



# Update

## “With Love, Anything is Possible”

*Cheboygan family finds its calling in fostering/adoption*

Carl and Penny Jana have always dreamed of a large family. But when Penny was



*The Jana family: Derek; Penny with foster child; Gabe; Carl; Damien; Dominic; Alicia with foster child; Abigail; and Shawnae.*

unable to have more than her children Alicia, now 24, and Derek, 22, they wondered how to make that dream a reality. Foster care and adoption was their answer. “We’ve been doing this work for more than five years now,” says Penny, and “we feel we are living our dream. It has changed our lives, and the lives of all the children in our care. We couldn’t love them more if they were born to us.” In those five years Carl and Penny have fostered dozens of children, and adopted five. Dominic is 12, the artist in the family. Shawnae is 10 and loves to read. Damien, 6, just started first grade and is “all boy—he loves to be in the dirt,” Penny laughs. And twins Abigail and Gabriel are 5, eager to learn and please, and are brand new kindergarteners. There are two foster children in their home as well, so it is a busy place!

“Organization is the key to keeping things sane in our home,” laughs Penny. “All the children work on keeping things in their places and help in many others ways. We use a lot of family activities, outside play, and redirection to provide a positive atmosphere for them.”

The Janas met when Penny babysat for Carl’s nieces and nephews. Both born and raised in Cheboygan, home and place—and family—are very important to them. So it seemed natural for them to come to the decision to first foster, and then adopt. The Janas have a particularly sensitive and capable touch with children who are medically challenged or fragile. Conditions they have addressed include brain surgery, chronic ear infections, skull deformities, and torticollis, a condition

*Continued on next page...*



*The mission of Child and Family Services is to strengthen and nurture children and families by ensuring their safety and well-being while promoting healing and growth through education, support, and advocacy.*

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## “With Love, Anything is Possible” *cont’d*

in which the head and neck are tilted to one side from unusual tightness in the strap muscles connecting the breastbone, head, and neck. The Janas are gentle mentors to all the parents of the children they foster, and stay in touch with many over time.

As seasoned foster parents the Janas understand that the main goal of the foster care system is to reunite children with their biological parents whenever possible, and they are happy when that goal is met. Yet on a purely emotional level letting go can be a challenge. In fact the Janas cite that as the hardest

thing about fostering.

“You simply can’t help falling in love with the children you care for,” Penny says thoughtfully. “So it’s hard to say goodbye when the time comes. But what we focus on is the rewards—the joy on their faces when they are happy and cared for, the sound of their laughter in the house, their hugs and kisses. And knowing that they have a loving home to return to.”

Penny encourages anyone who loves children to pick up the phone and call Child and Family Services to learn more about foster and adoptive parenting. “We have had a wonderful experience with Child and Family Services and the support and guidance the staff has given us. It is great knowing that they are there for us whenever we need them. You make that call, explore the possibility of becoming a foster or adoptive parent to a child that needs you. You’ll never regret it, and your rewards will be endless.”

*“We couldn’t love them more if they were born to us.”*

Penny Jana

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## We Our Volunteers



### “Girls Rock!”

*A Volunteer Story*

by Marilyn Budde

Three young women in Child and Family Services foster care program were part of a unique program this summer, sponsored by the Maritime Heritage Alliance and CFS.

The teens participated in a five-day program to provide counseling and therapy and to learn the fine art of sailing on Champion, the Alliance’s cutter. The girls were accompanied by a CFS counselor, a social worker, the captain/navigation teacher, and a volunteer crew member (me).

“Get the navigation chart and let’s plot our course for the day,” said the captain as the girls huddled around. “We are going to Suttons Bay to get pizza for dinner and on to anchor out behind Power Island for the night.” The girls grabbed the parallel ruler,





# gratitudes

*A partial list of organizations we'd like to thank for their generosity. (March 2009 - August 2009).*

Char-Em United Way, \$2,000 for the Elements Independent Living Program for teens in foster care.

Ciccone Vineyard and Winery, hosting the Festival of Tables celebration potluck.

The Experimental Aircraft Association Chapter 234 and Jim Lagowski, 100 teddy bears for children receiving services.

Inland Seas, providing foster families and teens with two days of sailing and learning.

Old Mission Women's Club, \$500 for the Elements Program.

