



## Do I Want or Need a Parent Café?

You may have noticed all the emails that invited you to join in a Parent Café. If you didn't think, "That's for me," your alternative thought may have been that it wouldn't benefit you. Take a couple seconds to answer the following questions:

- |                           |  |
|---------------------------|--|
| 1. _____ True _____ False | I don't have any children in my home at the time, so the Parent Café doesn't apply to me.    |
| 2. _____ True _____ False | I've been a parent so long that this just wouldn't interest me.                              |
| 3. _____ True _____ False | I don't want someone else telling me what should or should not work-they don't know my home. |
| 4. _____ True _____ False | I don't like to speak in meetings because I don't want someone else to judge me.             |
| 5. _____ True _____ False | Group meetings make me crazy-everyone is always talking over everyone else.                  |

If you answered *true* to any of the above questions, you need to understand that you do not have enough information about Parent Cafés.

The Parent Café was created by Be Strong Families. The five core factors are parental resilience, social connections, knowledge of parenting and child development, concrete support, and communication. This is for anyone who is, was, or wants to become a better parent. Although not a parenting program, self-awareness will lead to more thought-filled parenting. Within those factors, it is acknowledged that every parent needs to develop resilience in order to be able to face the challenges that parenting presents; it acknowledges that sometimes what you are feeling and coping with may require more than what you already know-whether that comes from friends or community; it acknowledges that we are not "natural parents"; and it acknowledges the need to learn how to communicate based on social and emotional competence-this is not just *with* your child, but how you parent *around* your child. These cafés provide a means to strengthening the family unit.

That takes into account some of the survey questions, but is it a safe environment? These cafés follow some basic agreements.

- ♥ Listen attentively-if you are listening, you are not talking.
- ♥ Do not give advice.
- ♥ Speak from your own experience.
- ♥ No electronic distractions.
- ♥ No judgements.

Those agreements may take care of any other barrier. These cafés are designed to help you build self-awareness, experience self-reflection, and allow you to explore ideas that may work for you. It will lead you to a place where you can feel heard, and, by listening to others, build your own bank of compassion.

I challenge you all to try one meeting to see what you think. More details can be found on page 3.

### Upcoming Events

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Virtual Covered Dish  
Training  
August 17, 2021  
Details on Page 2

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Conference call  
June 9, 2021  
Details on Page 2

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SWAN Statewide  
Adoption Conference  
June 16, 17, 18,  
2021

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Father's Day  
June 20, 2021

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Independence Day  
July 4, 2021

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Parents' Day  
July 25, 2021

# TRAINING INFORMATION



## WFS Foster and Adoption Training

### WFS in Wilkinsburg

Contact Whitney Kelly to register at

412-342-2339 or

[whitney.kelly@wfspa.org](mailto:whitney.kelly@wfspa.org)

**July 12, 2021 6:00 to 9:00 pm**

Orientation

Who Are the Children?

**July 14, 2021 6:00 to 9:00 pm**

Who Are the Parents?

Child Development

**July 19, 2021 6:00 to 9:00 pm**

Grief and Loss

Stabilizing Their World

**July 21, 2021 6:00 to 9:00 pm**

Abuse and Neglect

Attachment

**July 26, 2021 6:00 to 9:00 pm**

Parenting

Reasonable and Prudent Parenting

**July 28, 2021 6:00 to 9:00 pm**

Mental Health

Resources

**July 31, 2021 9:00 am to 3:00 pm**

Policies and Procedures

First Aid and CPR

## Recertification Training Hours:

PA DHS regulations require 6 hours of annual training. Wesley Family Services' annual recommendation:

Primary caregiver 20 hours

Secondary caregiver 20 hours

## Resource Parent Association Conference Call

Our next conference call is scheduled for  
**June 9, 2021 at 6:00 PM.**

Resource parents can join the call by dialing  
**857-232-0155** and entering the conference  
code **269736** when prompted. We hope  
more resource families will join in!

