

Building Connections

A Newsletter for Resource Families

Volume 14 | Issue 3

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A Tenacious Spirit

By Wilma Friesema, EPIC 'Ohana

As a researcher, artist and writer, Paul Brennan has always loved the word "alive." Both the symmetry and energy of the word seemed to capture what he saw in the twenty children he and his wife, Dottie, have fostered. In each of the children, he perceived a life force that compelled them to keep going, despite the numerous challenges they faced. "It's as if children in foster care have their own DNA," he told me, "which is comprised of the finest, most intense drive to survive and achieve." As he watched their foster youth mature into adults, Paul observed a grit, courage, and determination to define their own lives that, to this day, fills him with awe.

Paul wasn't planning on making a sculpture as an ode to the children, but while tinkering in his workshop he began to wonder what could he do with some scraps of plywood from a previous project. He had been thinking about the pandemic's painful impact on humanity, as well the upcoming annual memorial of the 24th anniversary of the death of Michael (a former foster youth who, at the age of 19, committed suicide). At age 82, Paul was also thinking about his own life and mortality. It was in that reflective mix, however, that the strength and resiliency of his foster children came to mind. The plywood seemed to capture something about their character. It was then that he knew he wanted to create something to honor their spirit.

The result of that inspiration is Paul's "ALIVE" wood carving. Standing 17 to 20 inches tall, the sculpture is made up of laminated plywood which Paul sees as the perfect metaphor for the complex, layered experiences of foster youth. Plywood is not a single wood, grown from a rooted tree, but a blend coming from different origins. "It's not Koa, but then who of us is a piece of Koa?" Paul asked me. Besides its everyday usefulness, plywood, as Paul has shown, can be the material of fine art and beauty.



In the sculpture, the "A," with its scratched, uneven, and wobbly appearance, looks to be leaning into and buttressing the "L," but in actuality it is standing on its own. In truth, A is very much alone. For Paul, the A captures the loneliness and unsteadiness of the children when they first entered the Brennan's home. The children weren't neat and proper and balanced; they felt abandoned, and their inner worlds were filled with a jumble of complex emotions and confusion. Those emotions came out in fits of anger or tears, in moments of withdrawal or defiance. With each child, Paul and Dottie were uncertain of how healing could truly happen. Yet within each child, they also saw that inner tenacity of spirit. It was that spirit which the Brennan's chose to nurture and support.

With patience, consistency, love, and understanding, the children's creativity and aliveness started to shine.

HUI HO'OMALU STATEWIDE GLUE COMMITTEE

The Hui Ho'omalua Statewide Glue Committee provides support to the resource family community through identifying ongoing needs, facilitating communication and by sharing resources.

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This newsletter may be viewed on the following websites:

www.hawaii.gov/dhs/protection/social_services/child_welfare/foster

www.pidfoundation.org

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The "L" represents that love, and the children's tentative budding trust in the Brennans and in themselves. In the sculpture, the L is standing but not fully upright; its balance is delicate and it can easily be toppled. During this phase, it didn't take much for the children's trauma reactions to get triggered, and for gains to be derailed. The Brennans' commitment to steadily riding out those difficult times, while honoring the children's unique journeys and personalities, helped the children regain their trust in the family's love and restored their inner balance.

The "I" in the sculpture represents the growing "I" within the children. In this stage of development their trust deepened, and they stood taller within themselves and showed more confidence. As Paul saw it, their individuality and independence began to truly blossom. They were choosing their own trajectories and were feeling the power of their own agency. This made the Brennans feel hopeful and very proud. The pain of the children's past, while informing them about life, was not controlling or defining them.

The sculpture's "V" is symbolic of the vitality and vision that Paul and Dottie witnessed in their foster youth as the youth became adults and branched out on their own. While struggles remained, the young adults chose to face those challenges and learn from them, rather than withdraw or collapse in defeat. Nearly all have stayed in touch with Paul and Dottie, which has been enormously gratifying to the Brennans. They love seeing how the youth, now adults, continue to greet the world with outstretched arms, like an open V. As Paul said, "It's all about their becoming, not about their completed end, yet. There's more to happen, and they're welcoming that."

The "E" in the sculpture is about continual emerging possibilities, as symbolized by the letter's uptilted top edge, while its straight back and solid base are holding it steady. The middle line in the E is the outstretched arm of engagement. Today, the Brennan's former foster children are embodying their E; they are empowered. A number of them have branched out and live on the mainland where they have secured jobs, homes, and have started families of their own. The majority have stable lives and are continuing to grow. As Paul proudly describes it, "They're seeing the vision and goals they can accomplish and are acting on them."

