

Passport



to the International Adoption Center

October 2014

www.cincinnatichildrens.org/iac

The IAC's Annual Fundraiser – Passport to Forever – to Take Place Saturday, November 8, 2014

The fourteenth annual Passport to Forever benefit themed
“Passport to India” is just around the corner.
Details include:

Theme: Passport to India

When: November 8, 2014

Time: Cocktail Reception and
Silent Auction – 6:15 PM
Dinner – 8:00 PM

Where: The Oscar Event
Center at Jungle Jim's in
Fairfield

Dress: Business Casual,
Indian or International Attire

This fundraiser is vital to the
IAC, as the center directly benefits
from its proceeds, to ensure that their
pre-and post- adoption services, as well as
their mental health services are available
to families.

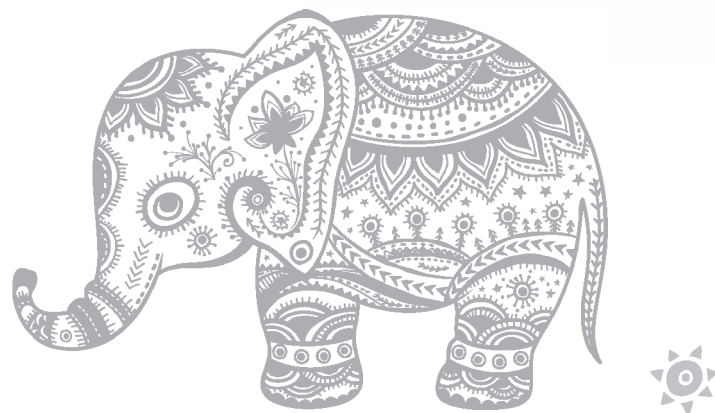
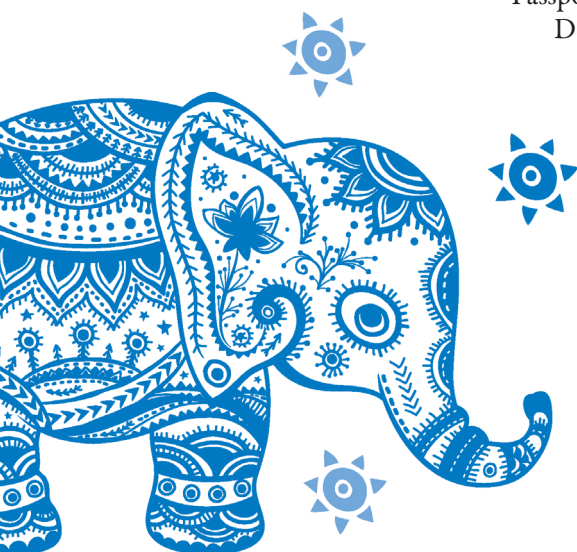
The night will include cocktails, an international dinner, a
fashion show with children wearing the latest fashion, raffles
and both silent and live auctions. Kit Andrews will be
the emcee.

TO RSVP or to GIVE:

Invitations will be mailed. You can also visit
www.cincinnatichildrens.org/passport for more
information, or contact Leah Flynn at
leah.flynn@cchmc.org or 513-636-2907.

If you are not able to attend, please consider a donation to the IAC.

Live Auction and Silent Auction Items are included on pages 4 and 5.



INSIDE

Upcoming Events2

Korean Focus Cincinnati
offers social events and
support to families3

Passport to Forever
Fundraiser 4-5

Finding calm amongst
the chaos - for parents 6-7

Sibshop workshop: for brothers
and sisters of internationally
adopted children8

IAC STAFF MEMBERS

Sandra Batsel-Thomas, MD
staff psychiatrist
Andrea Bohlen, LISW-S
mental health therapist
Robin Gordon
pre- and post-adoption coordinator
international travel clinic coordinator
Kelly Hicks, RN, MSN
nurse coordinator
Irina Parkins, PhD
staff psychologist
Mary Allen Staat, MD, MPH
IAC director
Tisha Way, LISW-S
mental health therapist

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IAC MISSION

The mission of the International Adoption Center is to uniquely address the health and wellness needs of internationally adopted children, their families, and their communities so that international adoption will be more widely embraced as a way to build families.

