

2018 Annual KFRC Newsletter



KEWEENAW FAMILY RESOURCE CENTER

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

LETTER FROM THE DIRECTOR

Dear Friends of KFRC,

When my children were small, they loved to build with blocks. The oldest would painstakingly place one block on top of the other. Carefully, she would build a tower as high as she could reach. The younger three would watch with anticipation. When the final block was placed, they lined up their toy trucks and pushed them as hard as they could straight into the base of the tower. After a few a direct hit or two the tower would come crashing all over the floor. The children would laugh and begin all over again.

Building strong families can be a little like the game my children played. We careful-

ly plan and build our families, but sometimes things happen which can knock us down or at least make our



foundation shake. That is why the Keweenaw Family Resource Center (KFRC) strives to support, enrich and strengthen family life in the Keweenaw. With the right support and tools families

can be strong and resilient. Your support enables KFRC to continue strengthening families. Through KFRC, parents and caregivers learn about parenting and child development. Families are connected to supportive resources. At the Tree House, friendships are built giving children and adults important social connections. Children are supported as they learn social and emotional skills. Parents become more confident and resilient. Thank you for being a part of building strong families in the Keweenaw.

Sincerely,

Iola R Brubaker

Iola Brubaker
Executive Director

Keweenaw Family Resource Center and BHK Child Development Board Present

Playtime in the Park

For children ages 0-4 and their families

From 10AM to Noon on the following Wednesdays:

05/30/2018 @ Lake Linden Park	07/25/2018 @ Hancock Beach
06/06/2018 @ Chassell Park	08/01/2018 @ Centennial School Park
06/13/2018 @ Centennial School Park	08/08/2018 @ Chassell Park
06/20/2018 @ Hancock Beach	08/15/2018 @ Lake Linden Park
06/27/2018 @ Lake Linden Park	08/22/2018 @ Hancock Beach
07/11/2018 @ Chassell Park	08/29/2018 @ L'Anse Waterfront Park
07/18/2018 @ L'Anse Waterfront Park	



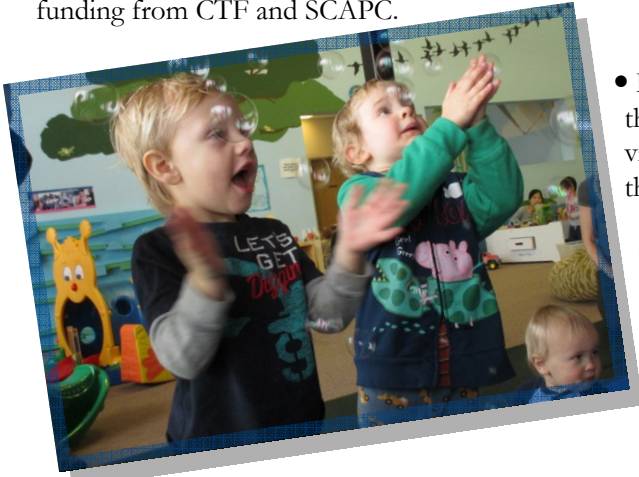
WHAT'S BEEN HAPPENING AT KFRC?

Last Fiscal Year (10/01/16 through 09/30/17):

- KFRC distributed “Welcome Baby” bags containing information on community resources to 334 families who gave birth at Aspirus Keweenaw & U.P. Health System-Portage. Parents were also provided a free pass to the Tree House and the opportunity to sign up for the *Parenting the 1st Year* newsletter. This program is made possible in part through a collaboration with the Copper Country Great Start Collaborative (CCGSC) and funding from Copper Country Kiwanis, Michigan’s Children Trust Fund (CTF) and Superior Child Abuse Prevention Council (SCAPC). *Parenting the 2nd & 3rd Year* newsletter is also available to families that subscribed to the *1st Year* thanks to funding provided by the W.K. Kellogg Foundation. A total of 5079 *Parenting the 1st Year* and *Parenting the 2nd & 3rd Year* newsletters were distributed to area families last fiscal year.



- KFRC’s Home-Based Educator provided 138 home visits to 20 preschool age children and their parents as well as to expectant mothers. This program is made possible through a partnership with BHK Child Development (BHK) and through funding from CTF and SCAPC.



