



Support. Education. Local Events.
for Adoptive Families



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The PARC newsletter is published quarterly. Please direct questions and comments to parcnewsletter@bethany.org

Bethany Christian Services is a nonprofit, private social services agency with more than 115 offices located in 36 states. In addition, Bethany offers social services to children and families in 15 countries.



BETHANY.
CHRISTIAN SERVICES

www.bethany.org

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summertime funtime

Ah, summer! Warm air, longer days, green grass, and no school—that means there's plenty of time to get out and be active!

Exercise is extremely important for parents and kids alike, and the benefits for both mind and body are astounding. Exercise has been shown to release all kinds of chemicals within our bodies that lower stress and positively affect our mental health. Studies have also shown that exercise helps us fall asleep and stay asleep, good news at the end of a long day. And don't forget that being active is fun and a great boost to our self-esteem.

Now is the time, while the sun shines and the outdoors calls, to make exercise a regularly part of your family's routine. Children learn behaviors from adults, so get out there and show them how it's done!

QUICKTIPS

Kids who have experienced trauma are often chronically dehydrated. Dehydration negatively affects both behavior and cognition. A fun water bottle or adding fruit to water can encourage your child to drink up.

Keep your active child well nourished. A fruit smoothie makes a delicious and nutritious snack on a hot day. Combine a banana, blueberries, strawberries, vanilla yogurt and ice in a blender. If you're feeling adventurous, throw in some raw spinach.



**Post-Adoption
Resource Center**
AVAILABLE SERVICES

Working with your adoptive family:

- Support of a PARC specialist in your home
- 24-hour crisis availability
- Short-term emergency intervention
- Family-centered plan
- List of supportive regional resources

Connecting you with community services:

- Liaison for adoptive families to other service providers
- One-on-one assistance accessing services
- Comprehensive resource guide

Getting you the information you need:

- Daily phone access
- Timely responses with information
- Connection to resources

Supporting your family:

- Monthly group experiences
- Quarterly training

Sharing even more:

- PARC website with recommended books/articles on adoption
- List of community resources
- Calendar of adoptive parents' events and trainings
- Adoptive family newsletter

"LIKE" US ON FACEBOOK AND FIND:

MORE EVENTS & ACTIVITIES FOR CHILDREN & PARENTS
SEMINARS • WEBINARS • ARTICLES
ADOPTION RELATED INFORMATION

NO COST & LOW COST FAMILY FUN IN MICHIGAN

Find a Kid's Bowl Free location near you for two free games each day this summer!
kidsbowlfree.com

Visit a local farm or u-pick farm
pickyourown.org

Lowe's Build and Grow Clinic
lowesbuildandgrow.com

Home Depot's Kids Workshops
homedepot.com/workshops

BENZIE COUNTY
Benzie Area Historical Museum
benziemuseum.org

ISABELLA COUNTY
Spray Park at Island Park
mt-pleasant.org

OTTAWA COUNTY
Cappon House and Settlers House Museums
hollandmuseum.org/cappon-house

KENT COUNTY
Grand Rapids Art Museum
artmuseumgr.org

Grand Rapids Gymnastics
grgymnastics.com

Kentwood Fun Spot
kentwoodfunspot.com

Jumpin' Jupiter Skate
jumpinjupiter.net

Kent County Recycling and Education Center
recyclekent.org

MIDLAND COUNTY
Midland Spray Parks
cityofmidlandmi.gov

MONTCALM COUNTY
Anderson & Girls Orchards
andersonandgirls.com

Lakeview Farm
Country Cheese House
farmcountrycheese.com

MUSKEGON COUNTY
Carr-Fles Planetarium
muskegoncc.edu/astrometry/carr-fles-planetarium

NEWAYGO COUNTY
Loda Lake Wildflower Sanctuary
Search: Loda Lake Wildflower Sanctuary

ROSCOMMON COUNTY
The A.E. Seaman Mineral Museum of Michigan
museum.mtu.edu

SAGINAW COUNTY
Castle Museum of Saginaw County History
Featuring: Inspired by Bricks returns to the Castle Museum - LEGO® Themed-Exhibit
castlemuseum.org

WEXFORD COUNTY
Cadillac's Carl T. Johnson Hunting and Fishing Center
michigan.gov/huntfishcenter

FUN FACTS

By the time you have reached 50 years of age, you will have walked approximately 75,000 miles.

