



Supporting families in the  
St. Croix Valley since 1998

Spring 2016

## Baby & Me Promotes Confidence, Wellness & Community Connection

# REACH FOR THE STARS

CÉAD MÍLE Fáilte:  
A HUNDRED THOUSAND WELCOMES

PLEASE JOIN US FOR THE

## 11<sup>TH</sup> ANNUAL REACH FOR THE STARS

**SUNDAY, APRIL 24**  
**4:30 – 8:30 P.M.**  
**AT KILKARNEY HILLS**  
163 RADIO RD. RIVER FALLS

\$50 per person  
with RSVP by April 6

\$60 per person  
after April 6

Includes an Irish-inspired meal,  
guest speakers, auctions and raffles!

All proceeds benefit the Family  
Resource Center St. Croix Valley!



Find us on  
**Facebook**

Like us on Facebook to  
get updates about classes,  
registration deadlines,  
field trips and links to child  
development resources:

[www.facebook.com/frcscv](http://www.facebook.com/frcscv)

When Robyn Lehman of Deer Park first ventured out of the house alone with baby Hazel, it was a warm Wednesday morning in August, and they headed back to Amery Hospital & Clinic for Baby & Me. Robyn said it seemed like the ideal first outing, knowing she could find support from staff and other moms if need be. Now at six months old, Hazel observes other babies in the group with confidence, and listens attentively as almost five-month-old Hannah Novak of Clayton chatters across the room.

"It's been nice having something to get out of the house for," said Robyn. "I enjoy talking with other moms. Plus, it's just fun to see other babies grow up," noting that she finds it helpful to see how other babies achieve milestones and generally learning what is typical. "(After prenatal class), this is the next step in learning about your baby," she said. "It's nice to know what's coming developmentally, even if you're not there yet."

Sarah Stalheim of Amery has recently joined the group with two-month-old Asher. Sarah finds the group a more engaging way to learn about her son than resources she finds online. "The Internet is just not the same as talking to other moms," she said. After her first class, Sarah and Asher went home and started working more on tummy time. "It helps learning what to focus on. I had heard about tummy time but not necessarily how important it was."

Baby & Me in Amery is facilitated by parent educator Marla Butler, who has worked with the Family Resource Center St. Croix Valley for over 10 years. "We cover a variety of topics in Baby & Me; I am continually evaluating the needs of the group and work to bring in information that will be relevant. We cover some topics fairly regularly – for example sleep and nutrition – because both mom and baby's needs are always evolving."

Amery Hospital & Clinic CEO Debra Rudquist is glad to offer the group in partnership with Family Resource Center St. Croix Valley and United Way Success By 6. "Offering the Baby & Me classes at Amery Hospital & Clinic is an important part of our mission to improve health and well-being in partnership with our patients and community. The vision statement for the Success by 6 program - *All children in our communities by age six, with the strong support of family and community, will have the necessary physical, mental, emotional and social development to successfully grow and learn* - is very much in-line with our Children's Health Initiative which focuses on improving early brain development, providing family centered care, and strengthening communities," she said. "It's clear that there is a strong link between health and well-being early in life, and health and well-being later in life, so this focus on children's health is critical to the health of our communities."

Hospital social worker Kathy Rasmussen believes Baby & Me provides an important opportunity for parents to learn and connect with other moms and dads in the community. "We assume that parents know what to do with babies, but becoming a parent was one of the most humbling experiences I've ever had. I think Baby & Me is good for everybody, because parents of all backgrounds learn from each other – I truthfully wish I'd had that as a new mom," she said, adding, "We're all in this together."

Baby & Me is offered at no cost to families, in six locations across the St. Croix Valley – see page 3 for schedule and group locations. For more information or to register, call the Family Resource Center St. Croix Valley at 715-684-4440.



Moms and babies gather at the weekly Baby & Me group in Amery.

