



PARC NEWSLETTER

FOR ADOPTIVE AND GUARDIANSHIP FAMILIES

Region 5

Volume 19

January 2017



Free One Day Conference
Brain Development in the Adopted Child
A conference with Spring Arbor University Professor, Terri Pardee, PhD
Date: Saturday, March 25, Time: 8:00 a.m.-5:00 p.m.
Location: Spring Arbor University - Poling Center
106. E. Main Street, Spring Arbor MI 49283



The Post Adoption Resource Center is pleased to partner with Spring Arbor University Professor Terri Pardee, PhD. and Eagle Village to present a free one-day conference for parents and professionals involved with adoption, foster care, kinship and guardianship. Pardee, a psychology professor at Spring Arbor University. She holds a BA from Spring Arbor University, an MA in counseling from Michigan State University, and a PhD in counseling psychology from Andrews University. Pardee has professional experience as a high school counselor and as a therapist with Community Mental Health. Her professional interests also include psychopathology, counseling methods, physiological psychology, human development, autism, Fetal Alcohol Syndrome Disorder and the effects of trauma on children.

During the conference, Pardee will present information on Brain Development in the Adopted Child, including:

- Typical prenatal and postnatal brain development.
- Brain development in the adopted child.
- Prenatal teratogens, including alcohol.
- Understanding how trauma and pre-natal exposure effect the brain, what behaviors might be expected and how to address the related behavioral challenges.
- Healthy attachment, including neurobiology.
- Attachment disruptions in the adopted child.



Space is limited, early registration is recommended. Register through the web <https://www.eventbrite.com/o/judson-centers-post-adoption-resource-center-parc-11080219379> or call our offices at 734-794-2988.



IN THIS MONTH'S ISSUE

PAGE 1: Brain Development in the Adopted Child Conference
PAGE 2: NATIONAL WHAT MONTH?
PAGE 3: Meet our New Intern
PAGE 4: Meeting and Support Group Listings; Upcoming Trainings; Contact Information

In Association With



NATIONAL WHAT MONTH???

According to www.thebalance.com National Bake with Your Family Month is in the first quarter of the year. Baking goodies the whole family can enjoy together can be great bonding time. In honor of this sweet month here are a few low cost, kid friendly recipes that your family can enjoy anytime.



No-Bake OREO™ Truffles



Ingredients

- 1 16oz package of OREO Cookies
- 1 8oz Package of Cream Cheese
- 2 8oz Packages of Melting Chocolate of your choice (White, Semi-Sweet)

Crush 9 of the cookies to fine crumbs in food processor; reserve for later use. (Cookies can also be finely crushed in a resalable plastic bag using a rolling pin.) Crush remaining 36 cookies to fine crumbs; place in medium bowl. Add cream cheese; mix until well blended. Roll cookie mixture into 42 balls, about 1-inch in diameter.

Dip balls in chocolate; place on wax paper-covered baking sheet. (Any leftover chocolate can be stored at room temperature for another use.) Sprinkle with reserved cookie crumbs.

Refrigerate until firm, about 1 hour. Store leftover truffles, covered, in refrigerator.

Rice Krispy Treats



Ingredients:

- 6 Cups of Krispy Rice cereal
- 3 Table spoons of Butter
- One 7oz Jar of Marshmallow fluff

Melt butter in a large sauce pan on low heat.

Add Krispy Rice cereal and Marshmallow fluff stir until well coated.

Using a buttered spatula evenly spread mixture on to a pan of your choice.

Cut into squares or any cool shapes.

Three Ingredient Peanut Butter Cookies

Ingredients: 1 Cup Peanut Butter, 1 Cup sugar, 1 Egg

Preheat oven to 350 degrees F (175 degrees C).

Mix peanut butter, sugar, and egg together in a bowl using an electric mixer until smooth and creamy. Roll mixture into small balls and arrange on a baking sheet; flatten each with a fork, making a crisscross pattern.

Bake in the preheated oven for 10 minutes. Cool cookies on the baking sheet for 2 minutes before moving to a plate.



10 Reasons to Cook with Kids - 1. Literacy 2. Food knowledge 3. Brain development 4. Motor Skills 5. Mathematical concepts 6. Self-esteem 7. Family traditions 8. Developing life skills 9. Keeping communication open 10. It's fun! Read the whole article at <http://childhood101.com/2011/09/10-reasons-to-cook-with-kids/>



MEET OUR NEW INTERN!



