

FASD News and Views



A Michigan Coalition for Fetal Alcohol Resources, Education and Support (MCFARES) Newsletter



Established in 2003

Questions We Are Asked

Question: *Please help our family! Our 12-year-old son has a very strong body odor and despite regular cleaning, his bedroom has a very thick odor that won't go away. What do to get rid of the odor?*

Answer: The odor could have many different causes. It might be helpful to start with a visit to your pediatrician or possibly endocrinologist to see if there is a medical cause for the odor. Your son may be going through puberty and is beginning to emit the scents associated with that. According to the MayoClinic.org website, the two types of sweat that are formed by your body are typically odorless, but sweat made in your armpits and groin has an unpleasant smell when combined with the bacteria that is normally on your skin. Some scents may be self-produced in response to natural urges that begin during puberty and your son may not be aware that in order to avoid lingering scents, he will need to clean up after himself. If your son hides soiled clothing (rather than sending it to the laundry room), scents may linger from that clothing. Body odors and discharge may also cling to bedding, the mattress and even to other fabrics in the room (curtains). A thorough cleaning of the room and frequent washing of bedding may help decrease the lingering odor in the room.

Reinforce the need of regular removal of soiled clothing from his room and work with him to learn how to do his laundry independently. If your son has been showering and dressing independently, it



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may be time to revisit his method of cleaning himself. As sensitively as possible, monitor him while he showers and gently remind him how to apply soap and rinse, reminding him to pay special

attention to his armpits and groin. It may also be necessary to monitor and possibly re-teach proper toileting techniques. Also, monitor his use of deodorant and instruct him in proper procedures if he errs in his method of application.

This is a time of instruction and clarification for him and not a time to shame, blame or ridicule him. He may not be aware of the strength of the odor or understand that others are aware of the

odor. Establish a non-accusatory, non-judgmental method of helping your son to become aware of his body odor and help him to problem-solve methods to eliminate the odor. It may take time to teach awareness of how to recognize that body odor is present and develop methods to consistently reduce or eliminate odor.

If you have any FASD-related questions, please send them to Charisse at charisse@mcfares.org

Pure Michigan



Mackinac Bridge

SAVE THE DATE: Saturday, September 8

International Fetal Alcohol Spectrum Disorders Awareness Day, Macomb County Project S.A.F.E. Open Meeting



On Saturday, September 8th, families from Macomb and surrounding counties will gather to recognize International Fetal Alcohol Spectrum Disorders Awareness Day. We will enjoy a potluck meal, learn about fetal alcohol spectrum disorders, hear from some of our local families, and play the FASD trivia game.

All are welcome to this annual open Project S.A.F.E. Meeting. Plan to join us for the fun and fellowship. We ask that you let us know you'll be joining us by sending an email to Charisse at charisse@mcfares.org. Please indicate the number of people who will be attending.

GoodSearch

Please consider helping MCFARES raise funds to support individuals and families who are affected by pre-natal exposure to alcohol. Each time you conduct a search at <http://www.goodsearch.com/>, a donation is made to MCFARES. Please designate MCFARES as your charity of choice. You can also use GoodShop for your on-line shopping needs. A percentage of your on-line purchases will be donated to MCFARES.

Amazon Smile

If you shop on-line with Amazon.com, please consider using this link: A donation to MCFARES will be made each time you shop: [smile.amazon.com/ch/35-2394822](https://www.amazon.com/ch/35-2394822)

Member Spotlight

Kimberly Holka, DNP, MSA, RN, APHN-BC, CNE

Tell us 3 things about yourself (two things are true, one is false):

1. I bit the tip of my tongue off when I was a child playing outside!
2. I have a cottage on an island.
3. I am preparing for my daughter's wedding in December!

What is your favorite season and why?

Summer is my favorite season! I get to escape to Russell Island which is only 25 minutes from my home across from Algonac. I am so thankful I do not have to drive up I-75 for hours!

It's a cold, snowy February day. You've got the day off work and no commitments. How will you spend your day?

I would grab my granddaughters and my grand dog and go sledding! Then we would "camp out" in the family room with a cozy fire, make smores and yogurt smoothies, have a fruit and vegetable party with kids dip, and watch a movie!

Favorite Color – PURPLE

Favorite Sport – World Cup Soccer BABY

Favorite Store – Bath and Body Works

What is your favorite movie? Why?

Pride and Prejudice. I love this romantic movie based during the British Regency period.

What is one thing you could not go without during your day?

I could not go without talking to my husband! Just love that man!



What attracted you to your current job?

I love teaching and public health nursing. I most recently deployed to Hurricane Irma, in Florida, as an American Red Cross Health Service RN.

What, in your opinion, is the biggest need related to FASD in Michigan?