Northwestern Bank, \$2,500 in support for the Annual Dinner.

Optimist Youth Foundation, Inc., \$1,000 in unrestricted support.

MAIDens of Michigan, \$1,500 in direct assistance to Child and Family Services' clients.

Rotary Charities of Traverse City, \$5,000 toward exploration of the feasibility of converting Norris School into the new CFS facility.

Maritime Heritage Alliance, S.A.I.L. Program, a therapeutic sailing experience benefiting foster youth.

Huntington Bank, 50 back-to-school backpacks for children in CFS programs. Kids also found a surprise inside—vouchers for free ice skating this winter! St. Aloysius Church of Fife Lake also donated 25 backpacks stuffed with goodies.

Petoskey-Harbor Springs Area Community Foundation, \$1,000 for the Harbor Springs office resource library.

Women's Resource Center - Three Generations Circle of Women Givers, \$5,000 for the Safe Haven Supervised Visitation and Exchange Program.

Zonta Club of Traverse City, \$6,000 for technology to enhance staff training and case management capabilities. Oleson Foundation, \$10,000 for the Elements Program.

United Way of Northwest Michigan, \$12,000 for the Elements Program.

Wal-Mart Foundation, \$1,000 for the CFS children's garden.

Robert Cornwell, Cornwell Architects, over \$7,000 in architectural design and program management services.

***YOUR SUPPORT MADE GREAT PROGRAMMING POSSIBLE - THANK YOU!***

the Weems protractor, and began laying out a course to Suttons Bay. We talked about the depth, the shortest course, the buoys and navigational aids, and nautical versus actual distance. Then the girls took orders from the captain to put up the sails, starting with the mainsail and finishing with the jib. The girls did most of the work.

"Do you see Suttons Bay?" Are the sails luffing? Is it time to tack yet? What is the compass reading? The helmswoman answered these questions and more. At the same time another crewmember was participating in her individual counseling session down below. The ongoing references to what the consequences might be if the dock line wasn't secured properly, the life jacket wasn't worn, the helmsman steered into a jibe, or captain's orders weren't followed could be compared with the real life happenings of facing drugs or alcohol abuse, physical or sexual abuse, or feelings of suicide. Anchoring off Power Island for the night found the girls

and crew swimming in the moonlight, jumping off the boat time after time, before retiring to their bunks down below. Awakenings to the smell of bacon cooking and scrambled eggs in the frying pan made getting up early a delight.

Heading back to Traverse City for the final sail was almost sad. The girls had been collecting SAIL dollars given to them for good deeds, good work, or improvement on a personal goal. My last three SAIL dollars went to each of the girls with the comment, "You have changed MY life!"

I learned to sail 30 years ago in a man's world, being allowed to crew in a Chicago-Mackinaw race only if my husband went too, fighting with myself for the confidence to sail single-handed. The girls showed me and the world that they could be tough sailors and learn to handle a 38-foot sailboat.

What else will they be able to handle, with a little help?





# Our "Family" Album



*Festival 2009 at the beautiful Hagerty Center!*



*Jill James and daughter Jaelyn Eikey were "hostesses with the mostest" at the Ciccone Vineyard Barn Party. Many thanks to the Ciccone family for welcoming us to their beautiful location on a hilltop between Lake Leelanau and the Bay!*



*Kayaking the Crystal River with youth from the Elements Independent Living program. Special thanks to Matt Weisen, owner of Crystal River Outfitters, for his support and discount! This program was a partnership between Child and Family Services, Leelanau Family Court, and Third Level Crisis Intervention Services. 24 youth and mentors participated.*



*Deborah Chamberlin as Barbie at Festival of Tables 2009!*



*Teri Hedrich at the Ciccone Vineyard Barn Party to thank CFS volunteers for all their efforts.*



*Piles of great gifts for high school graduates in our foster care program at Mustard's Restaurant this June. Owners and foster/adoptive parents Colleen and Lucas Macdonald graciously hosted a graduation party and "Celebrate Adoption" breakfast at the restaurant--on the same day!*



*The Boardman River takes on an orange hue as the Optimist Club's 2009 Rubber Duck race gets underway. Proceeds from the sale of ducks by Northwestern Bank benefited CFS.*



*A sweet smile for the camera at the Junior Royale Parade!*



*Friends and employees of CFS line up for the 2009 Cherry Festival Junior Royale Parade.*



## "Couple Chooses Monthly Giving Option to Help Children and Families"



Merylyn Ueno and Doug Zernow are longtime friends of Child and Family Services who do their giving on a monthly basis. They have lived in Grand Traverse County since the 1970s and had an interesting bout with Hollywood two years ago when their son Michael was a competitor on the reality TV show "Survivor: China" (remember Frosti?).

