



Family Matters

The Quarterly Newsletter of Family Resource Center St. Croix Valley Winter 2022

Save the Date!
Our annual Reach for the Stars Gala is scheduled for Sunday, April 24, 2022!

Scan This

QR code to visit our website and learn more about our no-cost programs.



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Newsletter

Editor
Sarah Weiske

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Oliver & Keltie

When Dawn and Kenton Lang were in the hospital after giving birth to their firstborn son Oliver, they met Family Resource Center Parent Educator, Marla. While in the hospital they realized they could benefit from the education, resources and support they learned about after Oliver's birth and signed up to begin home visits.

Just before Oliver turned 3, his parents noticed he had a speech delay. In need of support, they instinctively reached out to Marla where to resume home visits and Marla referred them to Birth-3. Oliver began working with Marla, a speech therapist and even had tubes put in his ears!

With the care and support that he received, his speech has developed exponentially, and he started junior kindergarten this fall! He loves school and continues to receive services while in the classroom.

Oliver's sister Keltie also began working with Marla when she was born, just a year ago. At her 9-month health check, their pediatrician discovered that Keltie had troubles with her eyesight and needed glasses. Marla referred the family to a local organization to help fund Keltie's new pink glasses.

Oliver, Keltie and family continue to receive the concrete support that Family Resource Center provides to local families.



Images from FRC Summer FAST program, painting on bubble wrap.

Learn to Play and Play to Learn!

Developing Fine Motor Skills at Ellsworth Elementary School

Thanks to Mary Zimmerman, Special Education Director, Ellsworth School District

Small movements of the hand and wrist are referred to as fine motor skills. At the 4K level we see children with an increasing deficit of fine motor skills. Many do not have the stamina to complete activities such as snapping a coat button, writing or coloring that require fine motor strength and coordination. Through classroom activities and newsletters to families, we stress the importance of increasing these skills. As we prepare students for kindergarten, where daily writing is a part of their instruction, students need to do more activities to increase their fine motor abilities.

(continued on page 5)

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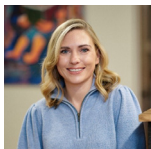
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The mission of Family Resource Center St. Croix Valley is to strengthen children, families, and communities by offering education, resources, and support.

Staff



Agnes Ring
Executive Director
ring@frcscv.org



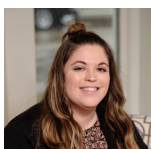
Jennifer Jones
Office Manager &
Program Administration
Coordinator
jennifer@frcscv.org



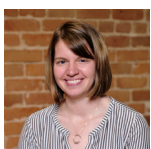
Marla Butler
Parent Educator Lead
marla@frcscv.org



Kristine Brede
Parent Educator
kristine@frcscv.org



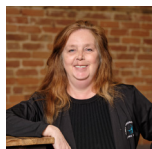
Jillian Cordova
Parent Educator
jillian@frcscv.org



Jalena Ziemba
Parent Educator
jalena@frcscv.org



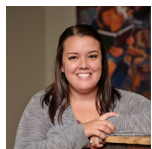
Sarah Weiske
Development &
Communications
Coordinator
sarah@frcscv.org



Robbyn Bowman
Parent Educator
Lead
robbyn@frcscv.org



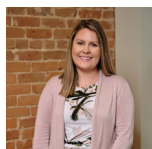
Susan Hodnefield
Parent Educator
Lead, LSW
susan@frcscv.org



Ashley Bruggeman
Parent Educator
ashley@frcscv.org



Lori Ollig
Parent Educator
lori.o@frcscv.org



Karia Ristow
Parent Educator
karia@frcscv.org

From the Director's Desk



Friends of Family Resource Center St. Croix Valley, As 2021 ends, we continue to pivot in response to the effects of the pandemic. In this edition of Family Matters, notice our upcoming winter program schedule includes both in-person and virtual programs.

I am proud of the FRCSVCV Team Members for the creativity, flexibility, and perseverance they have demonstrated in engaging families in this uncertain environment. This year 1,400+ books were distributed to families enrolled in our home visiting program. We have launched new programs and continue to forge new partnerships with employers, schools, and agencies. We are also excited about expanding opportunities for parent partners to participate in the planning and facilitation of Parent Cafes and Early Childhood Education Families and Schools Together programs.