- KFRC’s Occupational Therapist served 12 children and their parents/caregivers through the TRAINS program with 108 child visits made both on an individual and group basis. TRAINS is funded through CTF and CCGSC.

- KFRC provided a total of 118 playgroups at 2 locations. The numbers are down from previous years due to some loss of funding. Still, we served a total of 135 families with 186 children with a total 1109 child visits at these socializations. Playgroups are made possible in part through a partnership with BHK, CCGSC and through private funding.



- 28 of the socializations were *Tummy Time* playgroups which are specific to babies up to age one and their families. Last fiscal year, *Tummy Time* served 31 families with 47 children with the number of child visits totaling 134. These sessions were made possible through a grant from CTF and funding from the W.K. Kellogg Foundation.



- KFRC provided 12 “Playtime in the Park” outings at various local parks between June and August. A total of 71 families with 124 children were served with the number of child visits totaling 339 (that’s an average of 28+ kids per session!). Playtime is funded in part by BHK and CCGSC.

- KFRC provided up to 7 Tree House open sessions per week throughout the year. Last year, 370 families with 567 children attended open hours with the number of child visits totaling 1690.
- Last year, KFRC provided 32 area families with needed clothing, diapers and other items from the Baby & Maternity Closet. KFRC accepts a variety of baby item donations throughout the year, which, in turn are distributed to area families in need. If you are interested in donating to the Baby Closet, please call KFRC or check our website for a list of accepted donations.

A LOOK BACK AT SPECIAL PROGRAMS AND EVENTS

Literacy Events! Literacy begins long before a child enters school and is the basic building block of education. Studies show that reading and providing books to young children can positively impact a child's readiness to start school! In collaboration with the Copper Country Great Start Collaborative, the Portage Lake District Library, and the Great Start to Quality U.P. Resource Center, Relay for Life, Downtown Houghton Farmer's Market eight successful story walks were held last year. More than 200 hundred families joined us to walk through stories like "Dappled Apples", "Minerva Louise", "What Dads Can't Do", "Farmer's Market Day" and "Going on a Bear Hunt".



Children from Kathy Wetton's 4th grade class from CLK Elementary School visited Playtime in the Park in June. The students read stories to 54 children at the park, and gave each child a book which included a handwritten note. Thanks to our many community collaborative partners more than 100 books were given away to families in 2017.



Graduation For 5 Year Olds!

On their 5th birthdays, children officially graduate from KFRC programs. In 2017, More than 250 registered KFRC kids graduate with several choosing to celebrate their very own "I'm Five!" Day at the Tree House where they receive a graduation cap and certificate.



A Visit From the Fire Department!

Last November, KFRC hosted a free playgroup with very special guests from the Houghton Fire Department. The fire fighters provided every child in attendance with a goodie bag, a fire hat and an awesome toy fire truck complete with a Dalmatian! The biggest hit of the evening was a hands on tour onboard one of the Department's fire trucks.



Annual Dinner Fundraiser Lumberjack Style!

In October 2017, KFRC held its annual fundraising dinner which was a Lumberjack theme. We had amazing support from businesses and individuals to help make this event a success including **Pamela & Steve Hecht**, owners of the **Miners Café** in Laurium who donated their amazing homemade Lumberjack Cookies for dessert; **Mary and Jon Kangas**, owners of the **Brownstone Hall** who donated the use of the hall and provided complimentary water, coffee and lemonade; and **Jacie Williams** who provided all of the awesome table decorations. All proceeds from the dinner went to support KFRC programming. A good time was had by all!



UNDERSTANDING ADVERSE CHILDHOOD EXPERIENCES (ACES)

What are **ACEs**?