Editor: Jane Howie 513-636-0158
jane.howie@cchmc.org

Passport is published three times each year. To be added to or removed from the mailing list for this newsletter, contact Robin Gordon at robin.gordon@cchmc.org or 513-636-2877, opt. 2.

To give feedback about the newsletter or if you have a story idea, contact Jane Howie at jane.howie@cchmc.org or 513-636-0158.

International Adoption Center Contact Information

3333 Burnet Ave., MLC 7036, Cincinnati, OH 45229
www.cincinnatichildrens.org/iac

For overnight deliveries: 3333 Burnet Ave., Building Location S8.600
Cincinnati, OH 45228

Phone: 513-636-2877; Toll Free 1-800-344-2462, ext. 62877

Fax: 513-636-6936

International Travel Clinic Contact Information

Offering international travel preparation and vaccinations to individuals of all ages

Two Convenient Locations and Days:

Cincinnati Children's Main Hospital:

Wednesdays – 8 am to 11 am

Fridays – 8 am to 3 pm

Phone: 513-636-2877, option 5

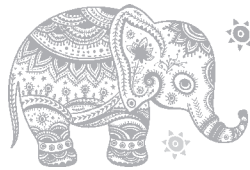
Cincinnati Children's Liberty Location:

Mondays – 8 am to 4 pm

Wednesdays – 8 am to 4 pm

Join Us:

Upcoming Events



2014 Passport to Forever – Passport to India

When: Saturday, November 8, 2014
(see front page for details)



Sibshop Workshop – For Brothers and Sisters Of Internationally Adopted Children

When: Thursday, October 16, 2014
(see back page for details)



Korean Focus Cincinnati (KFC) offers social events and support to families

The Korean Focus Cincinnati (KFC) is a support organization for families who have adopted children from Korea. KFC provides families touched by Korean adoption with information and programs about Korean culture and the adoption experience. Membership is open to anyone involved with Korean adoptions, and/or anyone wishing to support Korean adoptions.

KFC membership currently includes approximately 50 families in the Greater Cincinnati Area.

KFC holds family events to celebrate these Korean holidays:

- Lunar New Year (February)
- Children's Day (May)
- Chusok-Harvest Moon Celebration (September-October)

They also plan activities for families and/or parents such as:

- Annual Family Ice Cream Social (June-July)
- End of Summer campout (August)
- Parent Night (November)
- Book Club for Parents (throughout the year)
- Mom's Night Out (throughout the year)

The KFC board meets during the year to organize events and reach out to families. Any KFC member is welcome to join the board.

If you are interested in learning more about KFC or becoming a member, contact us at www.koreanfocuscincinnati.org/contact/.

We hope to include information about other international adoption support groups or social groups in upcoming newsletters. If you want us to feature a group in upcoming newsletters, contact the editor at jane.howie@cchmc.org.



Ben and Matthew meet Shin-Soo Choo at a Cincinnati Reds game

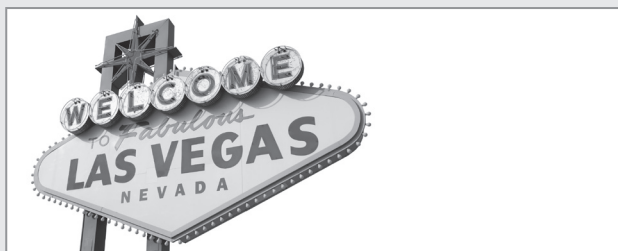


Carolyn at a recent Lunar New Year celebration

The IAC's Annual Fundraiser – Passport to Forever – to Take Place Saturday, November 8, 2014 *Continued...*

Live Auction Items:

Here are some of our fabulous packages that will be auctioned live at Passport to Forever:



Las Vegas Package

Package for 2 - Air Fare, 2 Nights in a deluxe room at The Mirage, and Tickets to the Mirage's Performance of Cirque de Soleil LOVE or the Terry Factor Show



Orthodontic Package

Orthodontic work at All Smiles Family Dental in Mason

Package includes the orthodontic treatment of braces up to \$4,800 for a child or adult with Tom Nymberg, DDS. Dr. Nymberg is a general dentist with advanced training in orthodontics and 25 years of experience.

