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### Fairbanks Counseling & Adoption

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## A Taste of Arrrt



2012  
A Quest for the Children  
Surrender Ye Heart

### Save the Date!

2012 'A Taste of Arrrt' fundraiser; please join us in our *Quest for the Children* by *Surrendering Ye Heart* and saving the date of **Saturday, February 18<sup>th</sup>**!

### A Special Thanks to our 2012 Co-Chairs

**Cullen Wallace**  
*Abridge Partners*

**Dr. Christopher Henry**  
*Henry Orthodontics*



### Presenting our 2012 Featured Artists

#### Matt Moberly

*Voted as Artist of the Year by the Fairbanks Chamber of Commerce*

**Medium:** Watercolor

#### Debbie Mathews

*Expressions in Glass Fairbanks, Alaska*

**Medium:** Stained and Fused Glass

### Chart Ye Course for Saturday, February 18<sup>th</sup>

#### Westmark Fairbanks Gold Room

Doors open at 6:00 p.m. with a no-host bar  
Grub and Grog will be served at 7:00 p.m.

*Our MC/DJ, Jim Matherly, and Auctioneer, Bob Gray of ATC Auctions will start the live and silent auctions at 8:00 p.m.*

For more information about 'A Taste of Arrrt 2012' or to make a donation, please contact Erin Chalstrom at (907) 456-4729 or via email at [toa@fcaalaska.org](mailto:toa@fcaalaska.org). We will be happy to arrange to pick up your donation. All items should be in 'new' condition unless considered a collectible or antique. Financial support will help underwrite the event's general expenses or can be directed to a specific expense such as framing, decorations or food for volunteers.



Fairbanks Counseling & Adoption extends a hearty 'Thank You' to **Alyeska Pipeline Company/Houston** for their help trimming the hedge and putting in a parking area for the FCA van.

From left to right are: Dave Tucker, Tom Hoffman, Dennis Anderson, Bill Keister, Zach Brady and Tim Van Donsel.

Your help is greatly appreciated.

*See page 4 for more on FCA's new look.*

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# Adoption Program

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In April of 2008 a hopeful adoptive family came to our agency in order to begin their adoption process. Two and a half years later they have adopted a wonderful little boy and are ready to share their story with others.

I don't think I'll ever forget the time my phone rang and Lisa from FCA was on the line and when I heard the words, "she's chosen you to be his parents!" I leaped out of my chair in my office and started jumping up and down and screaming. (My coworkers knew instantly what was going on!) We had started the adoption process 2-1/2 years earlier and had several close calls with parenthood during that time, one of which was only a week prior to this phone call. We were cautious, but we were also very excited and hopeful that this was 'the one.' Thankfully the baby was due to arrive in less than a month, which didn't leave us a great deal of time to worry about things.

We met with our son's birthmother for the first time a week later and hit it off immediately. We loved that she was so open and honest. She also seemed very sure of her decision, though after what we had been through, we were still a little apprehensive. We kept in touch with her over the

next couple of weeks and continued building our relationship. One night, we all went out to dinner and we talked about what to name the baby. Our bond was becoming stronger and we were so very excited.

I remember her saying she was feeling lots of pressure that night, as if labor was coming. She predicted that he would be born on Saturday. Lo and behold, my phone rang at 3:05 a.m. on Saturday morning and we were summoned to the hospital. Aidan's birthmom had invited me to be in the delivery room, which was both exciting and a little scary, as I'd never witnessed a birth before! However, I am so grateful that she allowed me that experience. She asked for my husband and me to be allowed into the nursery with him right after he was born. The following day, we took Aidan home from the hospital. (My husband drove so carefully! It was sweet... and funny.)

Our adoption was finalized when Aidan was four months old. We invited all of our family and a few close friends to witness the event at the courthouse, and then had a big celebration at home afterwards. It was a day we will never forget, especially since our judge made it a really personal experience.

Aidan is now thirteen months old and is the light of our lives. He is the most wonderful, happy and handsome little boy. We have an open adoption, which has been a blessing for everyone involved. We really look forward to the visits with his birthfamily, and I know they do too. His birthmom and I text and email back and forth, and we are friends on Facebook so that she can see pictures anytime she wants.

