

The Michigan Adoption Resource Exchange is a program of Judson Center and is funded by the Michigan Department of Health and Human Services.

To learn about foster care adoption and view photolistings and videos of waiting children, visit our website at www.mare.org.



Just the ticket! And it's all free!

Celebrate the season with these no-cost family activities

STORY BY **DORENE JONES, MARE ADOPTION NAVIGATOR**

Who doesn't like free or almost free?

Even though summer is winding down, we thought it still would be helpful to scour the Internet for fun, FREE things to do in our great state of Michigan!

• **Kids Bowl**

Free throughout Michigan www.kidsbowlfree.com/state.php?state=MI

• **Kids Skate Free**

throughout Michigan kids-skatefree.com/index.php

• **Regal Movie Theater** \$1 movies on Tuesdays and Wednesdays www.regmovies.com/movies/summer-movie-express

• **Ann Arbor Michigan Theater Free Movies** 1:30 p.m., on Sundays www.michtheater.org/series/family-friendly-film-series/

• **Detroit – New Center Park Free Movies** Wednesdays and Fridays www.newcenterpark.com/

• **Muskegon – Movies on Deck of Warship** www.lst393.org/

• **Trenton Free Movies in the Park** www.trentonmi.org/index-coe-event.asp?Event_ID=17

• **Livonia Concert in the Park** on Thursdays www.ci.livonia.mi.us/Government/Commissions/ArtsCommission/MusicfromtheHeart.aspx

• **Northville Summer Concerts** on Fridays www.downtownnorthville.com/1/163/friday_concerts_.asp



• **Plymouth Music in the Air** – Kellogg Park on Fridays downtownplymouth.org/musicintheair

• **Eastpointe – Music in the Plaza** cityofeastpointe.net/

• **Mount Clemens – Uptown Friday Concerts** at Fountain Stage www.downtown-mountclemens.com/events/uptown-friday-night-concert

• **Detroit Institute of Arts** is free for Macomb, Oakland and Wayne Residents www.dia.org/about/

• **Kalamazoo Valley Museum** kvm.kvcc.edu/

• **Michigan Historical Museum** is free on Sundays www.michigan.gov/mhc/0,4726,7-282-61080_62766-288383--,00.html

• **Flint – Institute of Arts Free Saturdays** www.flintarts.org/visit/

• **Cranbrook Insitute of Art** is free on the first Friday of the month 5-10 p.m. www.michigan.gov/mhc/0,4726,7-282-61080_62766-288383--,00.html

See **Free Family Fun** on page 3



Elijah plans to go deep in school

Elijah's likes:

- All sports but especially football, basketball and wrestling. He's on the high school wrestling team.
- Writing poems and songs.

Intangible assets:

- An active and athletic kid with a bright future.
- A likeable teen who thrives when he's coached, nurtured and rewarded.

Elijah's crystal ball:

- Plans to attend college and has scouted universities so he can decide where he wants to go once he graduates high school.
- Dreams of having a forever family who'll encourage his participation in wrestling and other sports.



Elijah, 17

Qualities of a forever family:

- Two experienced parents in a home with or without other children; however, he doesn't want to "get lost in the shuffle of a big family."
- Willing to help Elijah

achieve his goals and to make sure that he receives the services that will help him thrive.

- His worker says that Elijah "has a lot of love and personality to contribute" to his forever family.
- Would like pets if possible.



Christian C07505

Save The Date! 27th Annual Kinship Adoption Festival Sunday, Sept. 25, 2016, 2-5 p.m. Belle Isle State Park, Detroit

- Open to the public • Agency booths • Food
- Attractions and activities for all ages
- Meet waiting youth • Attend workshops

For more information, contact the Michigan Adoption Resource Exchange, 800-589-6273, or visit www.mare.org



Akira C08914



Pictured from left to right is your MARE Adoption Navigator team: Kim Wolowski, Judy McNaughton, Dorene Jones, Mac Ballantine, Amber Tiemeyer, Maggie White, and Kelli Ostrosky.

Help is just a phone call away

The Michigan Adoption Resource Exchange is proud to offer the Adoption Navigator Program since 2011. Adoption Navigators are experienced adoptive parents who offer guidance and personal knowledge to potential adoptive families.

They have years of parenting experience, resource and service finding skills, and knowledge of foster care,



infant and older, and domestic and international adoption procedures.

Families who contact MARE for initial adoption information will be given the option to work with a Navigator to

help guide them through the process. Having an Adoption Navigator is a free and voluntary service.

If you are interested in having an Adoption Navigator work with you, then you can contact Kim Wolowski, Adoption Navigator Supervisor at Kimberly_Wolowski@judsoncenter.org or 734-528-2077.