Our agenda will include:

✧ Resource Parent Appreciation Day

✧ Parent Café

✧ Summer plans for the children

*Please remember to use your mute button until  
you are ready to talk if you have kids or critters  
running around while you are on the call.*



## Virtual? Covered Dish Training

The next covered dish training will be  
**August 17, 2021.**

The topic is yet to be determined.

It may be in person, depending on  
restrictions. We will let you know closer to  
the date.

An email invitation will be sent to you a few  
days before the training. You will only need  
to click on the link to join in.

Please call Whitney Kelly at 412-287-2339  
or email her at [whitney.kelly@wfspa.org](mailto:whitney.kelly@wfspa.org) so  
we know you will be participating.



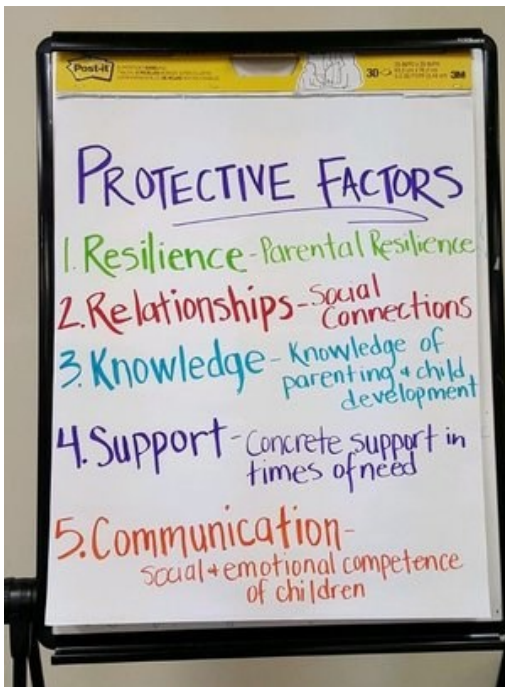


Additional training is provided through the Training Co-op which is composed of fourteen local adoption agencies. You are welcome to register for any of these classes. When you have completed the class, please submit proof of attendance so that we can credit the training to your annual training requirement. Trainings will also be available in January, but the schedule has not yet been completed. If you are interested, remind your coordinator to get you the information in December.

June	Title	Location	Time	RSVP
6/5/21	Welcome to Oz Trauma Informed Care  Simultaneously: Sibling Training	Auberle  <b>ZOOM Training</b>	9AM-3PM	Tracy Holguin  412-779-5476
6/22/21	The Impact of Incarceration on Children, Families and Communities	Wesley Family Services <b>ZOOM Training</b>	6PM-8PM	Email: Shana.orlic@wfspa.org
6/26/21	CPR/First Aid	Auberle 1101 Hartman Street McKeesport, PA	9AM-3PM	Tracy Holguin  412-779-5476

## Parent Cafés

Are you ready to take the challenge? You have read about the parent cafés on the front page. If you want more background information go to <https://www.bestrongfamilies.org/parent-cafes>.



Your opportunities to participate are increasing. There will be a Parent Café every month on the last Wednesday of the month. This is a great chance to meet other resource parents and share some of your experiences. Everyone needs to be heard and to receive support from others. This forum is a respectful environment where the five core factors will be used to help you learn more about yourself, which will help you to become a strong leader in your family.





# AFFIRM Training

AFFIRM training is a requirement for all resource parents who are open to taking foster teens and it is recommended for all resource parents in general, as children recognize their sexual or gender identity at different ages.