The biggest need I see is educating providers on screening, diagnosing, and making the connection to local and national resources for clients and their families. Education is the key.

#1 is a lie! I did not bite the tip of my tongue off as a child.

Friends of FASD 5k Fundraiser Saturday, September 15

Kari Jo Wagner, parent of a child who has FAS, has planned a 5k fundraiser to raise awareness of FASD and to raise funds to provide services and supports for those who are affected. The event will be held in Farmington Hills at Shiawassee Park. More information can be found in this news article: <http://farmingtonvoice.com/september-5k-in-farmington-to-benefit-kids-with-fetal-alcohol-disorders/>

Things Our Kids Say

Timothy, age 11, wears a medical alert bracelet. One of the students in his class asked him what the letters on his bracelet mean. Timothy answered, “Every brain is different. Those letters just give folks a hint about how mine works.”

More Information on Medic Alert Bracelets

Timothy wears a medical alert bracelet to notify others that he has an FASD. The back of the bracelet gives his mother’s name and contact number. Timothy’s mother is a single mom and also wears a medical alert bracelet in case she is hurt. Her bracelet has the name and contact information of a trusted adult who can care for Timothy if she is unable to. Bracelets can be purchased on Amazon.com or at other retailers. Here is an example of a medical alert bracelet: https://smile.amazon.com/Road-ID-Medical-Alert-Bracelet/dp/B01LVTI4X4/ref=sr_1_35?ie=UTF8&qid=1531189269&sr=8-35&keywords=medical+alert+bracelet+for+kids

Braggs

Joshua, age 24 . . .

. . . participated in his school's "Chopped" competition, competing against chefs from 5 other culinary schools. Joshua's team placed 3rd in the competition.



Duncan, age 14. . .

. . . gave a 3 minute comedy routine at the Joni and Friends family retreat in June that brought down the house. He will perform it for anyone who asks. He also went fishing there and caught several bass, blue gills and small trout. They were all released back into the lake to enjoy swimming.

Megan, age 21 . . .

. . . celebrated her 21st birthday alcohol-free, but with the other 21 milestone...with her casino night party!

Gabby, age 15 . . .

. . . made the honor roll all 4 quarters at her new high school. Her grade point average was 3.05 for the year.

Donate Time – Work with Us!

Do you have a few hours to spare? We have several different opportunities to help you put your spare time to good use. Do you like kids? Maybe you can enjoy Project S.A.F.E. with us and supervise the children after dinner so that parents have some time to talk. Do you have website-building skills? We'd love your help re-designing and updating the MCFARES website. Do you have newsletter-designing skills? We could use your help putting the quarterly MCFARES FASD News and Views newsletter together (we'll develop the content and you can organize it into the newsletter).

Planning for the New School Year

It happens each year. The long, hot days of summer, often filled with incessant cries of boredom, all-too-soon lead to shorter, cooler days and the beginning of a new school year. Though it's still warm and summer activities abound, it is not too early to begin preparing for the new school year. So, pull out that IEP and the most recent report card and start planning for next year.

Begin by thinking about the successes and challenges from the previous school year. Write down ideas about what went well, what needs to be improved and thoughts about how to introduce your child to next year's teaching team. If possible, arrange a visit to the school prior to the start of classes. This will give your child an opportunity to become comfortable with the classroom, the seating arrangement and layout of the school. If your student can meet the teacher, they will each have some familiarity with the other before classes begin. At the beginning of each school year, some families develop a one-page summary of background information about the student which might include appropriate accommodations and interventions. This summary will be a helpful tool for teaching staff to become aware of methods to help your child be successful in the classroom.

Consider scheduling a staffing for about 4-6 weeks into the school year so that you can discuss how well the year is going and make adaptations as needed. Continue working with the team as needed to tweak interventions and try to remain in frequent contact so that any problems that arise can be dealt with immediately.



Vision: The Coalition strengthens served communities' ability to eliminate prenatal alcohol exposure and provide support to persons and families impacted by fetal alcohol spectrum disorders (FASD) by delivering exemplary professional education, public awareness, and support.

Mission: Bridging the gap between individual needs and community services

To find out how you can help us work toward our vision and mission, contact us at info@mcfares.org.

What Do You Read, Watch, Listen To?

In our attempts to learn more about fetal alcohol spectrum disorders, we scour libraries, explore the internet, and question anyone who might know about FASD. We'd like to know about your favorite websites, books, articles, videos, support groups, etc. We'll compile the information and include it on resource sheets or on our website. If you've got suggestions to share, please email your favorites to Charisse at charisse@mcfares.org. Thanks for your help.