On the back of each letter, Paul has engraved the names of all the children he and Dottie have fostered. Forever etched into the wood and into their hearts, the relationships they have with each child is genuine and impactful. They're also relationships that Paul says "flow on and always will." Today, Dottie loves it when one of the girls calls and says, "Hey mom, do you remember that special dish you made? What's the recipe?" Or when a now middle-aged man comes back to visit and says he wants to "just sit in the living room and quietly remember." Or when they receive a call, out of the blue, with one of the kids asking, "Mom and Dad how are you? I just want to check up on you and see how you're doing." It's those moments that remind Paul and Dottie what fostering is all about: it's the relationships and connections that are built, the trust and caring that are woven into a reciprocal love. That love is what truly matters, and what endures over the years and across the many miles.

Paul's ALIVE sculpture is a lovely tribute that honors foster youth's tenacity to create a fulfilling life of their own. To me, however, it also captures the generosity and tenacity of Paul and Dottie, and the many resource caregivers like them. When resource caregivers open up their hearts and their homes, they are saying yes to life, and to all the ups and downs that brings. The Brennans certainly were no strangers to that. The children who joined their family brought immense joy, but also challenges, and, as in the case of Michael, an ache in their heart that will always remain. Yet, despite such a painful loss, Paul and Dottie pressed on and continued to believe in life and all the possibilities it held for the children who became part of their family. They, like the youth they served, persistently kept hope alive.

Michael lived with the Brennans for twelve years. For twice as long, Paul and Dottie have held a yearly memorial to offer prayers of thanks, and to remember all the special children they have fostered. Now with the memorial ALIVE sculpture adorning their home, the gift of those relationships is never far from their awareness, and the preciousness of those enduring connections is never gone from their hearts. Paul's hope for all their foster children is that, when they're at the end of their life's journey, they can say, "I made it! I survived. I achieved. I did well!" As resource caregivers, it seems he and Dottie can honestly make that same claim too.



This is a poem that Paul Brennan wrote for the children in his care. He would also sometimes read the poem to a child. It was hung in plain sight for all to read.



COMING SOON!

NEW ONLINE SOFTWARE FOR RESOURCE CAREGIVERS

DHS will be launching new online software that will bring the resource caregiver certification process into the 21st century!

This will make it simpler for Hawai'i residents to become licensed resource caregivers. The new recruiting and licensing certification process will go live on January 27 on the Child Welfare Services new website:

rcg.hawaii.gov

IMPORTANT NUMBERS:

Department of Human Services
reporting:

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WORD FIND

THEME: RESILIENCY

ATTN Resource Caregivers!

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M R E S B H R Q Z M A H O G E
G F S T N I S U P R N T O K S
H K L E B A L Z O I C O I P F
S O S A F Q J I I C E T G V E
V S T H R I V E T U L I T F U
P D H V V P W R T Y R R I G J
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Where did my baby girl go?

By Tony Wunsch

Who we are: We are the Family Wunsch: Tony, Mary, Malia & Buddy(dog). Malia came to us in 2002 when she was 14 months old from a loving foster home. She went there as soon as she was born. We were foster parents through the Casey Family Programs with an intent to adopt. Malia was womb challenged. But she is tough, smart, and sweet. Throughout the years she challenged Mary and me because she has the will of a badger. Because of who Malia is, she made Mary and me better parents. And because of my baby girl I became a better human being. Along the way we had the help and support of Casey Family Program, Family Programs Hawai'i, teachers, and counselors at DOE throughout the years. We also had help from Drs. Carolyn Lopez and Malia Thompson who gave us insights to deal with our child and keep us sane.

I'm writing this because daddy/daughter relationships are hard. It's like being in choppy water with a large tsunami crashing on you every so often. Dads might want to leave parenting to the moms because we have a hard time dealing with our daughter's emotions AND our emotions. NOTE: It ain't a whole lot easier for moms to deal with a daughter and they need

all the support we can muster. Men, sorry to say for my generation, were not raised to deal with emotions. It is so much easier to go to our one learned emotion – ANGER! But we, as dads, love our daughters. And what we do will help determine how daughters deal with the partners in their lives. So, being the responsible men that we are, we need to overcome our fears and be the champion for our daughters.