- Treatment must be started some time in 2015 and average treatment time is 2 years



Cincinnati Aronoff Package

Dinner at Jeff Ruby's (\$200 gift card), and 4 Tickets to Rodgers + Hammerstein's Cinderella at the Aronoff on Tuesday, January 5 at 7:30 pm



Golf Package

Package for 4 at 4 of Cincinnati's Best Golf Courses:

- Clovernook Country Club (Cincinnati) - 18 holes
- Ivy Hills Country Club (Cincinnati) – 18 holes
- Maketewah Country Club (Cincinnati) – Round of golf including carts and lunch
- Wetherington Golf & Country Club (West Chester) - 4 rounds of golf including carts
- and Golf Bag and golf balls from Toyota



Bengals Package

Package for 4 - Bengals Practice at Paul Brown Stadium, Lunch & Player Autographs and Tickets to the Denver Game, December 22 at 8:30 pm

Raffles:

The raffles include exquisite jewelry from Richter & Phillips Co. and the every-popular holiday baskets.

The Richter & Phillips Co.

Trusted Jewelers Since 1896

14 karat yellow gold flexible cuff bracelet with cut-out round floral center and coordinating 14 karat yellow gold wire drop earrings with round diamond center

Value: \$3,750

Holiday baskets

An assortment of baskets including New Year's, Valentine's Day, St. Patrick's Day, Easter, Mother's Day, Father's Day, Fourth of July, Halloween, Thanksgiving and Christmas.

Silent Auction Items:

The silent auction includes an assortment of items to treat yourself and provide hours of fun for you and your family. Here are a few of the exciting baskets you will find:

- Movie Night
- Disney Frozen
- Kids Fun with Science
- Outdoor Sports Fun
- Winter Fun
- Girls' Slumber Party
- Knitting
- Magic Loom
- Breast Cancer Awareness
- Wine Assortment
- Craft Beers
- Tea
- Ethiopian Coffee
- Bengals
- Cincinnati Reds
- Xavier Tickets
- Keeneland Race Course Tickets
- International Jewelry
- Fabulous Faux Fur Coat



Attendees shop silent auction items at previous Passport events.



Finding calm amongst the chaos – for parents

Andrea Bohlen, LISW-S, mental health therapist



Andrea Bohlen, LISW-S,
mental health therapist

About Andrea Bohlen:

As an IAC mental health therapist, Andrea conducts diagnostic assessments of internationally adopted children, and counsels children and parents to foster post-adoption support and enhance well-being.

Andrea has a Master's degree in Social Work from the University of Cincinnati and a Bachelor's degree in Social Work from Bowling Green State University. She has extensive experience working with children in need of behavioral health services.

Her areas of focus include:

- ADHD
- Anxiety
- Depression
- Developmental and trauma disorders
- Attachment issues
- Mood disorders
- Executive functioning skills

I must admit that as I began to think about what to write about for the fall issue of this newsletter and what pearls of wisdom I could impart upon all of you, I found it quite difficult to focus and pick a topic. While considering whether I should write about sleep issues, food anxiety, or tips for managing the upcoming school year, I found myself thinking about packing boxes, faxing over forms to my loan officer, and calling my realtor. As I began to completely overwhelm myself with the thought of everything I had to do before closing on two properties and moving in the next 6 days, it dawned on me that I should share with all of you what I needed to remind myself of at that moment, the importance of keeping calm amongst the chaos and not letting life stress get the best of us.

I share this because I know you can all relate with the feeling of being overwhelmed and stressed out. In our fast-paced world, it is easy to get overwhelmed by our day-to-day lives and all that we have on our plates, like working a full time job, parenting kids who may have special needs, running errands, taking kids to and from activities, and in the midst of that, trying to make time for our significant others, extended family, and friends, never mind when extenuating life circumstances come up. Sometimes we get so caught up in crossing things off our to-do list and trying to take care of other people that we may forget to take care of ourselves.