Simple, active play every two hours can help regulate a child's brain chemistry.

REGION 4 WESTERN MICHIGAN

For more information and to RSVP for events in Region 4, please contact Sherri at **616.710.5120** or sirwin@bethany.org

PARC Region 4 has some great family events planned for the summer months! We are making plans for events at Frederik Meijer Garden, Millenium Park, Holland Aquatic Center, Salvation Army Kroc Center, and Sky Zone just to name a few. Be sure to check our Facebook page for the latest details. You can find us at facebook.com/PARCRegion4.

This winter, PARC Region 4 held a family fun event at the Holland Aquatic Center. It was the perfect place for PARC families and kids of all ages to gather for a group outing. Families enjoyed the 50-meter pool, zip line, spa, therapy pool, and Splash Zone. More than 160 adults and children attended this family fun night, making it the largest event we've ever hosted!



www.facebook.com/PARCRegion4

REGION 3 CENTRAL MICHIGAN

For more information and to RSVP for events in Region 3, please call **231.924.3390**

Big Rapids

Big Rapids Family Picnic

WHEN: Monday, June 8, 5:50 p.m.

WHERE: Hemlock Park, Big Rapids

Main dish, drinks, and table service will be provided. Please bring a dish to pass.

Adoption and Foster Care Connect Groups

WHEN: July 13, August 10, 6:00–7:30 p.m.

WHERE: Fellowship Christian Reformed Church, 407 Perry Ave, Big Rapids

Childcare is provided with an RSVP.

Gladwin

Adoption and Foster Care Connect Groups

WHEN: June 15, July 20, August 4, 6:30–8:00 p.m.

WHERE: Assembly Church of God, 3400 Buzzell Rd, Gladwin

Childcare is provided with an RSVP.

Fremont

Adoption and Foster Care Connect Groups

WHEN: June 9, July 14, 7:00–8:30 p.m.

WHERE: First Baptist Church of Fremont, 51 West Oak St, Fremont

Childcare is provided with an RSVP.

Ludington

Adoption and Foster Care Connect Groups

WHEN: July 21, 6:00–7:30 p.m.

WHERE: Ludington Library, 217 E Ludington Ave, Ludington

Childcare is provided with an RSVP.

Sandcastles Children's Museum

WHEN: June 16 and August 18, 10:00 a.m.

WHERE: 129 East Ludington Ave

Bring the kids to explore this creative learning environment.

Newaygo Special Ice Cream Gathering

WHEN: Thursday, July 9, 1:00 p.m.

WHERE: Tiny's Tasty Treats, 98 State Rd

Midland

Midland Third Annual Family Picnic

WHEN: Monday, August 17, 6:00 p.m.

WHERE: TBD

Main dish, drinks, and table service will be provided. Please bring a dish to pass. Each child will receive a bag of school supplies.

Bay County Foster, Adoption, and Kinship Support Group

WHEN: June 8, July 13, August 10, 6:30–8:00 p.m.

WHERE: River's Edge Learning Tree Child, 311 Germania, Bay City

Hosted by Margaret White with Adoptive Family Support Network. Snacks and drinks will be provided. Please email mwhite@afsn.org for childcare availability and RSVP.

REGION 2 NORTHERN MICHIGAN



www.facebook.com/PostAdoptionResourceCenterOfNorthernMI

For more information and to RSVP for events in Region 2, please contact Kjirsten at **231.590.8644** or kbouve@bethany.org

Alpena

Azro Fun Park

WHEN: August 7, 1:00 p.m.

WHERE: 2516 Bloom Rd, Alpena

Come enjoy an afternoon of fun on us with bumper cars, go karts, and mini golf. RSVP by Wednesday, August 5.

Charlevoix County

Adoption & Foster Care Support Groups

WHEN: 2nd Wednesday of every month, 5:00–7:00 p.m.