So I wrote this with what I learned over the years to help other dads in the same boat. This may not work for you – your mileage may vary. But I hope you can use a tip here to improve relations with your daughter. Really - we need to love and get along with our kids. BE DADDY! Mahalo.

And so adolescence begins...

Your baby girl is missing. She is replaced by this snarling, phone wielding, hormone exploding, swearing, snarky beast. Where did your baby go?!!

"Brah, she no listen to me! She all grouchy at me. She get one smaht mout! She no like me around. AAAH! Dat's all wahine stuff. Let Mommy take care!"

Uh no. You still Daddy. Your baby needs a steady hand through the storm she's going through. She still needs a life coach and champion. With an adolescent brain your baby still needs an adult in the room. She still needs to know she is loved. So put on your Daddy pants and do your damn job.

Rules made simple:

- Mostly shut your damn mouth.
- Give plenty space.
- Positive things coming out of your mouth. Less criticizing or nagging. No blame.
- You do not have to fix everything. You do not have to be perfect. You will make mistakes.
- Put your usual testosterone fueled anger away. No need to make big body. Let it go. Chill pill.
- Keep interactions short.
- Support mom.
- If you need help, get it.
- Be fun. Have fun.
- Being the adult in the room, you can only control your behavior.

How do I do this?:

- Somewhere inside of you is that guy that your baby's mom fell in love with. Somewhere inside is the go-to guy at work that co-workers rely on or look up to as a mentor. Somewhere inside is the guy your friends want to hang around with. **Be that guy for your child!**
- Say something like "luv ya" or "have a good one" when you drop her off or leave. Leave on a positive note. I mean really, you could go to work and drop dead. You don't want the last thing out of your mouth to your baby is, "Hey lolo, you nevah take out the *\$%#@! garbage last night!" (Yes you do want to say this!)
- Greet her nicely.
- Try smile.
- You can be physical but polite and short – like for co-workers. Tap on her shoulder when passing in hallway. Give her a quick squeeze on shoulders or hand. Hi five. If your child needs a hug she will let you know.
- Give her body privacy. If you passing the bathroom and she is half naked – close your eyes and close the door. If she walks out into the living room only in underwear close your eyes and tell her go back to her room and put clothes on. Some things as Daddy you do not want to see and you can tell her that.

Daddy will not be **UJI!**

- Compliment her but be real. "Nice hit on volleyball today." "I'm glad you got your homework in on time." "Thanks for helping Mom today." "It was good you listened to your girlfriend with her problem."
- Be fun. Joke with her, but for God's sake never talk about her appearance at this age.
- The phone thing. **4Getit!** You cannot win that war. But you can set some rules such as not to use phone when dining or at dinner table. Let her use it after dessert.
- Pick up her favorite snack or food. Feed her.
- As she's going out the door to meet friends give a few bucks and say buy your friends a snack.
- Treat her friends like your friends. Feed them.
- Take her and friend(s) somewhere fun and finance it. Eat together.
- Treat her partners decently. I mean you can never like any of them, but treat them decently anyway. What the hell!?... weren't you an awkward lolo brain to any of your girlfriends' parents? If you raise your daughter right you should trust that if she dates a jerk, she will find someone better.
- If you make your home welcome to her friends and partner, they will want to hang out there. Better at home than at the mall or backseat getting into mischief.
- Always knock on her bedroom door and ask to come in. Treat her space as a temple.
- Spend just a minute daily talking. Mostly let her talk. Ask her how things are going. If she doesn't want to talk just say "Iuv ya" and move on. Or say you look like you don't wanna talk now and if you like we can talk later. Or tell her a funny thing that happened to you. Or tell her a good lesson you learned which you might relate to a situation she is in. But keep it short and simple. If she needs to talk let her – but you keep quiet. You don't want to be the old fool going blah, blah, blah!
- Ask her for help but keep it short. Like, "Baby when you free can you help me move the sofa?" Time limited – she gotta get back to her phone. If you need longer time schedule it. Be respectful of her time. Because her girlfriends, boyfriends and phone come first.
- Less interaction when she is emotional. No need put gasoline on the fire.
- Ask if she needs help. If not, move on. Tell her if she needs help later - let you know.
- If something in her life goes south **RESIST** the urge: "I TOLD YOU SO! WOW, like you screwed that up!" Wait until the emotion passes then ask, "What went wrong? What could you have done better? How could this be avoided?" If she doesn't have a good answer suggest what you would have done or think needs to be done. Tell her to think about it. You ain't gonna be there 4evah so she needs to be a problem solver. Daddy doesn't need to fix all things.
- Her adolescent brain is still working things out – she doesn't know what she really wants, needs or what is important. She may think that you are just as important as a fly on the wall. But at that age she doesn't know the importance of a good dad.
- If you think you are in over your head – get help. We did.