And it's that time of year that the Reach for the Stars Committee is busy planning the annual gala—mark your calendar for April 24!

TRANSITIONS

From both the FRCSVCV staff and Board of Directors, our sincere thanks go to Mark Tyler for serving as 2021 board president. Mark, retired founder of OEM Fabricators, is a long-term thinker who sees the importance of early childhood—and how it relates to a strong workforce and strong community. We extend a warm welcome to incoming board president Barry Cain, Superintendent of Schools at Ellsworth, who takes the reins in January.

After 13 years of dedicated service, Barbara Nelson is stepping down from the Board of Directors. In addition to having served as president, vice president and secretary, Barbara has been a tireless volunteer on the Reach for the Stars Committee and many projects—including an annual summer Play & Learn planting project—and book drives. We extend a heartfelt thank you to Barbara, a retired public health nurse, for her years of dedicated leadership and commitment to strengthening children and families.



We are delighted to welcome Sharon Reyzer back to the Board. Sharon was a founding member of the Family Resource Center Board in 1998 and served for 10 years.

This month we bid farewell to two admired colleagues—Office Manager Jeena Norenberg, who is excited about spending more time with her family, and Parent Educator Jill Cordova, who is leaving to work at an organization which focuses on supporting professionals working on behalf of young children. Thank you Jeena and Jill for their humor, passion, and service to FRCSVCV. Also special thanks to Lisa Lovestrand who shared her project management skills with us this fall.

We are excited to welcome new Office Manager Jennifer Jones to FRCSVCV! Jennifer has run her own organization business for several years. She and her husband live in Baldwin with their three sons. Please introduce yourself to Jennifer and welcome her aboard!

Throughout the year I am humbled by the generosity of the community—both with financial contributions and the blankets, hats, mittens, gloves, clothing, and books for families. Our annual fund appeal is underway. Please consider a donation to support the important work of strengthening children, families and communities in Polk, Pierce, and St. Croix Counties.

Wishing you all the best for a healthy, happy year in 2022!

Agnes Ring,
Executive Director

(Learn to Play and Play to Learn, continued from page 1)

Hand skills are crucial to successful handwriting. Here are suggestions to strengthen your child’s hand and increase their stamina for writing and other activities. Most are simple supplies you already have around the house or daycare:

- Stickers** – Stickers are small and delicate. They require children to use a neat pincer grasp with the tip of their fingers and to be gentle so as not to crumple the sticker (graded finger control).
- Scissors** – The open and closing motion of the hand helps strengthen the same muscles of the hand that are used for handwriting.
- Shoelaces** – These can be used to work on various fine motor skills, such as lacing beads or homemade lacing cards.
- Golf Tees** – Push into play-doh or Styrofoam with fingers and remove. To increase difficulty, balance marbles or pom poms on top of the golf tee.
- Shaving Cream** – Practice forming letters.
- Bubble Wrap** – Pop it, color it or put stickers on the bubbles.
- Q-Tips** – Push Q-Tips through the holes of a strainer.
- Cotton Balls** – Use tongs to transfer cotton balls from one bowl to another.
- Playing Cards** – play memory/concentration, flipping, sorting, stacking, etc.
- Disposable Cups** – Stack/unstack, create pyramids, sort by size/color.
- Beads** – Hide small beads in play-doh or putty and use fingers to pull them out, string bead on pipe cleaner or string. The small size of beads provides the opportunity to work on neat pincer grasp.



Special Events at Family Resource Center!

With funding provided by the WI Department of Children & Families via the Preschool Development Grant Birth - 5 Initiative we hosted several special events this fall to Threshing Table Farms, Z-Orchard, Glenna Farms, White Pine Berry Farm, and Crystal Ball Dairy.

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 July 1-November 1.

In honor of Barbara Nelson’s Birthday
Debra Wild
Diane Hoogheem
Mary Halls
Marjorie Dusek
Judith Edgar

Agnes Ring in memory of
David Mattison
Nancy Fennern
Krissa Coleman

John Calkins in memory of
wKaren Dahl

Memorial gifts will be directed to the Bright Futures Long-Term Fund unless otherwise requested by the donor.