Merylyn and Doug run an advertising/marketing business and are aikido practitioners and teachers. We spoke to them recently about why they care about Child and Family Services:

*How did you learn about Child and Family Services, and what motivated you to begin giving?*

Through Jim Scherrer and Deb Kalchik. We have always been impressed with Jim's integrity, his dedication to the welfare of his "kids," and his efforts to provide the best care and support for them and for the staff at CFS.

We believe in supporting our community. Having our own child brought into focus the need for support for children, in particular. One of our goals in raising our son was to give him a foundation of confidence through caring support, so he could become a strong, independent, responsible adult. We feel that all children should have this opportunity. Taking care of our children is very important, for the present and for the future. CFS provides this chance for children at risk to make it. So when we were finally in a position to donate on a regular basis, we did it.

*Could you speak to how monthly giving seems to work well for you? What do you like about it?*

Being self-employed has meant some uncertainty. Monthly giving allows us to set aside a small amount each month that has grown into something substantial over time. It's been an easy fit into our budget. And CFS has always been gracious and appreciative of any of our small efforts.

*What would you say to encourage others to try monthly giving the way that you do?*

Every little bit counts, and it's easy to set aside a small amount every paycheck. Just do it!

### ***Technology Update***

**CFS now has an email newsletter, "Connection," and a Facebook page! Please sign up on our website, [www.cfsnwm.org](http://www.cfsnwm.org), and become a Fan!**

## ***Giving to Child and Family Services***

### ***Making Your Estate Plan Does Not Have to Be Painful (or Expensive!)***

Tim and Marcia Gordon are age 65 and 63, respectively. As they neared retirement and they sold their up north summer cottage, they found their assets beginning to add up. But they hesitated at creating an estate plan. "We always thought that estate plans were for rich people," Tim says. But then they got to thinking. What if something happened to them? What would happen to their home, furniture, and belongings? Would their children receive anything or would the State take it all?

Here are the easy steps to take on your way to preparing your own estate plan:

#### **Pick a Planner**

*Often, word of mouth references are the best way to find experts in the field. You may want to interview potential candidates, asking how many previous plans they have completed, what size they were, etc.*

#### **Make a Team**

*Begin with a lawyer. Only an attorney can draft the legal documents that are necessary for your plan. You may then bring in your accountant or add to your team as necessary.*

#### **Compile Documents**

*Do a little paperwork. Assemble facts and figures about your current situation.*

#### **Share Your Plan**

*The initial meeting is the time to share your wishes with your attorney. Tim and Nancy have two children and each have family members with special needs. They quickly learned how their estate could take care of their loved ones.*

#### **Determine How Much Time and Money will be Involved**

*Neither should stop you from making a plan. The entire process can often be accomplished in as little as two face-to-face meetings.*

A will is a pretty obvious outcome of an estate plan, but don't stop there. You will also want a durable power of attorney, a living will and a health care power of attorney. Estate plans may also be used to direct money to a charity of your choice.



*For further information, please call 231.632.6586 or visit Director of Gift Planning Kathy Lievens Tuesdays or Wednesdays for a complimentary consultation.*







## GUARDIAN ANGELS

(\$2500 and above)

Bay Harbor Foundation  
 Benzie County  
 Community Chest  
 Bill Marsh  
 Automotive Group, Inc.  
 Grand Traverse Regional  
 Community Foundation  
 Agnes Hayden  
 Huntington National Bank  
 Johnson Clark Printers, Inc.  
 Edith Krause  
 Midwestern Broadcasting Co.  
 Oleson Foundation  
 Peterson McGregor  
 & Associates  
 Rotary Charities  
 of Traverse City  
 Stanton Charity for Children  
 The Center for Plastic Surgery  
 TRAVERSE, Northern  
 Michigan's Magazine  
 Stephen and Sarah Trippe  
 United Way  
 of Northwest Michigan  
 Women's Resource Center,  
 Three Generations Circle of  
 Women Givers  
 WWTW-WWUP TV 9 & 10