715-684-4440

[info@frcscv.org](mailto:info@frcscv.org) • [www.frcscv.org](http://www.frcscv.org)

## FRCSCV Board of Directors

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The mission of the Family Resource Center St. Croix Valley is to *strengthen children, families, and communities by offering education, resources, and support.*

## FRCSCV Staff

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## NEWSLETTER

**Writer/Editor:** Kristin Thompson

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*Please notify us if your mailing address has changed. For an electronic version of this newsletter, email info@frcscv.org or call Keri@ (715) 684-4440.*

*Thank You!*

## From the Director's Desk

Spring is personally my favorite time of year. There is so much hope and inspiration in the warmer weather and longer days after a long winter.

It seems appropriate then, that April is National Child Abuse Prevention Month. Child abuse can happen in any home, in any neighborhood, within any family. **Research shows that the physical, psychological, and behavioral consequences of child abuse and neglect impact not just the child and family, but the community as a whole.** Since 1998, FRCSCV has worked to prevent child abuse through quality programs that promote health, child development, and family functioning.

FRCSCV staff is vital in this effort, as is the dedicated service of our board of directors. Thus, I would like to thank our board members for their outstanding board service. **Jessie Klopp** is replacing **Barbara Nelson** as our incoming President. Thank you Barbara for your leadership this past year and we welcome Jessie to the helm. We have two board members leaving the board, **Kathy Rasmussen** and **Larry Solberg**, and I want to thank and acknowledge their service to FRCSCV. **Cathleen Shimon** is the newest addition to our board of directors and would like to give her a special welcome. I would also like to introduce **Jalena Timmers**, our newest addition to our parent education staff. Jalena has roots in the region and after having worked elsewhere in the state is making her home in the area once more. We are excited to have her on staff and encourage you to give her a warm welcome. It is with hard work and dedication to children and families that the staff and board are able to continue FRCSCV's mission all these years!

Finally, I would like to invite all of you to attend our 11th annual gala, **Reach for the Stars Céad Míle Fáilte: One Hundred Thousand Welcomes**, on April 24th at Kilkarney Hills in River Falls. Attending this event is one way to support FRCSCV's mission, to do something during Child Abuse Prevention Month directly related to families in your community, and to celebrate with neighbors and friends who also believe in supporting families in the St. Croix Valley! The best part about the evening is to listen to the participant stories – always heartwarming and heartfelt – these stories are truly inspirational. If you would like more information please call 715-684-4440 or email kristin@frcscv.org. We would love to have you join us for this inspiring event!



Patricia Draxler, Executive Director



FRCSVC's 2016 Board of Directors

## ACTIVITIES – March - April - May



### Donate a Dollar for Kids at Dick's Fresh Market

When you shop at Dick's Fresh Market in Amery, Osceola and River Falls the week of March 21-27, you can choose to donate a dollar at the register, and all funds raised will be contributed to Family Resource Center St. Croix Valley in support of programs for local families.

If your business is interested in hosting a fundraiser to benefit the Family Resource Center, please contact Kristin at 715-684-4440 or [kristin@frcscv.org](mailto:kristin@frcscv.org).

### 15th Annual Holiday Shopping Spree will also be the last

The 15th annual Holiday Shopping Spree was held on December 5, 2015 at Greenfield Elementary, raising \$2700 for Family Resource Center programs. Volunteers and staff have jointly determined that the event will not be held again in 2016.

We wish to extend our heartfelt gratitude for the many volunteers, donors and participants who have made this event possible for so many years!

## CALENDAR FOR SPRING 2016 GROUPS

### BABY & ME *(Register at any time by calling 715-684-4440)*

A play and discussion hour for parents and their infants (Birth to one year). Baby & Me classes are provided by Family Resource Center St. Croix Valley as a component of United Way St. Croix Valley's Success by 6 partnership.

