

# Between Families

Our Mission

Devoted to the Strength  
of Family

## Editors

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Volume 20, Issue 1  
January 2012

## INSIDE THIS ISSUE:

### Director's Corner

#### Recruitment Moment

#### We Need You—Do You Need Us?

#### Dear Daisy

#### Care Providers of the Month

#### Grief and the Foster Child training

#### Grief and the Foster Child training Q & A

#### Children's Alliance Training Calendar

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## DIRECTOR'S CORNER BY: JASON CECIL RECRUITMENT MANAGER

Did you know that fewer than 10% of people who set New Years' Resolutions actually achieve them? How can you ensure YOUR success? Try using the Top 10 Tips below. Use these suggestions to help your foster child achieve a goal of changing a behavior or achieving another goal you both believe in.

1. Write Them Down. It's a fact: writing down your goals gives you a higher chance of success.

2. Commit. Move beyond the land of "good ideas" to the land of true "commitment". Make the decision that you will show up for your goals. Perhaps you can do a ritual or ceremony to symbolize your commitment.

3. Go Public. Let your biggest fans in on your new commitments and goals for the year.

4. Get Accountability. Even better than just letting others in on your "secret" dreams and goals-get some accountability. Meet for lunch once a month with a group that will ask you, "So, how's it going with your

goal?" Hire a Coach. Talk to your best friend or partner. Get some support!

5. Make a Plan. Ensure success with a step-by-step plan. Work backwards by starting with the end vision of where you want to be and working backwards to where you are today. You'll find an easy action plan to make your goals a reality.

6. Do a Goal Check-In. Before you decide on what you'll take on for the year, make certain you can answer, "YES!" to the following questions: "Am I the primary reason for setting this goal (vs. your mom, boyfriend, wife, boss, society)? Do I feel alive and energized by this goal? Is this goal in line with my life purpose or mission?"

7. Get Real! If you're contemplating putting a goal down that you always put down and never achieve, take a second look. How will this goal end DIFFERENTLY this year? Is this goal something you need to let go of? What purpose is it serving you each year? Is this goal masking as a form of self-punishment? What is the good enough reason to truly commit?

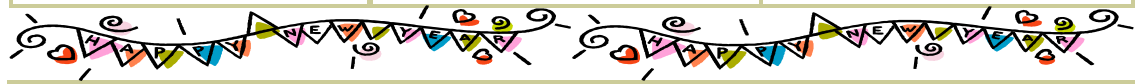
8. Focus With Reminders. Once you've

written down your goals, created a plan and made sure they are worthy to pursue, figure out ways to remind yourself. Some people post their goals on their bathroom mirror or in their car. Others put reminders in their iPhones, blackberries, or cell phones. Figure out what works for you.

9. Believe and Visualize. Do you know the story about the basketball players who spent one hour visualizing making baskets, while another group actually practiced? The visualizing players had better seasons! So visualize yourself on New Years Eve with all your goals achieved. What would that look like? How would it feel? Visualize once a day and see the difference it can make in your life.

10. Use anchors. Tie your goal to a habit you already have in place. Perhaps you decide to do your exercise right after brushing your teeth, or practice meditation after checking email. Anchoring your new behavior and goals to an existing habit is a great tool for success.

Jason Cecil, MSW,  
Recruitment Manager



## RECRUITMENT MOMENT BY: JASON CECIL, RECRUITMENT MANAGER

It's that time of year where we are all going to be making those New Year's Resolutions. If it's anything like mine over the years they generally come and go without being accomplished. This year – let's change that. Let's make one of those resolutions about helping someone else. Something to keep us motivated. What could that be you ask? How about helping find a permanent home for a child.

Tell yourself that you will talk to at least one family member or friend each month this coming year about foster care. Commit to finding at least one new foster home for 2012. If everyone achieves their goals we would have over 600 new foster homes for children this next calendar year. Not only do you get the satisfaction of helping a child(ren) out, but you will also receive the \$300 recruitment incentive once that family becomes licensed. Remember, have them call 1-800-279-9914 or visit our website at [www.tffamilyservices.org](http://www.tffamilyservices.org) for more information.

Happy New Year everyone and good luck recruiting!!