## DREAM MAKERS

(\$1000 - \$2499)

Steven and Sally Adams  
 Char-Em United Way  
 Child & Family Services  
 of Michigan, Inc.  
 Deborah Douglas  
 Drake's Custom Painting  
 Ms. Gae Ellery,  
 Mr. Don Butkovich  
 Michael and Rhonda Estes  
 Fox Grand Traverse  
 Jim and Laurie Gartner  
 Susanne Giles,  
 Advertising Impressions  
 Holly and Davis Hack  
 Herrington-Fitch  
 Family Foundation

Lynne and Tim Hertler  
 Labadie's Summer  
 Place Casuals  
 Marriott International -  
 Bob Kalchik  
 John and Jane W. Matz,  
 The June 8th Foundation  
 James and Joane McIntyre  
 Sam Mitchell, Jr.,  
 Elizabeth Mitchell  
 Northwestern Bank  
 Optimist Youth  
 Foundation, Inc.  
 Peninsula Title Services  
 Petoskey-Harbor Springs Area  
 Community Foundation  
 Brian Riggs, Jill Little,  
 Home Solutions  
 Sarah Brown Photography  
 Stan Sheridan  
 Smith & Johnson  
 Attorneys, P.C.  
 Smith Haughey Rice & Roegge  
 The Boathouse Restaurant  
 The Mead Foundation  
 Wal-mart Foundation,  
 Wal-Mart of Traverse City  
 Frank and Faye Zimmerman

## HEROES

(\$500 - \$999)

Sheila and Jib Bailey  
 Brad and Polly Barnes  
 Becky Thatcher Designs, Inc.  
 BP Fabric of America Fund  
 Britten Banners  
 Chateau Chantal  
 David and Roxy Chitlik  
 Ciccone Vineyards  
 Mr. Warren W. Cline, III,  
 Ms. Della Lewis  
 Vince and Marianne Cornellier  
 Daniel and Denine Dingeman  
 Eastfield Laundry  
 Todd and Amy Endresen  
 Federico's Design Jewelers  
 First Presbyterian Church  
 of Elk Rapids Outreach  
 Committee

Fischer Design  
 Richard and Silvia Gans  
 Garden Goods  
 Gill's Pier Vineyard  
 and Winery  
 Great Wolf Lodge  
 Hansen Foods  
 Bruce and Terry Hooper  
 Robert Kalchik,  
 Patricia Papazian  
 Richard and Karleen Kelley  
 John and Laurie Klingelsmith  
 Kohl's  
 Gary and Wendy Kosch  
 McNabb Flooring  
 Nancy Miles  
 Dee Pike  
 Proselect Contracting  
 John Ruckrich  
 Sara Lee Food & Beverage  
 Jim Scherrer and Deb Kalchik  
 Linda and Larry Sommerville  
 Brad and Cathy Spanski  
 Stewart-Zacks  
 Stratus Marble and Granite  
 T.J. Maxx  
 Tile Craft  
 Traverse City Area Public  
 Schools, Student Senate  
 Traverse City Beach Bums  
 Universal Cleaners  
 Lance and Carol Vernam  
 Wachovia Foundation  
 Anonymous (2)

## CHAMPIONS

(\$250 - \$499)

A-Ga-Ming Golf Course  
 Allure Salon  
 Appearance Unlimited  
 Bank of America  
 Aunt B. Cakes and Desserts  
 Bishop & Heintz, P.C.  
 Byron and Kathryn Bolton  
 Mr. and Mrs. Jason Boothroyd