- Amery** Wednesdays 10:30 am – 11:30 am  
@ Amery Hospital & Clinic, Birthday Suites Waiting Room
- Baldwin** Wednesdays 1:00 pm – 2:00 pm  
@ Baldwin Area Medical Center, Old Clinic
- New Richmond** Mondays 5:00 pm – 6:00 pm  
@ St. Luke's Lutheran Church, 365 W. River Dr. *(sponsored by Westfields Hospital & Clinic)*
- Osceola** Thursdays 5:00 pm – 6:00 pm  
@ Osceola Medical Center, Physician Education Room
- River Falls** Fridays 10:30 am – 11:30 am  
@ River Falls Area Hospital, Classrooms B & C
- St. Croix Falls** Tuesdays 1:30 pm – 2:30 pm  
@ St. Croix Regional Medical Center, O.B. Waiting Room

### PLAY & LEARN

Play & Learn provides an opportunity for children to interact with their parents and other children their age (Toddlers and Preschoolers). Parents can also discuss parenting strategies, dilemmas, and everyday happenings with a Parent Educator and other parents going through similar situations. Spring Play & Learn begins the week of March 21 and runs through the week of May 23.

**Registration is required by calling 715-684-4440 beginning March 14 at 9:00 am.**

### MORNING PLAY & LEARN

- Amery** Mondays 10:00 am – 11:30 am @ Amery Public Library, 225 Scholl Ct.
- Baldwin** Thursdays 9:30 am – 11:00 am @ FRCSCV, 857 Main St.
- Hudson** Thursdays 9:30 am – 11:00 am @ Bethel Highlands, 504 Frontage Road
- Luck** Tuesdays 9:30 am – 11:00 am @ Luck Public Library, 301 S. Main St.
- New Richmond** Wednesdays 10:00 am – 11:30 am  
@ St. Luke's Lutheran Church, 365 W. River Dr.
- River Falls** Mondays 10:00 am – 11:30 am  
@ River Falls United Methodist Church, 127 S. 2<sup>nd</sup> St.
- St. Croix Falls** Mondays 10:00 am – 11:30 am  
@ Alliance Church of the Valley, 1259 State Road 35

### EVENING PLAY & LEARN

- Baldwin** Mondays 5:30 pm – 7:00 pm @ FRCSCV, 857 Main St.

### PARENT CAFÉ

This pilot project offers families the chance to make new friends, share ideas and discuss your hopes and dreams for your family. The spring session will be held Thursday evenings, March 17, 31 and April 14 from 6 to 8 pm at Abundant Life Learning Center in River Falls.

**Office is closed May 30, 2016**

**Summer Play & Learn registration is Monday, June 6 by calling 715-684-4440.  
Classes begin the week of June 13.**



## Board Member Sam Cari selected as recipient of Blakeman Award

Family Resource Center St. Croix Valley board member Sam Cari has been honored by the Hudson Area Chamber of Commerce and Tourism Bureau as recipient of the prestigious Marie Blakeman Award. Cari has served on the FRCSVC Board since 2009.

"Family Resource Center St. Croix Valley is fortunate to have Sam Cari on our board of directors, said Board Chair Jessie Klopp. "We appreciate the expertise and dedication he brings to the organization." Former board member and volunteer John Marnell was also honored with the Blakeman Award in 2015.

**Congratulations Sam!**



Marie Blakeman Award winner Sam Cari with presenter Barb (Blakeman) Richardson (photo credit: RiverTowns.net)



Office Manager Keri Fitts pictured with her husband Tony and children, Aiden and Olivia

## Staff Spotlight: Keri Fitts, Office Manager

If you call the Family Resource Center office, chances are good you'll speak with office manager Keri Fitts. In addition to assisting people on the phone with a cheerful disposition, she tracks program registration, donations, expenses and everything in between with diligence and accuracy.

Fitts graduated from the University of Wisconsin-Stout with a Bachelor of Science degree in Human Development and Family Studies and a concentration in working with young children, and first worked with the

organization as a parent educator in 2011. "I enjoy helping people in general, which is why I went into [this field of study]," said Fitts. When she left for another job the following year, she told parent educator Marla Butler, "I would love to come back someday if the office manager position opens up."

Fortunately for the Family Resource Center, Fitts did apply when the role became available and joined the staff again in May 2014. It's not hard to see how much she enjoys helping others. "Daily, I am helping people on the phone, those who walk in, and most of all staff," she said.

When she's not at work, Fitts enjoys volunteering at her children's school and keeping busy with their extra-curricular activities. "I missed working for a family-friendly organization that recognizes the importance of raising children and being there for your family," said Fitts. "They grow up too fast – I don't want to miss out!"

