



# FAMILY RESOURCE CENTER St. Croix Valley

*Serving Families in Pierce, Polk, and St. Croix Counties*

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United Way  
St. Croix Valley



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# FAMILY MATTERS

THE QUARTERLY NEWSLETTER OF FAMILY RESOURCE CENTER ST. CROIX VALLEY

SPRING 2021



## MAY IS MENTAL HEALTH AWARENESS MONTH

The month of May is Mental Health Awareness Month, created to increase public awareness of mental health conditions and break down the silence and stigma that may be isolating to those experiencing symptoms.

**“Paying attention to your mental health is equally important as your physical health,”** shares Jennifer Griggs-Andress, Executive Director of Mental Health Task Force (MHTF) of Polk County.

The goal of MHTF is to work collaboratively to increase mental health literacy, improve access to mental health services and reduce suicides to zero in Polk County. The MHTF works collaboratively with mental health care providers, government and law enforcement representatives, human service agencies, school personnel, and community members.

“We want to help bring awareness of resources in the community. People are hesitant to address possible mental health needs due to stigma. We are here to help reduce the stigma. We want to promote a strength-based approach and look at how we can build resilience in our community members.”

Much of the work of the MHTF moving forward will be about collaboration.

“There are so many amazing resources in Polk County, including Family Resource Center St. Croix Valley. We know that the work Family Resource Center does supports families. We know that meaningful community connections can impact mental health in a positive way,” said Jennifer.

Early intervention and seeking help are key in addressing symptoms of mental illness and can prevent further decline. Know that there is help available. For more information, contact Jennifer at [jenniferga@mentalhealthpolk.org](mailto:jenniferga@mentalhealthpolk.org).

Reach for the Stars Gala  
**Roaring 20s  
MASKERADE**  
*Feathers, Flappers & Face Masks*

### SAVE THE DATE! APRIL 14, 2021

Our 16th Annual  
Reach for the Stars  
Gala is going virtual!

Join us from the comforts  
of your home.

More details on page 3.

Contact Keri for sponsorship  
opportunities and donation  
needs at [keri@frscsv.org](mailto:keri@frscsv.org)

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### NEWSLETTER

**Editor** Keri Fitts  
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## BOARD SPOTLIGHT: MARY SUE ASH — FOUNDER, LEADER, SUPPORTER

In 1998, Mary Sue Ash and a group of community members founded Family Resource Center. From her career in education, Mary Sue knew that there was enormous value in investing in early childhood- helping to ensure every family has the opportunity to learn and grow. The mission of Family Resource Center – strengthening children, families, and communities by offering education, resources, and support – is reflected in Mary Sue's life-long commitment to strengthening families.



*Mary Sue and Chuck Ash have not missed a single Reach for the Stars gala event! They have been proud attendees for the past 15 years!*

Family Resource Center has been blessed to have Mary Sue as a driving force on the Board of Directors. In the beginning years, board members were involved with the day-to-day challenges of starting, growing, funding and publicizing Family Resource Center. With a solid organization base now, the board plays a key role in overseeing and guiding Family Resource Center in advancing it's mission. **(Continued on Page 4)**

## BOARD OF DIRECTORS

<b>Mark Tyler, President</b>	<b>Julie Foss</b>	<b>Carla O'Connell</b>
<b>Mary Sue Ash</b>	<b>Tony Gould</b>	<b>Alison Page</b>
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<b>Bill Findlay</b>	<b>Amber Morgan, MD</b>	
<b>Chad Fett</b>	<b>Barbara Nelson</b>	

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

## STAFF



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## FROM THE DIRECTOR'S DESK



As I write this column in February 2021 I think back to last February – no mention of COVID in the Winter 2020 Family Matters edition. Hard to believe how much the world has turned since then.

Despite the ongoing challenges of the pandemic, Family Resource Center has consistently been there for families in our region. Beginning in late

March 2020 our home visits were conducted by phone or video. While all in-person programming was suspended in March, we began offering programs virtually by May—including Welcome Baby visits to parents of newborns in hospitals and Baby & Me classes.

We expanded our Triple P (Positive Parenting Program) offerings and launched a new evidence-based parent education program called *Early Childhood Families and Schools Together (ECE FAST)*. We also invested significantly in professional development of our staff. While we miss connecting in-person the response to virtual programming has been positive—especially during the winter months.

