



# FAMILY MATTERS

THE QUARTERLY NEWSLETTER OF FAMILY RESOURCE CENTER ST. CROIX VALLEY

FALL 2020



Amy Kasuboski stopped by with a generous donation of 100+ books, formula and clothes. Her helpers were Hatti and Evan!

## BABY & ME GOES VIRTUAL: NEW MOM SHARES STORY OF SUPPORT, COMMUNITY, AND SENSORY PLAY

Welcoming a new baby can be overwhelming. Among other challenges it comes with sleep deprivation and lots of questions. Pre-pandemic, many parents already felt isolated and alone. When in-person programming was suspended last spring, Family Resource Center St. Croix Valley knew it was critical to adapt to the ever-changing world to meet the needs of families.

In June, Family Resource Center launched virtual Baby & Me, allowing parents from anywhere in our service area (and beyond) to connect with other new parents.

“After delivering Evie in May 2020, one of the things I grieved was that the hospital we delivered at wasn’t offering mother-baby classes,” says Danielle Chollett, program participant. “I was so excited when I saw Family Resource Center was offering a virtual class during this unique time. It has been a great substitute to in-person classes given the current status of the world.”

Asked what she enjoys most about virtual Baby & Me, Danielle says, “Sensory play! I learned so many great ways to incorporate sensory play throughout all 12 months of baby’s first year; both from Family Resource Center staff and other fellow moms in the group. The discussions really help me think outside of the box about play that incorporates all five senses.”

“It has been a wonderful experience participating in Virtual Baby & Me,” said Danielle. “I would highly recommend it to any new moms seeking support and community with other new moms, and for moms who seek to gain useful information on several relevant topics regarding raising babies during their first year of life.”

Baby & Me groups are facilitated on Zoom by two Family Resource Center Parent Educators. Each session has a featured topic and provides an opportunity for parents to discuss topics of their choice.

“I loved that the Baby & Me participants were very supportive of each other and open to suggestions from others who had been through similar situations,” says parent educator Lori Ollig. “Even though participants were not face-to-face, they were still able to make connections with one another.” **(Continued on page 3)**



“Virtual Baby & Me has allowed me to connect to other moms during this time that I wouldn’t have otherwise had, had I not registered for the class,” said Danielle. “It allowed me to be a part of a community of moms who encourage each other, especially when being a new mom sometimes feels lonely and isolating and especially so during a pandemic.”



Parent Educator Kristine Brede shows off the new office look.

## VIRTUAL PARENT-CHILD GROUPS

Register for virtual Baby & Me beginning Monday, August 31 at 9 a.m. by going to our website at [www.frscv.org](http://www.frscv.org) and clicking on the register tab.

## MISSING PLAY & LEARN?

Register for a new virtual group connection, *FAST (Families and Schools Together)*. See page 3 for more details.

## YOUNG PARENT PROGRAM

Virtual Young Parent Program will launch this Fall. Contact [info@frscv.org](mailto:info@frscv.org) for more information.

## TRIPLE P – POSITIVE PARENTING PROGRAM

This is one of the most effective evidence-based parenting programs in the world, backed up by more than 35 years of ongoing research. Join us for one of our virtual discussion groups or seminars. More information can be found on our website under the Programs tab.



## LIKE US ON FACEBOOK

Like us on Facebook to get updates about classes, registration deadlines, and links to children development resources. [www.facebook.com/frscv](https://www.facebook.com/frscv)

## STAFF SPOTLIGHT: PARENT EDUCATOR LEAD ROBBYN BOWMAN ALWAYS READY TO GROW PROFESSIONALLY



Ready to learn and grow, Robbyn Bowman joined the staff of Family Resource Center as a Parent Educator in 2013 and became a Parent Educator Lead in 2016. Before joining Family Resource Center, Robbyn was the Children & Youth Advocate at a domestic violence shelter. She saw the role change as an opportunity to grow both personally and professionally. “I enjoy learning overall,” said Robbyn. “I love that Family Resource Center

strongly focuses on professional development for each staff member, I continue to gain knowledge to help me become successful in my role and aid in my personal growth.”

Robbyn’s favorite trainings focus on childhood trauma and resiliency and how it affects child development. In 2018 and 2019 Robbyn attended the Drug Endangered Children National Conference. “Attending this training, both years, has been fulfilling. Many of the families we work with have been affected by addiction in some way,” she said. “I have come back with tools to utilize for when I am working with families and community partners--which has been valuable.” **(Continued on page 3)**

## BOARD OF DIRECTORS

Tony Gould, President  
Mary Sue Ash  
Barry Cain  
Sam Cari  
Bill Findlay  
Chad Fett  
Jessie Klopp  
Scott Knudson

Amber Morgan, MD  
Barbara Nelson  
Carla O'Connell  
Alison Page  
Amber Richardson  
Mark Tyler