## Family Resource Center partners with



**Thrivent Financial for Lutherans®**

Did you know Family Resource Center St. Croix Valley is eligible to receive contributions through a unique charitable grant program called Thrivent Choice®? Eligible members of Thrivent Financial for Lutherans have the opportunity to recommend where some of Thrivent Financial's charitable outreach funds go by participating in Voting Events and directing Choice Dollars®.

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Yes! I want to help the Family Resource Center St. Croix Valley give children the best start possible!

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\$100  \$50  Other

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 Visa MasterCard AmEx

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\_\_\_\_\_ Please contact me about making a gift through my will or estate plan.

I want my gift to fund:

\_\_\_\_\_ Greatest need

\_\_\_\_\_ Program support

\_\_\_\_\_ Grandchildren Honor Roll

(for a gift of \$100 or more, please send us the names and locations of the grandchildren you would like to honor)

\_\_\_\_\_ Bright Futures Long-Term Fund

\_\_\_\_\_ Other

Thank you for helping us "Grow Kids By Growing families!"

Detach Donation Form and mail to:  
 Family Resource Center  
 St. Croix Valley  
 857 Main Street  
 P.O. Box 2087  
 Baldwin, WI 54002





# FRCSCV's Grandchildren Honor Roll

CHUCK & MARY SUE ASH of Hudson, WI

Grandchildren: **Christian & Charlie Ash** of Fridley, MN  
**Elizabeth & Gracie Strandberg** of Duluth, MN

MARLYN AND NANCY BOTTOLFSON of Amery, WI

Grandchildren: **Mackenzie & Brady Bottolfson** of Lake Elmo, MN  
**Lane & Lauren Feder** of St. Peter, MN

BRAD & BETSY BYKER of Osceola, WI

Grandchildren: **Ava Schueller** of Osceola, WI  
**August Byker** of Wasilla, AK

SAM & TERESA CARI of Hudson, WI

Grandchildren: **Clara & Evan Cari** of Hudson, WI  
**Taylor, Carson & Caroline Cari** of Hudson, WI  
**George, William & Charlie Cook** of Hudson, WI  
**Nell Cari** of Deephaven, MN

BOB & CINDY CAMPBELL of Hammond, WI

Grandchildren: **Finley & Jordyn Campbell** of River Falls, WI

THOMAS AND AMY CASEY of Woodville, WI

Grandchild: **Asher Casey**

DANIEL AND PATRICIA DRAXLER of Amery, WI

Grandchild: **Leif Wanken** of Monmouth, IL

CHRISTINE ENGLISH of Hudson, WI

Grandchild: **James English** of Hudson, WI

ANN & BILL FINDLAY of Baldwin, WI

Grandchildren: **Maggie, Ian, Caden & Thane Findlay** of  
US Army Garrison Yongsan, Seoul, South Korea

KEN & MOLLY GALEWYRICK of Amery, WI

Grandchild: **Olive & Rye Weinberger** of Victor, MT  
Great Nephew: **Wyatt & Colon Hebb** of Cloquet, MN

MELVIN & VIVIANNA HANSON of Downing, WI

Grandchildren: **Bridget Draxler** of Monmouth, IL  
**Breanna Draxler** of Manhattan, NY  
**Brooke Draxler** of Mounds View, MN  
**Trish Meyers** of Madison, WI  
**Christopher Hanson** of New Richmond, WI  
**Rhonda Rassbach** of Downing, WI  
**Bo Standaert** of Downing, WI  
**Treena Bonte** of New Berlin, WI  
**Tara Bonte** of Spring Valley, WI  
Great Grandchildren:  
**Izabella & Peyton Rassbach** of Downing, WI  
**Landon & Nolan Standaert** of Downing, WI  
**Amelia & Stella Meyers** of Madison, WI  
**Rowen Hanson** of New Richmond, WI  
**Leif Wanken** of Monmouth, IL