### 2020 BY THE NUMBERS

Every year we track the unduplicated count of participants in our programs. Here are some highlights from 2020 (watch for our annual report in June for more information). We served 113 families with 1,600 home visits in our Parents as Teachers program. We served 23 families with Triple P home visits. We visited 169 families of newborns sponsored by the United Way Success By 6 partnership with Western Wisconsin Health, St. Croix Regional Medical Center, Osceola Medical Center, Westfields Hospital and Clinic, and Amery Hospital and Clinic. We trained 12 family service professionals in the Protective Factors. In our group connections we served 203 individuals.

### PRESCHOOL DEVELOPMENT INNOVATION GRANT

We are excited to announce that Family Resource St. Croix Valley was one of eight innovation grants funded by the Wisconsin Dept. of Children and Families. The \$50,000 grant is to implement a strategy to expand early childhood education opportunities and engage the private sector business community to join the effort to enhance early childhood education opportunities. Watch for more information!

### APRIL IS CHILD ABUSE PREVENTION MONTH

Plan to join us Sunday, April 18 to mark Child Abuse Prevention month for the kickoff of our annual Reach for the Stars gala Roaring 20s Maskerade. For the second year in a row the program will be virtual. Watch the program. Share the link with a friend. Your support truly makes a difference in the lives of local children, families and communities.

Be well. Stay safe,

**Agnes Ring, Executive Director**



# THANK YOU!



Thank you Zion Lutheran Church of Woodville.

We appreciate your support to families in need!



Thank you for your donation of 150 masks, Sandra!

## 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. (Gifts received November 1 – January 31, 2021)

**In memory of Stephen Cysewski  
Janette Cysewski**

**In honor of ELL Students  
Dean and Mary Van Galen**

**In memory of Karen Dahl  
Jacqueline Mileuscnic  
Lawrence and Kathleen Panciera  
John Mariam Calkins  
Donna & Waren Beck**

**In honor of Barbara Nelson  
Judith Edgar  
Jerome and Mary Halls**

**In memory of Mark Lightfoot  
Beverly Lightfoot**

**In memory of Ethan Ranallo  
Jim and Nada Merth**

**In memory of Francis Obermueller  
Kathleen Obermueller**

Honor and memorial gifts received from February 1 – April 30, will be recognized in the summer 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 \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

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

**I will set up a recurring monthly gift with my bank in the amount of \$ \_\_\_\_\_**

If you wish to give using a credit card, please visit our website at [www.frcscv.org](http://www.frcscv.org) to make a secure online gift.

I want my gift to fund:  Home Visits  Parent-Child Groups  Greatest Need  Bright Futures Long-Term Fund

My employer will match my gift; please contact me.

I would like to give in honor / memory (please circle) of a loved one: \_\_\_\_\_

*(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**



# CALENDAR FOR SPRING 2021 GROUPS

ALL IN-PERSON GROUP CONNECTIONS HAVE BEEN SUSPENDED AS PRECAUTION DUE TO THE COVID-19 PANDEMIC.



## WHAT PROGRAMMING IS AVAILABLE?

Check out our website and Facebook for the most up to date programming information! All of our programming is virtual.

Registration is required. See our website under the REGISTER TODAY! tab.