**To Register:** Contact Sarah Rosso at 412-973-5053

Session Dates	Host Agency & Location	Time	Registration Due
June 8, 15, 22, and 29	Three Rivers Adoption Council Zoom information provided upon registration	6PM to 8 PM	June 1, 2021
July 7, 14, 21, and 28	Pressley Ridge Zoom information provided upon registration	6PM to 8 PM	June 30, 2021
August 3, 10, 17, and 24	Auberle Zoom information provided upon registration	6PM to 8 PM	July 27, 2021



## SWAN Summer Statewide Conference

On June 16, 17, and 18, the Summer Statewide Adoption Conference will take place virtually. This is likely the *only* time this will occur virtually, due to COVID. The amazing news is that the conference is free! Please be on alert for upcoming emails to get information to register. Please register soon to assure you get the chance to listen to national speakers and professionals within Pennsylvania. You can also explore the events section of the Statewide Adoption and Permanency Network website at <https://www.diakon-swan.org>

**Ask someone you know to make a single commitment.**

1. Commit to learn more about becoming a foster parent.
2. Commit to learn more about how you can support foster families.
3. Commit to learn how community members can support the development of foster homes in your neighborhood.
4. Commit to contact Wesley Family Services.

*If you refer a family that becomes a certified resource parent, you will earn a \$100 bonus!*

# Staff News

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Meet Chris, who started working as a coordinator in the beginning of May. Chris is a graduate of Slippery Rock University where he attended on a full academic scholarship. He and his wife are the parents of three children, two of whom they adopted. Yes, he has been a resource parent! They also have a Golden Retriever named Lucas. Chris plays guitar, bass, and dabbles in drums. Chris is originally from Texas, but grew up all over the country. He has been in Pennsylvania for eight years and loves it! Chris is committed and passionate about helping families and being a positive influence in people's lives!



Chris Slay  
Coordinator

## Speaking Engagement



Patrick Timms  
Intake Coordinator

On May 21, Patrick took time from his busy week to speak at Pittsburgh Linden PreK-5 for Linden's Take a Father to School Day. The presentation was virtual. Patrick talked about his own experience about not having a dad in his life as a young child. He spoke about the importance of having a father figure, and the impact it had on him. Patrick related his experience to the children with whom he works, and talked about how his life experience has given him compassion for the children and families he serves. A special thank you to Kristina Terrell, who connected Patrick to Pittsburgh Linden PreK-5!

### Looking for Recruiting Venues!

PLEASE send us any upcoming activities in your neighborhood. Romaine or Dan can get in touch, and we may be able to set up a table to recruit families just like you! If the event occurs, you will receive a \$50 bonus!

Contact: Romaine Rinier: 412-508-9209 or [romayne.rinier@wfspa.org](mailto:romayne.rinier@wfspa.org)

OR

Dan O'Malley: 412-514-9475 or [daniel.omalley@wfspa.org](mailto:daniel.omalley@wfspa.org)

# WE ARE FAMILY!



John and Katelyn Thomas adopted Riley on March 26th. Riley's expression says it all!

Tal and Sarah Heppenstall went from SPLC in October 2020 to Adoption of Emma and Colton on April 29, 2021. April is a special month as their other children were adopted in April - 25 and 23 years ago. A continuation of a wonderful journey!



Matt and Brian McClain finally became the proud dads of Ashton Michael on May 21, 2021. A long wait that ends in three very happy faces.

After two years of waiting, Jason and Jamie Lang adopted their son, Jameson Kenneth on May 21, 2021. Proving once again that hanging in there and being patient pays off in the best way possible.





# Birthdays!

## *June*

Piper A. 6/1  
Jon S. 6/3  
Joel A. 6/4  
Kyerre T. 6/5  
Kartier M. 6/5  
Savannah O. 6/6  
Samone O. 6/6  
Jim S. 6/6  
Kendra S. 6/10  
Courtney B. 6/10  
Chloe H. 6/10  
Ben G. 6/10  
Troy A. 6/13  
Gary G. 6/14  
Carlaya R. 6/15  
Kim M. 6/16  
Aliyah G. 6/16  
Daryl L. 6/16