NOTE: This is not when your child is jumping off the cliff at China Walls or riding a motorcycle without a helmet blindfolded. This is not for when she is dating someone who is mean or gives her dirty licks. This is not for when your child is totally flunking. This is not when she needs medical or psych help. At these times Daddy and Mommy, the shelters in the storm, need to lead and do what is needed to protect the child and family. Your child, your family, your responsibility. But don't beat up your child (physically, verbally or emotionally) when doing this. Encourage. Set example. Help your child go where she needs to go. Move forward. And remember too, your baby girl knows she screwed up and probably doesn't want to repeat the experience.

Finally: She will always be your baby. You are her life coach. You are her champion. How you treat your daughter sets an example for how she should be treated from the partners in her life. Your daughter will eventually grow up to be the strong, smart, beautiful young woman that she needs to be. That's all your heart desires.

Rajah dat, over and out.

Tony Wunsch is a product of Kaimukī - Ali'iolani, Kaimukī Middle and Kalani High. Ate burgers at W&M, bbq steak from Rainbow's and saimin from Tanoue's. Went to UH, played in the band and ate from Grace's lunchwagon. Spent 32 plus years plus working for the State of Hawai'i, primarily with persons with disabilities. Misses Columbia Inn, Wisteria, Kincaids and Flamingos. Is retired now and has a Zippy's senior card. Lives with his wife Mary (superior half), daughter Malia, and dog Buddy. Dabbles in computers, radios, knives, walking, camping, flashlights, and music. Likes volunteering and is known to be a general nuisance and pain in the okole. Completed Ekahi Ornish recently and now misses anything with gravy.

FATHER'S TALK-STORY—SAVE THE DATE!

Please join Tony for a statewide "Father's Talk Story" webinar session on Tuesday, February 16, 2021, from 6 - 7:30pm. Tony, Professor Brian Alston from Kaua'i, and Chet Okayama (Office of Youth Services Program Specialist) will guide this talk-story webinar for men and fathers.

National Adoption Day at The Honolulu Zoo

By Mindy Chung

Thank you for all you do!!!!!!



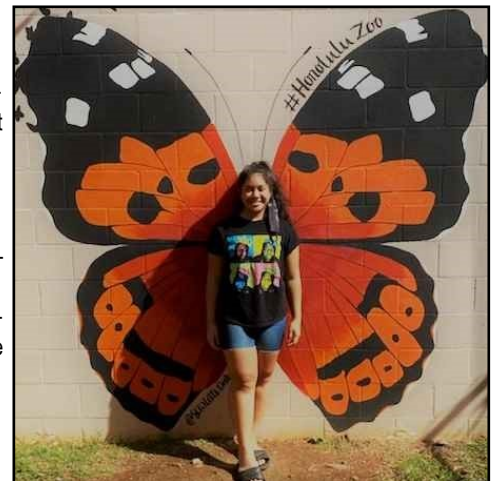
This year, has been an incredible year of growing, stretching and learning that we can be and do so much more than we ever expected. As we all deal with a worldwide pandemic, we have constantly had to adjust to a “new normal”, and so it was with this year’s NAD “event”.

This year’s Oahu NAD celebration was held at the Honolulu Zoo on November 21st, where over 85 families registered to come and enjoy a day at their leisure on us...the HAPA committee. HAPA was thrilled to pay for their entry fees that allowed them to spend time with one another, and just enjoy a new environment. Although many chose to opt out of this year’s event for safety reasons, we still wanted to let you know we celebrate you and love that you have chosen to grow your families through adoption and legal guardianship!!!



One of the families that participated in this year’s event, was Masina Danielson and her family. Masina is a single mother of two adult children, the foster mother of four children, and the adoptive mother of two. When she received the call that her niece and nephew from the outer island were in need of a forever home, Masina admits she was nervous to say yes because she didn’t know if her schedule would allow her to be available in the way she would want to for them. However, the fact that they were her brother’s children trumped any concerns she had, and she gladly welcomed Tajlyne and Tavyne into her home with open arms.

