



# Resource Family Connection

## News, Events, and Information Benefiting the Children of Waukesha County July and August, 2024



### Informational and Training Opportunities

#### Waukesha County Foster Parent Information Sessions

Open to Waukesha County residents interested in learning more about foster care in our community. Also required for any new foster parents. If you are a two-parent household, both parents must attend. The information sessions will be held virtually using Microsoft Teams.

*Date:* Wednesdays - July 10, August 14, 2024

*Time:* 6:00 p.m. - 7:00 p.m.

*Date:* Thursdays - July 25, August 22, 2024

*Time:* 12:00 p.m. - 1:00 p.m.

*For Additional Information and to Register:* [www.wcfostercare.com](http://www.wcfostercare.com)

#### Grandparents Raising Grandchildren Peer Support

This group welcomes grandparents, guardians, and caregivers to learn, connect, share resources, while navigating the experience of raising grandchildren.

*Where:* Waukesha County Health and Human Services Center, 514 Riverview Ave, Waukesha, WI

*Date:* Third Wednesday Each Month - July 17, August 21, 2024

*Time:* 6:30 p.m. - 7:30 p.m. (Free dinner served at 6:00 p.m.)

*For Additional Information and to Register:* Contact Linda Senger at 262-548-7698 or [lsenger@waukeshacounty.gov](mailto:lsenger@waukeshacounty.gov). You can also visit: <https://www.healingheartswisconsin.org/support-groups/grandparentsgroup/>.

#### Waukesha County Caregiver Community

Bringing together caregivers of children and adolescents with social, emotional, behavioral, and/or mental health challenges. These sessions are held virtually using Microsoft Teams.

*Date:* Last Thursday Each Month - July 25, August 29, 2024

*Time:* 6:00 p.m. - 7:00 p.m.

*For Additional Information and to Register:* Contact Kirsten Jones at [kejones@waukeshacounty.gov](mailto:kejones@waukeshacounty.gov).

## Save the Date / Register!

Registration is right around the corner for the Families like Mine 2024: Relative Caregivers for Children Conference, so don't forget to mark your calendars and set those alarms! The dedicated planning teams at the Wisconsin Family Connections Center (WIFCC) have been hard at work, meticulously curating an exhilarating agenda packed with captivating topics and top-tier presenters! Get ready to embark on an unforgettable adventure filled with excitement and enrichment! It's an experience you will not want to miss!

Questions? Call 1-800-762-8063 or email [info@wifamilyconnectionscenter.org](mailto:info@wifamilyconnectionscenter.org)

#### Registration Opens On Thursday, July 25, 2024!!

*Where:* Chula Vista Resort, 2501 River Rd, Wisconsin Dells, WI

*Date:* Saturday, September 14, 2024

*Time:* 8:00 a.m. - 5:00 p.m.

*For Additional Information and to Register:* <https://bit.ly/3yPRI1t>

#### Virtual Group: KINnect Relative Caregivers of Children



Please join us for this opportunity to connect with other relative caregivers who are the primary caregivers of their grandchildren, nieces, and nephews as a way to share the joys and challenges of being a relative caregiver.

*Date:* Thursday, July 25, 2024 - Open Discussion

*Date:* Thursday, August 29, 2024 - Managing Expectations

*Time:* 11:00 a.m. - 12:00 p.m.

*Link to Register:* <https://www.eventbrite.com/e/virtual-group-kinnect-relative-caregivers-of-children-tickets-114153498186?>

#### Live Webinar: We Are A Go for Launch: How to Get There

In this webinar, Jeanette, with candidness, a portion of humor, and a trauma-informed approach, will share practical tips to support caregivers as they prepare to help the teens and young adult sin their lives transition into independence and accept adulthood.

Join us and learn:

- ⊗ *Facing The Truth:* How to assess your child's readiness and identify areas where they might need some extra support (spoiler alert: it's probably not just them!).
- ⊗ *Knowing When to Speak or Not to Speak:* Discover the art of letting go while still offering guidance - because sometimes, the best support is knowing when not to speak.
- ⊗ *Maintaining Accountability:* We'll explore strategies for fostering a healthy parent-child dynamic where everyone takes responsibility for their actions.