GAIL AND EDMOND HOLROYD, III of Arvada, CO

Grandchild: **Elin Williamson** of Amery, WI

DEVEREAUX AND ROSE LALOND of Rice Lake, WI

Grandchild: **Evelyn Young** of Hammond, WI

SHARON & GARY LOVELL of Hudson, WI

Grandchild: **Finn Russell Norton** of Woodbury, MN

JAY & BETTY MONSON of Baldwin, WI

Grandchildren: **Kaleb & Bella Drinkman** of Baldwin, WI  
**Nella Vankeuren** of Amery, WI

KAREN MATTON of Clear Lake, WI

Grandchildren: **Mason & Hana Uebel** of Roberts, WI

BARBARA NELSON of Emerald, WI

Grandchildren: **Finn, Erin & Nolan McCarthy** of Eagan, MN

TOM & JANET O'CONNELL of Hudson, WI

Grandchildren: **Emma & Tess O'Connell** of Wilson, WI

KATHLEEN and the late FRANCIS OBERMUELLER of Glenwood City, WI

**Jake, Caleb & Elijah Heimer** of Glenwood City WI

**Greg & Aaron Obermueller** of Eagan, MN

**Abigail, Lucas & Logan Obermueller** of Hudson, WI

**Halle, Royal & Reggie Bignell** of Baldwin, WI

ALLEN & JOELL OBERSTADT of Fremont, WI

Grandchildren: **Adam & Michaela Meier** of Woodville, WI

ROGER & JENNY OLSON of Hudson, WI

Grandchildren: **Keegan, Francis, Brennan & Clair Foster** of Hudson, WI

**Otis and Mavis Olson** of St. Paul, MN

DAVID & DORTHEA PRUNTY of Hartford, SD

Grandchildren: **Clara & Walker Boyle** of Woodville, WI

DR. JAMES QUENAN & DR. DANIELLE BUSSE-QUENAN of Amery, WI

Grandchildren: **Alex, Maddie & Francesca Quenan** of Libertyville, IL

**Jonathon, Anna, Sean & Kate Quenan** of Arlington Heights, IL

**Clara Thoreson** of Austin, TX

**Connor, Josie, Ava & Colton Botz** of New Richmond, WI

**Tyler, Drew, & Max Botz** of Eagan, MN

**Gavin Botz** of Eagan, MN

**Kaelyn & Tristan Olson** of Baldwin, WI

**Khelsy Pilacinski** of Baldwin, WI

LANCE & SHARON REYZER of Roberts, WI

Grandchildren: **Carmen Reyzzer** of Woodville, WI

**Evan Reyzzer** of River Falls, WI

JAMES & MARY SCHACKER of St. Paul, MN

Grandchildren: **Maggie and Lily Jansen** of Baldwin, WI

GAIL & GERALD TESSMAN of Amery, WI

Grandchildren: **Jessie Maule** of Denver, CO

**Sarah Maule** of Madison, WI

**Tyler Maule** of Chicago, IL

**Nick & Erica Tessman** of Woodbury, MN

**Casey & Rachel Miller** of Vadnais Heights, MN

SUEANN AND JAMES TAYLOR

Grandchild: **Jackson Taylor** of Baldwin, WI

S. MARK & JACKIE TYLER of Woodville, WI

Grandchildren: **Rhyan, Roslyn & Wesley Nichols** of Baldwin, WI

LOU & KATHLEEN WILLIAMSON of Amery, WI

Grandchildren: **Hans & Elin Williamson** of Amery, WI

**Quinn Williamson** of New Richmond, WI

LORETTA YOUNG of Eau Claire, WI

Grandchild: **Evelyn Young** of Hammond, WI

## HONOR YOUR GRANDCHILDREN

Honor your grandchildren for their birthdays, for their special achievements or milestones, or simply for the joy they bring to your life!

Your name and your grandchildren's names will appear in four issues of this newsletter when you donate \$100 or more to the Family Resource Center.

*\*Please notify Kristin at 715-684-4440 or kristin@frcscv.org to add a new grandchild to your list*



FAMILY RESOURCE CENTER  
ST. CROIX VALLEY

*Growing Kids by Growing Families*

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United Way  
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Would you like to publicize how your business supports our community?  
Call Keri or Kristin at (715) 684-4440.