Mar 2	ECE FAST Group Connection	9:30-11:00 am
Mar 3	Baby & Me	10:00-10:45 am or 5:30-6:15 pm
Mar 4	Discussion Group: Managing Fighting & Agression	10:00-11:30 am
Mar 9	Discussion Group: Managing Fighting & Agression	10:00-11:30 am
Mar 10	Baby & Me	10:00-10:45 am or 5:30-6:15 pm
Mar 18	Informed Workshop: Balancing Work & Family	10:00-11:30 am
Mar 23	Informed Workshop: Balancing Work & Family	4:00-5:30 pm
Mar 25	Seminar: Raising Resilient Children	4:00-5:30 pm
Apr 7	Baby & Me	10:00-10:45 am or 5:30-6:45 pm
Apr 13	Discussion Group: Dealing with Disobedience	5:00-6:30 pm
Apr 14	Baby & Me	10:00-10:45 am or 5:30-6:45 pm
Apr 15	Seminar: The Power of Positive Parenting	5:00-6:30 pm
Apr 20	Informed Workshop: Tantrums	10:00-11:30 am
Apr 21	Baby & Me	10:00-10:45 am or 5:30-6:45 pm
Apr 22	Informed Workshop: Tantrums	5:00-6:30 pm
Apr 27	Discussion Group: Developing Good Bedtime Routines	5:00-6:30 pm
Apr 28	Baby & Me	10:00-10:45 am or 5:30-6:45 pm
Apr 29	Informed Workshop: Balancing Work and Family	10:00-11:30 am
Apr 29	Seminar: Raising Confident, Competent Children	5:00-6:30 pm
May 4	Informed Workshop: Self-Esteem	10:00-11:30 am
May 5	Baby & Me	10:00-10:45 am or 5:30-6:45 pm
May 11	Discussion Group: Hassle-Free Shopping	5:00-6:30 pm
May 12	Baby & Me	10:00-10:45 am or 5:30-6:45 pm
May 18	Informed Workshop: Coping with Stress	10:00-11:30 am
Apr 29	Seminar: Raising Resilient Children	5:00-6:30 pm
May 19	Baby & Me	10:00-10:45 am or 5:30-6:45 pm
May 25	Discussion Group: Fighting and Aggression	5:00-6:30 pm
May 26	Baby & Me	10:00-10:45 am or 5:30-6:45 pm
Jun 2	Baby & Me	10:00-10:45 am or 5:30-6:45 pm
Jun 9	Baby & Me	10:00-10:45 am or 5:30-6:45 pm



# Roaring 20s MASKERADE VIRTUAL GALA

*Feathers, Flappers & Face Masks*

ONLINE EVENT: Sunday, April 18 at 4:00 p.m.

ONLINE AUCTION:

Wednesday, April 14 - Saturday, April 24



## WE ARE GOING VIRTUAL!

Join us for our online auction which will run April 14 - April 24. You can pre-register today by going to our website, [frscv.org/reach-for-the-stars](http://frscv.org/reach-for-the-stars). On April 14, when the auction goes live, we'll send you a link so you can start bidding!

Our program will include our Executive Director, Agnes Ring, Board President Mark Tyler and stories from two of our families.

Stay up-to-date with everything by following our Facebook page [facebook.com/frscv](https://facebook.com/frscv).

### ***(Board Member Spotlight, Continued from Page 1)***

Mary Sue is passionate about educating board members about the science of brain development and empowering parents to be their child's first and best teacher.

Mary Sue said one of her most memorable times with Family Resource Center was the first Reach for the Stars fundraiser in 2006 to fund and publicize the growing needs of the organization, following a year of director/board training and planning challenges. Another memorable experience was the 2018 20th Anniversary celebration, which brought together former and current board and staff members to celebrate two decades of making a difference in Pierce, Polk and St. Croix counties.

"I've learned that many wonderful people working together toward a common goal can make a huge impact in the lives of children and families." Mary Sue said.

From everyone at Family Resource Center, we thank you Mary Sue for your dedication and continued leadership at Family Resource Center!



## BOOK DRIVE BRINGS IN 1,903 BOOKS

Family Resource Center St. Croix Valley held a book drive this fall, collecting 1,903 new and gently used books for area families participating in their Home Visiting program. Donations were received from many individuals, businesses and community groups, and new books were purchased with support from Thrivent Financial. Thanks to our generous supporters for helping to make the book drive a success!

We have ongoing need for donation of diapers, books and other supplies. If you or your organization are interested in contributing, contact us to inquire about current needs, or visit our website: [frscv.org/support-us/wish-list](http://frscv.org/support-us/wish-list).

### **We are currently in need of the following items:**

- Diapers (esp. sizes 3-6) and baby wipes
- Board books (infant, toddler, preschool)
- Infant toys (new teething toys and rattles)
- Formula — variety of types, samples or cans
- Portable Cribs (i.e. Pack 'n' Play — new or gently used)
- New bibs, burp cloths and receiving blankets
- \$10 'gas only' gift cards
- Gift cards to Walmart or Target (any amount)
- Paper towels and Clorox wipes
- First-class (Forever) stamps
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