Each individual participant must register separately to receive credit.

*Date:* Thursday, July 25, 2024

*Time:* 6:00 p.m. - 8:00 p.m.

*Link to Register:* <https://www.championclassrooms.org/courses/live-webinar-we-are-a-go-for-launch-how-to-get-there>

#### Virtual Group: Trauma-Informed Parenting

This group is especially for caregivers who are: parenting youth with trauma histories and/or parenting youth with emotional or behavioral challenges and/or diagnoses such as RAD, DMDD, and ODD. There will be a monthly focus area for discussion and/or guest speakers to support ongoing learning, but always plenty of time for connection and support. Please note that this group is specifically designed to provide support for the caregivers of youth with a high level of presenting need because of past trauma histories, emotional/behavioral challenges or diagnoses. You will be asked to confirm that this applies to you within your registration. Group size is limited. This group is facilitated by Wisconsin Family Connections Center (WIFCC) Case Manager Allison Kunkel, MS, APSW. If you have any questions, please email [wifcc@cclse.org](mailto:wifcc@cclse.org).

*Date:* Third Monday Each Month - July 15, August 19, 2024

*Time:* 12:00 p.m. - 1:00 p.m.

*Link to Register:* <https://www.eventbrite.com/e/virtual-group-trauma-informed-parenting-tickets-927924335667>

## Keeping Busy!

### Teen Nerf Wars

It is ON at Waukesha Public Library! Join the Library and Milwaukee Area Nerf Outings (M.A.N.O) for a Nerf War of epic proportions! Bring your own blaster or borrow ours. Personal Nerf equipment must be capped at stock performance; 100 FPS (feet per second). Leave your ammo at home - we'll provide the darts!

*Where:* Waukesha Public Library, 321 Wisconsin Ave, Program Room A/B, Waukesha, WI

*Date:* Tuesday, July 23, 2024

*Time:* 4:30 p.m. - 6:00 p.m. ~OR~ 6:30 p.m. - 8:00 p.m.

*Cost:* Free

*For Additional Information and to Register:* <https://waukesha.librarycalendar.com/event/teen-nerf-wars-8789>

### Waukesha National Night Out

Bring your family to Waukesha National Night Out! Waukesha Night Out is back again this year! Join the Waukesha Police Department for a night of fun focused on sharing information with the community. Waukesha Night Out is designed to heighten crime and drug awareness, promote safety knowledge, general support for and participation in local anti-crime programs, and strengthen community spirit and police-community partnerships. Come out for a night of safety information, entertainment, carnival games, inflatable jump house, prizes, and activities for all ages! This year, there will also be food trucks from the local area to provide food and beverages for the event (while available!). **Be sure to come say hello to our Foster Care staff who will have a table at the event!**

*Where:* Frame Park, 1200 Frame Park Dr, Waukesha, WI

*Date:* Wednesday, July 31, 2024

*Time:* 5:00 p.m. - 8:00 p.m.

*Cost:* Free

*For Additional Information:* <https://lakecountryfamilyfun.com/event/waukesha-national-night/>

### Oconomowoc Kids Fest

Bring your family to Oconomowoc Kids Fest. Local organizations will be set up in Oconomowoc's Fowler Park to offer free information for your family and the community. Enjoy games, entertainment, pony cycle rides, music, inflatables, a rock wall, arts and crafts, and more! They have lots of fun things planned with over 60 kid-friendly vendors doing games and giving out prizes! It's going to be a fun day! **Waukesha County Foster Care will be there spreading awareness regarding the need for foster homes! Be sure to stop by and say hello!**

*Where:* Fowler Park, 500 Oakwood Ave, Oconomowoc, WI

*Date:* Tuesday, August 6, 2024

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

*Cost:* Free

*For Additional Information:* <https://www.facebook.com/oconomowockidsfest>

### Pint-Sized Polka

Enjoy a family-friendly performance by the Pint-Sized Polkas, and then stick around for pizza, ice cream, games, and more!

*Where:* Waukesha Public Library, 321 Wisconsin Ave, Program Room A/B, Waukesha, WI

*Date:* Tuesday, August 6, 2024

*Time:* 1:00 p.m. - 3:00 p.m.

