



February 2015

A large, multi-colored tree with white, green, and yellow foliage stands on a grassy hill under a blue sky. The tree's canopy is divided into three distinct color zones: white on the left, green in the center, and yellow on the right. The trunk is thick and dark. The hill is covered in green grass with some yellow wildflowers. The background is a clear blue sky.

[illegible]

**For more information visit [www.affm.net](http://www.affm.net) and AFFM's Facebook page!**

# Tamarack Vacation

The Wilhelm Reich Museum is owned and operated by The Wilhelm Reich Infant Trust. This Trust was established by world renowned scientist, Wilhelm Reich, in his Last Will and Testament. The Trust maintains the property at Orgonon under the name and style of the Wilhelm Reich Museum. On this land is his cabin, Tamarack. Mr. Reich's Will also stated that Tamarack be used as a "summer home for children." The Trust has chosen a way to fulfill this final wish by making Tamarack available for adoptive, foster, and kinship families for six weeks in the summer! This opportunity is available to those that might not have another means of this type of vacation. Mary Higgins, trustee, works with AFFM on this opportunity annually.

The cabin is located on the grounds of Orgonon, formerly the home, laboratory, and research center of Wilhelm Reich. Orgonon is located just off of the Dodge Pond Road in Rangeley. Tamarack is about 75 yards away from Dodge Pond. Because the pond is a natural nesting place for loons, power boats, jet skis, and recreational vehicles (i.e. four wheelers) are all strictly prohibited. Rowboats and canoes are permitted. At the foot of the path leading to the pond is a floating platform, a great spot for shore fishing, sunbathing, and jumping in the water. The water is deep and the area is quite rocky. Children will require careful supervision and non-swimmers will require life jackets.

Tamarack is a large, charming, 3 bedroom, 1 bath cabin with a comfortable interior. Tamarack has a complete kitchen with a full size refrigerator and gas stove, and a beautiful living room with a stone fireplace. The camp does not have a phone, but is now equipped with a television. Families need to provide their own food and bedding. The Tamarack vacation opportunity is designed for the families who otherwise might not be able to afford a vacation, so there are certain eligibility requirements that apply.

**To be eligible, you must not own or have access to a summer camp, time-share, or RV. Also, if you have been a Tamarack winner in 2013 and 2014, we ask that you not apply. The drawing will be held April 6th and winners will be notified by phone or email by April 13th.**



Many families dearly want to utilize Tamarack. It is necessary that any winners who cannot attend please notify AFFM at least one week in advance. It is important to have time to find an alternate family and give them time to prepare for their vacation, so this beautiful cabin can be enjoyed throughout the heart of the summer.

## "2015 Weeklong Summer Vacation at Tamarack ENTRY FORM"

Name(s): \_\_\_\_\_ Phone: \_\_\_\_\_ E-Mail \_\_\_\_\_

Address: \_\_\_\_\_ # of Children: \_\_\_\_\_

*Please circle the weeks below that your family would be able to attend. Put a star(\*) by the week(s) that are your family's top choice(s).*

May 31-6

June 7-13

June 14-20

June 21-27

June 28-July 4

July 5-July 11

Mail entries to: **Adoptive & Foster Families of Maine, 294 Center St. Suite 1, Old Town, ME 04468**

**Entries must be received by March 30, 2015. Winners will be notified by April 13, 2015**

# What does a safe sleep environment look like?

*Reduce the Risk of Sudden Infant Death Syndrome (SIDS) and Other Sleep-Related Causes of Infant Death*



Use a firm sleep surface, such as a mattress in a safety-approved\* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.



Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in light sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

\*For more information on crib safety guidelines, contact the Consumer Product Safety Commission at 1-800-638-2772 or <http://www.cpsc.gov>.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
NATIONAL INSTITUTES OF HEALTH  
Eunice Kennedy Shriver National Institute of Child  
Health and Human Development



# Safe Sleep For Your Baby



- Always place your baby on his or her back to sleep, for naps and at night, to reduce the risk of SIDS.
- Use a firm sleep surface, covered by a fitted sheet, to reduce the risk of SIDS and other sleep-related causes of infant death.
- Your baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area to reduce the risk of SIDS and other sleep-related causes of infant death.
- To reduce the risk of SIDS, women should:
  - Get regular health care during pregnancy, and
  - Not smoke, drink alcohol, or use illegal drugs during pregnancy or after the baby is born.
- To reduce the risk of SIDS, do not smoke during pregnancy, and do not smoke or allow smoking around your baby.
- Breastfeed your baby to reduce the risk of SIDS.
- Give your baby a dry pacifier that is not attached to a string for naps and at night to reduce the risk of SIDS.
- Do not let your baby get too hot during sleep.
- Follow health care provider guidance on your baby's vaccines and regular health checkups.
- Avoid products that claim to reduce the risk of SIDS and other sleep-related causes of infant death.
- Do not use home heart or breathing monitors to reduce the risk of SIDS.
- Give your baby plenty of Tummy Time when he or she is awake and when someone is watching.



## Remember Tummy Time!

Place babies on their stomachs when they are awake and when someone is watching. Tummy Time helps your baby's head, neck, and shoulder muscles get stronger and helps to prevent flat spots on the head.

For more information about SIDS and the Safe to Sleep campaign:

**Mail:** 31 Center Drive, 31/2A32, Bethesda, MD 20892-2425

**Phone:** 1-800-505-CRIB (2742)

**Fax:** 1-866-760-5947

**Website:** <http://www.nichd.nih.gov/SIDS>

NIH Pub. No. 12-5759  
September 2012



## Adoption Announcement!

Congratulations to Dawn and Reginald Barnes for the adoption of their son and daughter Hunter age 4 and Mya age 3 on November 10th!



## Amazing Opportunities for Youth in Care Created by Festival of “Fostering” Trees!

### Josh’s Care Packages

Josh’s Care Packages support youth who are enrolled in college or a training program and are aging out of the foster care system. This initiative was developed from Joshua Magaw a former foster youth who aged out of the system and wanted to do something to make other foster youth feel special.

### Rose Mary’s Sacks of Love

The Festival of “Fostering” Trees is excited to bring you “Rose Mary’s Sacks of Love”. The brainchild of Rose Mary Poley of York. This brand new initiative will strive to provide every youth entering foster care in Maine, a foldable duffle travel bag by Coldwater Canyon of their own. Each travel bag will also include a batch of each youth’s favorite homemade cookies! These travel bags will be purchased from funds raised during the annual Festival of “Fostering” Trees event.

*For more information about any of these Initiatives please contact Janalee at 351-1988 or email: [janaleemoquin8@yahoo.com](mailto:janaleemoquin8@yahoo.com)*

## 2015 Conference Nominations

As in previous years AFFM wishes to acknowledge those who have gone above and beyond for the families we serve. AFFM is now accepting nominations for individuals who have been exceptional advocates in the following categories:

- \* Adoption Caseworker      \* Regional Program Administrator      \* Guardian Ad-Litem
- \* Children’s Services Caseworker      \* Child Protective Caseworker      \* Private Agency Director
- \* Kinship worker      \* Legislative / Senate Members      \* Community Organizations
- \* Outstanding Resource Parents

AFFM asks you to take a moment and think of someone that has gone above and beyond for Maine’s youth in care and send a nomination in for one of the above categories to:

Barbara Ford, AFFM President

[fstrdad@aol.com](mailto:fstrdad@aol.com)

Please have all nominations in by March 2, 2015



## **& The Kinship Program**

### **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 Jan Partridge at 207-495-3864 .

**Augusta--** Foster/Adoptive/Kinship. Meets the 1st Wednesday of the month from 6:00PM-7:30PM at Magic Years Center (25 Industrial Drive). Onsite childcare is available with advanced notice. Please call 1-800-833-9786 or email: Jim ([jim@affm.net](mailto:jim@affm.net)) to RSVP. (3-4 days in advance).

