



**FAMILY
ACHIEVEMENT
FOUNDATION**

We can do this together

Family Achievement Foundation

March 2024

Upcoming Parent/Caregiver Retreat to Offer Respite & Connection

Family Achievement Foundation will offer its first Parent Retreat from Friday evening April 12, through Sunday late morning April 14, 2024. The vision for our retreat is to offer respite, connection, and resources for our families. The retreat is open to parents (and caregivers) who would benefit from time with others on a challenging journey. The retreat will be hosted by foundation founders Sarah Mason and Tom Hoel at their home on the bluffs of the St. Croix River in Hudson, Wisconsin surrounded by natural beauty, walking paths, and peaceful views of the St. Croix River. Tom and Sarah know firsthand the oftentimes chronic stress in caring for children, and are hopeful of creating an informational, fun, and restful weekend away for our parents.

In This Issue:

Parent Retreat
PAGE 01-02

Family Meet-Ups
PAGE 03

Upcoming Events
PAGE 04

Emotional Regulation
PAGE 05

Upcoming Fundraisers
PAGE 06

Journey Award
PAGE 07

Financial Planning
PAGE 08





FAMILY ACHIEVEMENT FOUNDATION RETREAT CONTINUED FROM PG 1

The retreat will offer multiple different experiences, speakers and activities. Retreat cost is \$150 dollars and includes all meals. [See formal agenda and speaker information here.](#)

Retreat will offer:

- Connection with other parents and caregivers
- Educational tools and resources for both your parenting, as well as self-care delivered by trained professionals and business owners
- Breakout sessions with either group time and/or individual time
- Social activities including nature walks, gourmet meals and group drumming.
- Meals with good food and good laughter

A block of hotel rooms are reserved at the Hampton Inn & Suites in Hudson at your expense for a discounted rate of \$119/per night. Book your room by calling 715-952-9959 & mentioning Family Achievement Foundation.

Space is limited & filling quickly for so register today by emailing Sarah Mason at smason@familyachievement.com.

Retreat Speakers & Educators



Follow Family Achievement Foundation on Facebook & Instagram to stay updated!



Support Family Achievement Foundation by making a year-end donation at familyachievementfoundation.org/donate/

Free Monthly Family Meet-Ups

Family Achievement Foundation has introduced Family Meet-Ups on the fourth Saturday morning of the month for parents & caregivers to enjoy networking opportunities while children play & enjoy Family Achievement Center's gym space.

The initial Family Meet-Up at Family Achievement Center (FAC) Woodbury was enjoyed by families on January 27th. Parents made valuable connections with others while watching their children play in a safe and fun environment. A similar Family Meet-Up was held at FAC Bloomington on February 24th.

Family Meet-Ups will continue throughout the year alternating monthly between Woodbury and Bloomington from 10:00 am-11:00 am with hopes to add outdoor park meet-ups in the summer. The next Meet-Up will be Saturday, March 23 in Woodbury and April 27 in Bloomington. Scan the QR codes below for free registration.

FAC Woodbury is located at 2101 Wooddale Dr., Suite 100, Woodbury, MN 55125, while FAC Bloomington is at 900 West 94th St., Bloomington, MN 55420.

Woodbury Family Meet-Up
March 23rd



Bloomington Family Meet-Up
April 27th





Upcoming Foundation Events

Planning For The Future Series

Does My Child Need Guardianship?

Tuesday, March 19th

6:30 PM

FAC Woodbury In-Person & Zoom

Emotional Regulation Strategies

with Family Achievement Center Occupational Therapists

Tuesday, April 9th

6:30 PM

Zoom

Free Family Meet-Ups

Woodbury Family Meet-Up

Bloomington Family Meet-Up



March 23rd
10-11 AM

April 27th
10-11 AM



EMAIL INFO@FAMILYACHIEVE.ORG TO REGISTER
FOR OUR FREE PARENT WORKSHOPS



Emotional Regulation

BY TIANA BURDA, OTR/L , OCCUPATIONAL THERAPY LEAD AT FAC

Family Achievement Center (FAC) Occupational Therapists (OTs) presented on Emotional Regulation at FAC Woodbury last month. Family Achievement Center OTs specialize in working with children.