Jason Cecil, MSW, Recruitment Manager

## Welcome New Resource Families

Terica Hall  
 Josh and Autumn  
 Opper/Carmicheal Braack  
 Lawrence and Karen Roberts  
 Cameron and Jennifer Magnall  
 Sarah Hicks  
 Daniel and Patricia Burgess  
 Clinton and Tanya Castor  
 Wayne and Lisa Goodall  
 Todd and Kelli Weaver  
 Jane Van Donge  
 Allen and Jennifer Fisher  
 Kenny and Tiffany Compton  
 Arthena Easterwood  
 Nicholas and Christin Withington  
 Christina Aquino  
 Josh and Trina March  
 Adam and Sara Polansky  
 James and Florence Frost  
 Matthew and Teresa Newton  
 Darlene Campbell  
 John and Jennifer Creager  
 Eric and Jenni Mann  
 Wilma Richardson  
 Robert and Lolita Fells/Ray  
 Daniel and Sarah Seel  
 Norma Bowren  
 Paul and Laurie Andrews

## Reminders

TFI Family Services, Inc.  
 will be closed in  
 observance of the New  
 Year Holiday on  
 Monday,  
January 2nd.

For after hour  
 emergencies, please  
 call  
 1-877-921-4114.

**Visit TFI's website and**  
 view *Between Families*  
 newsletter online at  
[www.ttifamilyservices.org](http://www.ttifamilyservices.org)

# Dear Daisy

*Dear Daisy:*

*My husband and I have been foster parents for 5 years. We have taken infants to teen placements; all having their unique challenges. While we love doing foster care and want to continue—we can't ignore that there has been stress on our marriage because of it. We seem to fight more and talk less. Any advice?*

*Quarreling in Kincaid--*

Dear Kincaid:

Foster parenting can be both a challenge and a blessing to married couples. There is a tremendous reward to knowing that you have made a positive difference in a child's life.

Make sure both of you have a full understanding of how being foster parents will impact your marriage. Ensure that as foster parents, you have these needs met.

What You Need as Foster Parents:

- Respite care.
- Support network.
- Training.
- Patience.
- Full agreement and cooperation of every member of your family about being foster parents.
- Quiet time.
- Communication skills with one another, with your foster children, and with your foster children's case worker.
- Continue to nurture your own marriage relationship.

Sincerely,

Daisy

## SOUTHEAST REGION CARE PROVIDER OF THE MONTH CHRIS AND TWYLA PEFLY

I have nominated Chris and Twyla Pefley as the Southeast Region Care Provider of the Month. Chris and Twyla Pefley have been licensed with TFI Family Services, Inc. since 2006. Since being assigned to this home three months ago, I have enjoyed working with the Pefley home. Since becoming foster parents, they has accepted male teens with difficult behaviors as placement. Impressively, Chris and Twyla have a limited number of disruptions over the past years even though the children in their home have difficult behaviors to manage.

Chris and Twyla provide all transports to their children in care under 30 miles and have transported more than 30 miles in the past. While placing firm boundaries on the placements in their home, Chris and Twyla have shown an ability to be flexible and to think "outside the box" when working with the placements in their home since I have been assigned to their home.

Since taking over the Pefley home, I have learned to appreciate the family's ability to foster difficult youth. The family remains calm and collected during difficult situations with their youth and do not "give up" on them. This foster home is an asset to Southeast Kansas and to TFI Family Services, Inc.

Submitted by,

Devin Eccles, RFW—Chanute

*WEST REGION CARE PROVIDER OF THE MONTH  
DANNY AND LISA BOOTH*

Danny and Lisa Booth are my nominations for the West Region Care Providers of the month. Danny and Lisa became foster parents about 3 years ago as a non-related kinship placement with 2 young children. They have since received a full license to take other children. They continue to help that family and have maintained contact with other children and families who have had foster care services. They provide care for teen girls and are involved in their school activities, they take the girls out of state for mini vacations that are great fun for teens, and they have celebrations for birthdays and graduations for the girl's friends and birth families at their home. They try to focus on what is important to each individual child, for example, one of their teen girls wanted a horse and now has one. They also work to teach the kids in their care to be responsible, independent, and to get along in the world. They have taken placements at midnight and 2am, and since they take teen girls, they have had some with extremely difficult behaviors, but they keep their sense of humor and handle the matter in the most practical way. They do all the required things including taking kids to medical and mental health appointments, court, to family visits, but they go above and beyond when they have birth families for meals and all day visits. El Dorado workers love to drop in for a bite or have a meal with the Booth's. Lisa seems to know what is needed when an event is on the horizon, and often helps her RFW with meals for the Support Meetings and holiday dinners. I could go on, and I'm sure I'm forgetting something, but they do their best to make kids feel like they are part of the family and to give them some fun memories for their teen years. I appreciate all Danny and Lisa Booth do for our children and families. They are extraordinary! I always enjoy working with them and hope to for many more years!

