



FAMILY MATTERS

Supporting families in the
St. Croix Valley since 1998

Fall 2018

Families enjoy outdoor play and fresh, local foods through playgroups and field trips



Families picked beans at a 'Plant & Pick' field trip to Threshing Table Farm in July.

PARENT-CHILD GROUPS

Register for Fall Play & Learn beginning Monday, August 27.

Enrollment in Baby & Me and the Young Parent program is ongoing.

See page 3 for details!



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'Play & Learn in the Parks' is a perennial summer favorite for many families who participate in Family Resource Center St. Croix Valley playgroups. Each year, parents and children enjoy outdoor art, sensory activities and active play at three St. Croix Valley parks. In addition to promoting outdoor play, the summer program encourages parents to incorporate more fresh, local produce into their families' diets. A highlight for many is the June planting activities led by St. Croix Valley Master Gardener and Family Resource Center board member Barbara Nelson. This year, children planted containers with marigolds, peas and beans.

(Continued on page 4)

Staff Spotlight: Parent Educator Lead Susan Hodnefield maintains focus on strengths and self-care

Susan Hodnefield always knew she wanted to work with children and families. She earned both a bachelor's in social work and associate degree in criminal justice, and her career has spanned experiences with people with developmental disabilities and special education, as well as pregnancy counseling and adoption services.

(Continued on page 4)



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

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Newsletter

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From the Director's Desk

This edition's Staff Spotlight about Parent Educator Lead Susan Hodnefield mentions the importance of self-care. In times of stress—especially when raising a family—it helps to have tools and strategies to get back on track. You know the philosophy—put on your own oxygen mask first, then help others around you.

For insights on managing stress and keeping your family strong, I encourage you to check out the **Five for Families** (www.fiveforfamilies.org) public awareness campaign. Launched in July, this statewide campaign includes interviews with Wisconsin parents highlighting five essential strengths that can help parents connect with their kids and feel less stressed and more confident.

The five strengths are:

- Helping Kids Understand Feelings
- Parenting as Children Grow
- Connecting with Others
- Building Inner Strength
- Knowing How to Find Help

The site, sponsored by the Child Abuse and Neglect Prevention Board, also addresses the importance of building family-friendly communities. The Five for Families approach outlines five strategies to build to build stronger communities:

- Help families build inner strength
- Encourage families to connect with others
- Support families so they know how to find help
- Help families parent as their children grow
- Support families as they help kids understand feelings

As I witness the work of our parent educators and our partners throughout Pierce, Polk and St. Croix counties I admire their ability to see positive aspects in any situation, see the strengths of caregivers they work with, and be inspired by the progress they see.

Together we can create strong, family friendly communities that foster a sense of belonging and connection.

We are excited to have new Parent Educator Lori Ollig attend Parents as Teachers certification training this month. I would like to extend our appreciation to Lori Bedessem for her service to Family Resource Center this summer.

Enjoy the beauty of
autumn and the energy it
brings.



Agnes Ring
Executive Director



Board, staff and members of the Baldwin-Woodville Chamber of Commerce participated in a Ribbon Cutting at a May 23 Open House celebrating the Family Resource Center's office expansion and remodel.

CALENDAR FOR FALL 2018 GROUPS

Baby & Me and Play & Learn will be held the week of September 10 through the week of November 12. Ellsworth Play & Learn will not meet on September 12.



BABY & ME Register at any time by calling 715-684-4440. A play and discussion hour for parents and their infants. Babies can observe, interact and explore with other babies while parents connect with other moms and dads. Parents also have the chance to discuss their questions and concerns with a Family Resource Center parent educator and participate in a parenting discussion with other parents. 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 – 11:30 a.m.,
Amery Hospital & Clinic,
Birthday Suites Waiting Room
- Baldwin** Wednesdays 1:00 – 2:00 p.m.,
Western Wisconsin Health, Fitness Center
- New Richmond** Mondays 5:00 – 6:00 p.m., St. Luke's Lutheran
Church, 365 W. River Dr. (Sponsored by
Westfields Hospital & Clinic)
- Osceola** Thursdays 5:00 – 6:00 p.m., Osceola Medical
Center, Cascade Room
- River Falls** Fridays 10:30 – 11:30 a.m., Allina Health
River Falls Clinic, Community Room
- St. Croix Falls** Fridays, 10:00 – 11:00 a.m., St. Croix Regional
Medical Center, Glacier Room



YOUNG PARENT This program for teens who are pregnant or parenting includes twice monthly group meetings and home visits. Participants receive support from parent educators and their peers and are eligible for elective credit toward graduation. Young parents can be referred to the program by their high school guidance counselors or county agencies, or can sign up by contacting the Family Resource Center directly at 715-684-4440.

