

family footnotes NEWSLETTER

Fall 2011

2011 FSRC PICNIC ANOTHER GREAT EVENT



Austin Nolden

The weather was beautiful on Saturday, August 27, when over 300 people assembled at McKee Farms Park in Fitchburg for our annual picnic. It was another really fun day. In addition to our regular entertainment of fire truck rides, face painting, tattoos, bubbles, and the accessible playground, this year we were joined by Ladybug the clown and the Mallards Mascot. There was a wonderful array of food, drinks, and desserts. 10 lucky people won door prizes thanks to the Allison Smith Foundation and many more enjoyed participation in our raffle drawing. Big thanks to all of the staff, Board members, significant others, and volunteers who helped make this event successful. Food was again donated by Gaylord Catering, Schoep's Ice Cream, and Miller's Market in Verona.



Ladybug the clown



Dan Woodson and Jesse and Luke Ray

Our raffle raised close to \$2,000 thanks to gracious donations from:

All Through the House	Milwaukee Bucks
Allison Smith Foundation	Orange Tree Imports
Art Geko	Pacific Cycle
Buffalo Wild Wings	Pump it Up
Cheesers	RZ & Company
Coach Handbags	Sergenians
Coyle Carpet	Steinhafels
Escape Du Monde Spa and Salon	Suzy Favor Hamilton
Fat Jack's	The Madison Concourse Hotel
Giggles	Trader Joe's
Great Wolf Lodge	Ultimate Salon Spa
Green Bay Packers	Westside Andy
Kalahari Resort and Water Park	Wild Child
Kittleson Swimming School	Zane Williams
Larsen Photography	Casey FitzRandolph
Lucas Cates	

We look forward to seeing you all next year!



GOODBYE ROBERTA & PAOLA

The Family Support and Resource Center has been a part of my life since January 1986. I have enjoyed working as the agency's Business Manager, and being a part of the growth and accomplishments of the past 25 years. It wasn't an easy decision, but I have decided that it is time for me to retire. Although I will miss the responsibilities of my job, I feel it's time I share the joy of those responsibilities with someone new! While Karin is enjoying the job, I will enjoy having more time to spend with family and friends, and my too often neglected garden.

I am very thankful for the opportunities for professional and personal development that have been provided me over the years. I appreciate the support provided me by my colleagues and all the wonderful families that are part of Family Support. I will always cherish the happy and productive years spent at the Family Support and Resource Center.

While I look forward to enjoying my retirement, I know that I will miss everyone here at FSRC. - **Roberta Stolt**

We are saying goodbye this month to our good friend **Paola Perez** who has taken a job as a bilingual clinical social worker at the Waisman Center. In 2004, Paola began a yearlong graduate student practicum with FSRC, followed by several years of part-time work on CLTS issues before beginning her job as a full-time case manager 3 ½ years ago. Paola also has a long history of working at Integrated Development Services and collaborated with us in many ways for years in that capacity as well. As Paola has pointed out, she will continue to partner with FSRC in her new role at the Waisman Center and we very much look forward to keeping in touch with her in the future. Best wishes Paola!

FSRC's office will be closed on November 24th and 25th for the Thanksgiving holiday.



KARIN FINKEN JOINS FSRC STAFF

I am returning to the Madison area after living in Northern Wisconsin for 15 years with my family. We enjoyed our home on the lake in Tomahawk for many years, but missed our family that lives in this area. I have two teenage boys who are a lot of fun. We spend time together enjoying the outdoors playing on the water, campfires, sports, working out, movies, and travel and adventure.

My professional background is in public and private accounting. I enjoy both a little variety and a challenge in my work. I also work hard to contribute to the success of the organization I am working for. I am happy to be back "home" and excited to be part of the FSRC team.

Dedication & Hard Work Bring Success to Jayde & Inspiration for Others

by **Katy Steeno**

In the "fast-food" society of American culture, it can be extremely difficult to eat healthy food and exercise on a regular basis. Children and families served by FSRC often struggle with weight issues among their other needs. There are various reasons why children may have weight issues, oftentimes it is a result of medications. It can be especially frustrating and disheartening to constantly struggle in treating mental health issues when adolescents know their medications will impact their weight and physical health.

Jayde Edmonds endures this struggle with weight issues and medications on a daily basis. She takes medications every day to help stabilize her mental health, and it has caused her to gain unwanted weight as a result. In the past, Jayde dealt with this frustration through verbal and physical acts of aggression, which led to trouble with the police and school. In the summer of 2011, however, Jayde made the positive decision to make some changes in her life to make herself happier and healthier. She enthusiastically wanted to tell her story.

In August, Jayde attended a 3-week weight-loss camp through Wellspring Camps of Wisconsin. The camp teaches young adults the benefits of eating healthy foods, exercising,



and having positive self-esteem. The camp offered a wonderful program for Jayde, but more impressive was Jayde's dedication and hard work towards her goal. The first couple of days of camp were difficult, but Jayde stayed strong and kept up

with the program. By the end of the 3 weeks, she had lost 15 pounds, was able to run a mile, and had some new, close friends. But the best part of the whole experience? She did it all on her own with hard work and motivation. She pushed herself to do something that was extremely difficult, and found that she achieved some really great results.