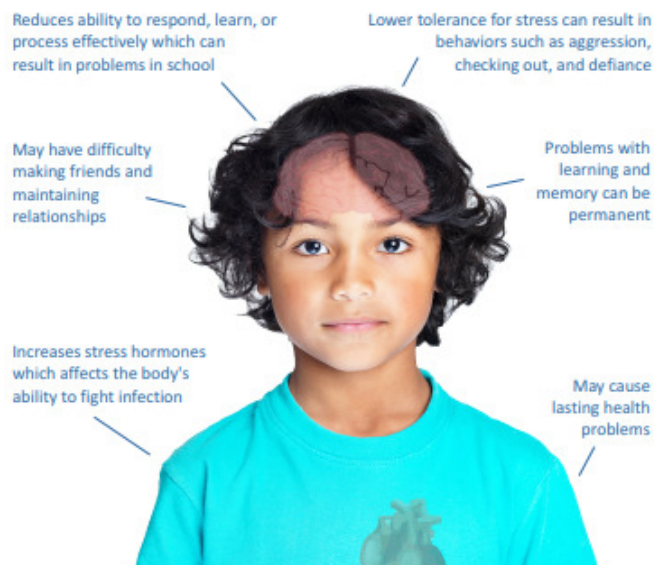
ACEs are serious childhood traumas -- a list is shown below -- that result in toxic stress that can harm a child's brain. This toxic stress may prevent a child from learning, from playing in a healthy way with other children, and can result in long-term health problems.

Adverse Childhood Experience can include:

- emotional abuse
- physical abuse
- sexual abuse
- emotional neglect
- physical neglect
- mother treated violently
- household substance abuse
- household mental illness
- parental separation/divorce
- incarcerated household member
- bullying (by another child or adult)
- witnessing violence outside the home
- witness a brother or sister being abused
- racism, sexism, or any other form of discrimination
- being homeless
- natural disasters and war

How do **ACEs** affect health?

Through stress. Frequent or prolonged exposure to ACEs can create toxic stress which can damage the developing brain of a child and affect overall health.



A Survival Mode Response is one that increases heart rate, blood pressure, breathing and muscle tension. When a child is in survival mode, self-protection is their priority. In other words: "I can't hear you, I can't respond to you, I am just trying to be safe."

Resilience trumps **ACEs**

What is **Resilience**?

Resilience is the ability to adjust (or bounce back) when bad things happen. Research shows resilience helps reduce the effects of ACEs. Protective factors are internal and external resources that help us to build our resilience. Parents, teachers and caregivers can help children by:

- Gaining an understanding of ACEs
- Helping children identify feelings and manage emotions
- Creating safe physical and emotional environments at home, in school, and in neighborhoods



Resources

ACES 101

<http://acestoohigh.com/aces-101/>

Resilience Trumps ACEs

www.resiliencetrumpsaces.org

CDC Adverse Childhood Experiences Study

www.cdc.gov/ace/about.htm

ZERO to THREE

www.zerotothree.org/resources

Keweenaw Family Resource Center

www.KFRCKids.org


906-482-9363

Michigan 2-1-1

www.mi211.org

Dial 2-1-1 or 906-786-4701

Thanks to the people in the Community & Family Services Division at the Spokane (WA) Regional Health District for developing this handout for parents in Washington State, and sharing it with others around the world.

 **Community & Family Services Division**
1101 West College Avenue, Spokane, WA 99201-2095
509.324.1640 | TDD 324.1464 | www.srhhd.org

FIVE PROTECTIVE FACTORS THAT MAKE YOUR FAMILY STRONG

What Makes Your Family Strong?

THE REALITY IS...

Hard Times, Adversity, Misfortune, Hard Knocks, Bad Breaks, Difficulties, Tough Luck... Whatever you call it - your family is sure to face it at one time or another.

THE GOOD NEWS IS...

The risks that you and your children face DO NOT define your family—Protective Factors DO! Research shows that when these 5 Protective Factors are well established, family strength and optimal child development emerge.

Parental Resilience

Exercise Flexibility and Develop Your Inner Strength

Your life is not defined by your experiences, but how you respond and grow. Resilient parents keep a positive attitude, solve problem creatively and take life in stride. Resiliency can be inborn, but also strengthened from experiences and interpersonal relationships. Resilience makes your family strong.

Social Connections

Make a Friend

Connecting with friends builds a support system and makes your family strong. Having a social network of emotionally supportive friends and family, make it easier to care for your children and yourself.