This is what I heard open adoption was supposed to be, but always wondered if it was really possible. It is truly a beautiful thing when everyone does their part and respects each other's roles. We highly recommend it!

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## Staff

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### **NEW To Family Services and Family Treatment:**

**Jana Kreofsky** was born and raised in southern Minnesota, and after graduating from high school she moved to Alaska. In 2007 she graduated with a BSW from University of Alaska Fairbanks. Later she moved to New Mexico where she earned her Master's Degree in Bilingual/Bicultural Social Work. Outside of work she enjoys spending time with her family, friends, and enjoying time out doors.

**Paulette Davis** hails from rain country after having lived in Southeast Alaska for the past thirty-one years. Her most recent move was from Juneau where the majority of her family resides. She is a mother and a grandmother,

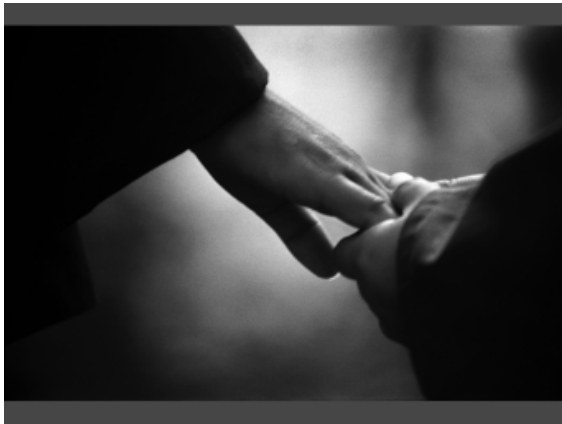
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# Family Treatment

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## Survivors After Suicide: Bereavement Support Group



If you have lost a friend, family member, or co-worker to suicide, there is a safe place in our community to discuss your loss with others who are experiencing similar thoughts and feelings. Groups are open to all adult survivors of suicide.

In July, FCA began offering a Survivors After Suicide Support Group. The group meets on the first and third Thursdays of each month from 6:00 to 8:00 p.m. and it is facilitated by Paul Beals. The purpose of the meeting is to provide a forum for discussion and support for people who've lost a loved-one to suicide.

As emotional as any death is, grief after suicide is often complicated by feelings of guilt, shame and social stigma. Suicide is an awkward subject, at best. Very few people are comfortable talking about the subject, and fewer still know what to say. Survivors are left with minimal sanity over a pit of mystery. Only those affected can possess an accurate sensitivity to that experience, and they find solace in talking about their experiences with other survivors.

Call Paul Beals at 456-4729 for a pre-group attendance interview.

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# Street Outreach & Advocacy Program

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Over the last six months, SOAP has experienced a multitude of changes. First and foremost SOAP had to say goodbye to our second year AmeriCorps VISTA volunteer, Dan Vogel. We greatly appreciate all of Dan's hard work over the last year and look forward to hearing all about his future endeavors. With Dan's departure, SOAP gained a third year AmeriCorps VISTA volunteer, Heather Munro. Heather came to Alaska in April all the way from Alexandria, Virginia. Since arriving, Heather has worked diligently in establishing partnerships that will well outlast her time with SOAP.

In addition to starting new partnerships, such as the ones with the Fairbanks Downtown Association, Fairbanks First, Calypso Farms, and the Midnight Sun Festival, Heather along with the staff of SOAP has continued partnerships with KSUA 91.5, Chartreuse, Joel's Place, Clucking Blossom, United Way and Angry, Young and Poor.

Of the many long lasting partnerships, the one with KSUA 91.5 gives our clientele not only the opportunity to hone their DJ skills, but also gives them a voice in our community every Wednesday, 2-4pm. We hope that the SOAP Radio Hour will become a weekly fixture in your home or office if it isn't already.

Starting in May, SOAP kicked off the summer with the opening of the FCA/SOAP garden and bike shed. In its five years of existence, the garden and bike shed have proven to be very successful outlets for our clientele. Not to toot our own horn, but the best part of the garden this year was the 32 pound cabbage that Heather and SOAP's Program Coordinator grew! The cabbage was so impressive and heavy that they had to take it to the UPS store to get an accurate weight. Heather and Ashley have both stated that if they ever need a career to fall back on, they will look into cabbage farming.

