



Spring 2011 Newsletter

KEWEENAW FAMILY RESOURCE CENTER

850 W SHARON AVE - STE 6, HOUGHTON, MI 49931 ~ (906)482-9363 ~ WWW.KFRCKIDS.ORG

A Note from the Director

Dear Friends of KFRC,
It has been a big year for KFRC! This past March, the Tree House celebrated its first year of being open! In that time, more than 600 children have come through the doors to swing, climb, twirl, play and bounce in a safe, welcoming space surrounded by walls painted with bright, colorful murals and lined with a white picket fence.

Each picket has been purchased by a generous donor and is inscribed with a message or names of people important to them. This is a wonderful way to honor or remember a loved one. Recently, a picket was purchased by a KFRC alumni family in honor of their grandmother. I was pleased to write to the grandmother that her family had purchased a picket in her honor to be part of the permanently displayed landscape of the Tree House Indoor Playground. Her family

wanted her to know that over the years she had unselfishly given to the children in her life love, support and encouragement – all gifts that have made them better people and caring adults. We still have pickets that you can purchase to celebrate the life of someone important to you.

There is another milestone this year for us to celebrate. 2011 marks the 20th anniversary of the Keweenaw Family Resource Center. What started as a grass-roots outreach program by two women concerned about the needs of young children in the Copper Country certainly has come along way. On April 29th we are celebrating this milestone by holding an Anniversary Gala Fundraiser and we invite all of our friends at KFRC to join us for this special event. It will be a time to honor the many people whose hard work and perseverance has made KFRC what it is today.

It will also be a time to celebrate the many families that have participated in our programs over the past 20 years. And last, but not least, a time to say thank you to the donors, supporters, volunteers, staff and board members that have believed in the vision and the mission of KFRC and the Tree House.

It has been said: “A hundred years from now, it will not matter what kind of car I drove, what kind of house I lived in, how much money I had in the bank...but the world may be a better place because I made a difference in the life of a child.”

We have seen this first hand. It is as true now as it was 20 years ago. And now it is time to celebrate, honor and applaud all of you for helping us make a difference.

Happy Spring!

Catherine Benda

Please Join Us For KFRC's 20th Anniversary Gala!

This fundraiser gala will take place on Friday, April 29th at the Shelden Grill located on the 7th floor of the Franklin Square Inn in Houghton. The event will begin at 6:00pm with a social hour (cash bar will be available) and the opportunity to bid on several exciting Silent Auction items. Dinner will be served at 7:00pm followed by the announcing of the Silent Auction winners, the Diamond Raffle drawing and live music by “The Swing Cats”! Tickets are \$50 per person and include entry into the Diamond Raffle. This will be a fun, light-hearted event and the more who attend, the merrier! For information on purchasing tickets, please call KFRC at 482-9363.

We hope to see you there!

BRAIN DEVELOPMENT

Scientists have demonstrated that 85% of the emotional and intellectual wiring of the brain is formed during the first three years of life. Children are born ready to learn and actually crave the positive stimulation that lets them do so.

Children develop much of their capacity for learning during their first three years. How the brain develops hinges on a complex interplay between the genes you are born with and the experiences you have. Early interactions such as talking, singing and reading are all activities that promote brain development in young children. While learning continues throughout the life cycle, there are "prime times" for optimal development-periods during which the brain is good at certain types of learning. Proper nutrition, exercise, play and thoughtful interactions all promote brain growth. Play is an important part of young children's development. Through play children explore their surroundings and learn. Being read to regularly promotes later reading success.

Many young children tend to be picky eaters or fussy about food. An important fact to remember is that 70% of the brain is water, so children need plenty of fluids, without caffeine, sugar or salt. Furthermore, 50% of a child's calories go to brain function. Well balanced meals and healthy snacks are important to brain development and learning enhancement. As a rule young children should go no longer than 3-4 hours between meals. For more information on brain development visit: www.childdevelopmentinfo.com.

"ANTICIPATION" Quilt Raffle

This wonderful quilt will enhance any room in the house! Its deep colors and patterns along with the nostalgic touch of Norman Rockwell's paintings are a treat for anyone's eyes. All of the piecing and quilting were done on a home sewing machine by *The Sewing Servants*, their 9th created especially to support the programs of the Keweenaw Family Resource Center. Please support this very important fundraiser. Tickets are \$2 each or 3 for \$5. The drawing will be held on August 30, 2011. Need not be present to win. Please stop by KFRC or call 482-9363 for your tickets! License#: X76996



KFRC NOW ACCEPTS CREDIT CARDS!