## *June*

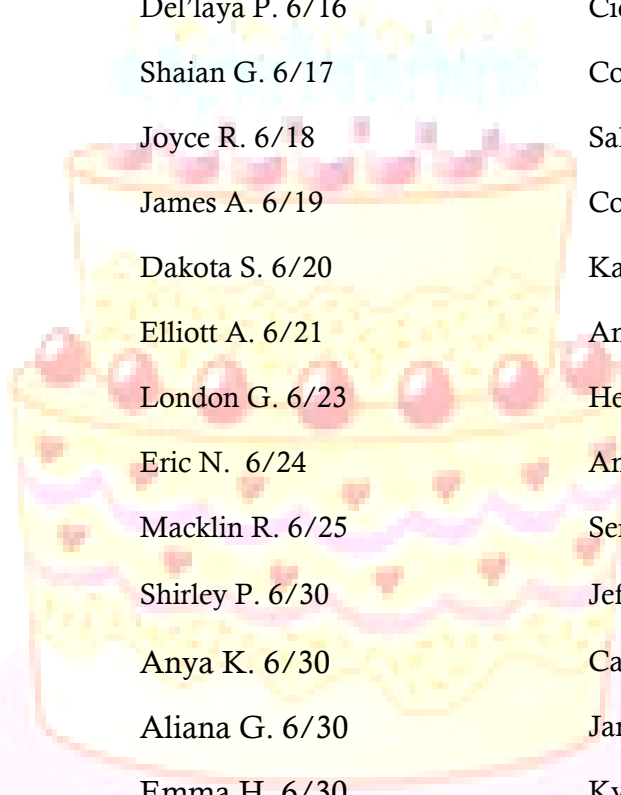
Allie L. 6/16  
Del'laya P. 6/16  
Shaian G. 6/17  
Joyce R. 6/18  
James A. 6/19  
Dakota S. 6/20  
Elliott A. 6/21  
London G. 6/23  
Eric N. 6/24  
Macklin R. 6/25  
Shirley P. 6/30  
Anya K. 6/30  
Aliana G. 6/30  
Emma H. 6/30

## *July*

Phillip G. 7/2  
Kingston G. 7/3  
Emalee T. 7/5

## *July*

Emily U. 7/5  
Cierra S. 7/5  
Colton H. 7/6  
Sakari S. 7/7  
Courtney H. 7/8  
Kaylee G. 7/12  
Anthony D. 7/12  
Heather F. 7/18  
Anthony N. 7/18  
Serenity W. 7/19  
Jeff R. 7/22  
Carolyn R. 7/23  
James H. 7/24  
Kyleigh H. 7/25  
Megan R. 7/27  
Dominck R. 7/27  
Aerianna P. 7/29  
Grey G. 7/29



## Welcome New Resource Families!

Kevin and Rachel Kinney   Scott and Ashley Rambo  
Reubina Carty



# FUN PAGE

## Water and Oil Fireworks

Supplies:

- Clear tall drinking glass or vase
- Oil (Can be cooking oil or baby oil)
- Food coloring
- Water
- A small cup
- Fork

Fill the tall glass/vase almost to the top with room-temperature water. Pour a little oil into the smaller cup (you will probably only need 3-4 tablespoons). Then add a couple drops of food coloring to the oil. Do not add too many:)

Take a fork and mix the oil and food coloring together



Pour the oil and food coloring mixture into the water. Notice how the oil stays on top of the water. This is because the oil is less dense than the water.

However, the food coloring will sink, because it is heavier than the oil-which makes a beautiful, and safe, fireworks display.

Taken from <https://jugglingwithkids.com/2013/06/water-and-oil-fireworks.html>

## Confetti Fireworks

Supplies:

- Ice Cream Sprinkles
- White oil
- Water in a spray bottle

Shake some sprinkles on the white paper.

Spray lightly with water.



Let it dry and shake off the sprinkles.



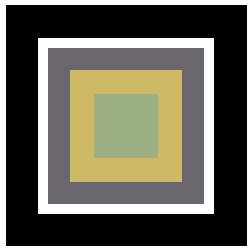
Ta-Da!!!



