

# Family Ties



Adoptive and Foster Families of Maine, Inc.

Volume 17 Number 6

Newsletter

June 2014

## Proclamation Declaring May Foster Care Appreciation Month!

*State of Maine*



**WHEREAS**, Maine's children are the future of our amazing State; and

**WHEREAS**, Maine's resource parents open their hearts and homes to some of Maine's most vulnerable children; and

**WHEREAS**, resource parents face many challenges and display altruism as they care for children in need with minimal reimbursements and the rewards being that of knowing they are playing an active role in assisting birth parents in being better prepared and ultimately reunified with their children and helping them to prepare for the future; and

**WHEREAS**, resource parents provide a significant role in keeping children safe and helping to increase the possibilities of stronger, healthier and happier families in Maine; and

**WHEREAS**, resource parents in addition to providing love and nurturance also make a significant contribution to the welfare of Maine's families; and

**WHEREAS**, Maine benefits from the dedication and daily service provided by; the Maine Department of Health and Human Services' Office of Child and Family Services, other State agencies, child welfare advocates and private officials who will hold special events highlighting the resource families who make such a positive difference in the lives of Maine's children in foster care.

**NOW, THEREFORE, I, PAUL R. LEPAGE**, Governor of the State of Maine, do hereby recognize May, 2014 as

### **FOSTER CARE APPRECIATION MONTH**

throughout the State of Maine, and urge all citizens to recognize this observance.



In testimony whereof, I have caused  
the Great Seal of the State to be  
hereunto affixed GIVEN under my  
hand at Augusta this First  
day of May Two-Thousand Fourteen

*Paul R. LePage*  
Paul R. LePage  
Governor

  
Matthew Dunlap  
Secretary of State  
TRUE ATTESTED COPY

## Information/Announcements

### Baby Teeth Matter

By: Susan Cote, RDH, MS – Program Manager, From the First Tooth

For generations, children have grown up with tooth decay. That doesn't have to be the case for the next generation of children. Read more to learn what you can do to help young children have healthy teeth and also learn what physicians in Maine are doing to help children avoid dental problems. It's important to note that baby teeth are weakest when they first appear in the mouth. During the early years, children benefit from having small amounts of fluoride early and often to make their teeth stronger. Children who avoid tooth decay in their baby teeth have less dental problems with their adult teeth so baby teeth really do matter! Here is what young children need for healthier teeth:

**Twice Daily Brushing – Toothpaste with Fluoride.** For children under age 2 years, brush their teeth with a smear of toothpaste that contains fluoride. A smear is about the size of a grain of rice. Starting at age 2 years, use a pea-size amount of toothpaste that contains fluoride.

**A first dental check up by age 1.** If a young child in your care has not had routine dental care, ask his/her medical provider to check the teeth during his/her next routine well-child visit.

**Fluoride varnish – at least 4 applications of fluoride varnish by age 4 years.** Ask his/her medical provider (physician, nurse practitioner or physician assistant) about fluoride varnish. Fluoride varnish is a clear protective coating applied with a small brush to the outside of teeth. It stays on the teeth for one day and gives the child benefits for months to come. Fluoride varnish helps to prevent and even stop decay that has already started. Fluoride varnish is safe, painless and quick to apply. Over a hundred medical offices across Maine are now offering fluoride varnish to infants, toddlers and preschool children. *MaineCare pays for fluoride varnish provided at either the medical or dental office.* 40% of pediatric tooth decay can be prevented if children get four applications of fluoride in the first few years of life (at least 4 fluorides by age 4 years).



For more information, visit [www.fromthefirsttooth.org](http://www.fromthefirsttooth.org).

[www.FromTheFirstTooth.org](http://www.FromTheFirstTooth.org)

### Congratulations to the following resource families for winning a week at Tamarack:

\*Penny and Francis Nault

\*Amanda and Richard Clark

\*Ruth and Jason Thyen

\*Marilyn Hutchins

\*Ed and Christine Flaherty

*Keep an eye out in February's Family Ties Newsletter to enter for your chance to win a week stay at Tamarack. As always, thank you to The Wilhelm Reich Infant Trust and Mary Higgins for making this opportunity available to resource families every summer!*

District 6 welcomes Lisa Bullard as the new Resource Unit Supervisor at Bangor DHHS! Lisa is very familiar with DHHS policy and practice as she has been continuously employed with DHHS since June 1987 and has held a number of positions over the last 27 years including Child Protective Caseworker, Adoption Caseworker, Recruitment Specialist, and V9 Caseworker. Lisa is interested in getting to know resource families in District 6 better and interested in hearing about what's working and what needs to be improved. Give Lisa a call at 561-4169 with your thoughts or to welcome her in her new position!