FAC OTs work with children to recognize and regulate their emotions, sensory triggers and behaviors. We all interpret information throughout the day from eight senses. The eight senses include Visual (Sight), Auditory (Sound), Olfactory (Smell), Tactile (Touch), Gustatory (Taste), Proprioception, Vestibular, and Interoception. These eight senses give us the information needed to process and function as our best selves. Sensory dysfunction can cause anxiety, confusion, and dysregulation, further impacting our ability to regulate our emotions.

OTs help families in many ways including education, environmental adaptations, and creating sensory diets to improve participation in daily living routines. The use of sensory diets can help parents be proactive with regulation enhancing a child's ability to participate in challenging activities.

OTs can partner with parents and school staff to address challenges with sensory dysfunction and emotional regulation.

Programs such as the Alert Program, Zones of Regulations, and Autism Level Up Energy Meter can give children the language and ability to express their emotions and identify various body signals. It is important for parents to co-regulate with their child prior to expecting their child to regulate their emotions independently.

Occupational Therapy is not the only discipline that can work with emotional regulation; Behavioral interventions, play therapy, mental health practitioners and/or family counseling are other great options for families.



Missed the first presentation? Join Family Achievement Center's OTs for a Zoom presentation on Emotional Regulation on April 9th from 6:30-8:00 PM by emailing info@familyachieve.org.



Upcoming Fundraisers to Benefit Family Achievement Foundation

Tuesday, March 12th at 3rd Act Craft Brewery

A portion of drink and food sales at 3rd Act Craft Brewery will be donated to the Foundation from 5-8 pm on Tuesday, March 12. A section of the brewhouse will be reserved for Foundation guests to mingle, enjoy interactive games, and buy raffle tickets for fun prizes. The popular brewery is located at 4120 Radio Drive, Woodbury, MN 55129 and offers a relaxing environment and ample free parking.
<https://3rdactbrew.com>



Thursday, April 4th at Bridgeman's Ice Cream

On Thursday, April 4, a percentage of every sale at Bridgeman's Woodbury will be donated to the foundation when patrons mention Family Achievement Foundation at point of purchase. Bridgeman's ice cream is prepared with fresh milk and cream, wholesome fruits and nuts, rich cocoas and dark chocolates, sweet caramel and delicious candies. Enjoy Bridgeman's delicious treats at 2110 Eagle Creek Lane, #200, Woodbury, MN 55129.

<https://www.bridgemans.com/parlor/location/hours.html>



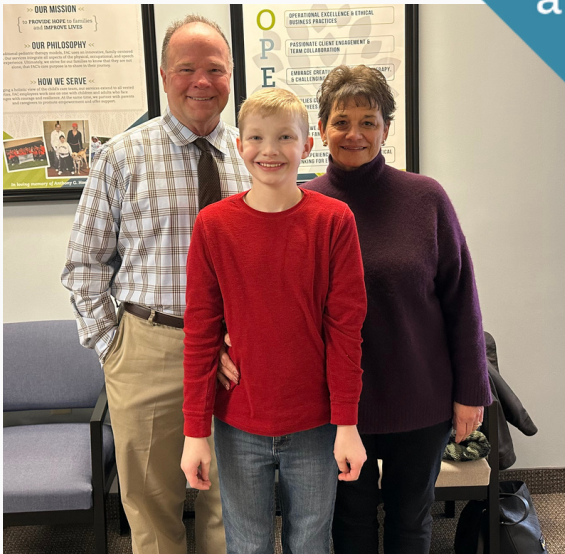
Proceeds from the events will fund education workshops, networking opportunities, recognition programs and other targeted resources to help parents on a challenging journey.



Journey Award Recipients- Dolly & Dave Hendricks

Congratulations to Dolly & Dave, who were recently awarded Family Achievement Foundation's Journey Award. Their nomination was submitted by friend, Susan Edberg who wrote "In the last 9 years, Dolly and Dave have been giving Aiden a loving home and have literally saved his life!"

Journey Award recipients, like Dolly & Dave, receive a custom-made heart stone, an award explaining their nomination and a \$500 check to show how special they are.