Barb P., recommends viewing this ESPN video about Andrew Peterson, a 25-year-old runner who has FAS. You can view the video and read the story here:

http://www.espn.com/specialolympics/story/_/id/23906336/special-olympics-usa-games-marathoner-andrew-peterson-was-born-run

Kroger Community Rewards

Please consider registering MCFARES as the beneficiary of rewards using your Kroger Plus card. The MCFARES organization number is 91150. We thank you for your support. Funds raised will assist MCFARES in providing support to individuals and families affected by pre-natal exposure to alcohol.



Q: What does a Thesaurus eat for breakfast??

A: Synonym rolls

(From our friends Samantha and Parker W.)



Support Groups for FASD in Michigan

(not all groups are specifically for FASD support)

(Please phone or email contact person prior to attending to ensure that group is still meeting. If information has changed, please email Charisse at Charisse@mcfares.org).

Alpena County

FASD Family Support Group, Meets 2nd Thursday of each month; 1:30 – 2:30 p.m., Partners in Prevention office in the First Presbyterian Church at the corner of US23 and Long Rapids Road, Alpena. Contact Mary Schalk at mary@nemcpi.org or 989-359-2880 for more information.

Eaton County

Eaton County Foster Adopt Support Group, Meets 1st Thursday monthly, 6 – 8:30 p.m. Pot-luck dinner at 6:00 p.m. Group/training at 6:30 p.m. Childcare available. Eaton Intermediate School District, 1790 Packard Highway, Charlotte, MI 48813. Located right next door to Walmart. Contact Michelle for more information at besa_93@yahoo.com.

Kalamazoo County

Kalamazoo Area Fetal Alcohol Spectrum Disorder Support Group (KAFASD), Meets 2nd Tuesday monthly, 6:30 p.m. Augusta McKay Library, 105 S. Webster Street, Augusta, MI 49012. For more information, contact Robin or Kathy at KAFASDgroup@yahoo.com.

Kent County

West Michigan FASD Support Group, Meets 3rd Tuesday of each month, 7 – 8:30 p.m., Westminster Presbyterian Church, 47 Jefferson Avenue, Grand Rapids, MI 49503. Contact Sandy Kezenius, 616-874-9522; Corry Tait, 616-550-4273; or Barbara Wybrecht, 616-241-9126 or bmwybrecht@gmail.com for more information.

Self-Advocates with and FASD in Action (SAFA), generally meets on the 3rd Tuesday of each month. The meeting is for adults age 18 and up who have an official FASD diagnosis. Contact Rob Wybrecht for more information, rob1195@yahoo.com.

Adoptive Families Support Group, Meets 3rd Tuesday of each month, 6 – 8 p.m., Holy Family Catholic Church, 9669 Kraft Avenue SE, Caledonia, MI 49316-9723. Contact Shelley Garcia, 1-855-MICH-P2P, x705 or sgarcia@afsn.com for more information.

Macomb County

Project SAFE (Supportive Activities for Everyone), generally on a Friday or Saturday evening from 5:30 – 8:30 p.m. at various locations in Macomb County. Families meet for pot-luck dinner followed by supervised play for the children and support group time for adults. Contact Charisse at Charisse@mcfares.org or 586-329-6722.

Brunch Bunch, Monthly, 2nd Tuesday, 9 a.m. – 11 a.m., In Clinton Township, Contact Charisse at Charisse@mcfares.org or 586-329-6722 for location details.

Muskegon County

Support group for foster/adoptive/kinship families. Very active group meets weekly for various activities. Contact Janice Hilleary at Bjhilleary@comcast.net or 231-286-7892 (cell phone).

Washtenaw County

Ann Arbor Support Group, Meets 4th Wednesday of each month except November (meets 3rd Wednesday) and December (no meeting), 7 -9 p.m. St. Joseph Mercy Hospital, Education Center, Classroom #5, 5305 East Huron Drive. Contact Vern Soden for more information, vsoden@umich.edu.

Statewide List

Foster, Adoptive, and Kinship Support Groups by County <http://afsn.org/services/foster-adoptive-and-kinship-support-groups-by-county/> (not all groups are FASD-specific)

On-line Information/Support

MCFARES: <https://www.facebook.com/groups/MCFARESFASD/>

Michigan's FASD Advocacy and Social Network: <https://www.facebook.com/groups/mifasd/>

KAFASD (Kalamazoo area): <https://www.facebook.com/groups/KAFASD/>

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MCFARES is the Michigan NOFAS Affiliate

MCFARES Member Agencies

Arc Services of Macomb
(fiduciary)

Family members of affected
individuals

Michigan FASD Task Force

Kids Belong/ACMH Board
Member

Oakland University School
of Nursing

Parent and Child Services,
Inc.



*MCFARES needs you. Call us at
586-329-6722 to find out how you
can help.*