Tavyne is an eleven year old boy, who attends Ewa Elementary school, and is currently in the 5th grade. He loves playing football, and is a Special Olympics athlete who specializes in shot put and the 50 yard dash. If he could, Tavyne says he would be in the pool all the time....that is when he wasn’t playing football of course.



Tajlyne is a fourteen year old girl, who is in the 9th grade at Kamehameha Schools. She loves playing volleyball, attending Maui Jam Classes run by Lili’uokalani Trust with her brother, and she won Ms. Congeniality in 2019 when she competed for the title of Miss Teen ‘Ewa Beach. Tavyne and Tajlyne love each other very much, and have a very sweet relationship with one another and their older siblings. When asked what she would want to share about being adopted, Tajlyne stated:

“Adoption can really change a child’s life and perspective, because somebody loves them. They will be able to have someone who loves and cares for them, and it can change their life for the better. Before the age of three I was in two foster homes on the Big Island, so it felt really cool and awesome to be able to come and live with my aunty... and now she’s my mom!!”

22nd Annual Holiday Party

help our keiki & families in foster care

REACH FOR THE STARS!

"Being with family and celebrating together... even if you never left the car - this is what the holidays are all about. For just a little while, we forgot about all the problems around us. Thank you for making my family smile." -James (Resource Caregiver)

Nine months ago, no one was certain about what kind of future lay ahead. Yet, despite some challenges, resource families on O'ahu were still able to experience some holiday cheer through Family Programs Hawai'i's 22nd Annual Holiday Party held last Sunday, December 6, 2020 at the former Kapolei K-Mart parking lot.

This year's event theme was "Reach for the Stars," and together with sponsors, volunteers, and staff, over 300 families and their keiki reached for the stars and celebrated in the unique drive-thru party. Here are some of the community sponsors and the goodies that they gave away:

Royal Contracting - Tote bag with goodies	Homestreet Bank - Goodies and picture frames	Locations - Stuffed toys
EPIC 'Ohana - Bags of popcorn	Hawai'i Self Storage - Goodies per family	
Cades Foundation - Goodies per family	Green Screen Hawai'i - Same day family photos	Aloha Harvest - Food box
Family Programs Hawai'i - Food box care of Huang's Green Leaf Products	Hercules and Brenda - Mr. and Mrs. Hawaiian Claus	
Devon - Emcee and DJ		

While remaining in their cars, families drove through the fun lane and received gifts from community donors, and two large food boxes to share later at home. Families also received a family picture printed on the spot. But the gifts from Santa were the true culmination of the event. Each and every keiki received hand-wrapped gifts (gifts wrapped by community volunteers) chosen especially for them. Families left with happy memories and hope for tomorrow.

Despite the disruption to our everyday lives, in times like these, traditions are important to maintain a sense of normalcy. Thanks to supporters, community donors, and partner agencies, Family Programs Hawai'i was honored to help families experience the joy of the holiday season, together with their 'ohana.



Sarmiento Family



Destined to be 'Ohana

by Mindy Chung, Wendy's Wonderful Kids



The morning Pālama and Sai woke Kaimana up and asked him if they could be his forever family

It's amazing to me how one event, attending the 2019 Ohana is Forever conference, could ultimately end up changing three amazing individuals lives?! Let me introduce you....

Kaimana has been a youth in care since he was ten years old (he is now seventeen and three quarters). He is the oldest of 5 siblings, and someone who grew up in the Child Welfare System. Kaimana is originally from the Big Island of Hawai'i, and moved to O'ahu after a series of placements. In 2018, he became a part of the Wendy's Wonderful Kids Program with the hope that we would be able to find him a forever home that could adopt him, as returning to his biological family was not an option. Shortly after becoming a part of the program, Kaimana was matched with a pre-adoptive home that, unfortunately, would disrupt three months later with no reason as to why it was ending. As you could imagine, this event was devastating, but we would very quickly find out the kind of resilience and belief he had that there **was** a family out there for him...even if it wasn't the one he thought he would be with.

"We learned about Kaimana through Pālama's co-worker Melinda, who told us she just met this fabulous young man at the 2019 Ohana is Forever conference, and she thought we might be a good match for him! Although we were initially open, our foster son (at the time) was going through a lot of difficulties, so providing him with the care he needed was our primary focus. He was with us for a year, a month, a week and a day before reunifying him

with his hānai family. Due to covid, however, he had to leave quickly as the international borders were closing. Two weeks later, we received a call from Wendy's Wonderful Kids. We heard about Kaimana at a very vulnerable time for us, and we began to unpack the assumptions and prejudices we erroneously held about older foster children. We explored the deeper reasons why we became foster parents in the first place, and why we were opposed to taking on an older child. The answer stung, because we realized we were making it about us, and not about the kids in care. In our heart of hearts we knew the statistics about foster children and children aging out of the system. We were reminded our true reason we became foster parents was to provide a loving, safe and nurturing environment, and we realized this when we were given the opportunity to challenge our beliefs."