Brown Lumber Company  
 Gary and Sue Carlson  
 George Comden  
 Don and Yvonne Cunkle  
 Desert Sun Tanning and Salon  
 Cynthia Elliott  
 Tim Eskelson  
 Mary Sue Feldman  
 Full Spectrum Eye Care  
 Golden Fowler  
 Grand Traverse  
 Resort and Casino  
 Grand Traverse Resort and Spa  
 Grand Travers  
 Ophthalmology Clinic, P.C.  
 Grocer's Daughter Chocolate  
 Amy Kate Designs  
 Hope Jackson  
 Jill Ann James  
 Gerald and Patricia Jehle  
 Jenkins Group  
 Karen Youker Photography  
 Window Trimmers  
 Kewadin United  
 Methodist Church,  
 United Methodist Women  
 Thomas Klinefelter, Jr.  
 Jim and Kathy Lievense,  
 The Summit Group  
 Mancelona United  
 Methodist Church,  
 United Methodist Women  
 Tom and Shirley McLenithan  
 Peninsula Market  
 Larry and Lauren Prentice  
 Prestige Construction  
 Group, LLC  
 Gina and Rod Ranger  
 Red Ginger  
 Reynolds-Jonkhoff  
 Funeral Home  
 James and Verna Sak  
 Salon Elan Vital  
 Sara Lee Corp.  
 Arthur M. Schmuckal  
 Sherwin Williams  
 Forest Area Canvas





Suttons Bay  
 Congregational Church  
 The Cook's House  
 The Rowe Inn  
 Bonnie Tumey  
 Marilyn Ueno and Doug Zernow  
 Anonymous (1)

## FAMILY FRIENDS

(\$100 - \$249)

AAI Inc.  
 Ron and Judith Albers  
 Amical  
 Debra Anton-Coburn  
 Badpony  
 John and Ruth Bay  
 Bayside Meat Market  
 Bikram Yoga  
 Booth Interiors  
 Matt Breithaupt  
 Thomas Brinkman  
 Gregory and Catherine Brown  
 Donna Brownell  
 Sara Busby Design  
 Michael and Denise Busley  
 Dennis and Deborah Butler  
 Elisabeth W. Case  
 Coding Products Community  
 Involvement Team  
 Wendy Cole  
 John and Nancy Colina  
 Linda Crain  
 Gary and Beverly Cramer  
 Crandell Fishing Charters  
 Credit Union One  
 Crystal Mountain Resort  
 Currie's Furniture  
 Bonnie Decker  
 Mike and Barbara H. Dennon  
 DeNoyer Brothers  
 Moving & Storage Co.  
 Kathy Depeel  
 Steve and Naomi Dewinter  
 DeYoungs  
 Dolly's Best  
 Gary and Sandra Drew

Arthur and  
 Jacqueline Dundon  
 Timothy and  
 Jennifer Dutmers  
 Easling Construction  
 Ed Freund Jewelry Design  
 Harry and Sara Eick  
 Nikki Arts Inc.  
 Elmbrook Golf Course  
 Sandra and Larry Endres  
 Families First Monthly  
 Kathleen Ferguson  
 Firefly  
 Brian R. Fisher D.D.S.  
 Paul and Charlene Fitzpatrick  
 Body & Soul Massage  
 Full Circle Body Therapy  
 Fustini's Oils & Vinegars  
 Mark Gabrick  
 Jim and Jill Gary  
 Russell and Jane Gesme  
 Edith Gilbert  
 Holly Glidden  
 Theresa Grace  
 Grand Traverse  
 Organic Landscaping  
 Eric and Dee Grost  
 Tim Gutowski  
 Heavenly Ham  
 Thomas and Cherie Hitchens  
 Linda Hoath  
 Icon Learning  
 Tammy Ingram  
 Interlochen Golf Course  
 Heather Jamison  
 Terrall and Maureen Janeway  
 Jerry and Eva Johnson  
 Lois Jorgenson  
 Ivan Kalchik  
 Janet Kerr  
 Gloria Kevwitch  
 Scott and Lori Kissau  
 Brandon and Dee Kramer  
 Richard and Galen Krupka  
 John and Hope Laitala  
 Robert and Patricia Lewallen