Submitted by,

Teresa Kitchen, RFW—El Dorado

*NORTHEAST REGION CARE PROVIDER OF THE MONTH  
RICHARD AND KRISTIE SIGLE*

I would like to nominate Richard and Kristie Sigle as the Northeast Region Care Provider of the Month. Not quite a licensed foster family, but surely as committed as they come, Richard and Kristie Sigle signed on with TFI as a kinship home, and have been providing excellent care ever since. Richard and Kristie have surprised me time and again with their determination, even in the most trying times. In addition to their own busy schedules, they work as a team, juggling the kids' appointments, school events, agency meetings, etc. And despite all of the hustle and bustle, the Sigle's never lose sight of the importance of family time.

I respect their humility: they seek out advice and are always willing to try new approaches when faced with difficult situations. I am grateful for their organization: they are always on top of their game, making communication and paperwork a breeze. But most of all, I appreciate and admire their genuine love and care for the children in their home. I count myself lucky to have the opportunity to work with such wonderful people. Thank you, Richard and Kristie, for all that you do!

Submitted by,

Jenna Allegre, RFW—Topeka

## Homage to Our Grandparents- Part 2

Submitted by Sara Willimon, Communications Specialist

This green tip is the second in a series honoring green practices of previous generations. This time, we're going to talk about reusing. As our lives seem to get busier by the day, we often opt for convenience over reusing. Here are some ideas on how to reuse like olden days!



Turn worn out clothes into cleaning rags, or use old t-shirts to make a quilt. When you host small gatherings, use washable dishware before using disposable table settings. See if you can swap current disposable items such as razors, diapers, bags, or dust mop cloths for their reusable counterparts. The up-front costs and added environmental impacts for durable goods will be quickly offset as long as you stick to reusing your items as much as possible.

Not all chances to reuse items will work for you, but every little bit can make a big difference for your budget and the environment! It wasn't long ago that we reused all these items. Now, with better sanitizing technology than ever before, washing a mop head or sanitizing a bottle will surely leave them clean and ready.

## Resource Family Anniversaries

### "One Year"

Kaye Risser

Clifford and Christine May

Lois Williams

Ryan and Jessica Mick

Stephen and Cathy Mikus

Charlotte and LaTasha  
Bryant/Mewborn

Chris and Monica Kagay

Douglas and Gena Klise

Kristi and Tabatha

Ostrander/Reding

Joseph and Marie  
Denham

Charlie and Elizabeth  
McCarter

Ronald and Margaret  
Neyer

Ryan and Janette Fritz

Dennis and Jane Carr

Carol Jean Judy

James and Jami Perona

Edwin and Angela  
Plooster

### "Three Years"

Jason and Julie

Keller

Timothy and Sheryl  
Schrage/Cornell

Tony and Shari  
Felich

Melissa Sims

Richard and Sharon  
McBeth

Lydia Horner

### "Five Years"

John and Pamela

Davis

## WE NEED YOU—DO YOU NEED US?



*Austin, David, Mashia and Kamesha would like a loving and supportive forever family that will be committed to keeping these siblings together. Austin is a helpful young man. He is a loving and enjoys spending time with others. Austin enjoys gardening, fishing, swimming and playing outside. He does well in the classroom with additional supports in place. David is a very outgoing and loving child. He enjoys getting and giving hugs. David is slow to trust others. At times, David can be clumsy or awkward; he needs reminders about respecting the personal space of others. David has additional help in school; he tends to take longer than his peers to get his work completed. Mashia is a beautiful little girl who enjoys playing and learning. She likes playing outside, reading books and playing with her toys. Mashia is an affectionate child once she feels safe. She can be strong willed and at times, she will act out if she does not get her way. She will need to be supervised around other children and animals to make sure that she is not being too rough. Kamesha is an affectionate little girl. She loves playing with her toys and snuggling with others. Kamesha is doing well and on target for her age. She does not display any inappropriate behaviors at this time. Austin, David, Mashia and Kamesha would like a family that has animals and a big yard to play in.*

For more information on Austin, David, Mashia, and Kamesha please contact Jill Widenham at (620) 365-3428.