Once they made the decision, Pālama and Sai were all in to meet Kaimana, as long as he was agreeable to it. A month later, supervised visits began to happen every other week, and after two months would move to unsupervised overnight visits on the weekends. Because of his last disruption, Kaimana admits experiencing a lot of anxiety as things progressed, because he found himself wondering if they were really going to see things through. Would they like him once they got to know him? On Pālama and Sai's part, there was a different kind of anxiety. How do we adjust to the life of a senior in High School? How do we prepare him for what lies ahead, and did they have what it took to see this through? On June 26, 2020 (two months after they're first initial visit), Kaimana moved in with Pālama and Sai and that's where the work got real. "It's been a beautiful journey there's just a lot to navigate. We constantly get caught in thinking he can handle, but he's just not there a lot of the times, and we have to constantly remind ourselves that's okay." One of the greatest challenges Pālama and Sai have found is getting Kaimana to understand his voice matters. They are on a mission to help him engage in life, instead of just letting life happen to him, and they are so proud of the incredible ways he has grown and matured since first coming into their home.

On December 8, 2020 Kaimana was adopted by Pālama and Sai! Each year in Hawaii youth transition out of care at the age of eighteen, but this year thanks to a conference a friend of Pālama's attended...this story has a spectacularly different ending.

Some parting words...

"To the parents....if you're given an opportunity to adopt outside of your comfort zone, really search your heart. We have learned so much about ourselves and about love. Trust yourselves." Pālama and Sai

"Sometimes teens can be stubborn and rude, but they deserve love as well. They are just people who went through a lot, which is why they probably do what they do. They shouldn't look at the bad things but love them for who they are." Kaimana

And to the kids still in care...."Never give up hope. The right time will come. Just pray. Ask the Lord for a home and believe. This is why I'm still with these two lovely fathers who I love a lot." Kaimana



**Dave Thomas
Foundation
for Adoption**

**Wendy's
Wonderful Kids**



Adoption Day! (Court hearing by video conference due to Covid)



JINGLE, COOK AND MINGLE

A Virtual Holiday Cooking Event for Neighbor Island Resource Families

When we think of the holidays, our minds & tummies cannot help but go to happy thoughts of the delicious food that we look forward to enjoying every year. Ono food and good company always puts a smile on one's face & leaves one's opu feeling full & more than satisfied!

Even in the year of COVID-19, it has been no different. With this in mind, Resource Families Support Services (RFSS) re-imagined this year's holiday celebration with a brand new twist. For the first time, RFSS served up the first virtual holiday cooking event for neighbor island families titled "Jingle, Cook, and Mingle!" on Saturday, December 12, 2020.

Participating resource families were provided with food boxes from The Pantry filled with fresh produce and ingredients. Many volunteers and volunteer pilots made it possible to bring these food boxes to the islands of Maui, Kauai, Lanai, Molokai, and the Big Island of Hawaii, all in advance of this special cooking event. Resource families were treated



to a fun virtual cooking class that was taught by none other than Chef Captain Craig Hawley. Chef Captain Hawley is well-known in the culinary arts as a private yacht chef/caterer & yacht captain.

Families and their keiki participated in an exciting virtual cooking class experience for the first time which featured delicious Zucchini

Pizza Boats and Spatzcock chicken for a sumptuous meal. Families were also treated to live ukulele music compliments of Uncle Harold from Maui; for an engaging experience that the whole family was able to enjoy!



Feel free to try the recipe at home in case you couldn't join us!