Knowledge of Parenting & Child Development

Learn to be Your Child's Expert

Being a great parent is part natural and part learned. Children go through many stages of development. Informed parents are more likely to have

realistic expectations, provides appropriate guidance, and build a positive relationship with their child. Parent education makes your family strong.

Concrete Support in Times of Need

Ask for Help

Meeting your needs through community support & resources makes your family strong. All families, at some point need help. Whether the challenge is joyous like the birth of a child, transitional like a job loss or tragic like serious illness, families need extra support. Families that know where to meet their needs and ask for help can handle life's challenges and be successful.

Social & Emotional Competence of Children

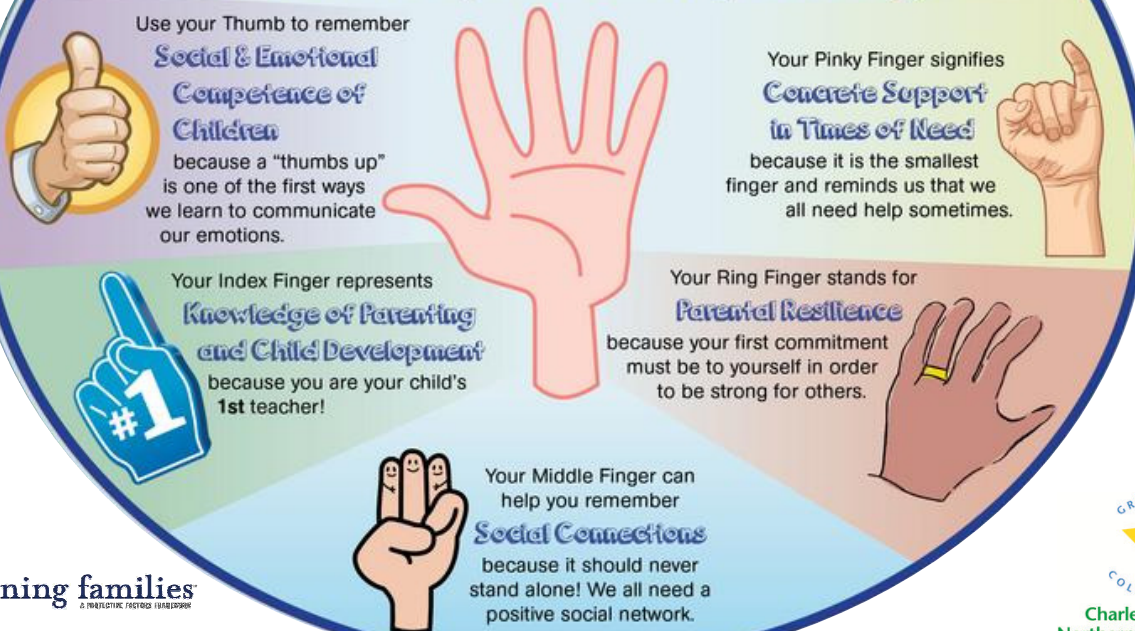
Give Your Child Words to Express How They Feel

Teaching your child to effectively communicate and interact builds positive relationships and makes your family strong.

www.whatmakesyourfamilystrong.org



How to remember the 5 PROTECTIVE FACTORS that make your family strong.



2017 FRIENDS OF KFRC'S TREE HOUSE INDOOR PLAYGROUND

Russ & Monica Alger
 Brad & Victoria Baltensperger
 Mike & Cathy Benda
 Jim & Ronda Bogan
 Larry Carroll & Mary Haller
 Jason & Kathy Carter
 Jamie Colbert
 Tom & Donna Cole
 Jimmy & Suzanne Diehl
 Jean Funk
 John & Lynn Gierke
 Hugh & Bonnie Gorman
 Grace United Methodist Women
 Ernest Griff
 John & Christy Hilgers
 Jonathon & Katrina Hopper
 Neil & Jean Hutzler
 John W. Jobst
 Pat & Kathy Joyce
 Robert & Karen Keen

Terry Kinzel & Sue Ellen Kingsley
 Kiwanis of the Copper Country
 Gil & Susan Lewis
 Paul & Karen Lewis
 William & Audrey Liston
 Willie & Gloria Melton
 Michele Miller
 Walter & Sheila Milligan
 Dennis & Pauline Moore