**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](mailto:ring@frcscv.org)



**Keri Fitts**  
Development & Communications Coordinator  
[keri@frcscv.org](mailto:keri@frcscv.org)



**Robbyn Bowman**  
Parent Educator Lead  
[robbyn@frcscv.org](mailto:robbyn@frcscv.org)



**Marla Butler**  
Parent Educator Lead  
[marla@frcscv.org](mailto:marla@frcscv.org)



**Susan Hodnefield, LSW**  
Parent Educator Lead  
[susan@frcscv.org](mailto:susan@frcscv.org)



**Kristine Brede**  
Parent Educator  
[kristine@frcscv.org](mailto:kristine@frcscv.org)



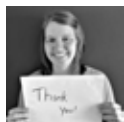
**Ashley Bruggeman**  
Parent Educator  
[ashley@frcscv.org](mailto:ashley@frcscv.org)



**Erin Knegendorf**  
Parent Educator  
[erin@frcscv.org](mailto:erin@frcscv.org)



**Lori Ollig**  
Parent Educator  
[lori.o@frcscv.org](mailto:lori.o@frcscv.org)



**Jalena Ziemba**  
Parent Educator  
[jalena@frcscv.org](mailto:jalena@frcscv.org)

## NEWSLETTER

**Editor** Keri Fitts  
**Design & Printing** Minuteman Press

Help us reduce costs by receiving this newsletter electronically. To update your preferences, contact Keri at [info@frcscv.org](mailto:info@frcscv.org).



## FROM THE DIRECTOR'S DESK

While COVID-19 has brought many personal and professional challenges to our community in 2020, it has also rendered new opportunities for innovation, creativity, and collaboration. I appreciate the comment made by one of our partner hospital leaders who said recently, "Never let a crisis go to waste." The pandemic requires us to do things differently and challenges us to do things better.

In this newsletter you will see examples of new collaborations and innovations in programming. See the story of how one mom with a newborn benefitted from the pivot from in-person Baby & Me group connections to a virtual program. She described how the online program helped her connect with other families with babies for information and support.

Another upcoming virtual offering is *Bringing the Protective Factors to Life in Your Work*. This is tailored to professionals working with families. The curriculum consists of six 2-hour courses on Mondays starting in September.

Read about the new pilot program for early childhood education based on the evidence-based *Families and Schools Together (FAST)* program. This opportunity was made possible as part of the Wisconsin Department of Children and Families Preschool Development Grant. We are one of five family resource centers in the state to offer this pilot program for multi-family groups with children age two-to-three. Typically offered in person, we will offer two cycles of this program online this fall. The first session starts in September. Evidence shows that participating in the weekly groups at least 6 times consistently achieves positive child well-being outcomes for young children and their families. Please help spread the word about this new opportunity.

I would like to send a warm shout out to Dotty Lillo, Director of Western Dairyland Childcare Child Care Partnership Resource & Referral, who retires this month after 20 years of leadership in early childhood education and care work in our region. Thank you Dotty for making a positive difference in the lives of children and families in Western Wisconsin.

## TRANSITIONS

It has been a summer for transitions. We bid farewell and offer our appreciation to the following colleagues who have faithfully served the mission of Family Resource Center to strengthen children, families and communities through education, resources, and support:

- Mary Van Galen, Board Member and WITC English Language Learning program partner, moved to Joplin, Missouri, where her husband Dean assumed the presidency of Missouri Southern State University.
- Devin Chladek, Parent Educator, who gave birth to a beautiful baby girl, and moved with her husband to a new home in Eau Claire.
- Hailey Nelson, Development & Communications Coordinator, accepted an opportunity to return to the biotechnology industry in a customer service role for a laboratory.



I am excited to announce Keri Fitts has assumed the role of Development & Communications Coordinator. The role includes being editor of this newsletter. Keri's eight years with Family Resource Center in both parent educator and office manager/program administration roles means she steps into the role without missing a beat. You will be hearing a lot from Keri. Please reach out to her with your ideas for friend raising, fund raising, and information sharing!

Be well. Stay safe,

**Agnes Ring, Executive Director**

## THANK YOU

Thank you, Mary Van Galen, for your service on Family Resource Center Board and your leadership in expanding and strengthening English Language Learning program partnerships in our region.



**(Baby & Me Goes Virtual, Continued)** Two time slots are available for participants to select from. The next session of virtual Baby & Me takes place on Wednesdays from 10:00 – 10:45 a.m. and 6:30-7:15 p.m. from September 16 to November 18th. Parents and caregivers are welcome to join at either time of the day and at any point during the session. Registration is on the Family Resource Center website at frscv.org.

*Baby & Me group connections are one part of the Success By 6 initiative made possible through the partnership of United Way St. Croix Valley, Family Resource Center St. Croix Valley, and five local hospitals. The Success By 6 vision is, "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." Local partner hospitals include Amery Hospital & Clinic, Osceola Medical Center, St. Croix Regional Medical Center, Western Wisconsin Health, and Westfields Hospital & Clinic.*

## NEW VIRTUAL PARENT-CHILD GROUP CONNECTION

Missing Play & Learn? Family Resource Center is partnering with the Hammond Public Library librarian to present *Early Childhood Education (ECE) Families and School and Together (FAST)*.