KFRC's website now allows for online donations via PayPal! An account with PayPal is not required. We will also be able to use this for families who wish to purchase Tree House Memberships using their credit or debit card! Check it out at <http://www.kfrckids.org>.

Donate



JOIN US ON FACEBOOK!

KFRC and the Tree House are now on facebook! Click "Like" on our page and receive the latest updates on programs and family events being offered in the Copper Country. Connect with other parents in our programs and share resources.

LEAPERS TURNS 1!

Leapers the Frog and the Tree House celebrated one year of being at the Red Ridge Plaza on March 22nd. Left, Leo & Ruby Zawada pose with the infamous frog on his birthday.



SCAPC Awards Funding

Superior Child Abuse Prevention Council, the local council of the Michigan Children's Trust Fund, has awarded funding to KFRC to offer the S.A.F.E. Project (Safety Awareness For Everyone). Through this project, KFRC will provide parents with information on health and safety at 8 KFRC Safe Play and Learn sessions in two counties (4 in each county). These sessions will target parents of young children, teen parents, and grandparent caregivers and will be aimed at teaching age appropriate development expectations, safety facts, and skills to enhance positive behaviors. Topics will include car seat safety, shaken baby syndrome, safe sleep, and parenting stress. These sessions will include a healthy snack, educational materials, and a parent/child activity. Families currently enrolled in home visiting, parenting education and through Tree house memberships and scholarships will be invited to participate as will the community at large.

The goal of the S.A.F.E. Project is to help reduce parental stress and provide families with tools that support their parenting relationships. Research shows that providing families with enriching experiences enhances their protective factors and builds on family strengths. These protective factors can and do make a difference in reducing the risks of child abuse and neglect and in building family capacity.

For more information call 482-9363 or visit KFRC's website at www.kfrckids.org.



To find out more about Superior C.A.P., visit their website at <http://superiorcapcouncil.org>.

KFRC IS GRATEFUL FOR THE FOLLOWING DONORS OF 2010...

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UNLESS SOMEONE LIKE YOU CARES A WHOLE AWFUL LOT, NOTHING IS GOING TO GET BETTER. IT'S NOT. ~DR. SEUSS

KFRC's 2011 SPONSORS, PATRONS & COMMUNITY PARTNERS



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If you or your business would like to join the KFRC team in providing programs for local families as a Sponsor, Patron or Community Partner, please contact Cathy Benda at (906) 482-9363 or cbenda@kfrckids.org.



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The mission of the Keweenaw Family Resource Center is to support, enrich and strengthen family life in the Keweenaw Peninsula by providing a variety of programs which focus on families with children from birth through 4 years. KFRC is a 501© 3 non-profit organization.

KFRC is located in the Red Ridge Plaza, 850 W. Sharon Ave. ~ #6, Houghton
Office Hours: Monday– Thursday, 9AM - 4PM; Fridays by appointment
Phone: (906) 482-9363 Fax: (906) 482-9353
Email: info@kfrckids.org Website: www.kfrckids.org
Tree House Open Hours (for children birth through age 4):
Mondays: 9:30AM - NOON and 2:00PM - 5:30PM
Tuesdays: 9:30AM - NOON and 4:00PM - 7:00PM
Thursdays: 9:30AM - NOON and 4:00PM - 7:00PM
Saturdays: 10:00AM - 1:00PM
For Mommy, Daddy & Me Playgroups, Sleepy-Time or Playtime in the Park schedules please check our website or call the KFRC office.

KFRC is supported by the Michigan Department of Education, BHK Child Development Board, Copper Country Intermediate School District, Michigan Children’s Trust Fund, Canterbury House, Copper Country United Way, Trinity Episcopal Church, Superior Child Abuse Prevention Council, Portage Health, Houghton Rotary Club, Copper Country Kiwanis, Episcopal Diocese of Northern Michigan, local businesses, service organizations, and individual donations.

KFRC STAFF
Cathy Benda, *Director*
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Laura Nakkula, *Home Visitor*
Pam Sheridan, *Home Visitor*
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Andra Ziemnick, *Program Assistant*

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