*Cost:* Free

*For Additional Information:* <https://waukesha.librarycalendar.com/event/pint-sized-polkas-8771>



## One Card, Endless Possibilities!

Did you know that with one little card, you have access to a whole new world? With your Bridges Library System CAFÉ card, just SOME of the things you have access to (you may need to call the library to see what they have on hand, as not all libraries have everything):

- 24 libraries within Waukesha and Jefferson Counties
- Books - Physical books and audiobooks
- Electronics to borrow (such as to play CDs)
- Magazines
- Newspapers
- DVDs and Blue-rays (including binge-ready bundles!)
- Roku Streaming Stick
- Movie events for all ages
- Wi-Fi
- Computers
- Printer access
- Technology assistance
- Online courses (everything you can imagine! From business related to hobbies to health and everything in between!)
- Employment resources (including resume building and some locations have in-house job service assistance)
- Makerspaces (Do you have a craft or hobby you have wanted to try but don't want the expense of all the necessary tools? Your local library may have it! From 3D printing to laser cutting, Cricuts, sewing machines, and more!)
- In-person classes and groups for all ages! (Gaming, books, parenting, performances, arts and crafts, cooking.....)
- Passes to local attractions
- Cooking needs (Does your 3-year old want a dinosaur cake and you don't want to buy a cake pan? Check out your local library! They may have one you can borrow for the event!)
- Costumes
- Giant yard games (great for those summer BBQs!)
- Large recreation items such as: kayaks, fishing poles, snowshoes, etc.



Your local library really opens you up to a whole new world!

Check out <http://www.bridgeslibrarysystem.org> for additional information and to learn how you can expand the world for you and your family!

## Appreciation Event!

Happy summer! We are looking forward to again showing our appreciation and celebrating summer with you at our upcoming appreciation event!

### Movie In The Park

We will be screening the Migration movie and will provide lots of tasty movie snacks to enjoy during the show! RSVP by July 26, 2024!

*Where:* Nashotah Park, W330N5113 County Rd C, Picnic Area #1, Nashotah, WI

*Date:* Saturday, August 3, 2024

*Time:* Arrive anytime after 5:30 p.m.; Movie starts at 6:30 p.m.

*For Additional Information and to Register:* <https://www.eventbrite.com/e/waukesha-county-outdoor-movie-night-tickets-932405208077>







# IF YOU LOVE ORANGES, THIS PAGE IS FOR YOU!



Oranges are a popular citrus fruit and kid favorite, thanks to their sweet taste. But did you know that adding oranges to your child's diet may improve their overall health, including their cognitive health?! Studies have suggested eating flavonoid-rich foods and beverages like oranges helps increase nerve activity and blood flow to the brain, which may boost cognitive functioning. Oranges are also packed with Vitamin C, a nutrient that's essential to brain health that is necessary for proper brain development, neurotransmitter production, and more. Studies in adults suggest that having optimal blood levels of Vitamin C is associated with better performance on tasks involving focus, working memory, attention, recall, decision speed, and recognition, compared with having Vitamin C deficiency.

## Let's Cook! Orange Chicken for Kids By: [mylifeandkids.com](http://mylifeandkids.com)

Grilling season is here! This is a great kid-friendly recipe that gives you the perfect reason to fire up the grill. Can be served over rice for an easy and complete summer meal.

### Ingredients:

- ⊗ 1-1/2 cups Orange Juice
- ⊗ 1 Tbsp Orange Zest
- ⊗ 1 Tbsp Olive Oil
- ⊗ 1 Tbsp Brown Sugar
- ⊗ 2 Cloves Garlic, Peeled and Pressed
- ⊗ 1-1/3 lb Chicken Breasts, Boneless
- ⊗ 2 Green Onions (optional)



### Instructions:

1. Whisk 3/4 cup orange juice with the orange zest, oil, and brown sugar. Add smashed garlic to the mix.
2. Pound chicken to equal thickness and then add it to the orange juice mix. Marinate 2-4 hours.
3. Heat grill to medium high. Add chicken to the grill. Cook for about 4 minutes on each side (depending on thickness). While chicken cooks, take remaining orange juice and reduce it over high heat on the stove until it is thick and syrupy. Using kitchen shears, cut green onions into small pieces. Place grilled chicken on a platter, drizzle orange sauce over the top and sprinkle with chopped green onions.