November kicks off 'Homeless Youth Awareness' month and FCA SOAP along with several partner agencies hosted the 5<sup>th</sup> annual Candlelight Vigil on November 9<sup>th</sup>. If you missed the Vigil, you can still help by donating much needed winter items such as jackets, socks, pants, backpacks, and sleeping bags. We appreciate your assistance in recognizing this serious issue. As always, SOAP treasures everyone in the FCA family and we hope that you all have a safe winter and stay warm!

Follow S.O.A.P on:



# Donations and Volunteers at Work



Thank you to the **Midnight Sun Lions Club** for funding the cost of painting FCA's

building. We are so grateful for this generous donation.

Fairbanks Counseling and Adoption  
Our New Look! Thank you everyone!



Thank you to **Different Strokes Painting** for the actual painting. Leslie Lees (owner of Different Strokes) and her crew were very professional and used great care toward the staff and clients while they worked their magic on FCA's building.

This summer FCA put to use part of the “building fund” and in-kind donations to help give our building a facelift. With Carol Mattison coordinating efforts, volunteers came in groups to get the project off and running. Volunteers from Golden Valley Electric started the process of painting Fairbanks Counseling & Adoption's building by scraping paint, doing minor repairs and power washing the building. The staff and Board of Directors of FCA were excited to view the outcome of this project.



The morning crew from GVEA:  
Back row (L-R) Mark Terhune & Dominic Fantazzi  
Front row (L-R) : Amanda Lynch,  
Bill Stewart & Tony Kappel



The afternoon crew from GVEA:  
Dominic Fantazzi, Bill Stewart, Mark Terhune,  
Mike Wright & Tony Kappel



Mark Terhune &  
Dominic Fantazzi

*To receive emails of the FCA Newsletter and Special Event Notices, please send your email address to [fca@fcaalaska.org](mailto:fca@fcaalaska.org) and type “Newsletter” in the subject line. This is a great way to stay in touch and we can direct more money to FCA client programs.*

*Continued from Page 2*

a retired teacher/counselor, a primarily children's and adolescent residential therapist, and a “wanna be” artist. She has spent several summers in the Fairbanks area and has always been fascinated with the wide open skies and remarkable people who live here. She feels lucky and pleased to be working at Fairbanks Counseling and Adoption as a therapist. This will be her second winter in Fairbanks—the first one was in 1993, so wish her luck. So far so good! She loves it here.

**Lynne Buchanan** has lived in Alaska for ten years. She graduated from the University of Alaska with a Bachelor's of Arts degree in Social Work. Lynne comes to FCA with a profound desire to help families within the Fairbanks community. Lynne is prior military and looks forward to assisting the needs of military families as well.

# Family Services



Family Services is currently looking for Secret Santas to adopt families or sponsor a child for the upcoming holiday season. Those wishing to participate in this holiday opportunity can offer support in numerous ways such as cash donations, holiday food, Christmas gifts and stockings. This is an opportunity to make the holidays special and help a family in these particularly stressful times. With the help of generous sponsors like YOU, eight families including 21 children were blessed during the last holiday season. Christmas donations will be distributed to families currently being served in our program throughout the Fairbanks North Star Borough to make Christmas 2011 a joyful, warm and memorable one.

The Family Services Department receives referrals from the Office of Children's Services and various community agencies. Our Family Support & Family Preservation programs focus on the prevention and reduction of child maltreatment in our community. The main focus of our department is strengthening families. Our objective is to assist families facing multiple hardships to improve their individual situations. This is done by providing parenting education, helping families find community services, and teaching self advocacy skills. This strength based, goal oriented program focuses on promoting independence and self-sufficiency. Our department offers individualized in-home support, service coordination, advocacy, and skill building. In addition the Family Services Department offers a 14 week parenting course utilizing the Nurturing Parenting Curriculum and works with pregnant and parenting teens in the OPTIONS program at Hutchison High School.

Linda Huffaker, Family Services Program manager is a National Trainer Consultant for The Nurturing Parenting Program. In addition she recently became a Nurturing Fathering facilitator and is excited to offer this new resource to fathers in the community.