**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 3rd 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.

**Biddeford-** Kinship. Meets the 3rd Tuesday of the month from 10:00AM-11:30AM at the J Richard Martin Community Center, 189 Alfred Street Biddeford. Onsite child care is available with advanced notice. Please contact Diane Loranger at 423-2543 or call 1-800-833-9786 or email Meagan ( [meagan@affm.net](mailto:meagan@affm.net)) to RSVP. Please RSVP before you come.

**Bridgton-** Foster/Adoptive/Kinship. Meets every 3rd 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.

**Brunswick-** Foster/Adoptive/Kinship. Meets every 4th Tuesday of the month at 5:30PM-7:00PM at St. Paul's Episcopal Church (25 Pleasant Street, Brunswick). Onsite child care is available with advanced notice. Please contact AFFM at 1- 800-833-9786 or email Meagan ([meagan@affm.net](mailto:meagan@affm.net)) to RSVP.

**Caribou-** Foster/Adoptive/Kinship parent support. Meets every 1st 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: Jim ([jim@affm.net](mailto:jim@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: Sheila ([sheila@affm.net](mailto:sheila@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 461-8878 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.

**Farmington-** Foster/Adoptive/Kinship. Meets every 3rd Wednesday of the month from 6:00pm – 7:30pm at the Roberts Learning Center (Rooms 201 & 205), University of Maine at Farmington. Onsite childcare is available with advanced notice. Please call 1-800-833-9786, or email: Sheila ([sheila@affm.net](mailto:sheila@affm.net)), to RSVP. Please RSVP 3-4 days in advance.

**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: Jim ([jim@affm.net](mailto:jim@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 CMHC (12 High Street Entrance) 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 [drgoe@aol.com](mailto:drgoe@aol.com) 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 461-8878 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.

**Old Town-** Foster/Adoptive/Kinship. Meets from 6:00-8:00 PM on the 3rd Monday of every month at 294 Center Street, Old Town. Onsite Child care available with advanced notice. Please contact AFFM at 1-800-833-9786 or email: Bette ( [bette@affm.net](mailto:bette@affm.net)) to RSVP. Please call before you come.

**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.

**South Paris-** Foster/Adoptive/Kinship support. Meets every 1st Thursday of the month from 6:00PM-7:30PM at the Paris Public Library, 37 Market Square, South Paris. Childcare available with advance notice. Please call 1-800-833-9786 or email: Meagan ([meagan@affm.net](mailto:meagan@affm.net)) to RSVP. (3-4 days in advance).

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

**Waterboro-** Massabesic area foster and adoptive support group. Meets every 4th 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).

**Wiscasset-** Foster/Adoptive/Kinship. Meets every 4th Monday of the month from 6:00pm – 7:30pm at St. Philip's Episcopal Church, 12 Hodge Street. No childcare available at this time. Please call 1-800-833-9786 or email: Sheila ([sheila@affm.net](mailto:sheila@affm.net)), to RSVP. Please RSVP 3-4 days in advance.

Adoptive and Foster Families of Maine, Inc.  
294 Center Street, Unit 1 — Old Town, ME 04468

Phone: 1-800-833-9786 or (207) 827-2331  
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Affiliated With:  
The North American Council on Adoptable Children  
National Foster Parent Association  
Generations United

Partnering With: Department of Health and Human Services

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***New Resource Families Welcome! You are now receiving the Family Ties newsletter as part of your complimentary membership to AFFM! Learn more about AFFM and services offered by calling 1-800-833-9786 or visit [www.affm.net](http://www.affm.net)***

**Locations:** 294 Center Street, Suite 1 Old Town, Maine  
& 333 Lincoln Street, Saco. Maine

**Phone:** 1-800-833-9786

**Email:** [info@affm.net](mailto:info@affm.net)

**After Hour Emergency Support:** 207-745-4159

**Website:** [www.affm.net](http://www.affm.net)

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