

AFSA Outreach

Adoptive Families Support Association

January Meeting: Children & Pre-Adoptive Trauma

January-February 2012

Volume 12, Issue 4

Maureen Riley-Behringer, MSSA LISW will address the monthly AFSA meeting to be held on Saturday, January 14, 2012, speaking on the topic of "Raising Children Who Have Experienced Pre-Adoptive Trauma." Ms. Riley-Behringer has been a social worker for more than 15 years and is currently in a private practice at Chagrin Counseling Associates. She specializes in supporting the developmental needs of child and adolescent adoptees. Prior to working in private practice, Ms. Riley-Behringer was a hospice social worker for several years and enjoyed working in the many diverse communities of Cleveland. She has also served as a trauma social worker on the Burn Intensive Care Unit at Metro-Health Medical Center and as a research assistant at Rainbow Babies and Children's Hospital. She received her MSSA from the Mandel School of Applied Social Sciences at Case Western Reserve University in 1994 and entered the doctoral program at the Mandel School in 2009.

Ms. Riley-Behringer has worked with a team of adoption specialists from Children's Hospital in Boston, the International Adoption Program at the Cleveland Clinic, and the Rainbow Center for International Child Health at University Hospitals of Cleveland on a post-adoption education project for families living in Massachusetts and Ohio. Her research interests lie in the domestic/international adoption systems, with a focus on the development of strong post-adoption services and supportive policies for adoptive families. She has also been involved in CWRU faculty research projects relating to family preservation in low resource countries, child/family human rights, global child health, and bicultural socialization of international adoptees in the U.S.

We look forward to an interesting and useful talk at the January meeting. Please make plans to attend.

2011-2012 Schedule

September 10	Movie Night
October 15	Birthmother Panel
November 12	Homeland Tours
December 10	Culture Night
January 14	Pre-Adoptive Trauma
February 11	AFSA Cooks
March 10	Spring Party
April 14	To be announced
May 19	Cleveland Asian Festival

February Meeting: AFSA Cooks

The AFSA meeting on February 11, 2012, will once again feature AFSA chefs demonstrating some of their special recipes. This always popular session will include step-by-step cooking instructions, recipes, and, perhaps most important, samples of the food. Scheduled chefs for the program include **Jennifer Sage** and **Tim Stafford**. Other chefs are expected to be announced at the January AFSA meeting.

We look forward to seeing you at our February meeting. Make sure to come prepared to have fun, expand your repertoire of favorite dishes, and eat!

January Meeting

Saturday, January 14

6:00 p.m.

Children & Pre-Adoptive Trauma

Location:

Korean American Presbyterian
Church of Cleveland
9305 Midwest Ave.
Garfield Heights

Please bring a snack to share

January



Birthdays

Michelle Janovyak	16	1/12
Lily Lehtinen	6	1/6
Hannah Mitchell	10	1/21
Grace Romig	10	1/27
Andrew Scott	11	1/2
Emma Stafford	8	1/24
Mayna Watson	5	1/26



Arrival Anniversaries

Alia Escobedo	1/27/07
Kara Heinrich	1/22/94
Andrew Vogt	1/19/87

February Meeting

Saturday, February 11
6:00 p.m.

AFSA Cooks

Korean American
Presbyterian Church
of Cleveland
9305 Midwest Ave.
Garfield Heights

News & Notes

Lunar New Year Events

Monday, January 23, 2012, will mark the start of Lunar New Year 4709 (by Chinese reckoning), which is the Year of the Dragon. There will be numerous opportunities in the greater Cleveland area for families to celebrate the beginning of the lunar year.

On Saturday, January 21, Asia Plaza will host a free festival from 10 a.m. to 5 p.m. at East 30th Street and Payne Ave., Cleveland. Events scheduled for the festival include a traditional Chinese lion dance by the Kwan family, various cultural and musical performances, and martial arts demonstrations. Please see www.asiaplazacleveland.com for more information.



Also on Saturday, January 21, Asian Town Plaza, 3820 Superior Ave., Cleveland, will be hosting an event starting at 11 a.m. with firecrackers and a hip-hop lion dance. The program will run until 5 p.m. with other activities including cultural performances, children's activities and an eating contest at 3 p.m. Please see www.Asiatowncenter.com for more information.