## January 2012 Support Meetings

Chanute: No support meeting, instead there will be 2 intensive treatment trainings on January 7, 2012 and January 14, 2012 (both on Saturdays) from 10:00am to 3:00pm at the Chanute TFI office, 1709 W. 7th Street, Chanute, KS.

Concordia: Thursday, January 19, 2012 from 6:00pm to 8:00pm at the Concordia TFI office, 516 & 518 Washington St., Concordia, KS. Topic: Autism.

El Dorado: Thursday, January 12, 2012 from 6:00pm to 7:30pm at the El Dorado TFI office, 3913 SW 10th, El Dorado, KS. Topic: Resilience in Children in Care.

Emporia: Wednesday, January 25, 2012 from 6:00pm to 8:00pm at the Emporia TFI office, 618 Commercial, Emporia, KS. Topic: Gear Up.

Fort Scott: Monday, January 30, 2012 from 6:00pm to 8:00pm at the Community Christian Church, 1919 S. Horton, Ft. Scott, KS. Topic: Burnout and Stress.

Garden City: Tuesday, January 17, 2012 at 6:00pm at the Garden City TFI office, 521 Colony, Garden City, KS. Topic: Anger Management.

Hutchinson: Thursday, January 5, 2012 at the South Hutchinson Christian Church. Topic: Fists Class of Love and Logic Parenting.

Independence: Tuesday, January 31, 2012 from 6:00pm to 8:00pm at the Independence TFI office, 501 N. Penn, Independence, KS. Topic: Background Information on Domestic Violence.

Iola: Thursday, January 5, 2012 from 6:00pm to 8:00pm at the Iola TFI office, 1702 N. State Street, Iola, KS. Topic: Creating a Healthy Family Nucleus.

Kansas City: Thursday, January 12, 2012 at 6:00p.m. at the Trinity United Methodist Church, Kansas City, KS. Topic: First Aid Refresher Course.

Leavenworth/Atchison: Tuesday, January 10, 2012 from 9:00am to 4:00pm at the Atchison TFI office, 929 1/2 Main St, Atchison, KS. Topic: First Aid/CPR Training-Certification.

Lawrence: Thursday, January 19, 2012 from 5:30pm to 7:30pm at the Lawrence TFI office, 910 W. 24th Street, Lawrence, KS. Topic: Connections and Healing. Child care and food will be provided.

Manhattan: Monday, January 23, 2012 from 6:00pm to 7:30pm at the Manhattan TFI office, 116 S. 4th Street, Ste 1, Manhattan, KS. Topic: Youth Development - Working with Teens.

Overland Park: Tuesday, January 10, 2012 from 6:00pm to 7:30pm at the Overland Park TFI office, 8300 College Blvd, Ste. 301, Overland Park, KS. Topic: Visitation: **Keys to Children's Safety, Permanency and Well-Being.**

Parsons: Monday, January 30, 2012 from 6:30pm to 8:30pm at the Meadowview Grade School, 1377 21000 Road, Parsons, KS. Topic: Updates/Renewals/Issues or concerns with getting paperwork back timely.

Phillipsburg: TBA

Pittsburg: Monday, January 31, 2012 from 6:00pm to 8:00pm at Schlanger Park, 725 E. 6th, Pittsburg, KS. Topic: Discipline.

Salina: Tuesday, January 24, 2012 from 6:00pm to 8:00pm at the Salina TFI office, 131 N. Santa Fe, Salina, KS. Topic: Running Away.

Topeka: Tuesday, January 17, 2012 from 6:00pm to 8:00pm at the Topeka TFI office, 217 SE 4th Street, Topeka, KS. Topic: Redbooks and Documentation.

Winfield: Monday, January 9, 2012 from 6:00pm to 8:00pm at the Winfield TFI office, 1321 E. 7th, Winfield, KS. Topic: TBA.

Wichita: Tuesday, January 10, 2012 at 6:30pm at the Wichita TFI office, 1711 S. Longfellow, Wichita, KS. Topic: Running Away.

Questions?  
Suggestions?

Remember, if you have a problem, concern, or question about TFI Family Services, Inc., your first stop should be our Concern Line at [concernline@tffamily.org](http://concernline@tffamily.org) or Ombudsman Nadine Terry-Washington at 877-942-2239.