#### Ready Set Go to Learn!

Is your child in need of back to school items? A backpack, school supplies, a new outfit for school? The Ready Set Grow to Learn Program is here to help! Ready Set Grow to Learn is a part of Adoptive and Foster Families of Maine and the Kinship Program and the Clothing Garage, and is here to serve youth in care in need of these items. If you are in need please call AFFM at 1-800-833-9786 and we'll be happy to take your request. Make sure to have clothing sizes and specific needs your child may have when calling. *Interested in helping out with Ready Set Grow to Learn?* Call 1-800-833-9786 or email [meagan@affm.net](mailto:meagan@affm.net) or [tammycutchen@gmail.com](mailto:tammycutchen@gmail.com)  
*Please note:* We can take up to 150 requests, after that all others will be filled to the best of our ability.

*\*Please have your request in no later than: July 18th*

### Top 10 Reasons to Become an MT Program Parent with Community Health and Counseling Services

- 10 You will learn how much a teenage boy can eat.
- 9 A teenager will propel you into the 21<sup>st</sup> century with their techno skills.
- 8 You will become an expert in the mystifying behaviors of teenage girls.
- 7 You will become a master of "The Bob".
- 6 You will hear the phrase "Evidence Based" a lot!
- 5 You will become more skilled at dealing with your own teenagers' behaviors.
- 4 You receive a daily phone call from our PDR caller.
- 3 You have Access 24/7 to the MT program supervisor.
- 2 You will receive \$75 tax free daily reimbursement.
- 1 But most important of all, you will make a difference in the life of a Maine teen!



Families are important to CHCS,  
Healthy Families means Healthy Communities

Call Melodie Rand at 213-2164  
to learn how to become a MT program parent.

## **Have you Worked with Native American Youth in the Maine Child Welfare System?**

On May 24, 2011 a Declaration of Intent to establish a Truth and Reconciliation Commission (TRC) was signed by the five Wabanaki Chiefs and the Governor of Maine to address Native Welfare Issues. The “Wabanaki” refers to the people of all four Maine Indian Tribes including the Penobscot, Passamaquoddy, Maliseet, and Micmacs.

The Maine Wabanaki-State Child Welfare Truth & Reconciliation Commission has three purposes:

- 1) Truth: To document the experiences of Wabanaki *children and families* in the state child welfare system.
- 2) Healing: To give Wabanaki people and families an opportunity to share their experiences and begin the healing process.
- 3) Change: To issue a report with recommendations on how the child welfare system can work better with Wabanaki people.

To obtain a clear and comprehensive understanding of the truth, it is important the TRC hear perspectives from all members of the community who have been involved with Native youth in the child welfare system. This specifically includes adoptive, foster and kinship parents because they have so much information on the needs and experiences of the children for whom they have provided care. It also includes child welfare workers, supervisors, and administrators, members of the legal community, and others involved in the child welfare system.

Statements can be given either anonymously or non-anonymously through an interview in a private setting. People giving statements are welcome to bring a friend or another person from their support network.

The Truth Commission process is not intended to find blame, but rather to understand what Wabanaki people experienced and how those experiences impacted them. Simply, for the commission to recognize the truth, create opportunities for healing and with the goal of bringing forth recommendations for future change.

Your experience and participation in this process is needed of great value to change the narrative as we move forward. Please contact our community organizers below for more information.

### **Bangor, Eastern, and Northern Maine**

Barbara Kates

207-947-6858

mailto:barbara@mainewabanakireach.org

### **Central and Southern Maine**

Tom Reynolds

207-783-7421

mailto:tom@mainewabanakireach.org

**Website Links:** <http://mainewabanakireach.org/> and <http://www.mainewabanakitrc.org/>



## *Adoption Announcements*

Kim and Jeff Saulnier are excited to announce the adoption of their 2 and a half year old grandson Hunter! Hunter was adopted on January 28, 2014, and they are so proud to be his parents, he is a great little guy and happy and healthy, he looks great for only weighing 2lbs. 2 ounces at birth! Hunter's adoption is also celebrated by his 10 month old biological brother Trapper!



Danielle and William Nelson are proud parents of Maelynn Grace Nelson and Adam William Nelson. The adoption was legalized March 26, 2014. Congratulations to the Nelson Family!