## Let's Cook! Rainbow Fruit Skewers With Vanilla-Honey Yogurt Dip By: [thecomfortofcooking.com](http://thecomfortofcooking.com)

Easy, Fun, Beautiful, Healthy, Refreshing... Do the benefits of this easy recipe ever end? NOPE!

### Ingredients:

- ⊗ 10 Long Wooden Skewers, Cut in Half
- ⊗ Assorted Fruit - Whatever You Would Like! Raspberries, Oranges, Pineapple, Kiwi, Blueberries, etc.
- ⊗ 2 Cups Plain or Vanilla Yogurt (if using plain, add 1 tsp Vanilla)
- ⊗ 1/4 cup Honey
- ⊗ 1/2 tsp Ground Cinnamon



### Instructions:

1. In a medium bowl, stir together yogurt, honey, and cinnamon.
2. Thread fruit onto skewers and serve with yogurt dip.



## Let's Craft! Eco-Friendly Bio-Degradable Bird Feeders - Three Ways By: [FeltMagnet.com](http://FeltMagnet.com)

Don't spend a lot of money on a fancy bird feeder! Make these biodegradable feeders for hours of entertainment and knowing you won't hurt the environment!

### Orange Peel

#### What You'll Need:

- ⊗ Oranges, Halved, Pulp Scooped Out
- ⊗ Pencil/Pen
- ⊗ Twine, 3 Pieces Per Feeder, Each 8-9 Inches Long
- ⊗ Scissors
- ⊗ Birdseed

#### What You'll Do:

1. Using pencil/pen, poke three holes, evening spaced, about 1/2 inch below the cut edge of the orange.
2. Feed one end of the twine into one of the holes, going from the inside to the outside. Tie a knot to secure the twine to the orange. Repeat for remaining two pieces of twine.
3. Tie the other ends of the twine pieces together in one large knot.
4. Fill with birdseed and hang outside!

### Pinecone

#### What You'll Need:

- ⊗ Pinecones, Free of Debris
- ⊗ Peanut Butter
- ⊗ Birdseed
- ⊗ Twine, 1 Piece Per Feeder, 12 Inches Long
- ⊗ Scissors

#### What You'll Do:

1. Using a butter knife or spoon, smear peanut butter all over the pinecone.
2. Pour some birdseed on a plate and roll the peanut-butter-covered pinecone in the birdseed until completely covered.
3. Take a piece of twine and wrap it one time around the center of the pinecone. Tie the two ends together.
4. Hang outside!

### Toilet Paper Roll

#### What You'll Need:

- ⊗ Toilet Paper Rolls
- ⊗ Peanut Butter
- ⊗ Birdseed

#### What You'll Do:

1. Using a knife or spoon, smear peanut butter around the outside of the toilet paper roll.
2. Pour out some birdseed onto a plate and roll the peanut-butter-covered toilet paper roll in the birdseed until completely covered.
3. Slide onto a branch to hang outside!



### Contact Numbers:

#### Foster Care Social Workers:

Waukesha County Health & Human Services  
262-548-7212

Michelle Lim, Foster Care Supervisor  
262-970-4761

Cassie BeLow .....262-896-8574

Brianna Holcomb .....262-548-7254

Rhonda Klinger .....262-548-7240

Jennifer Mantei .....262-548-7250

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

#### Case Management Social Workers:

Denise Hegberg, Ongoing Social Work Supervisor  
262-548-7754

Jennifer Eiler, Ongoing Social Work Supervisor  
262-548-7260

Jamie Proctor, Ongoing Social Work Supervisor  
262-548-7272

Jamie Carter .....262-548-7264

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

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

Emily Kerr .....262-548-7239

Nicole Laird .....262-548-7265

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

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

Jessica Palmersheim 262-896-8281

Cindie Remshek .....262-548-7281

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

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

Ashley Vargas .....262-548-7298

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