Lichty Upholstery  
 Living Light Massage  
 Lots of Pots  
 G. Randall Martin  
 William and  
 Dorothy McCormick  
 Custom Draperies by Patrice  
 Curt and Eileen Mikulski  
 Ernest and Kathy Miller  
 Miner's North Jewelers  
 Ms. Jerrine Morawitz  
 James and Judith Moskalik  
 Munson Health Care -  
 Munson Home Services  
 Tara Naquin  
 Lindsey Machacek  
 Eva Nelson  
 Kenneth and Diane Neyer  
 Northern Fire & Safety  
 Northern Michigan  
 Chapter of IAAP  
 Johanna Novak  
 Old Mission Investment Co.  
 Old Town Playhouse  
 Orchard Shore Subdivision  
 Oryana Food Cooperative Inc.  
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 Parsons Ringsmuth  
 Zelenock PLC  
 Lisa Pease  
 Elmer and Ruth J. Peterman  
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 Mary Pratt  
 Harold Rauner  
 Julie Snowden Repetti  
 Ronald Richiert  
 Right Brain Beverages LLC  
 Rick and Judy Rodes  
 Thomas and Helen Ropers  
 Steven and  
 Jacqueline Rowland  
 Karen Schaub  
 Shoshana and Ashley Schichtel  
 Randy and  
 Bonnie Schumacher  
 Sharon Scranton  
 Patricia Sharpnack

Sue Sherk  
 Kim Simpson  
 Mary Sladek  
 Dr. Cynthia Smith and  
 Dr. Marc Frick  
 Ron Stark  
 Holly Sternberg  
 Linda Stiner  
 Studio Josef's  
 Sunglasses Shoppe  
 Mary Taube  
 Craig and Becky Tester  
 The Catch  
 The Granary at Seven Gables  
 The Presbyterian Church  
 of Traverse City -  
 Presbyterian Women  
 Bud and  
 Mary Jean A. Thompson  
 Cliff and Mollie Thompson  
 Richard and Sarah Thompson  
 Jim and Joy Tompkins  
 Toy Harbor  
 Traverse City Beach Bums  
 Traverse City  
 Golf & Country Club  
 Traverse Legal  
 Robert E. Tucker, Jr. and  
 Anne Tucker  
 Valerio's  
 VanDrie Home Furnishings  
 Waste Management  
 Justice Elizabeth A. Weaver  
 Diane Weber  
 James and  
 Marilyn J. Wetherbee  
 Trisha Williams  
 Williams Chevrolet  
 John Wunsch  
 Jon and Sue Wyckoff  
 Yoga for Health  
 Robert and Pauline Young  
 Pam Zientek  
 Anonymous (5)



# From the CEO: Tough Times in Michigan Require Our Advocacy

Dear Friends:

We at CFS are facing monumental challenges to achieving our mission to protect and support children and families. We are a private nonprofit organization, but we rely on state taxpayer funding for our foster care and adoption programs. We are reminded daily in the media of the State of Michigan's current budget woes. We have seen significant cuts already to services funded by the State Departments of Human Resources and Community Mental Health. Our very successful 10 year-old Family Group Decision Making program was eliminated in June as part of a budget reduction to family preservation services. This intensive program helped keep hundreds of children with their families and out of the child welfare system.

Now there is a threatened 27% reduction in our foster care reimbursement. This reduction, if it happens, will seriously impair our ability to provide the comprehensive services needed to serve our children, their families, and our foster family partners. The gains we have made in improving our overall services to families would be reversed. As our legislators and Governor Granholm work to achieve consensus on the budget, it is critical that our voices be heard against this proposal.

President Obama's Chief of Staff Rahm Emanuel has said "Never let a good crisis go to waste." To me, these words mean that Michigan's decision makers must take great care to not make matters worse for the people of our state. This budget crisis must lead to long-lasting reforms that preserve the safety net for all the children and families that need our help. We continue our efforts to work with the state legislature to secure adequate and equitable funding, develop innovative, cost-effective and high quality programs, and advocate for children—both one child at a time within our community and in the halls of Lansing and Washington, D.C.

For over 73 years, Child and Family Services has been a safe harbor in the stormy lives of children who cannot live with their families. The Child and Family Services staff, board of directors, trustees, foster and adoptive parents are all committed to bringing to life our vision of "communities where children and families are safe and healthy." My deepest thanks to all of them, and to you who have committed to this vision with us. We rely on—and so appreciate—your direct financial support as we work to decrease our dependence on state funding for our services.

To our foster and adoptive families, there is no greater gift to children who have experienced abuse and neglect than that of a safe and loving home. Thank you for all you do for children.

Kind regards,



Jim Scherrer



Chief Executive Officer

Jim Scherrer

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Update • Fall 2009

Child & Family Services 8



child & family services  
of Northwestern Michigan

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