**Have you recently legalized an adoption? Want to share the exciting news with others? AFFM would love to create an adoption announcement in our Family Ties newsletter. Send a write up and photo (if you wish) to [meagan@affm.net](mailto:meagan@affm.net) or call the office at 827-2331.**

**AFFM looks forward to hearing from you!**

## *A Special Thank You!*

Emma, a young lady from the Skowhegan area recently celebrated her 11th birthday. To celebrate all that she has been blessed with she chose rather than get gifts for herself to provide for others less fortunate. In anticipation of her birthday she got donations of personal care products, soaps, baby care products, books, bedding and more! A special thank you to a kind and generous young lady. AFFM will make sure the items go to youth in out of home placements. We are certain they will be appreciated! Thank you and your amazing role models!



## *Meet Siblings Destiny & Tyler*

Destiny, D. O. B. 2/2/07 is a cute, happy 7 year old girl with hazel colored eyes and a beautiful smile. She came into custody in 2011 due to neglect and exposure to Domestic Violence, in her home environment. Destiny is in the 1<sup>st</sup> grade. She does well in math and letter sound skills but does struggle with literacy skills. She also receives Occupational therapy at school to work on her hand writing. She tends to be in need of a lot of adult interaction and tries hard to please others. Destiny does have the ability to be independent with most routines and tasks. She seems to require a lot of validation for things she does well. She engages well with peers her own age and can be quite cooperative with adults. Destiny does struggle with maintaining appropriate verbal boundaries with her brother and when receiving adult feedback on her behavior. She seems to enjoy at times arguing with her brother or not always being truthful in attempts to get him in trouble and therefore their play with one another will require some supervision. She can be sneaky and manipulative at times for her benefit. Destiny will do well in a home that provides her consistency in structure and expectation. She will do well in a home that can offer her the permanency she so desires. She is like most 7 year old girls who enjoys doing crafts, listen to music, reading, playing games and polishing her nails. She is very engaging and easy to talk to.



Tyler, D. O.B. 9/21/09 is a cute and energetic 4 ½ year old boy. He has beautiful blue eyes with long lashes and a great smile. He entered foster care on 08/01/2011 due to neglect and exposure to domestic violence in his home environment. He and his 7 year old sister live together in a foster home now and the plan is to see them be adopted together. Tyler currently attends day-care/preschool where he also receives services in the area of educational needs and Occupational therapy. Tyler does struggle with playing cooperatively with others his own age. He can at times be quite oppositional towards teachers and not do what they are asking of him. He can also be quite passive at times and allow himself to be manipulated by others. He will begin Kindergarten in the Fall of 2014. Tyler requires much supervision to ensure that he is respectful of physical boundaries with others. Although he is capable of maintaining appropriate boundaries when he is aware and understands what is expected of him. He just may require prompting from adults. He does thrive on individual attention and does seek it out. Tyler does tend to be an anxious child because of not being in control of his environment and with permanency there is hope that this level of anxiousness will decrease. With known expectations he is able to follow routines and multi step directions. Tyler will do well in an adoptive home that can offer him predictable rules and structure. Being consistent with him is essential so he can

know what is expected of him and what the consequences will be. Tyler is like most 4 year olds who can be very engaging and he enjoys playing outside and learning about new things. He is very bright and enjoys imaginative play.

*If you are interested in knowing more about Destiny and her brother Tyler who are to be adopted together, please contact their caseworker Michelle Freeman at [michelle.g.freeman@maine.gov](mailto:michelle.g.freeman@maine.gov); 207-822-2178 or at DHHS 161 Marginal Way, Portland, ME 04101. Adoption subsidy may be available.*





## State-Wide Resource Family Support Groups



### State-Wide Resource Family Support Groups

At times meetings are cancelled due to weather and other unforeseen circumstances, cancellation notices are sent out via the AFFM email list serve. Families are urged to call or email [info@affm.net](mailto:info@affm.net) to be added to this service.

The email list serve also provides information about available donated goods, social family activities, training events, DHHS and legislative updates, and more.

**Augusta – Kinship only:** 3rd Wednesday of the month from 6:00 - 8:00 pm, The Buker Community Center, 22 Armory Drive, Augusta. Free on-site childcare available. For more information, please call Maine Kids-Kin at 207-941-2347 or 1-866-298-0896.

**Bangor: Foster/Adoptive/Kinship.** Meets from 6:00-8:00 PM on the 3rd Monday of every month at 26 Downeast Circle (between Davis Road and Mt. Dessert Drive), Bangor. Onsite Child care available with advanced notice. Please contact AFFM at 1-800-833-9786 or email: [info@affm.net](mailto:info@affm.net) to RSVP. Please call before you come.