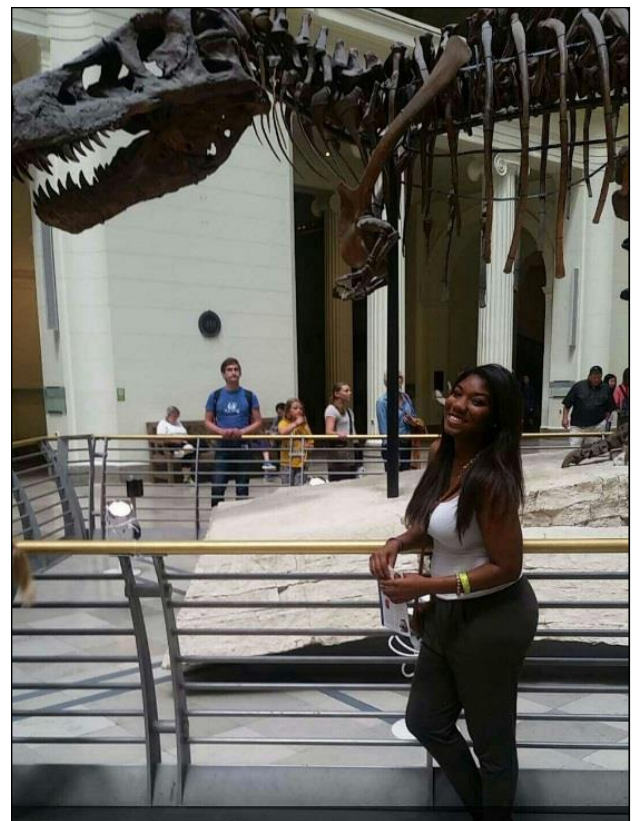
Vyctorya Lewis joined the Adoption Center team as an intern in September 2016. She is a senior at Eastern Michigan University in Ypsilanti, Michigan, majoring in social work. Vyctorya's internship with Judson Center is not only professionally relevant but also personally relevant because she is a foster care alumni and an adoptee.

Vyctorya enjoys working with youth of all ages and often uses her own experience in the foster care system and being adopted as a way to help other youth feel comfortable. Vyctorya hopes to become a foster care worker so that she can continue to work with youth who are growing up in foster care. She feels that she can best use her personal experiences to help foster care youth as a caseworker

In her spare time, Vyctorya is involved with several community service projects. She has a passion for all types of dance and is an enthusiastic reader. She has a passion for history and enjoys visiting museums.

Vyctorya shares, "Growing up in the foster care system was not easy. I would often get bullied for being in foster care at almost every school I went to. I pushed through and it made me the strong person I am today. I am convinced that it is the reason for my perseverance. I've made lots of friends who support me on my journey. I enjoy using my past experiences in order to help other youth or even parents. I think the foster care system was the best thing that has ever happened to me, I wouldn't change a thing. I like who I am, I love who I'm becoming."

Parents and Youth are encouraged to come meet Vyctorya at some of the PARC support groups, events and trainings. Many youth who have already met Vyctorya at a PARC event have expressed appreciation for getting to connect with her. She is truly a good role model for our kids to see.



QUOTE OF THE QUARTER: "The work of parenting is the ultimate task for which all our learning is preparation."
Nancy McGuire Roche, Adoptive Parent





Region 5 Meetings, Support Groups, and Trainings!

Build connections with and get support from others who truly understand!

In addition to adult meetings, PARC youth groups for older children and childcare for younger ones are available at most meetings! Please RVSP to Rachel_Kornilakis@judsoncenter.org or contact us here at Judson center at 734-794-2988.

Lunch at the PARC now in Ann Arbor and Battle Creek - Bring your own brown bag lunch

Ann Arbor

When: Third Wednesday of each month

Time: 12:00-1:00 p.m.

Location: Judson Center, 3840 Packard Ave, Suite 170, Ann Arbor, MI 48108.

Battle Creek

When: First Thursday of each month

Time: 12:00-1:00 p.m.

Location: Battle Creek at the Family Enrichment Center 415 28th Street South, Battle Creek, MI 49015



Online Calendar Link:

www.parc-judson.org/calendar

Fabulous Foster and Adoptive Families Group

When: First Monday of each month Time: 6:00-8:00 p.m. Location: Arbor Bridge Church, 2500 S. Main Street, Ann Arbor, MI 48103.

Group starts with a potluck; please bring a dish to pass if you are able.

Free One Day Conference - Brain Development in the Adopted Child

When: Saturday March 25, 2017

Time: 8:00 a.m.-5:00 p.m.

Location: Spring Arbor University, 106. E. Main Street, Spring Arbor MI 49283 - Poling Center. This conference is for parents and professionals who want to learn more about brain development. Registration link: <https://www.eventbrite.com/o/judson-centers-post-adoption-resource-center-parc-11080219379> or contact us by phone at 734-794-2988

Adoptive Family Resource Spotlight

Dr. Karyn Purvis and Michael Monroe, From Empower to Connect, offer helpful insights and practical advice in response to the following questions that are commonly asked by adoptive and foster parents:

1. How Do I Handle Manipulation & Control?
2. Will Trust-Based Parenting Work for My Child?
3. Why Won't My Child Act His Age?
4. How Do I Handle Lying?
5. How Do I Find the Right Professional?
6. Should I Parent My Adopted Child Differently?
7. How Long Do I Have to Parent This Way?
8. Is It Adoption Related or Not?
9. Will Trust-Based Parenting Prepare My Child for the Real World?
10. How Can I Be Fair?

Watch each of the featured videos at the web page below:

<http://empoweredtoconnect.org/10-questions-adoptive-parents-ask/>

Contact Us

Please feel welcome to contact the PARC office in your region, visit our website for information, or connect with us via social media!

Region 5 Office

3840 Packard Rd.
Ste. 170

Ann Arbor, MI 48108
734-794-2988

Region 6 Office

2503 S. Linden Rd.
Ste. 130

Flint, MI 48532
810-732-8510

Website: www.parc-judson.org



www.facebook.com/parcjudson



www.twitter.com/parcjudson



www.pinterest.com/parcjudson