- Baldwin** 1st and 3rd Thursdays 4:30 – 6:00 p.m.,
Family Resource Center, 857 Main St
- Balsam Lake** 1st and 3rd Tuesdays, 4:30 – 6:00 p.m.,
Polk County Government Center



PLAY & LEARN Register beginning Monday, August 27 at 9:00 a.m. by calling 715-684-4440. Play & Learn provides an opportunity for toddlers and preschoolers to interact with their parents and other children (ages 1-5). Parents can also discuss parenting strategies, dilemmas, and everyday happenings with a parent educator and other parents going through similar situations. 90-minute sessions include parent-child play, story, circle time, children's activity and parent education discussion.

MORNING PLAY & LEARN

- Amery** Mondays 10:00 – 11:30 a.m.,
Amery Public Library, 225 Scholl Ct.
- Baldwin** Thursdays 9:30 – 11:00 a.m.,
Family Resource Center, 857 Main St.
- Ellsworth** Wednesdays 10:00 – 11:30 a.m.,
Ellsworth Public Library, 312 W. Main St.
- Luck** Tuesdays 9:30 – 11:00 a.m.,
Luck Library, 301 S. Main St.
- New Richmond** Wednesdays 10:00 – 11:30 a.m., St. Luke's
Lutheran Church, 365 W. River Dr.
- River Falls** Mondays 10:00 – 11:30 a.m., River Falls
United Methodist Church, 127 S. 2nd St.
- Roberts** Tuesdays 10:00 – 11:30 a.m., Hazel Mackin
Community Library, 311 W. Warren St.
- St. Croix Falls** Wednesdays 9:00 – 10:30 a.m., St. Croix
Falls Public Library, 230 S. Washington St.

EVENING PLAY & LEARN

- Hudson** Tuesdays 5:30 – 7:00 p.m.,
YMCA - Hudson, 2211 Vine St.

**Winter Play & Learn registration begins
Monday, December 17 by calling 715-684-4440.**

(Families enjoy outdoor play and fresh, local foods through playgroups and field trips - Continued from page 1)

Parent Kim Tan participates in Play & Learn year-round, and says her family especially enjoys the messier crafts and sensory activities that she is less likely to take on at home, like moon sand or frozen paint. They also enjoy the stories and circle time; she notes that while her toddler Nakula may not always sing along with the group, she observes him singing and doing the fingerplays at home.



Toddlers and preschoolers enjoy frozen paint on a warm summer day in Centuria.

Family Resource Center also offered 'Plant & Pick' farm tour field trips during July at Threshing Table Farm in Star Prairie. Participants in both home visiting and playgroups were able to sign up for the outings, and a total of 44 children and their parents or caregivers attended. This project received funding from the St. Croix Valley Foundation. Families learned about a variety of crops and had the chance to pick their own produce as part of the tour. "This is a great way to show my kids how our veggies get here!" said one mom. "Such an awesome way to live!"

With the fall season upon us, staff is preparing to resume Play & Learn in nine locations throughout Pierce, Polk and St. Croix counties. These parent-child groups are open to any family at no cost, and include guided playtime, snack and story, parent discussion and circle time/activity. Space is limited; registration begins Monday, August 27 by calling 715-684-4440, and the 10-week fall session starts the week of September 10.

There are also two fall field trips planned, open to any family with children from prenatal to school entry; we'll visit an apple orchard and a pumpkin patch in early October. Follow us on Facebook or visit our website for details – we hope to see you this fall!