**Bangor –Kinship only:** 1st and 3rd Tuesday of the month from 6:00 - 8:00 pm, Families And Children Together, 304 Hancock Street, Suite 2B. Free on-site childcare available. For more information, please call Maine Kids-Kin at 207-941-2347 or 1-866-298-0896.

**Belfast: Foster/Adoptive/Kinship.** A faith based support group that meets on the 3<sup>rd</sup> Friday of the month at the Calvary Chapel Church in Belfast 147 Waldo Ave. in the rear entrance of the Wentworth Building. Contact: [BraveFamilies@gmail.com](mailto:BraveFamilies@gmail.com) to RSVP and visit [www.facebook.com/bravefamilies](http://www.facebook.com/bravefamilies) for more information. 10:00 AM prayer & Devotion (optional), 10:30 AM coffee/social, 10:45-12 PM support group. Sorry child care is not available at this time.

**Bridgton- Foster/Adoptive/Kinship.** Meets every 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month at 6:30PM-8:00PM at the Community Center (Behind Reny's), 15 Depot Street Bridgton. Childcare is not provided at this time. Please RSVP to Vanessa at 647-2317 or AFFM at 1-800-833-9786 before you come.

**Caribou: Foster/Adoptive/Kinship parent support.** Meets every 1<sup>st</sup> Thursday of the month at 5:30PM at Caribou Adult Education Building on Bennett Drive in between Caribou Rec and the gas station. Child care is not provided at this time. Please contact AFFM at 1-800-833-9786 or email: [info@affm.net](mailto:info@affm.net) to RSVP.

**Dover-Foxcroft: Foster/Adoptive/Kinship.** Meets every 2nd Tuesday of the month from 6PM-7:30PM at Mayo Regional Hospital, Borestone and Sebec conference room. Onsite Child care available with advanced notice. Please contact AFFM at 1-800-833-9786 or email: [info@affm.net](mailto:info@affm.net) to RSVP. Please call before you come.

**Ellsworth: Foster/Adoptive/Kinship.** Meets every 3rd Tuesday of the month from 5:30pm-7:30pm at Ellsworth Elementary/Middle School 20 Forest Ave. in Ellsworth. Onsite Child care available with advanced notice. Please contact Mindy Kane, Community Health and Counseling Services (CHCS), at 263-2014 or email [MKane@chcs-me.org](mailto:MKane@chcs-me.org) to reserve a spot for childcare. Thanks to a local grant awarded to CHCS, AFFM is able to provide mileage reimbursement for families traveling more than 30 miles from home.

**Houlton: Foster/Adoptive/Kinship support.** Meets every every 2nd Thursday of the month from 5:30pm-7:30pm at Houlton CHCS 2 Water Street. Onsite Child care available with advanced notice. Please contact AFFM at 1-800-833-9786 or email: [info@affm.net](mailto:info@affm.net) to RSVP. Please call before you come.

**Lewiston: The Tri-County Adoptive Foster & Kinship Assoc.** meets on the 4th Tuesday of the month 6pm-8pm at the B Street Community Center 57 Birch Street Lewiston. The group offers training, as well as local support & resources. On-site childcare is provided with advanced notice. Call Denise Gove at 782-1138 or email her at [drgove@aol.com](mailto:drgove@aol.com) or contact David Nielson at 409-3609 to RSVP.

**Machias:** Foster/Adoptive/Kinship. Meets every 1st Friday of the month 5:30PM-7:30PM at Rose M. Gaffney Elementary School 15 Rose Gaffney Road, Machias. Onsite Child care available with advanced notice. Please contact Mindy Kane, Community Health and Counseling Services, at 263-2014 or email [MKane@chcs-me.org](mailto:MKane@chcs-me.org) to RSVP. Thanks to a local grant awarded to CHCS, AFFM is able to provide mileage reimbursement for families traveling more than 30 miles from home.

**Sherman:** Adoptive/Kinship support. Meets the 1st Monday of the month at 7 Cow Team Road in Sherman. Please contact Debbie Irish at 365-7133 for more information. This group does not meet during the summer.

**Skowhegan:** The group meets 5:30-8:00PM every second Wednesday of the month located at Skowhegan Federated Church 13 Island Avenue in Skowhegan. Onsite Child care available with advanced notice. Please contact AFFM at 1-800-833-9786 or email: [info@affm.net](mailto:info@affm.net) to RSVP. Please call before you come.