Zucchini Pizza Boats

2 Zucchini

Italian Seasoning

Salt

Pepper

1 cup Marinara Sauce

Cheese (of your choice)

Olive oil

Optional: Green Bell Peppers, Pepperoni



1. Preheat your oven to 350 degrees.
 2. Cut the zucchinis in half, and scoop out the insides and seeds of the zucchini using a spoon.
 3. Sauté the scooped zucchini insides and seeds in a pan with a tablespoon of olive oil. Add the marinara sauce. Cook until the zucchini insides are tender. Take off the heat.
 4. Sprinkle the zucchini halves with salt, pepper, and Italian seasoning.
 5. Place the zucchini halves on a baking sheet and bake in the oven for 10 minutes.
 6. Carefully remove the zucchini halves from the oven. Spread about 2 tablespoons of the marinara sauce onto each half of zucchini. Sprinkle with more Italian seasoning and cheese of your choice. You can also add additional toppings if desired (such as diced bell pepper or pepperoni).
 7. Return to the oven for around 15 minutes, or until the zucchini is tender and the cheese is melted.
- Carefully remove from the oven, and enjoy!



Welcome to FPH's Resource Family Support Services Corner

By Karen Kaneshiro-Soon, Family Resource Specialist

Resource Family Support Services (RFSS) is funded by the Department of Human Services



RFSS Going Mobile



Resource caregivers ask: "How can I access information on available DHS approved trainings towards re-licensure hours, support groups availability in my community & Statewide, and the events that Resource Family Support Services Program (RFSS) offers to resource families?"

Resource families lead full & busy lives caring for their children and themselves. It's definitely not easy to keep up with the responsibilities & demands of resource families. If you enjoy the advantages of speed and accessibility of social media, RFSS has great resources for you! Let us introduce you to the social media platforms available for your convenience.

Facebook (www.facebook.com/FPH.RFSS) is a handy way to access RFSS if you are already familiar with Facebook. You will find an abundance of helpful information and resources here that are updated regularly.

The Hawai'i Foster Care Connections mobile app is our newest resource and it has proven to be a very popular way to connect with helpful resource caregiver information, updates, calendar of events, and others in your community and throughout the State. You can use this app to self-register for trainings and support groups at any time. It can be found on both the iOS and Google Play stores, and is free to download.

For example, the topic of "Resiliency" can be accessed via the Hawai'i Foster Care Connections app in the Menu option titled "Training Videos". Trainings such as the "2019 Annual Conference Foster Resiliency: Taking the Next Steps in Trauma Informed Care," "A Closer Look at Building Emotional Regulation Skills," and "A Closer Look at Building Resiliency and Healing Trauma" are available at your fingertips and all address the issue of building resiliency in our youth in foster care.

We invite you to use these resources to the fullest to provide you with support and information in your resource caregiving journey! The Warm Line is open from 8:30am to 10:00pm daily through phone (O'ahu – (808) 545-1130, Neighbor Islands – 1(866) 545-0882), email (WarmLine@FamilyProgramsHI.org), and chat through our mobile app.

CLASS MARKER: A Faster Way to Get Those DHS Training Hours

Family Programs Hawai'i is excited to announce a new way to earn DHS training hours. ! FPH has recently started using Class Marker, an easy to use online quiz system, to make earning DHS training hours even easier. Through the Hawai'i Foster Care Connections mobile app, families and Service Providers can now use the Hawai'i Foster Care Connection app to watch over 40 training videos and use the link in the video's description to take a quiz about the training they just watched. Once they have passed the quiz, an email will automatically be sent to them with their certificate. This certificate can then be sent to a family's licensing worker for their earned hours. Families will no longer need to call the Warm Line for passwords and can now access all videos at their leisure. We look forward to talking with you soon!



*Mindy Chung is the Program Coordinator/Recruiter for Wendy's Wonderful Kids. She is a regular contributor to the GLUE Committee Bake Sale, and she is famous for her zucchini bread! Thank you for being willing to share your onolicious recipe, Mindy!
Happy Baking everyone!*

Mindy's Zucchini Bread Recipe

3 large eggs
1 cup oil
1 tsp pure vanilla
1 tsp salt
3 tsp cinnamon

2 cups sugar
2 medium zucchini
3 cups flour
1 tsp baking soda
¼ tsp baking powder

Mix together eggs, sugar and oil. Shred zucchini in a food processor. Add shredded zucchini and vanilla and mix together. Add flour, salt, baking soda, cinnamon and baking powder to mix. Spray baking pans with PAM and fill pans about ¾ full. Bake at 350 degrees for 1 hour or until bread is done. Recipe makes 5 pounds **This bread is best warmed with butter