The Cleveland Contemporary Chinese Cultural Association will host its annual Chinese New Year festivities on Sunday, January 22, at Solon High School in Solon, Ohio, from 3 p.m. to 9:30 p.m. A celebration show featuring students of the CCCCA Chinese school and their parents will kick off the evening. Admission to the show is free. Following the show will be a dinner. Tickets to the dinner are \$7 for adults and \$4 for children; CCCCA students are admitted free to the dinner. After dinner there will be children's games, mah-jong and poker, a dance party, and a raffle. For more information, please consult the CCCCA website at www.cccca.org.

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Kimchi Chronicles on PBS

AFSA food aficionados may be interested in viewing the final two episodes of the public television series *Kimchi Chronicles*. Those episodes will air in Cleveland on two consecutive Saturdays: January 14 and January 21. Consult your local television listing for the time and stations or look up the information on www.aptonline.org, the website for American Public Television.

Kimchi Chronicles spans a range of genres, from cooking show to travelogue to documentary. The series follows acclaimed chef Jean-Georges Vongerichten and his Korean-born wife Marja as they explore and celebrate Korea's cuisine and culture in the company of chefs, home cooks, and celebrity friends and neighbors, including actress Heather Graham and actor Hugh Jackman. In each episode, Marja and Jean-Georges step into restaurants and home kitchens to experience real, authentic Korean cooking. The series also shows them traveling in Korea to find the best sources for the food.

November Meeting Notes: Homeland Tours

The AFSA meeting on November 12, 2011, offered suggestions on how to plan a homeland tour for your family. We were fortunate to be able to hear insights offered by **Janet McGrath** and **Dave Zordan**. They talked about two separate tours to Korea that they and their daughter **Emma Zordan** have taken and showed slides from their visits.

One of the initial decisions to make is whether to arrange the tour on one's own or to participate in a group tour. Janet and Dave discussed the group tour option. **Bob & Jenny Fox** have taken a self-planned tour, and while we had hoped to be able to contrast and compare their experience, family obligations unfortunately prevented them from appearing at the November meeting.

Even if one decides to go on a group tour, there are numerous options. Some groups specialize in tours for adoptive families, while others offer more general heritage tours without a specific adoption theme. Traveling with either type of group reduces the burden of arranging the trip. Going with other families also allows both parents and children opportunities for socializing with people other than family members. The group tour operator may group children by age in order to facilitate the building of friendships and shared experiences.



The Zordan/McGrath family used the Ties Program for both of their homeland trips to Korea. Ties (www.adoptivefamilytravel.com) specializes in tours for adoptive families and currently offers trips to 16 countries in Asia, Eastern Europe and Central & South America. For their Korea trip, the group tour enabled Janet, Dave and Emma to participate in some activities that would have been extremely difficult, if not impossible, for them to arrange on their own. For example, they were able to visit a maternity home, meeting with about ten to twelve young adult women who were considering placing their children for adoption. They also visited an orphanage and a school. Group programs can also offer the flexibility to arrange side trips for individual families, such as to the child's native village or to an orphanage in which the child had previously lived.



Janet and Dave offered a number of helpful tips for those thinking about homeland tours with a group. Such trips are not inexpensive, and a substantial lead time (perhaps a year in advance of the desired tour date) is required, in part because of the groundwork the tour operator must do to customize the itinerary. Families can expect to receive a list of other families on the tour as much as six months before the time of the tour. It is useful for families thinking of a group tour to research the options and talk to different operators.

References from families who have used the group are very helpful. Another tip is to consider trip insurance; on the Zordan/McGrath family's second trip, a late-arriving flight caused them to miss the connection and stranded the family for three days in Chicago before they could find space on a flight to Korea!

February



Birthdays

Magdalena Bowne	8	2/7
Rachel Cohen	9	2/12
Bryan Stafford	10	2/19
Jenna Weber	17	2/7
Evan White	8	2/5
Olivia White	6	2/3



Arrival Anniversaries

Luke Dixon	2/3/07
Daniel Hartman	2/1/97
David Hartman	2/1/97
Olivia Maslanka	2/24/99
Sarah Maslanka	2/15/93
Sarah Neese	2/14/00
Jenna Romig	2/21/06

Go Paperless?

If you are currently receiving a hard copy of the newsletter but would be interested in receiving it via e-mail only (no hard copy), OR e-mail and hard copy, please e-mail Thomas Bowne (trbowne@hotmail.com).

For those of you who have previously expressed an e-mail preference, you need not do anything.

The electronic version of the newsletter allows you to receive the newsletter sooner and see the graphics in color.