Gift Amount \$ _____

- My check is enclosed [payable to FRCSVCV]
- I will set up a recurring monthly gift with my bank in the amount of \$ _____
- I would like to give in honor/memory of a loved one. Name _____
\$ _____

If you would like us to notify someone of an honor/memorial gift, please add contact information below.

To pay by credit card, simply scan the QR code with your phone camera to make a secure online donation.

Name _____

Street _____ City _____ State _____ Zip _____

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- I wish to make this gift anonymously.
- My group/business would like to learn more about FRCSVCV's work.
- My employer will match this gift [please enclose the necessary information].
- I would like to make a gift through my will or estate plan [please call 715.684.4440].
- I would like to receive the FRCSVCV quarterly newsletter.



Your gift supports Family Resource Center St. Croix Valley's mission to strengthen children, families and communities by offering education, resources and support.

Thank you for investing in local families!

2022 Winter Program Calendar

January

DATE	TIME	CLASS	TOPIC OR LOCATION
January 11	9:30-11am	Play & Learn	Luck Public Library
January 11	10:30-11:30am	Play & Learn	River Falls Public Library
January 12	10-10:45am	Virtual Baby & Me	Health after the Holidays: Keeping Yourself & Baby Well During Winter
January 12	9:30-11am	Virtual FAST	FAST
January 13	9:30-11am	Play & Learn	FRC Baldwin
January 18	9:30-11am	Play & Learn	Luck Public Library
January 18	10-11:30am	Virtual Triple P	Developing Good Bedtime Routines
January 18	10:30-11:30am	Play & Learn	River Falls Public Library
January 18	5:30-7pm	In-Person Triple P	Developing Good Bedtime Routines
January 19	9:30-11am	Virtual FAST	FAST
January 19	10-10:45am	Virtual Baby & Me	Car Seat Safety: During Winter and all Year Round
January 20	9:30-11am	Play & Learn	FRC Baldwin
January 24	5-7pm	Parent Cafe	Brewing Strong Families and Communities
January 25	9:30-11am	Play & Learn	Luck Public Library
January 25	10:30-11:30am	Play & Learn	River Falls Public Library
January 26	9:30-11am	Virtual FAST	FAST
January 26	10-10:45am	Virtual Baby & Me	Sleep Patterns and Routines
January 27	9:30-11am	Play & Learn	FRC Baldwin

February

DATE	TIME	CLASS	TOPIC OR LOCATION
February 1	9:30-11am	Play & Learn	Luck Public Library
February 1	10:30-11:30am	Play & Learn	River Falls Public Library
February 1	5:00-7pm	Virtual Young Parent	Young Parent Cafe
February 2	9:30-11am	Virtual FAST	FAST
February 2	10-10:45am	Virtual Baby & Me	Your Baby's Teeth: Dental Health Awareness Month
February 3	9:30-11am	Play & Learn	FRC Baldwin
February 7	5-7pm	Parent Cafe	Brewing Strong Families and Communities
February 8	9:30-11am	Play & Learn	Luck Public Library
February 8	10:30-11:30am	Play & Learn	River Falls Public Library
February 9	9:30-11am	Virtual FAST	FAST
February 9	10-10:45am	Virtual Baby & Me	Valentine's Day Keepsake Craft
February 10	9:30-11am	Play & Learn	FRC Baldwin
February 15	10-11:30am	Virtual Triple P	Coping with Stress
February 15	9:30-11am	Play & Learn	Luck Public Library
February 15	5:00-7pm	Virtual Young Parent	Young Parent Cafe
February 15	5:30-7pm	In-Person Triple P	Coping with Stress
February 16	9:30-11am	Virtual FAST	FAST
February 16	10-10:45am	Virtual Baby & Me	Exercising with Baby
February 17	9:30-11am	Play & Learn	FRC Baldwin
February 22	9:30-11am	Play & Learn	Luck Public Library
February 22	10:30-11:30am	Play & Learn	River Falls Public Library
February 23	9:30-11am	Virtual FAST	FAST
February 23	10-10:45am	Virtual Baby & Me	Babies Cry: Have a Plan
February 24	9:30-11am	Play & Learn	FRC Baldwin
February 28	5-7pm	Parent Cafe	Brewing Strong Families and Communities