This pilot program is facilitated by parent educators who partner with parents to increase their child's social/emotional well-being and learning readiness. **When: September 8, 15, 22, 29 and October 6, 8, 13, 15**

This virtual group will run from 10 – 11:30 a.m. through ZOOM platform. Register online at [www.frscv.org/register/](http://www.frscv.org/register/) by Tuesday, September 1. The ZOOM link will be emailed to you prior to the beginning of class.

**(Staff Spotlight, Continued)** "Robbyn is a valuable member of the Family Resource Center Team," says Executive Director Agnes Ring. "I appreciate her commitment to professional development. We strive to be a learning organization that evolves to meet the changing needs of the community and the high standards of our evidence-based programs. And I admire Robbyn's passion for serving families. She always sees the strengths."

Robbyn completed her Bachelor of Social Work degree from the University of Wisconsin-Superior and is currently working on completing her social work certification. The continued professional development opportunities also help Robbyn serve as a trusted mentor and supervisor. She leads a staff of three parent educators and is always available to provide support and guidance to her team.

"Robbyn is an amazing supervisor and I have enjoyed working under her," says Parent Educator Ashley Bruggeman. "As a supervisor, she really listens to you and is there to process your thoughts and ideas. Robbyn is someone I look up to, she is there to protect you and guide you in succeeding your goals as well as push you out of your comfort area but is alongside you the entire way."

Robbyn serves on the Board of Directors for the Polk County Mental Health Task Force and is a long-time member of the Polk County Citizen's Review Panel. When not working with families, Robbyn enjoys spending time with her granddaughter, Roslin and cheering on the Minnesota Vikings.

## NILSEN'S FOODS AND CUSTOMERS ROUND UP FOR KIDS

From July 22 through August 4, customers at Nilssen's Foods stores in Baldwin, Clear Lake, Ellsworth and Glenwood City helped raise \$3,425.75 to strengthen local families simply by rounding up their purchase total to the nearest dollar. This fundraiser provides parent education and support to families through Pierce, Polk and St. Croix counties.

## 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 May 1 – July 31, 2020*). Honor and memorial gifts received from August 1 – October 31, 2020 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.*

**In honor of grandchildren Evelyn and Jacob Young - Loretta Young**  
**In honor of Barb Nelson's birthday - Diane and L. Allan Hoogheem**  
**In memory of Jean Pearson - Dick Pearson**



**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 FRSCV, 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.frscv.org](http://www.frscv.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**



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



United Way  
St. Croix Valley



NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
EAU CLAIRE, WI  
PERMIT NO. 1557

# THANK YOU SPONSORS!

WE ARE GRATEFUL TO THE FOLLOWING LOCAL BUSINESSES THAT HELP US BY SPONSORING THIS NEWSLETTER:

**AMERY HOSPITAL & CLINIC**  
[amerymedicalcenter.org](http://amerymedicalcenter.org)

**BAKKE NORMAN**  
[info@bakkenorman.com](mailto:info@bakkenorman.com)

**BREMER BANK**  
[bremer.com](http://bremer.com)

**FIRST BANK OF BALDWIN**  
[firstbankbaldwin.com](http://firstbankbaldwin.com)

**FIRST NATIONAL BANK  
OF RIVER FALLS**  
[fnbrf.com](http://fnbrf.com)

**FIRST STATE BANK & TRUST**  
[fsbt.com](http://fsbt.com)

**FIRST NATIONAL COMMUNITY BANK**  
[fn-cb.com](http://fn-cb.com)

**HEYWOOD, CARI,  
& ANDERSON, SC**  
[heywoodandcari.com](http://heywoodandcari.com)

**KROOKED KREEK GOLF COURSE**  
[krookedkreek.com](http://krookedkreek.com)

**LIQUOR HAUS**  
715.684.2578

**MCMILLAN ELECTRIC COMPANY**  
[mcmillanelectric.com](http://mcmillanelectric.com)

**MINUTEMAN PRESS**  
[iloveminuteman.com](http://iloveminuteman.com)

**NILSSEN'S FOODS  
BALDWIN, CLEAR LAKE,  
CUMBERLAND, ELLSWORTH,  
GLENWOOD CITY & ZUMBROTA**  
[nilssensfoods.com](http://nilssensfoods.com)

**RUSS DAVIS WHOLESALE**  
[russdaviswholesale.com](http://russdaviswholesale.com)

**SHAFFER FINANCIAL SERVICES**  
[shafferfinancialservices.com](http://shafferfinancialservices.com)

**SONS OF NORWAY VALKYRIEN  
LODGE- 53**  
[sonsofnorway5.com](http://sonsofnorway5.com)

**VILLAGE PHARMACY**  
[villagepharmwi.com](http://villagepharmwi.com)

**WESTERN WISCONSIN HEALTH**  
[wwhealth.org](http://wwhealth.org)



WOULD YOU LIKE TO PUBLICIZE HOW YOUR BUSINESS SUPPORTS OUR COMMUNITY?  
CONTACT KERI AT (715) 684-4440.