One additional positive side benefit of attending this camp (besides the weight loss), is how much daily exercise has helped with Jayde's overall feelings of self-confidence, increased physical energy, and motivation to achieve new goals. It is well-known and researched that exercise and eating healthy is good for positive mental health, and Jayde is a wonderful example of the change as a result of daily exercise. After camp finished, she came home and began working out twice a week with a personal trainer, and has found that both her mood and behavior has improved dramatically. Jayde is truly an inspiration to all those out there who say that they can't do it- she is living proof that you can. Through all obstacles, and with some hard work, she achieved her goal. All of us at FSRC are EXTREMELY proud of Jayde and her accomplishments.

Reminder – It is time for the fall United Way of Dane County giving campaign through your employer. If you are interested in supporting families who have a child with a disability, please consider designating the Family Support & Resource Center as your preference.

DID YOU KNOW? NOW YOU KNOW!

Training for parents, grandparents, caregivers, and providers on health care and community services and supports for children and youth with special health care needs and/or disabilities. Meet other families and become informed and empowered to get the services and supports your child needs!

When?

Oct. 20 & Nov. 3, 5:30-8:30
Dinner & Registration starts at 5:00 pm
(Come to one or both sessions)

Where?

Waisman Outreach Office, 122 E. Olin Ave
Madison, WI 53713

How do I register?

Contact the Southern Regional Center for Children and Youth with Special Health Care Needs at (608)265-8955/ (800)532-3321 or email Sbreitbach@waisman.wisc.edu

This training is free and a light meal will be provided. Certificate of training participation will be available for individuals seeking continuing education credit.

This training is sponsored by **Family Voices of Wisconsin**, the **Southern Regional Center for Children and Youth with Special Health Care Needs**, and co-sponsored by the **Family Support and Resource Center** and **Connections Birth to Three Program**.

AT&T PIONEERS SUPPORT STUDENTS!

What can help bring a smile to a child's face when summer time is nearly over? A new backpack full of school supplies of course! It's an important part of the transition from summer fun to school mode and brings feelings of excitement and preparedness to help start the school year off on the right foot!

We would like to thank all the AT&T Pioneer members who are involved with the backpack program and other education-based support that make children's needs a priority. You're bringing smiles to many faces, including those of 20 kids served here at FSRC!



THE GREAT COUNTRY PUMPKIN FEST

Thursday, October 27th, 2011
4:00pm to 6:00pm
Country Inn & Suites Madison
400 River Place, Madison, WI

Contact Person : Tana Laudolff, Director of Sales
608-221-0055
tana.laudolff@countryinns.com

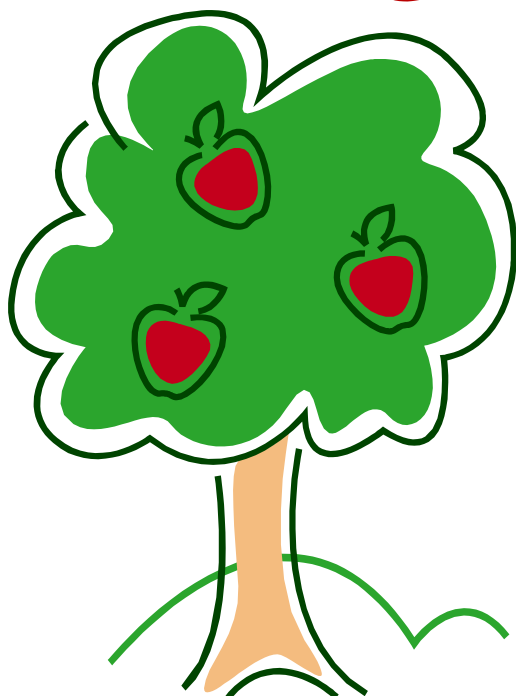
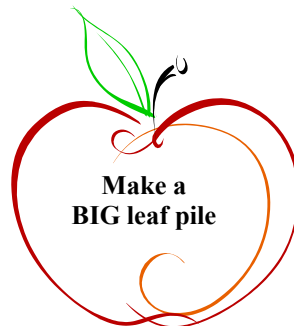
A Free Halloween
Celebration
for children with special
needs & their families.

Dress up in your
favorite costume &
"trick or treat" in a
safe & accessible environment.

RSVP to
Tana.laudolff@countryinns.com

Come
join the fun...
PRIZES
GAMES and
TREATS!!

Sponsored by Country Inn & Suites Madison/Monona



More information:

- ◆ Locate a nearby **Apple Orchard** at: www.pickyourown.org/WI.htm
- ◆ Lots of **Halloween Costume** ideas and much more at: www.familyfun.go.com/halloween/halloween
- ◆ Find **Pumpkin Carving** history, carving tips, patterns, and more at: www.pumpkin carving101.com
- ◆ While enjoying the **Campfire**, sing songs, cook up some great food, and stay safe by following the tips at: www.campingtripfun.com/campfire-safety.html
- ◆ Get some inspiration for your **Scarecrow** at: www.makescarecrows.com
- ◆ Local **Corn Mazes**: www.treinenfarm.com; www.schustersfarm.com; www.kwwfcornmaze.com; www.dairyfarmtours.com
- ◆ Find a new **Park** to explore at: www.CityOfMadison.com/parks

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Website: www.fsrcdane.org

**Yes, I want to support FSRC's mission to
keep Dane County families together!**

Enclosed is my gift in the amount of:

\$10 \$25 \$50 \$100 \$500 other _____

Please charge my Visa or MasterCard:

Card# _____ Exp date _____

Signature _____

Specific designation _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone (____) _____ Email address _____

May we publish your name in campaign materials? Yes No

The Family Support & Resource Center provides respite care, financial assistance, case management and other family support services that give families hope—that their son or daughter with a disability will thrive with in-home care.

Your support is greatly appreciated!