March

DATE	TIME	CLASS	TOPIC OR LOCATION
March 1	9:30-11am	Play & Learn	Luck Public Library
March 1	10:30-11:30am	Play & Learn	River Falls Public Library
March 1	5:00-7pm	Virtual Young Parent	Young Parent Cafe
March 2	9:30-11am	Virtual FAST	FAST
March 2	10-10:45am	Virtual Baby & Me	Raising a Reader: The Importance of Early Literacy
March 3	9:30-11am	Play & Learn	FRC Baldwin
March 8	9:30-11am	Play & Learn	Luck Public Library
March 8	10:30-11:30am	Play & Learn	River Falls Public Library
March 9	10-10:45am	Virtual Baby & Me	Five Strengths for Families
March 10	9:30-11am	Play & Learn	FRC Baldwin
March 15	10-11:30am	Virtual Triple P	Dealing with Disobedience
March 15	9:30-11am	Play & Learn	Luck Public Library
March 15	10:30-11:30am	Play & Learn	River Falls Public Library
March 15	5:30-7pm	In-Person Triple P	Dealing with Disobedience
March 16	10-10:45am	Virtual Baby & Me	Attachment: Your Relationship with Baby
March 17	9:30-11am	Play & Learn	FRC Baldwin

Check our website fresev.org for up-to-date program information.

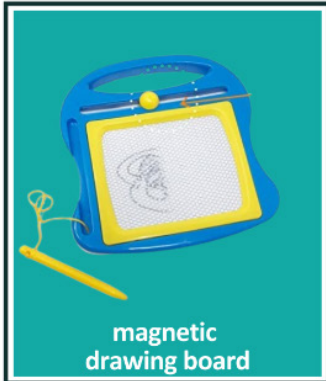


with Family Resource Center St. Croix Valley's

kindergarten readiness kit



activity book & child safe-scissors



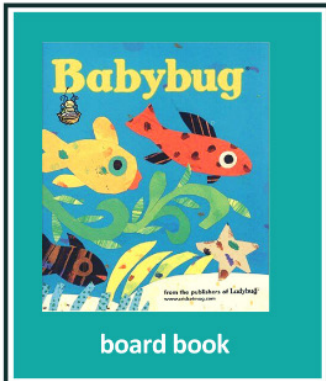
magnetic drawing board



lacing bead set



triangular crayons



board book



reusable string bag

During our recent Tri-county Economic Development 'Workforce Development Begins at Birth Workshop' Carol Kline, Director of Special Education at Unity School District was a featured speaker.

She shared concerns about troubling behavioral trends they have observed by children entering kindergarten, such as: limited communication skills, grunting responses to questions, inability to regulate emotions and limited fine motor skills.

This is where what we do is important! With funding provided by the WI Department of Children & Families via the Preschool Development Grant Birth – 5 Initiative, we have developed Kindergarten Readiness Kits. These kits contain items to focus on developing a child's fine motor skills before they enter kindergarten and introducing families to our programs, services and resource referral network.

The kits were part of a pilot program to work with local businesses to offer these items to members of their workforce with young children. Research shows that investing in early childhood education has a significant return to the child, family, community and even the future workforce!

You can view the workshop on our website at frcscv.org.

Books are Magic! Sharing Some of Our Favorites at Family Resource Center



A book review by Jillian Cordova, Parent Educator

"I love this book because it has a lot of rhyme and is great for parents or caregivers to read with their kids before going to school to reduce stress & anxiety. It also has colorful illustrations that illuminate this uplifting takeoff on the classic Christmas poem."

We love books and encourage reading. New babies are given books & each month families enrolled Inhome visiting receive two books to encourage early reading habits & brain development.





Family Resource Center

St. Croix Valley

Serving Families in Pierce, Polk and St. Croix Counties

857 Main Street
PO Box 2087
Baldwin, WI 54002

Phone: (715) 684-4440
Fax: (715) 684-5122
E-mail: info@frcscv.org
Web: www.frcscv.org



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