(Staff Spotlight - Continued from page 1)

Susan joined the staff of Family Resource Center St. Croix Valley as a Parent Educator in 2012 and enjoys helping parents find resources and achieve their goals through the Home Visiting program. She also works closely with participants in the Young Parent group, creating a safe space for them to find support from others in similar situations.

Susan is aware of the importance of self-care and reminds moms and dads to meet their own needs in order to be able to provide the best care of their children. She believes it is important that participants know that any personal information they share will be treated as confidential and that they will not be judged. Susan says that clients often open up about struggles with mental health; she helps them to recognize their resilience and see how far they've come.

"I have had the privilege of joining Susan during a number of visits with families," said Development & Communications Coordinator Kristin Thompson. "She has a gift for noticing people's strengths and is always generous with her praise. I appreciate the positive outlook she brings to any situation."

Susan took on the position of Parent Educator Lead in 2016. She also serves as the leader of the Family Resource Center's Continuous Quality Improvement Team, where she engages with other home visiting agencies around the state to identify and test strategies for improving outcomes for the families we serve. "Susan is a team player who leads by example," said Executive Director Agnes Ring. "She is passionate about her work with families and is committed to developing our home visiting team to be the best they can be. Her strong work ethic is balanced with a sense of humor."

She brings the values of open communication and self-care to her role as a manager as well. "The one thing I have always appreciated is the open-door policy that is given to me, and I offer that to the staff I supervise -- to reach me if they need anything," Susan said. "I feel we have a great team of people working together to support the mission of the Family Resource Center, and I know that if I ever need support or assistance I can count on anyone for their assistance and not be judged. I have enjoyed the creativity on our team and flexibility we have in our organization!"



Quilt Raffle Winner Drawn

Three members of the Windmill Piecemakers Quilt Guild – Dar Sittlow, Kris Pederstuen, and Joan Vobejda – created a queen-sized quilt to raise funds for Family Resource Center programs.

The project received seed money as part of a Thrivent Action Team, coordinated by board member Barbara Nelson. Additional support was provided by the Lincoln HCE (Home & Community Education) club, Topstitchery and A Little Piece of Mind.

Tickets were sold throughout the spring, and the winner was drawn at the Family Resource Center's May 23 Open House. The raffle raised over \$2,000 for Family Resource Center programs. Thanks to all who purchased tickets!



Family Resource Center supporter Tracey Schug-Peterson was the winner of the 'Celtic Knots - Family Ties' quilt raffle fundraiser.

Honor and Memorial Giving: Supporting Family Matters!

Honor and memorial gifts are a thoughtful way to pay tribute to someone special while supporting local families! Family Resource Center St. Croix Valley is pleased to recognize the following individuals:

In honor of grandchildren Finley and Jordyn Campbell

Bob and Cindy Campbell

In memory of Jean Pearson

Dick Pearson

In honor of grandchildren Evelyn and Jacob Young

Loretta Young

(Gifts received May 1 – July 31, 2018)

Honor and memorial gifts received from August 1 – October 31, 2018 will be recognized in the winter edition of our Family Matters newsletter. Memorial gifts will be directed to the Bright Futures Long-Term Fund unless otherwise requested by the donor.



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

Name(s) _____

Address _____ City _____ State _____ Zip _____

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My check, payable to FRCSCV, is enclosed in the amount of: \$25 \$50 \$100 \$250 \$500

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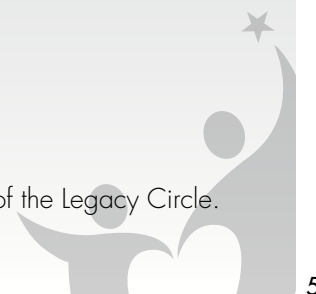
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(Please provide contact information if you wish for us to notify someone of this gift).

I would like to make a gift through my will or estate plan. Please contact me about becoming a member of the Legacy Circle.

Thank you for investing in families! Please detach this form and mail to:

Family Resource Center St. Croix Valley, PO Box 2087, 857 Main St., Baldwin, WI 54002





FAMILY RESOURCE CENTER
ST. CROIX VALLEY

Growing Kids by Growing Families

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