Do you have a recipe you'd like to share? Email us at rac@pidfoundation.org

Calendar of Events

STATEWIDE

- Jan 12 (Tues)** **Teens & Substance Abuse Webinar** (Webinar Training): 6:00pm-7:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH112> by 1/11.
- Jan 16 (Sat)** **Peer Navigator Meet and Greet** 12:00pm – 1:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH116> by 1/15.
- Jan 19 (Tues)** **Substance Abuse & Recovery Webinar** (Webinar Training): 6:00pm-7:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH119> by 1/18.
- Jan 23 (Sat)** **Online Coffee with a Caregiver Session:** 8:30am – 9:30am. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH123> by 1/24.
- Feb 10 (Wed)** **Statewide Online Support Group:** 6:00pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH210> by 2/9.
- Feb 16 (Tues)** **Fathers Talk Story Session:** 6:00pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH216> by 2/15.
- Feb 23 (Tues)** **Online Grandparents Resource Families Support Group:** 6:00pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH223> by 2/22.
- Mar 27 (Sat)** **Online Coffee with a Caregiver Session:** 8:30am – 9:30am. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH327> by 3/26.

O'AHU

- Jan 15 (Fri)** **Online Wai'anae Resource Families Support Group:** 6:30pm-8:30pm. Zoom Web-Conference. RSVP to the Warm Line at 808-545-1130 or at <https://tinyurl.com/FPH115> by 1/14.
- Feb 5 (Fri)** **Online Windward Resource Families Support Group:** 6:00pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 808-545-1130 or at <https://tinyurl.com/FPH025> by 10/21.
- Feb 25 (Thu)** **Online Central O'ahu Resource Families Support Group:** 6:30pm-8:30pm. Zoom Web-Conference. RSVP to the Warm Line at 808-545-1130 or at <https://tinyurl.com/FPH225> by 2/24.
- Mar 12 (Fri)** **Wai'anae Resource Families Support Group:** 6:00pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 808-545-1130 or at <https://tinyurl.com/FPH312> by 3/18.

EAST HAWAI'I

- Jan 4 (Mon)** **Online Hilo Resource Families Support Group:** 12:30pm-2:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH104> by 1/3.
- Mar 1 (Mon)** **Online Hilo Resource Families Support Group:** 12:30pm-2:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH301> by 2/28.

WEST HAWAI'I

- Jan 26 (Tues)** **Online Kona Resources Families Support Group:** 5:30pm-7:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPHS126> by 1/25.

KAUA'I

- Mar 4 (Thurs)** **Online Kaua'i Resource Families Support Group:** 6:00pm-8:00pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH303> by 3/2.

MAUI

- Feb 18 (Thu)** **Online Maui Resource Families Support Group:** 12:30pm-2:30pm. Zoom Web-Conference. RSVP to the Warm Line at 1-866-545-0882 or at <https://tinyurl.com/FPH218> by 2/17.

Please follow Resource Families Support Services on Facebook at www.facebook.com/FPH.RFSS for additional information about services and events.

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IMPORTANT NUMBERS:

To report suspected Child
Abuse and/or Neglect:
1-888-380-3088

To report suspected Human
Trafficking of Children:
1-888-398-1188

Toll-free Fax: 1-888-988-6638

Available 24 hours a day, 7 days
a week

The concept for the Statewide Glue Committee (not an acronym) was created by the Department of Human Services (DHS) as a means to support the resource family community. Hui Ho'omalua facilitates this committee comprised of adoptive parents, resource caregivers and various community agencies, all dedicated to providing services and support to Hawai'i's keiki and the resource families who care for them. The purpose of Glue is to identify ongoing needs, facilitate communication, share resources, provide information through a statewide calendar of events and a quarterly newsletter and report on local projects and other topics of interest to benefit Hawai'i's resource families. In February 2020, the committee (formerly known as the Resource Advisory Committee (RAC) became a collaboration that now includes the Foster Care Appreciation Committee (formerly known as the Foster Care Training Committee), Hawai'i Adoption and Permanency Alliance (HAPA), GLUE Committee, and the RAC Committee so we can better serve children and families together.

This committee, the newsletter and many of the represented agencies are supported and funded by Department of Human Services contracts.

Glue Committee Members:

*State of Hawai'i Department of Human Services ~ Partners In Development Foundation
Catholic Charities Hawai'i ~ Family Programs Hawai'i
EPIC, Inc. 'Ohana Conferencing ~ Family Court ~ Hale Kipa ~ Hawai'i International Child
Child and Family Service ~ Better Together Hawai'i ~ Epic Foundation
Resource Caregivers ~ Adoptive Parents ~ Former Foster Youth*