Dave, Dolly & Aiden

The Journey Award

The Journey Award was created with the hope of touching a parent on a challenging journey. While they may not see what they are doing as special because they love their children, those around them see their caretaking, tireless advocacy, and unconditional love for their children. The individuals selected will receive a \$500 check, a custom-made heart stone, and an award certificate explaining why they were nominated.



The Journey Award is in honor of Jack and Nancy McCue (one of our founding board members). Nancy lost Jack at the age of 15 by suicide. Jack was a person who cared more for other people than he did for himself. Our goal is to honor families like Jack and Nancy who may not realize how special they are!

Nominating a deserving parent or caregiver is EASY! Just visit
<https://familyachievementfoundation.org/journey-award/>
Nominations due by March 31st.

FINANCIAL PLANNING & SPECIAL NEEDS TRUST

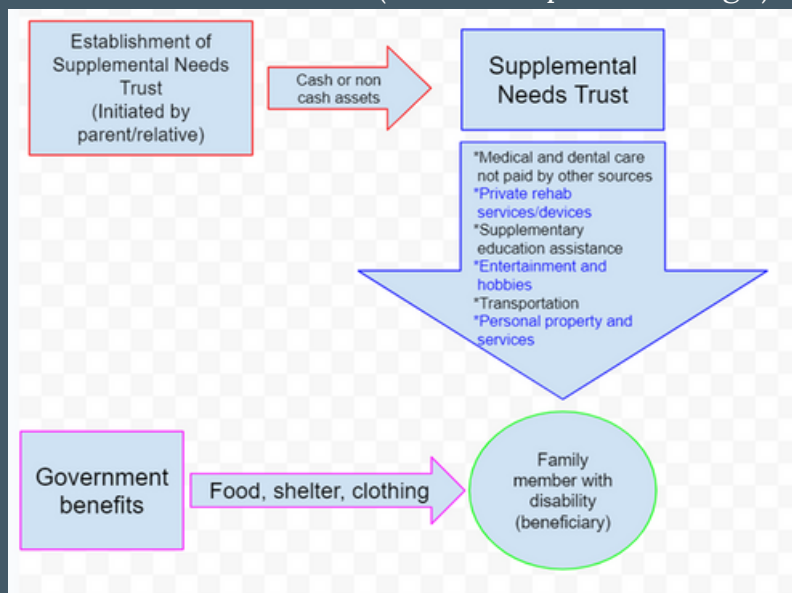
BY ELENA MACDONALD,
FOUNDATION BOARD MEMBER

In January, parents joined us for our workshop “Financial Planning and Special Needs Trust”. Our speakers included Ross Hilluka & team from Thrivent Financial Services, & David Wick, an attorney who specializes in estate planning. Topics included special needs trusts, supplemental needs trusts, & ABLE accounts. While these terms can be confusing, they are helpful to understand when planning for the future when you have a child that may qualify for government programs when they turn 18, for example Medicaid & SSI.

Special needs trusts & supplemental needs trusts have both similarities & differences. They are similar in that they both provide funds to pay for certain goods & services that are not covered by government programs & also help protect eligibility for government programs.

They are also different. A special needs trust is funded by the individual with disabilities, whereas a supplemental needs trust is funded by a family member. They also differ in what happens to the remaining money in the trust after the primary beneficiary dies. With a special needs trust, the state must be reimbursed, dollar-for-dollar for Medicaid expenses incurred during the beneficiary’s life. Any remaining funds in the trust can go to a secondary beneficiary. However, with a supplemental needs trust, Medicaid is not reimbursed, & the remaining funds can be passed to beneficiaries (for example: siblings).

I am going to focus on supplemental needs trusts since these trusts tend to be funded by parents or grandparents. A supplemental needs trust is a trust that focuses on enhancing the quality of life for individuals with disabilities by supplementing rather than replacing government benefits. The flowsheet demonstrates how this type of trust is funded and what the trust funds can be used for. It also reflects government benefits including food, shelter, & clothing.



If you are interested in learning more about supplemental needs trusts and special needs trusts, it is best to contact a lawyer who specializes in estate planning for families who have loved ones with disabilities. Usually the lawyers will meet with you for a complimentary visit to discuss your unique situation and answer questions.