December Meeting: Culture Night

The AFSA meeting on December 10, 2011, was the annual Culture Night party, featuring a potluck supper of family favorite dishes. Among the offerings were the Korean noodle-and-vegetable dish, *chapjae*; potato pancakes; steamed rice with cashews; spinach pies; peanut noodles; and cranberry-fruit relish. Everyone at the meeting seemed to enjoy the food. Many thanks to the family chefs who worked hard to cook the foods for us. The potluck was capped by a bi-colored sheet cake provided by AFSA.



Following the supper, we were treated to a solo dance performance by Yin Tang Dance. There were three dances in all, starting with a fan dance from

the majority Han Chinese ethnic group. The yellow and green fans represent early and late springtime. The second dance was from Xinjiang province, whose primary indigenous ethnic groups are adherents of Islam. The final dance was “Daughter River,” a classical Chinese dance.







The daughter of a professional dancer, Ms. Tang began formal dance training at age 7. She started ballet classes two years later. As a child, she frequently traveled to China with her family, where her father took them to different provinces to observe traditional cultural activities.

The evening wrapped up with a raffle, with eleven lucky families each going home with a prize. Each family submitted one raffle ticket at the beginning of the evening, and winning tickets were drawn at random from the pool of tickets. Fortunately for AFSA, there was no audit of the raffle – in nearly one-half of the drawings, the person from the audience doing the blind picking managed to select a ticket with his or her family’s name on it!



Calendar of Events 2011-2012

- September 10**  **Movie Night.** Movie options for both adults and children. For the children, the animated feature will be *The Tigger Movie*, while the parents watch *China's Lost Girls*, a National Geographic documentary.
- October 15**  **Birthmother Panel.** Birthmothers are an important part of the adoption triad. Take this opportunity to gain a better understanding of birthmothers and their experiences. The session is co-organized with Adop-
- November 12**  **Homeland Tours.** AFSA members who have participated in homeland tours will provide tips on how to plan such a tour, including the choice between an organized program and a self-planned tour.
- December 10**  **Culture Night.** The traditional AFSA favorite will be our farewell to 2011, featuring food from around the world, games, and entertainment.
- January 14** **Children & Pre-Adoptive Trauma.** Social worker and doctoral student Maureen Riley-Behringer will speak about raising children who have experienced trauma prior to adoption.
- February 11** **AFSA Families Cook.** Join AFSA members as they show off their culinary skills and provide us with recipes that we can try at home.
- March 10** **Spring Ahead Party.** As we move the clocks ahead, it is time for another AFSA party. Food, fun, entertainment, and games, including bingo and a cakewalk.
- April 14** **TBA.** Details to be announced; part of the meeting will be used to coordinate the 2012 Korean Culture Camp
- May 19** **Cleveland Asian Festival.** We will convene at the third annual event and then move on to dinner at a nearby restaurant, followed by the election of AFSA officers for 2012-2013.

Festivities to Celebrate the Year of the Dragon

(Continued from page 2)

At 4:30 p.m. on Saturday, January 28, the Chinese Academy of Cleveland will present a Chinese New Year celebration, to be followed by dinner. The event will take place at Shaker Middle School in Shaker Heights, Ohio. The program for the evening will begin with student cultural performances. Tickets for the event are \$12; CAC students and teachers are admitted free of charge. For further information about the evening, please consult www.chineseacademyofcleveland.org.

Also on Saturday, January 28, the Westlake Chinese Cultural Association will host its Chinese New Year celebration from 4:30 p.m. to 9 p.m. at Parkside Intermediate School in Westlake, Ohio. Dinner will begin at 5 p.m., followed by performances by students and parents. Tickets are \$10 for adults and \$5 for children. Admission is free for students of the Westlake Chinese School. For more information, please see www.westlakechineseschool.org.

Holidays based on the lunar calendar are widely celebrated in East Asian cultures; the holiday at the start of the lunar year is known in China as the Spring Festival, in Korea as Sol Nal, and in Vietnam as Têt. New Year festivities generally run for 15 days, concluding with the coming of the first full moon of the year. Traditionally, preparations for the new year begin a week or more before the year end, with a thorough housecleaning to sweep out the bad luck from the departing year. The new year's celebration is a time to gather the family and wish for a year of peace and prosperity.

The Dragon is considered a divine beast, and is a symbol of good fortune and great power. People born in the year of the Dragon are said to be magnanimous, proud and intellectual. Their disposition is free spirited, and they are confident and fearless in the face of obstacles. However, they may be tactless and quick tempered. Previous Years of the Dragon include 1916, 1928, 1940, 1952, 1964, 1976, 1988 and 2000 in the Gregorian calendar.