Taken from <http://www.readingconfetti.com/2012/06/sprinkle-fireworks.html>







# Resources

- ♥ Foster Love Project is building a Teen Mentoring Program for teens who have experienced foster care or adoption. TEEN CONNECTIONS GROUP: a group for teens, ages 13-18, who have experienced foster care or adoption. The goal of this group will be to meet regularly to form friendships, do fun activities, and discuss some of the unique challenges they face. Mentors of the group will be adults who have experienced foster care or adoption themselves. Parent of teens, please take this brief survey located at <https://forms.gle/d5GcCk3ygAWoB5sx7> to help them plan logistics and provide you with more information.
- ♥ Financial Empowerment for Youth Who Have Aged Out of Foster Care - <https://www.moneygeek.com/financial-planning/resources-for-foster-youth-aging-out/>
- ♥ Need a Phone List form for the refrigerator? Go to [http://www.familyshoppingbag.com/img/view-print.php?img=Emergency\\_Chart\\_984035.png](http://www.familyshoppingbag.com/img/view-print.php?img=Emergency_Chart_984035.png)
- ♥ The 412 Youth Zone is operating virtually. Youth Zone staff continue to provide services to members throughout the community, and by phone, text, and social media. The clinic is currently open by appointment Tuesdays and Thursdays each week, and members can schedule appointments by calling 412-615-4038. Check out their Facebook page <https://www.facebook.com/412YouthZone/> for updates to programming and important resources.
- ♥ AFN Foster Parent of Teens Support Group: This support group is held every other month from 6pm to 8pm. It is located at the Allegheny Family Network office on 425 North Craig Street in Pittsburgh. This is an open group who welcomes all foster and adoptive parent of teens. Dinner is provided. Please register by calling Linda Mitchell at 412-290-9190.
- ♥ The Allegheny Self Care Initiative offers free hair care, hair products, and training in hair care for children, youth, and resource families involved in the foster care system. The programs also offer activities to increase self-esteem and self-awareness. For more information involving youth between the ages of twelve to 21, contact Kymberly Harper at 412-722-1404 ext. 240 or email her at [kharper@wardhome.org](mailto:kharper@wardhome.org). For children under twelve, contact Daria Segers at 412-282-8022.
- ♥ Don't forget that CPR/First Aid must be updated every two years. If you have been certified by an instructor, you are permitted to renew on line (as long as we have a copy of your initial cards in your file) if you are not able to make it to a class. One great resource is <https://www.nationalcprfoundation.com>. The normal price is \$20.95. There are several options for training, so be sure to choose the one that includes both CPR and First Aid.
- ♥ Free diapers and pull-ups are available through Life Works of Western Pennsylvania, 1323 Forbes Avenue, Pittsburgh, PA 15219 on Mondays, Wednesdays, and Fridays from 10:00am until 2:00pm. Contact Sheilah (412-606-1392); Florence (412-606-1652); or Deborah (412-609-3456).
- ♥ Allegheny County provides a Family Resource Guide for families how have children with special needs. This site has information on Early Intervention & Therapy for All Ages and Needs; Medical Insurance and Public Benefits; Medical Care; Educational Support; Family Support; and Transition to Adulthood. Check out the website at [familyresourceguide.org](http://familyresourceguide.org)

People Helping People.



## Training: The Other Ticks

If you live in a rural area, you are likely well aware of the possibility of encountering a deer tick. However, deer have been spotted in the parking lot of Wesley Family Services, so those who live in the city should not consider themselves “not at risk.” Turning so many of the farms and open lands into housing plans and other developments have forced the deer to adapt to new surroundings.



Deer tick season does not have a formal start or finish. The deer tick becomes active when the temperature goes above 32°; so, when the weather warms, the ticks become active. If the winter is mild, ticks could be active year around. If you enjoy hiking, or even playing in your back yard, start checking for ticks as the temperature goes above freezing. A more severe tick season can be predicted when the weather stays warm, and there is a plentiful supply of acorns. Juvenile deer ticks feed on mice, and mice feed on the acorns; therefore, more acorns means more mice which ultimately means more deer ticks. Deer ticks are at their peak in the late summer months.