While it may seem sometimes like the world might stop turning, or everything you have worked to keep in order may fall apart if you slow down, the truth is that if you take care of yourself, not only will you be healthier and happier, but your kids, your significant other, and those you are close to will be less stressed and better regulated too.

Here are some ways to keep calm amongst the chaos:

Prioritize

While we sometimes like to think that we can do it all and have it all, the truth is that we can't. Analyze your schedule, responsibilities, and daily tasks. If you have too much on your plate, decide between the "shoulds" and the "musts." Drop tasks that aren't truly necessary to the bottom of the list or eliminate them entirely. Also, remember that it is okay to say "no" sometimes too. While you may really want to help out with that bake sale at your child's school, or watch your sister's kids after school, taking on more than you can handle is a surefire recipe for stress.

If you would like to schedule an appointment with Andrea, call the IAC Call Center at 513-636-2877, and select option 1.

Evaluation and treatment services are covered under the mental health benefits of most insurance plans.

Don't Be Afraid to Ask For Help

Remember, even the great super heroes, like Batman, had help from a trusty side kick to help them fight crime and defeat the bad guys. Think about who your “sidekicks” or support systems are in your life and use them. Help and support can come from all kinds of people - whether it's your spouse, close friends, family, your church community, babysitters, or a therapist.

Make Time For the Things You Enjoy

Sometimes we get so caught up with all of the things that we feel we should do and have to do, that we forget to make time for the things we like to do. Make sure to make time every day, even if it's only for 20 to 30 minutes, to do something that you enjoy doing like going for a walk, watching trashy reality television, reading a book, or catching up with friends. In the long run, taking time for ourselves and finding some enjoyment in our day can make all of the other not-so-fun stuff much more bearable.

Take Time to Relax

Taking time to relax our minds and our bodies is crucial for keeping stress levels down. Just taking time to do some deep breathing can lower your heart rate, relax your body, and help you to clear your mind. Some other great ways to relax your mind and body are yoga, mindfulness practice, and meditation. There are a lot of great yoga studios that offer classes for people of all levels and abilities. If yoga is not your thing, try reading “Mindfulness: An Eight-Week Plan for Finding Peace in a Frantic World” by Mark Williams and Danny Penman. It might help you get more in touch with your mind, body, breathing and thoughts to reduce overall stress. The book is also accompanied by guided audio meditations which you can download.

Positive Self Talk

Sometimes when we find ourselves getting overwhelmed, it is easy for us to get down on ourselves and start thinking very negative thoughts, such as “I'm not being a good enough parent, friend, spouse, (fill in the blank)” or “I'll never be able to get all of this done.” When we tend to get down on ourselves about what we feel like we aren't accomplishing and send ourselves negative messages, we often create unrealistic expectations for ourselves and create more stress. Instead of dwelling on negative thoughts, work on reframing negative thoughts into more helpful and positive thoughts such as, “I am a devoted parent and am doing the best I can to provide a great life for my child”, or “I may be feeling overwhelmed now, but if break these tasks down and ask for some help, I will be able to accomplish what needs to be done.” It's important to remember that as important as it is to be kind to others, it is just as important for us to remember to be kind to ourselves.





Sibshop workshop - October 16

For brothers and sisters of internationally adopted children

What: This is a workshop for brothers and sisters 8 to 12 years old of internationally adopted children.

Each session will include

- Games
- Activities
- Peer support in a therapeutic setting

Why: Siblings may struggle with:

- Changes in the family since the adoption.
- Coping with their sibling's challenging behaviors.
- Contending with their sibling's medical needs.

When: Thursday, October 16, 2014 at Liberty Campus – 4:30 – 7:30 pm
Future dates to be announced.

Cost: \$10 which includes a meal

Contact: Andrea Bohlen, IAC mental health therapist, at 513-803-1741



Return Service Requested

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Adoption Center

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