Free Family Fun, continued from page 1

- **Ann Arbor – White Lotus Farms** is free on the last Saturday of the month www.whitelotusfarms.com/whats-new/events/kids-day
- **Grand Rapids Art Museum** (Free Admission Days) www.artmuseumgr.org/visit/meijer-free-days/
- **Bank of America Cardholders Free Museums** is the first full weekend of every month. about.bankofamerica.com/en-us/global-impact/arts-and-culture.html
- **Michigan State University – Broad Museum** (Lots of free events!) broadmuseum.msu.edu/programs-events/programs-events/listing
- **Detroit – Charles Wright Museum**

is free on the second Sundays of the month. broadmuseum.msu.edu/programs-events/programs-events/listing

- **East Lansing – 4H Children's Gardens** mrswebersneighborhood.com/2015/04/13/east-lansing-family-fun-michigan-4-h-childrens-gardens-and-msu-dairy-store-calendar-of-fun/
- **Ortonville- Cooks Dairy Farm** cooksfarmdairy.com/visit-our-farm/
- **Ann Arbor – University of Michigan Matthei Botanical Gardens** isa.umich.edu/mbg/see/matthaei.asp
- **Free Entrance Days to National Parks** <https://www.nps.gov/planyourvisit/fee-free-parks.htm>
- **Park it Family Nights** throughout the state (concerts, activities, movies)

www.parkitforfun.com/

- **Farmington – Family Fun In Riley Park** (different dates in summer) www.downtownfarmington.org/Downtown-Events/Whats-Happening/Family-Fun-in-Riley-Park
- **Kids Eat Free** www.southeastmichigankidseatfree.com/
- **Farmington Hills Splash Pad** www.ci.farmington-hills.mi.us/Activities/Parks-Facilities/Splash-Pad.aspx

Lastly, here's a little known secret ... Did you know your library card can be a pass to free or discounted admissions to hundreds of places in Michigan? Visit tln.lib.mi.us/map/

Now go have some fun, and be safe!

Establish a routine to make your family's time together a dream

A schedule will keep you and your kids in sync

STORY BY JENNIFER JACKSON, MARE MATCH SUPPORT SPECIALIST

When children have breaks from school throughout the year, don't let it generate chaos within your home. Create a routine for kids so they know what is expected of them.

This may include regular meal times, bedtimes, chores or specific daily activities, all which provide predictability, stability, safety and security. These consistent expectations will eliminate power struggles, reduce anxiety and apprehension, and allow more time for kids to enjoy and learn from their surroundings instead of stressing out about them.

To create a summer routine, start by listing out the daily or weekly events, followed by an expected time frame these will be completed within. For example, weekdays may involve waking up and eating breakfast before



9 a.m., dinner at 6 p.m., and family time at 7 p.m., followed by reading and bedtime by 9 p.m. This provides a general overview of each day while allowing for flexibility.

Once you have an idea of your consistent events, add in your summer "bucket list" of movie nights, day trips, family outings or dates with grandma. By adding these to your summer calendar, kids have something special to look forward to each week.

Your kids will thrive during school breaks if you can establish a routine, set clear expectations and create an environment that promotes healthy habits. Meanwhile, you will maintain your sanity!

For more information about providing a structured home environment, visit www.cdc.gov/parents/essentials/activities/activities-structure.html

Today's Schedule

- 7 a.m. - Get up, wash up, get dressed
- 8 a.m. - Eat breakfast, French toast
- 9 a.m. - Play outside with neighbors
- 11 a.m. - Video games inside
- Noon - Lunch, grilled cheese, broccoli
- 1 p.m. - Go to the waterpark
- 4 p.m. - Return home, quiet time
- 6 p.m. - Dinner, mac 'n cheese
- 7 p.m. - Family fun time
- 9 p.m. - Bedtime



CALENDAR OF EVENTS

Upcoming MARE Meet & Greets*

- September 10, Grand Rapids, 11 a.m.-2 p.m.
- September 24, Grand Rapids, 11 a.m.-2 p.m.
- October 15, Brighton,



11 a.m.-2 p.m.
* Registration begins at 10:30 a.m.

Upcoming Wendy's/Spaulding Meet & Greets

September 17, Brownstown, 2-5 p.m.

September 25, 2016

Kinship Adoption Festival, Belle Isle, Detroit, 2-5 p.m.
• Free and open to the public

- Agency booths
- Food available
- Attractions and activities for all ages
- Meet waiting youth
- Visit the Michigan Heart Gallery
- Attend informational workshops

For more information regarding these events please contact Jessica Thompson, MARE Recruitment Specialist: jessica_thompson@judsoncenter.org