One of the most serious concern with deer tick bites is contracting Lyme disease. According to the Centers for Disease Control and Prevention (CDC), Lyme disease is the most common vector-born disease in the United States. Vectors are living organisms that can transmit infectious disease between humans or from animals to humans. Many of the vectors are bloodsucking insects. Typical symptoms include fever, headache, fatigue, and a skin rash. The rash is circular (resembling a bull's-eye with a red, brown or purple center), expanding at the site of the bite around three to thirty days after the bite has occurred. If left untreated, the infection can spread to joints, the heart, and the nervous system. Most cases of Lyme disease can be treated with a few weeks of antibiotics.



Does this mean we and our children need to stay indoors? Absolutely not, but it is good to be informed so that proper precautions can be taken.

Here are some facts about ticks that you need to know (<https://blog.vermontcountrystore.com/deer-ticks/>):

1. Deer ticks are smaller than dog ticks.
2. Only adult females and nymphs (young ticks) can transmit infections through their bites. Male ticks attach, but they do not feed or become engorged. Adult females have red and brown bodies.
3. Not all deer ticks are infected with the Lyme disease agent, only about 50 percent cause infection.
4. Deer ticks are slow eaters. They insert their mouth into the skin like a corkscrew, and can take up to five days to complete their meal.
5. It takes 24-48 hours to transmit Lyme disease. It is the reason you need to check your body right after any exposure to a tick-infested environment. In order to transmit the disease, the tick needs to be attached for at least 24 hours, and up to 48 hours.
6. Deer ticks do not jump, hop, swim, or fly. They crawl. They find their host by grabbing onto people or animals that brush up against plants at or near ground level-then the crawl to the spot where they attach.
7. Ticks live in wooded, brushy areas that provide food and cover for mice, deer, and other mammals (including humans). The ideal tick environment is humid. Your greatest risk is along trails in the woods and fringe areas between woods and the border.



All that being said, it is important to minimize your risk for Lyme disease.

1. If you are walking the trails, stay to the center of the trail and avoid brushing against the foliage. Deer ticks wait on the tips of plant to attach to animals or people.
2. Wear clothing that provides full coverage, including high socks, long-sleeved shirts, and pants while hiking, camping, or traveling in areas known to have deer ticks. For additional protection, don ankle straps around your pant legs, the kind bicyclists wear. Treat all clothing with a spray to repel ticks. There are products that can treat clothing, boots, and camping gear. It is important to spray in a well-ventilated area and allow to dry completely before using the clothing or equipment.
3. Even if you have used a spray, you still need to check for ticks after you are done with nature for the day. Even if you did not feel a tick on your skin, check your body thoroughly every night before going to bed. Ticks are known for being sly, smooth operators that quickly find their way not into your heart, but equally private places. You will not feel pain when the tick bites you. Deer ticks will burrow into the skin and latch onto their host to feed. They emit a sort of numbing solution through their saliva that prevents you from feeling the bite. The body of a feeding tick will stick out of the skin. That said, some people have experienced some irritation from the bite.



4. Ticks like areas that provide moisture and protection to them. These areas include under the arms, inside the belly button, behind the knees, between the legs, around the groin, around the waist (where the pants are belted or held around the waist), on the scalp or near the hairline, and around the ears.
5. Take a shower within two hours of leaving the outdoors. Throw clothing in a dryer while you take a shower. Unfed deer ticks are not likely to survive 24 hours in a home environment. Because they like high humidity, ticks on moist clothing in a hamper can survive two to three days. If you know you have been in a tick infested area, toss the cloths in the dryer on high heat for ten minutes.
6. Remove ticks promptly and correctly.
  - ✂ Some people have tried burning off the ticks-DO NOT BURN OFF THE TICK.  
Common house tweezers (with the flat head) can also be ineffective.
  - ✂ To remove the tick:
    1. Use fine-point tweezers to get a hold of the tick as close to the skin surface as possible.
    2. Pull backwards gently but firmly, using an even, steady pressure. Do not jerk or twist.
    3. Do not squeeze, crush, or puncture the tick's body; the fluids inside may contain infection-causing organisms.
    4. Dispose of the tick by flushing it down the toilet. When a tick is removed, it may appear still and, therefore, dead or harmless. This is not true. The tick is stunned and will recover. Do not leave it sitting where it can find another host to feed on.
    5. After removing the tick, wash the skin and your hands thoroughly with soap and water.
    6. If any mouth parts of the tick remain in the skin, leave them alone; they will be expelled on their own-it may take weeks. Trying to remove these parts will only cause unnecessary pain and skin trauma.
    7. Observe the site for the next two weeks for any signs of expanding red rash or flu-like symptoms.



