

Spring 2009

# Bergen County Foster and Adoptive Family Services SPRING NEWSLETTER

Bergen County FAFS Volunteer Committee  
is looking for a new chairperson or co-chairs  
to coordinate our local group.  
Dedicated and passionate volunteers wanted!

Please contact Bergen County Resource Family Advocate, Jennifer  
Faasse (201.342.4397 ext.2053 / [jfaasse@fafsonline.org](mailto:jfaasse@fafsonline.org)) for more  
information about this position and a nomination form.



**FOSTER and ADOPTIVE<sup>®</sup>**  
FAMILY SERVICES  
*The Voice of Foster, Adoptive & Kinship Families in NJ*

Foster and Adoptive Family Services  
P.O. Box 518, 4301 Rt 1 South  
Monmouth Junction, NJ 08852  
(800) 222-0047  
[Http://www.fafsonline.org](http://www.fafsonline.org)

## LETTER FROM THE EDITOR

Greetings,

I am Arlene Hoffman, the new editor of the Bergen County FAFS Newsletter. I hope you all enjoy this issue along with all future issues. Like some of you, I am a foster-to-adopt mom and my husband and I were lucky enough to recently adopt our two-year-old daughter. As a lot of you know though, it's been a tough road leading up to this point.

It's one thing to bear your own children and know them since they are born, but it's another thing when a 2 or 5 or 10 year old child gets out of a car in front of your house with just a suitcase and a history all their own, including their own habits and beliefs ingrown from an environment you may know nothing about. So, in this issue I would like to share some web-sites that helped me while fostering, along with a website I know of that focuses on adoption issues and provides resources to adoptive parents.

Additionally in this and other issues I will be including upcoming events, local information and "Shout-outs," which will be where you could post news of adoptions, congratulate your children on their accomplishments or share other positive family events that you are excited about. This will also be a great way to announce if you are giving away a no-longer used crib, stroller, etc. I am also going to include in these newsletters some health and safety tips for you and your family. This particular issue will cover Emergency Supply Kits; in future issues I would like to put information on various weather related safety tips, pet safety, family preparedness and such. If you have any shout-outs, feedback or suggestions for future newsletter topics you can write to me at [bcfafsnewsdesk@yahoo.com](mailto:bcfafsnewsdesk@yahoo.com).

We are also working on establishing some resources and supportive connections for our committee online. Look for more information about this in our next issue. For now you can email me at the above email address or come out to one of our volunteer committee meetings and share any ideas you may have for fundraisers, activities or other fun things to do. We're looking forward to hearing all your wonderful ideas and making this a great year for our committee.

Sincerely,

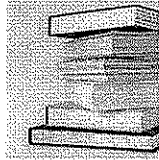
*Arlene M. Hoffman*

PS: I am applying for the position of chairperson and would like someone to apply with me. Please e-mail me or Jennifer if you are interested. Together we can make good things happen!

## UPCOMING EVENTS

- Summer event for all Bergen County Foster/Adoptive families to enjoy. Details to follow.
- Share your story— In celebration of FAFS's 35th Anniversary we are asking foster, adoptive and kinship families to share their stories with us. If your story is chosen to be posted on the website you will receive a check for \$35 from FAFS. The deadline for submissions is June 1, 2009. Let us know why you chose to foster and/or adopt. Be an inspiration to other families. Click on the 35th Anniversary logo on the FAFS website for further details and release form.
- Sunday, August 16, 5:05— FAFS Night at TD Bank Ballpark in Bridgewater, NJ Tickets \$8 and include a 10% off merchandise coupon.
- A Child, A Heart, A Home - Walk for Children in Foster Care— September 27 at Buccleuch Park in New Brunswick.

## Volunteer Committee Meetings & Trainings



May 28, 2009—7-9pm “New Jersey Office of the Child Advocate” will be held at 337 First St. Hackensack, NJ. (on the corner of First St. and James St.) (2 continuing education credits)

June 23, 2009—6-9 pm “Under One Roof, Working to Keep Siblings Together” will be held at the Bergen South Local Office, 125 State Street, Hackensack, NJ. (3 continuing education credits)

## Resources for All-kinds of Parents

Is your baby not sleeping through the night? Is the 5 year old that just came to your house having attachment issues? Do you want to learn more about that new DYFS policy you keep hearing about? Below are some sites that can help you in your adventure of parenting.

[Http://www.fafsonline.org/](http://www.fafsonline.org/) - Our website includes lots of information about the free and confidential services FAFS provides. Learn about the support, advocacy, training, scholarships and other programs that are available to you through FAFS.

### Additional Parenting Sites

[Http://www.fosterparents.com](http://www.fosterparents.com) - Among other services, this site includes helpful Chat Boards/Lists on numerous topics that can help you get answers to pretty much any question you ask. You can also look at other questions and answers to see if your issue was addressed or to learn about answers to other questions.

[Http://www.njarch.org](http://www.njarch.org) - New Jersey Adoption Resource Clearing House— This site has a chat room with scheduled chats about various adoption related issues. They also offer informational trainings and literature and host various events.

[Http://kinkonnnect.org/](http://kinkonnnect.org/) - An informational website for kinship legal guardianship families. Includes resources and information about KLG and kinship services.

[Http://www.parentsconnect.com](http://www.parentsconnect.com) - This is the one that's always advertised on Noggin or Nickelodeon. It has great message boards, tips, recipes and lists some events in your area.

# Shout outs!

Share your good news with us!  
Email: [bcfafsnewsdesk@yahoo.com](mailto:bcfafsnewsdesk@yahoo.com)

## THANK YOU!

We would like to say a BIG  
THANK YOU to Rosanne  
Doyle for all her years of  
hard work as Bergen County  
FAFS Volunteer Committee  
Chairperson.  
We'll miss you.

THANK YOU!

## SAMPLE!

This is a sample "Shout Out"  
You can share your stuff, wish a  
friend or family member a  
happy birthday, congratulate  
them on a recent adoption,  
wedding, engagement, gradua-  
tion, honor roll or anything else  
you can think of to say.  
Have a great Spring! ☺

## Emergency Preparedness News!

**EMERGENCY SUPPLY KITS:** All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency kit should include. In addition to the items listed, people should consider where they live and the unique needs of their family and add as needed.

The basic items for every kit are...

- Water, one gallon of water per person, per day for at least three days, for drinking and sanitation.
- Food, at least three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit includes canned food)
- Local Maps

See the next issue for some additional items to consider putting into your Emergency Supply Kit.

Stay safe, healthy and happy!