

# Black Hawk Foster and Adoptive Parent Newsletter

INVEST IN IOWA'S CHILDREN...OUR FUTURE

VOLUME 9 ISSUE 5

JANUARY 2007

## JANUARY MEETING

Happy New Year! We hope that you all had a nice holiday season. Plan to start off the New Year by joining us at our support group meeting on **Tuesday, January 9<sup>th</sup>, at Grace Lutheran Church, in the Hillmer Center from 7-9 PM.** This month **Jan Pratt, Social**



**Worker III Supervisor** will be coming to update us on all the changes that will be affecting foster/adoptive parents. We are very

fortunate to have a worker like Jan with all her experience and insight to come and share with us. This is an excellent opportunity for you to get all your questions answered. Please make every effort to attend.

This training is approved for 2 hours of foster parent training credit.

Child care will be available in the youth room for children twelve years and younger.

If you have any questions please contact Dianna Seedorff, (See # below) or one of our dependable co-chairs: Judith Jefferies at 319-988-2133 or Nichole Grieves at 319-236-8472.

## INCLEMENT WEATHER

Now that winter has arrived it is inevitable that snow and ice could cause dangerous driving conditions. If Waterloo and Cedar Falls schools are canceled due to the

weather on the day of support group, support group will be canceled and not rescheduled. If you are in doubt give one of the co-chairs or your liaison a call before you leave home.

## Elevate to be at Allison Support Group.

*All area foster parents and foster and adopted children age 13 and over are invited to attend the January 9 meeting of the Allison Area Foster Parents group to learn more about an exciting new program for young people in foster care which is coming to our area.*

*elevate2inspire (elevate for short) began as a youth support group in the Des Moines area 18 months ago. Foster and adoptive youth found a sense of belonging in this group of individuals who shared a common background. Elevate is one of a new breed of youth-involved groups that promotes leadership and self-advocacy. Their goals are to educate others about foster youth and challenges within the foster care system, to support and educate their own members, to aid youth who are aging out of care, and to influence public policy and legislation. They have been recognized state-wide and nationally for their efforts. They will be coming to the January 9 meeting to share information and to begin organizing an elevate chapter in our area. The information will be presented by adult elevate leaders as well as elevate youth advocates.*

The meeting will be held from 7-9 p.m. at the Shell Rock United Methodist Church, 204 S. Prairie Street in Shell Rock. Two hours of training credit will be given to foster parents who attend. For more information, call or e-mail Nancy Magnall at 352-2197 or 888-467-4100 or [magnall\\_ifapa@msn.com](mailto:magnall_ifapa@msn.com). More information can also be found on the elevate website at [www.elevate2inspire.com](http://www.elevate2inspire.com).

### Getting To Know Our Foster Families

#### Meet Lony Hannan

Lony has been a foster parent for two years. She takes children ages 5-10 years and Lony is licensed for 2. Lony has always cared for children and would like to help children and their families make a difference. She is full at the moment but in the future you can reach Lony at 266-4174.



#### Meet Sue Cagley



Sue has been a foster parent for 26 years. She is licensed for 3 placements and 1 respite. Sue cares for teen boys. Sue also does foster care hoping to make a difference. If you need

respite for a teen boy you can reach Sue at 277-5352.

### Adoption Tax Credit Info from NACAC

From NACAC: For families that finalized subsidized adoptions in 2003 and didn't know they could take the Federal Adoption Tax Credit, they can still amend those tax returns. This also applies to families that finalized in 2004 and 2005. (Note: if you are amending your 2003 taxes, you will likely have to amend 2004 and 2005 also.)

Families will need to file a 1040X form. The instructions for 1040X are at:

<http://www.irs.gov/instructions/i1040x/ch01.html#d0e57>.

IFAPA representatives are not experts on taxes. This is for your information only. Please contact a tax preparer with questions about the Adoption Tax Credit.

### Website for transitioning youth

MyTransitionIowa.org, a product of Improving Transition Outcomes with Iowa Vocational Rehabilitation Services, was developed to facilitate peer-to-peer connections and provide basic transition resources for youth with disabilities and family members. Here's some of what the website offers:



- Disability 411: help youth determine when it is appropriate to discuss their disability and what/how much they want to say
- Peer group links include: Youth and College Leadership Forum and Self-Advocacy and Leadership for Youth with Disabilities (SALYD)
- MP3 files promoting Peer Groups for youth with disabilities and family members; four recorded by youth and three recorded by parents.

Check it out at

<http://www.MyTransitionIowa.org>.

### Find doctor-approved health information on children on the web

KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence. Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with accurate, up-to-date,

and jargon-free health information they can use. KidsHealth has been on the Web since 1995 — and has been accessed by about 300,000,000 visitors.

KidsHealth has separate areas for [kids](#), [teens](#), and [parents](#) — each with its own design, age-appropriate content, and tone. There are thousands of in-depth features, articles, animations, games, and resources — all original and all developed by experts in the health of children and teens.

Visit [www.kidshealth.org](http://www.kidshealth.org) to check it out.

### Poison info

For information on poison, visit [www.iowapoison.org](http://www.iowapoison.org).

Information includes:

- ❖ Poison prevention
- ❖ Seasonal Hazards
- ❖ Plants and mushrooms
- ❖ Kids corner
- ❖ Food poisoning



### New website offers resources to promote foster youth development

A new website by the University of Oklahoma National Child Welfare Resource Center for Youth Development, launched in October, focuses on helping older youth in care to achieve permanent connections and helping them in transitioning to adulthood. Among the resources available are state fact sheets on services to youth in care, ages 16 to 21, and information related to Chaffee allocations. To access, go to: <http://www.nrcys.ou.edu/yd/>

### Senate joins House in lauding ASFA and promoting foster adoptions

The U.S. Senate passed a resolution (S. Res. 547) on Nov. 16 intended to recognize the success of the Adoption and Safe Families Act of 1997 (P.L. 105-89) in significantly increasing the number of children adopted

from foster care, to mark the creation of National Adoption Day and National Adoption Month - which occur in November - and to generally raise awareness and encourage Americans to adopt. Last year, 45 states and the District of Columbia participated in events for National Adoption Day, resulting in the finalization of more than 3,300 adoptions of children from foster care. The U.S. House passed an identical resolution (H. Res. 959) in September. To read the resolution, go to:

<http://www.thomas.gov> and search for S. Res. 547 in the bill search field

### DO YOU MINIMIZE THE STRESS IN YOUR CHILD'S LIFE?

Many behavior problems occur when children are stressed, fearful, anxious or tired. Stress also makes kids sick.

Take this quiz to see if you reduce unnecessary stress as much as possible. Give yourself five points for something you do often, zero points for something you never do -or any score in between.

1. **I start and end** each day on a positive note with pleasant words and calm routines.
2. **I don't over-schedule** my child. He has free time to play and dawdle.
3. **I make time** to be available and listen to my child's concerns every day.
4. **I warn my child** of upcoming change.
5. **I let my child grow** and develop at his own pace.

**How did you score?** A score of 20 points and above means you are doing a good job minimizing stressful feelings. Fifteen to 19 is average. Below 15? Try some of the ideas in

the quiz above to alleviate the causes of stress. *Reprinted from "The Parent Institute"*