WHERE: Charlevoix Community Reformed Church, 100 Oak St

Family dinner begins at 5:00 p.m.

Group begins at 6:00 p.m.

Childcare provided with an RSVP

Benzie County

Connecting for Kids A Support Group for Adoptive and Kinship Care Providers

WHEN: Third Thursday of every month, 7:00 p.m.

WHERE: SonLife Wesleyan Church, 51 N Benzie Blvd, Beulah

Childcare provided with an RSVP.

Emmet County

Foster and Adoptive Parent Support Group

WHEN: Second Tuesday of every month, 5:45–7:15 p.m.

WHERE: Charlevoix-Emmet County DHS, 2229 Summit Park Dr, Petoskey

Earn one hour of education credit for your foster care license. Snacks and childcare provided. RSVP Required

Busy Bodies Bounce Town

WHEN: June 27, 10:00 a.m.

WHERE: 1480 Spring St, Petoskey Plaza (next to K-Mart), Petoskey

Bring your kids to unwind in 10,000 square feet of inflatable fun! Limited admissions available, RSVP by Thursday, June 25.

Grand Traverse County

Networking Nights Adult Meeting

WHEN: June 11, 6:00–7:30 p.m.

WHERE: Faith Reformed Church, 1139 E Front St, Traverse City

Childcare and light dinner provided.

All foster and adoptive families welcome! RSVP required.

Parents' Night Out

WHEN: June 24, 6:00–8:00 p.m.

WHERE: Living Hope Church, 3050 S Airport Rd W, Traverse City

Leave your children with us for an evening of fun activities while you take a break. RSVP by Monday, June 22.

Dad's Night Out

WHEN: June 26, 7:00 p.m.

WHERE: Buffalo Wild Wings, 3480 S Airport Rd, Traverse City

Join other adoptive dads to watch the Tigers take on the White Sox. Dinner is on us, drinks are on you. RSVP by Wednesday, June 24.

Game Night

WHEN: July 22, 6:00–8:00 p.m.

WHERE: F and M Park, Traverse City

Join other adoptive families for an evening of fun and games. RSVP by July 13.

Adoptive Family Retreat

WHEN: August 8, TBD

WHERE: Starwood Ranch and Camp, 4365 Mitchell Rd, Kalkaska

Food, games, water activities and MORE! Please RSVP by July 31 to reserve your spot.

Family Yoga Night

WHEN: August 13, 6:00–7:30 p.m.

WHERE: The Village at Grand Traverse Commons, 830 Cottageview Dr, Traverse City

Learn how to reduce your stress and improve your health through yoga. Snacks will be provided. RSVP required.

Craft Night

WHEN: August 19, 6:00 p.m.

WHERE: Living Hope Church, 3050 S Airport Rd W, Traverse City

A creative evening of arts, crafts, and understanding for children who were adopted. RSVP by Monday, August 17.

Ogemaw County

Family Night Out

WHEN: June 25, 4:00 p.m.

WHERE: TBD

Join other adoptive families for games, prizes, and dinner on us. RSVP by Tuesday, June 23.

Otsego County

Movie Day

WHEN: June 29, Time TBD

WHERE: Gaylord Cinema West, 1775 W M 32, Gaylord

Come watch the movie Inside Out (rated PG) on us! RSVP by Friday, June 26.

Is lack of childcare keeping you from coming to one of our events?

Please let us know, we may be able to help.

Fun With the Coast Guard

This spring, PARC Region 2 held an event at the Traverse City Coast Guard Unit. Children and their families toured the Air Station and met "the Guardians of the Great Lakes." Lieutenant Dan answered the kids' many questions, allowed them to take multiple turns sitting in a rescue helicopter, and let everyone look through night vision goggles in a dark room. We had a great turnout for this event, and it was as educational as it was fun!