Faith Morrison
 Blair & Robin Orr
 Linda Ott
 Chris & Fran Passerello
 Almor & Kathleen Penegor
 Rolf & Carolyn Peterson
 Judy Pleshe
 Mark & Carol Plichta
 Range Lions Club
 Shannon Rinkinen
 Bill & Nanno Rose
 Steve Schmunk & Ann Russ
 Bob Sharkey & Susan Donnelly
 Ted & Alice Soldan
 Doug & Norma Stuart
 Temple Jacob
 Noel Urban & Judith Perlinger
 Gregory & Kathleen Waite
 Ruth Wisti
 Diane Woodworth

In Honor of.....Given By:

Edie Hopper.....Jon & Katrina Hopper
 Ethan, Wyatt & Lilou.....Neil & Jean Hutzler
 Milo, Emmett, Brooks & Eddy...Larry & Rachel Lankton
 Ava & Greta Wolff.....Pete & Cindy Method
 Willie & Gloria Melton.....Rolf & Carolyn Peterson
 Clyde & Kim Rinkinen.....Ross & Shannon Rinkinen
 Alan Peters.....Charles & Susanna Wallace

In Memory of.....Given By:

Kathy McLean.....Cindy McLean

2018 RING IN THE NEW YEAR SPONSORS & VOLUNTEERS

A great time was had by all 100+ children and adults of all ages in attendance at KFRC's 7th Annual family snowshoe and sledding event. There were free snowshoes available to use, a scavenger hunt, story walk, face painting and lots of hot cocoa, mac-n-cheese, chili, fruit and other goodies to enjoy. We are so very grateful to everyone who helped make this event so successful - most especially our wonderful sponsors and volunteers including:



COPPER COUNTRY GREAT START COLLABORATIVE

PORTAGE HEALTH FOUNDATION ~ EDWARD JONES-STEVE ZUTTER

ASPIRUS KEWEENAW ~ U.P. HEALTH SYSTEM ~ MAGNUSON HOTEL FRANKLIN SQUARE

BHK CHILD DEVELOPMENT ~ LITTLE HUSKIES CHILD DEVELOPMENT CENTER ~ FITZGERALD'S HOTEL & RESTAURANT

U.P. ENGINEERS & ARCHITECTS, INC. ~ UP & RUNNING TECHNOLOGY SOLUTIONS ~ RIVER VALLEY BANK

TERVO AGENCY, INC. ~ CROSSFIT HAKKAPELIITA ~ MTU KINESIOLOGY & INTEGRATIVE PHYSIOLOGY

BOB HAGER AGENCY, INC. ~ DOLLAR BAY LINOLEUM & TILE CO.

KRISTIN RIUTTA AT SALON BY MICHELLE ~ KEWEENAW AUTOMOTIVE

MAGGIE'S MASSAGE SPA RESORT ~ FIFTH & ELM COFFEE HOUSE

JIM'S FOODMART ~ KEWEENAW CO-OP ~ BONFIRE STEAKHOUSE

DOWNWIND SPORTS ~ NORTHLAND VETERINARY CLINIC ~ KC BONKERS

JEFFERS HIGH SCHOOL ~ HOUGHTON KEY CLUB ~ MINERS STATE BANK



KFRC - A Proud Partner Agency of Copper Country United Way

Once again, KFRC received funding from the Copper Country United Way in 2017. This year's CCUW funds are being used as cash match for a grant from the State of Michigan Children's Trust Fund. KFRC is grateful to CCUW for its continued support. A special thanks to Joseph Kirkish and Andrea Longhini who kindly directed their United Way campaign donations directly to KFRC.