**South Paris:** Kinship Support. Meets 9:00AM-10:00AM every second Saturday of the month, unless noted. Meets at Deering Memorial Church 39 Main Street, South Paris. Please RSVP to Shelley Newcomb at [comb2599@roadrunner.com](mailto:comb2599@roadrunner.com)

**South Portland:** Foster/Adoptive/Kinship support. Meets 5:30PM-7:30PM. This group will meet every 2nd Tuesday of the month. Please contact Meagan Stearns at [meagan@affm.net](mailto:meagan@affm.net) or call 1-800-833-9786 or email: [info@affm.net](mailto:info@affm.net) to RSVP and for location information. Please call before you come.

**Waterboro:** Massabesic area foster and adoptive support group. Meets every 4<sup>th</sup> Thursday of the month at 6:30pm. Meets at Waterboro Town Hall 24 Townhouse Road, East Waterboro. Please contact Brigid at [Brigid.MAAFFSG@gmail.com](mailto:Brigid.MAAFFSG@gmail.com).

**York:** Foster/Adoptive/Kinship. Meets 5:30PM-6:30PM at York Hospital. Please use the Hancock Entrance, group will be held in Ellis Conference Room (on your immediate left). This group will meet every 2nd Thursday of the month. Please RSVP to Meagan Stearns at [meagan@affm.net](mailto:meagan@affm.net) or call 1-800-833-9786 or email: [info@affm.net](mailto:info@affm.net). Please call before you come.

# Kinship Corner

*Looking for something to do with the family this summer? Check out these great events and activities across the state!*

- ♦ Schedule a FREE tour at UNE's Maine Animal Rehabilitation and Conservation Program [www.une.edu/research/msc/tours](http://www.une.edu/research/msc/tours)
- ♦ Take a trolley ride through Kennebunkport and enjoy the beautiful beaches and scenery [www.intowntrolley.com/tours/](http://www.intowntrolley.com/tours/) or explore the historic village of Bar Harbor on the Oli's Trolley [www.olistrolley.com/index.php/tours/downtown-bar-harbor-tour](http://www.olistrolley.com/index.php/tours/downtown-bar-harbor-tour)
- ♦ Spend the summer at one of Maine's beautiful state parks! (If you're a licensed home, Call AFFM today if you haven't received your FREE state park pass!)
- ♦ Check out the discount pass to Maine's Wildlife Park in Gray
- ♦ Is there a fair you are interested in going to this summer? AFFM may be able to provide discount tickets to fairs across the state.
- ♦ July 30-August 3 check out the Maine Lobster Festival in Rockland. Stop by for Family Fun Day on Sunday August 3rd for FREE admissions!
- ♦ On August 23rd, join the New Balance 5k Road Race in Skowhegan to support resource families!

*Do you know of other free or discounted events AFFM can share with families? Let us know at [info@affm.net](mailto:info@affm.net) and we'll spread the word! AFFM wishes all resource families a safe and fun-filled summer!*

Would you like to receive the newsletter the day it is published rather than waiting for it to come in the mail? Want to never miss out on great opportunities, keep informed of new developments important to you, find out about training opportunities, social events and more? Then sign up for AFFM's list serve and receive your E-Newsletter and other vital information today! There are several ways to sign up: Call 1-800-833-9786, Email [info@affm.net](mailto:info@affm.net) or go to [www.affm.net](http://www.affm.net) and click on the list serve link on the home page.

*Please Note: You may receive multiple emails per day. Even though AFFM does its best to filter content, emails may not always pertain to you. If you chose to sign up for the E-Newsletter you will stop receiving a hard copy of the newsletter in the mail unless we hear otherwise from you. AFFM understands and accepts the responsibility of caring for Resource Families private information. This information will not be shared.*





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National Foster Parent Association

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COMMENTS TO: EDITOR, FAMILY TIES, AT THE ADDRESS ABOVE.

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# Save the Date!

## *2nd Annual Mackworth Island Gathering!*

Explore the fairy house village, enjoy the beautiful beaches and scenery, give  
aways and much more!! Activities will be scheduled throughout the day, treats  
and beverages will be provided. Bring a picnic, blanket or folding chairs.

Sign up today!

**June 14th, 2014**

**This is a FREE event hosted by AFFM**

**On Mackworth Island**

**Falmouth, Maine**

**10AM-1PM**

**This event is open to all resource parents, DHHS staff,  
private agencies and all advocates for Maine's youth in  
care!**

**Carpooling is encouraged**

**RSVP: [meagan@affm.net](mailto:meagan@affm.net) or call Meagan at 207-827-2331**