REGION 3 *continued*

ABC's of Yoga

Last month, we held our Parent Connect Support Group meeting at Fremont Baptist Church. Children and parents had fun teaming up in yoga poses using the book, The ABC's of Yoga. Laughter was heard outside the building, and parents asked to plan this fun event again.



www.facebook.com/PostAdoptionResourceCenterCentralMichigan

COMING THIS SUMMER:

DHS Adoption Subsidy Training

Did you adopt a child from the Michigan Foster Care System? Are you interested in knowing more about the Adoption Medical Subsidy? The Adoption Medical Subsidy can assist with paying for certified conditions related to the treatment of physical, mental, or emotional conditions of an adopted child. Watch our Facebook page and your mailbox for more details!

Meet Up & Eat Up



Free summer meals save money and stretch your budget. Check with your public school to see if they participate in offering free lunches for children. No application or qualification is required for this summer food service program of the Michigan Department of Education.

mcgi.state.mi.us/schoolnutrition



recommended reading



The ABC's of Yoga for Kids

by Teresa Power

This book uses the alphabet, rhymes, and colorful illustrations to introduce children to yoga in a kid-friendly way. Each of the 56 different positions featured in the book promote flexibility, strength, and coordination while encouraging children to incorporate healthy activity into their daily lives. This book will bring joy and delight to the early yoga practitioner.

www.amazon.com/ABCs-Yoga-Kids-Teresa-Power/dp/0982258704



100 Games for Summer

by Joseph M. Allué

This book is filled with fun and organized play activities to keep kids amused and physically active. Each game comes with instructions, recommended age level, required number of players, extra materials needed (such as a balls, balloons, and common household items), and average amount of time needed to play each game. Games are also listed according to best places to play them: in a park, at a playground, indoors, or another location.

www.amazon.com/100-Games-Summer-All-Year/dp/0764117548

How much physical activity do YOU need?

www.choosemyplate.gov

Adults (18–64) should do at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity each week.

Children and adolescents (6–17) should do at least 60 minutes of moderate to vigorous physical activity a day. These activities should include both muscle-strengthening activities, like climbing, and bone-strengthening activities, like jumping. Children are often active in short bursts of time, so be sure to provide enough opportunities for these bursts to add up to a full hour.

Young children (2–5) should play actively several times a day, but there is no specific recommendation for the number of minutes. Their activity should be done in short bursts and not all at one time.

How to keep physical activity fun for you and your child:

Offer a variety of options. Hula hoops, balls, jump ropes and trampolines encourage active play.

Invent a game using activity cards. Ask children to select a card and then “show” you how to do it ... and don't forget to take your turn.



Dancing is a terrific and fun form of exercise that can improve cardiovascular fitness. Turn up that music and get jiggy with your kids.

Buy some bubbles and have your children try to pop as many of them as they can.

Go fly a kite ... literally.

Train for a race or other event as a family. Many 5k's are family friendly and are open to runners, walkers, strollers, and pets.



Bethany Christian Services is committed to supporting adoptive families through the lifelong, rewarding journey of adoption.

REGION 2

Bethany Christian Services
1055 Carriage Hill Dr, Ste 2
Traverse City, MI 49686
231.995.0870
www.bethany.org/traverscity

Charlevoix, Emmett, Cheboygan, Presque Isle, Antrim, Otsego, Montmorency, Alpena, Leelanau, Benzie, Grand Traverse, Kalkaska, Crawford, Oscoda, Alcona, Manistee, Wexford, Missaukee, Roscommon, Ogemaw, and Iosco counties

REGION 3

Bethany Christian Services
6995 West 48th St
Fremont, MI 49412
231.924.3390
www.bethany.org/fremont

Mason, Lake, Osceola, Clare, Gladwin, Arenac, Oceana, Newaygo, Mecosta, Isabella, Midland, Bay, Montcalm, Gratiot, Saginaw, Ionia, Clinton, and Shiawassee counties

REGION 4

Bethany Christian Services
901 Eastern Ave NE
Grand Rapids, MI 49503
616.224.7565
www.bethany.org/grandrapids

Allegan, Berrien, Cass, Kent, Muskegon, Ottawa, and Van Buren counties



postadoptionrc.org

other suggested websites: www.adoptivefamilies.com www.adoptioninstitute.org