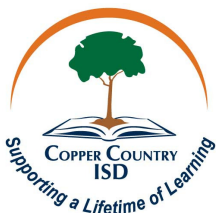
2017 BENEFACTORS, PATRONS & COMMUNITY PARTNERS



GRETCHEN'S HOUSE AT



LITTLE HUSKIES
CHILD DEVELOPMENT CENTER



Copper Country Kiwanis



Steve Zutter
Financial Advisor
Edward Jones
MAKING SENSE OF INVESTING



Copper Country
Mental Health

DANIEL & SARAH FUHRMANN ~ MARGARET SOTTILE ~ PORTAGE HEALTH AUXILIARY
ERIK & MOLLY HAYENGA ~ WAYNE & LAURA PENNINGTON
RICHARD & STACIA GRAY ~ LEONARD BOHMANN & JANEEN STEPHENSON

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

KFRC's Endowment Fund

Donating to the Keweenaw Family Resource Center's Endowment Fund helps to maintain programs during times of economic uncertainty. Contributions to the KFRC Endowment Fund are locally controlled and professionally managed through the Keweenaw Community Foundation. For information on donating to KFRC's Endowment Fund please contact the Keweenaw Community Foundation by calling 482-9673.



SCAPC Awards Funding

Superior Child Abuse Prevention Council, a local chapter of the Michigan Children's Trust Fund, continued its support of KFRC in 2017 by funding some of its early childhood prevention programs including Safe Sleep For Infants, T.R.A.I.N.S., the Home Visiting Program and the *Parenting the First Year* newsletters available through the "Welcome Baby" Hospital Visitation program.

THE EXAMPLE **WE** SET
FOR OUR KIDS
— **HOW TO ACT**
WHEN THINGS DON'T
GO OUR WAY —
IS MUCH, MUCH
MORE IMPORTANT
THAN THE RULES
WE SET FOR THEM.

Leo Babauta

Portage Health Foundation "Giving Tuesday"

Last November, the Portage Health Foundation took part in "Giving Tuesday" by supporting local not-for-profit organizations with their Put Your Money Where Your Heart Is campaign. KFRC was chosen to be included among ten organizations that could participate in this fundraiser. PHF committed to match all donations made on that day dollar for dollar up to \$50,000. As a result of this campaign, \$9900 was raised for KFRC thanks to the following supporters and PHF's cash match:



The Gundlach Family-Keweenaw Community Foundation Fund

Jim & Karen Bradley	Rich & Emilie Krznarich
Scott & Lori Bradley	Craig & Jeanne Kurtz
Iola Brubaker	Willie & Gloria Melton
Bill & Barry Fink	Dennis & Pauline Moore
Ted Fredrickson	Judy Plesche
Bill & Eloise Haller	Bruce & Pat Rukkila
Doug & Shelly Hamar	Susan Thornton





850 West Sharon Avenue, Suite #6 ~ Houghton, MI 49931

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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.

UPCOMING PROGRAMS & EVENTS

04/23/2018 - 05/14/2018 - "Gearing Up for Kindergarten," a 4 session readiness playgroup designed for children ages 4-6 and their parents who are preparing to enter Kindergarten in fall of 2018

05/12/2018 - Copper Country Great Start Collaborative's Baraga Spring Fling at the KBIC Niiwin Akeaa Center in Baraga

05/29/2018 - 08/29/2018 - "Playtime in the Park" (for kids ages 0-4 and their families) every Wednesday from 10AM to Noon at different area parks.

KFRC is supported by the Michigan Department of Education, Michigan Children's Trust Fund, BHK Child Development Board, Copper Country Great Start Collaborative, Copper Country Intermediate School District, Superior Child Abuse Prevention Council, Copper Country United Way, Keweenaw Community Foundation, Portage Health Foundation, Copper Country Kiwanis, local businesses, service organizations and individual donations.

KFRC is located in the Red Ridge Plaza, 850 W. Sharon Ave. #6, Houghton



Phone: 906-482-9363

Fax: 906-482-9353

Email: info@kfrckids.org

Website: www.kfrckids.org



For Tree House open hours, playgroups or special events schedule, please check our website or call the KFRC office.

KFRC BOARD OF DIRECTORS

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Gail Neufeld, OTR/L
Occupational Therapist

Tessa Dvorak
CCGSC Parent Liaison— Houghton

Sarah Huffman
Tree House Assistant

Carrie Rich
CCGSC Parent Liaison— Baraga

Kathy Williams
Center-Based Coordinator

Andra Ziemnick
Program Assistant



Children's Trust Fund
Protecting Michigan's Children

**Copper Country
United Way**