✂ There is are other alternatives:

1. There are products on the market called tick twisters, and can be purchased at most drug stores.
2. Another simple way can remove a tick is to take a cotton swab and dip it in water to moisten the tip. Place the cotton swab tip on the back of the tick so that it is slightly angled, and not directly over it. Push the tick around in circles so that it rotates around it's axis (mouth part). After about three to five rotations, the tick should release its bite and back itself out of the skin. It can now be disposed of.
7. You can also choose to make your lawn less tick friendly by cutting the grass and keeping lawns low, removing weeds and overgrown brush, removing leaf litter, keeping garbage cans lightly shut to discourage other animals that may carry ticks (such as racoons or mice), and removing bird feeders, as the seeds attract mice.
8. Anyone who experiences the symptoms of Lyme disease after a tick bite should contact their doctor.

#### References:

- 7 Facts about Deer Ticks You Need to Know Now. Found at <https://blog.vermontcountrystore.com/deer-ticks/>
- You Must Learn This Simple Tick Trick Before You Go Outside This Spring. Found at <https://www.sun-gazing.com/must-learn-simple-tick-trick-go-outside/>
- Pointe Pest Control. When is tick season in Pennsylvania? When does it start? When is it over? Found at <https://pointe-pest.com/tick-facts/tick-season-pennsylvania-start/>
- Lyme Disease. Found at <https://www.cdc.gov/lyme/index.html>
- Vector-borne diseases. Found at <https://www.who.int/news-room/fact-sheets/detail/vector-borne-diseases>
- Identifying deer ticks and how to avoid them. Found at <https://www.medicalnewstoday.com/articles/deer-tick#summary>

## Training: The Other Ticks

Complete and return this form to Whitney Kelly for 1 hour training credit

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. \_\_\_\_ T \_\_\_\_ F If you live in the city, you do not have to worry about getting tick bites because ticks are on deer, which are only in the rural areas.

2. Ticks become active when the temperature goes above \_\_\_\_\_.

3. One of the most serious concerns with tick bites is contracting \_\_\_\_\_.

4. Name four symptoms of Lyme disease.

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3. In most cases, Lyme disease can be treated with a few weeks of \_\_\_\_\_.

4. \_\_\_\_ T \_\_\_\_ F Only the adult females and nymphs can transmit infections through their bites.

5. In order for Lyme disease to be transmitted, the tick needs to be attached to the host for at least \_\_\_\_\_ hours, and up to \_\_\_\_\_ hours.

6. \_\_\_\_ T \_\_\_\_ F Deer ticks jump, bite, and fly.

7. If you are walking in an area where ticks are likely to be found, wear clothing that provides \_\_\_\_\_, and use a \_\_\_\_\_ that repels ticks on your clothes, shoes, and gear.

8. Name four areas of the body that you should routinely check for ticks.

_____	_____
_____	_____

9. Describe one way of removing a tick correctly:

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10. When is the correct time to contact a doctor about a tick bite?

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# wesley family services



## **Foster Care and Adoption Programs**

Transforming lives: one child at a time!!!

Contact us at 412-342-2300 or

221 Penn Avenue, Wilkinsburg, PA 15221

To see how you can provide transformational  
support!!