each mini pizza and use the

red pepper shapes to decorate.

- Bake in the oven for 5-10 minutes until the cheese is melted and bubbling.
- Let cool for a few minutes, serve, and enjoy!

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**Foster Care Parents:** Do you have a recipe to share or other suggestions for content you'd like to see in the Foster Parent Newsletter? Please reach out to Maggie by email at [mfinch@wearefoundations.org](mailto:mfinch@wearefoundations.org) to provide your content suggestions. We'd love to hear from you.

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