A special welcome to our new team members, Jana Kreofsky and Lynne Buchanan. If you have any questions or would like more information, please contact The Family Services Department or check us out on FCA's website [www.fcaalaska.org](http://www.fcaalaska.org).

## Donating

PayPal and credit card donations  
can be made on our website:  
[www.fcaalaska.org/donate](http://www.fcaalaska.org/donate)

We have provided a return donation envelope for your convenience.  
Donations of the following items would be greatly appreciated.



An easy way to help FCA:  
<http://www.escrip.com/>  
Our group code is **900321373**

### Pregnancy Program:

- ✗ Diapers: all sizes - (in need of size 6 immediately!)
- ✗ Baby Wipes

### Street Outreach Program:

- ✗ Personal Soaps
- ✗ Shampoo
- ✗ Combs
- ✗ Toothbrushes & Toothpaste
- ✗ Bath Towels
- ✗ Feminine Products
- ✗ Shaving Items
- ✗ Adult Backpacks
- ✗ Movie cards
- ✗ Fast Food Gift Cards
- ✗ Jacket
- ✗ Socks
- ✗ Pants
- ✗ Sleeping Bags

### Adoption Program:

- ✗ Gift Certificates for books
- ✗ Restaurant Gift Cards

### Family Treatment Programs:

- ✗ Individual Juice Packs
- ✗ Individual Snacks - Granola Bars, Cookies, Chips
- ✗ Coloring Books
- ✗ Activity Books for 1st - 6th grade
- ✗ Cardboard Books for pre-school children
- ✗ Crayons
- ✗ Markers
- ✗ Colored Pencils

### Family Services

#### Families:

- ✗ Movie cards
- ✗ Fast Food Gift Cards
- ✗ Walmart Gift Cards

- ✗ Gas cards to be used for transporting clients

- ✗ School clothes for 5 through 10 year olds

- ✗ Home First-aid Kits

### General Supplies:

- ✗ Copy Paper
- ✗ Labels: #5160 & #5360
- ✗ Scotch Tape 3/4" (replacement rolls)
- ✗ Box Tape
- ✗ Gray Tape
- ✗ Card Stock: pastel or light colors
- ✗ Plastic Wrap
- ✗ Paper Towels
- ✗ Kleenex
- ✗ Toilet Paper
- ✗ Post-it notes (all sizes)
- ✗ Mailing Clasp Envelopes (#90, #97 and 6"x9")

- ✗ Legal note pads (white & yellow)

- ✗ File folders letter size, with the double-clasp: green, light blue, brown, violet & manila

- ✗ Regular file folders letter size

### Kitchen Supplies:

- ✗ Healthy Snacks
- ✗ Individual Fruit Juice Packs
- ✗ Crackers
- ✗ Cheese
- ✗ 8 oz. Styrofoam Cups
- ✗ Tall Kitchen Trash Bags
- ✗ 33 Gallon Trash Bags
- ✗ Paper Towels



Fairbanks Counseling & Adoption  
 912 Barnette Street  
 Fairbanks, AK 99701-4510  
 Return Service Requested

NON-PROFIT  
 ORG.  
 U.S. POSTAGE  
 PAID  
 FAIRBANKS, AK  
 PERMIT NO. 69

FCA  
 912 Barnette Street  
 Fairbanks, AK 99701

# A Taste of Arrt Donation Form 2012

Surrender Ye Heart!

Walk-in  
 Or Pick-up  
 Donor Form

Donor #:	Donor Name to be Listed:	Business Name (if different):
Mailing Address:		E-mail Address:
Contact Person:		Phone:
Person to be Thanked (if different):		

Log #	Items Donated & Description	VALUE of Donation \$
1.		
2.		
3.		
4.		
5.		
6.		

Check here if:  CASH GIFT  IN KIND

GIFT CERTIFICATE: Donor  FCA

Volunteer responsible for donation: \_\_\_\_\_

Pick-up status: \_\_\_\_\_ Information: \_\_\_\_\_

Procurer will pick up & deliver \_\_\_\_\_

Needs to be picked up by: \_\_\_\_\_

Donor will drop off by: \_\_\_\_\_