



2010 Fall / Winter Edition

From the

Heart

NEWSLETTER



Spotlight Family: The Wilkersons

After 4 long years, we have adopted a baby Boy from Kazakhstan!! THANKS TO THE GOOD HOPE ADOPTION AGENCY!! Three of those years were with another agency. It only took Good Hope (GH) less than 1 year. As soon as we spoke with GH we fell in love with their people. They were friendly, understanding and very knowledgeable, which made us feel extremely comfortable. Karen and Andi were always available to speak with us, especially when things were coming down to the wire. During the process, we had a few delays with fingerprinting and paperwork. Andi assisted often, making sure we had every document. She is very detail oriented!

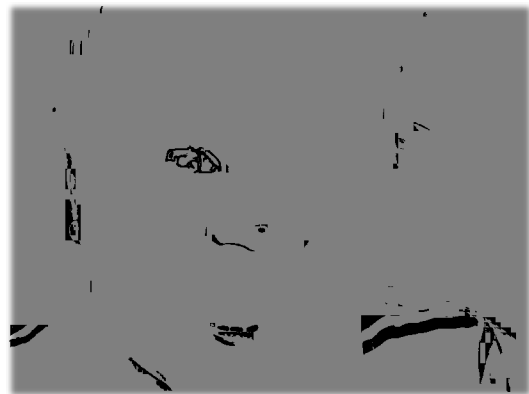
Once KZ had a child for us, we spoke to Karen almost every day, first making sure we had the final travel documents and secondly preparing us for our trip (e.g. clothes, meals, customs, etc...). Considering we got our 'we have a child for you' call during the blizzard in February 2010, this was no small feat! Having Washington, DC close down, would have been a problem for a lesser agency, but not GH. Andi seemed to enjoy the challenge!

You may think you're prepared to travel, but this is not like vacation travel. You have to go to the other side of the world, navigate moderately complex legal and cultural obstacles and, oh by the way, pick up your child. So after the long process in the States, traveling 40 hours to KZ, driving to the hotel and checking in, then driving to the orphanage to be introduced to our son (since this was a blind adoption we had no pictures of him), words cannot fully describe everything we felt. We could write a novel on our trials and tribulations, but the thing that really needs to be said is that all the preparation paid off. Our papers were well prepared; any issue that came up (and things can come up while you're in country) were able to be fixed. That's right...

even though you are on the other side of the planet, they are able to pull strings and get things working correctly. Quickly! Except for the temperature (-40 F was the high) we had no issues, but Karen even had us prepared for the weather. There were other families from other agencies, many of them had problems (e.g. some not fully prepared for the expense, some missing paperwork, some even escorted by the local 'policio' for not having their passports, Karen saved them too--we had our copy of our passports). That is why Good Hope is the ONLY agency to use!

And finally to the good stuff. We have had DJ (Demetri James) home for 4 months now and he is thriving. He has grown 3 shoe sizes, 8 lbs. and about 4 inches bigger during this time, and we are loving every minute. I've added this picture of our beautiful boy so you know I'm not 'pulling your leg'. Good Hope, Karen, Andi, and staff, we plan to keep in touch with and look forward to meeting them in person, very soon.

THANK YOU FOR EVERYTHING THAT YOU DO!
Jennifer and Mike Wilkerson (and DJ!)



Welcome to the Newsletter offered by The Staff At Good Hope Adoption!

From the Heart newsletter is offered to friends and families associated with adoption. We welcome comments, suggestions, and recommended articles to include in future newsletters. Our Newsletter was created to fill a need for coordinated information and support for adoptive and foster families. Through our educational and social programs, we bring families together to create an Adoption Community right here in New England. Please let us hear from you if you would like this newsletter delivered via email or for any additional information on the services we offer. Tel. 508-385-7815, or on the web at www.goodhopeadoption.org

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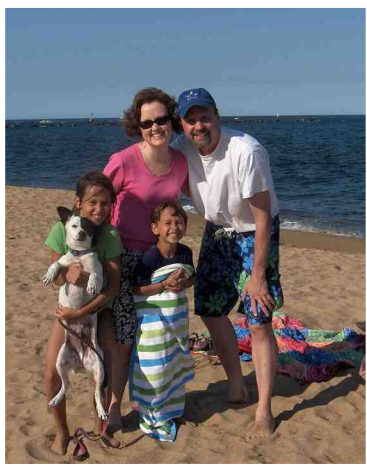
COUNTRY UPDATES

Since the early days of international adoption, there have been countless changes in countries, opportunities, and outcomes. With the advent of the Hague Treaty on Intercountry Adoption in the US, we continue to see a system in flux. Agencies are required to adhere to much stricter guidelines, while at the same time, many countries are unable to meet these same standards. As the basis for The Hague is establishing strong ethics in adoption, the good intentions of this massive initiative are inarguable in theory. However, in practice adoption agencies are very restricted from offering varied and solid options for our waiting families at this time. Nonetheless, our staff continues to seek avenues for our families to engage in successful adoption experiences. These complex times force all of us to be resourceful, creative, patient, and supportive of one another. We have been challenged in years past, and continue our dedication to bringing children together with their adopted families.

Kazakhstan: While the Ministry of Foreign Affairs closed this country to new applications in May, we anxiously await its reopening for our waiting families. We recently learned of a meeting in Astana scheduled for October to review this decision. Kazakhstan claims to be focused on developing new practices to meet Hague standards as a proposed convention country. This could take many, many months. It is our hope that an interim solution is reached to establish modifications for Hague accredited agencies to adhere to. In the meantime, we encourage all families to connect with US senators and Representatives to advocate for a reasonable resolution.

Russia: This country remains open to adoptions, although an accord between the US and the Russian Federation has not been finalized. It is expected that new standards will require agencies to more closely monitor post-adoption placements for children, as well as tighten the pre-adoption requirements for perspective families. Good Hope expects the final hurdle for our agency's accreditation to be met once this agreement is established.

Poland: Good Hope continues its affiliation with the Georgia-based "Huminski's Angels", who has been placing children with US families for over twenty years. The Polish government is committed to keeping children in their country, yet there are numerous sibling groups, and children older than six years of age available. Families of Polish heritage are encouraged, although this is not a requirement for adoption. Poland is a Hague convention country, which requires an I-800a application to USCIS.



The Jeye Family

China: Traditional adoptions are very difficult, with the child match being upwards of 3 years. However, there are many children available that have minor and correctable medical needs. Good Hope is very pleased to announce our new China partner as "China Adoptions with Love", a very well known and popular agency, based in Cambridge. This agency has a huge and loyal following, largely based on the good work of the director, Lillian Zhang. We look forward to supporting the placement of children from China through this partnership, and encourage families to contact us for additional information.

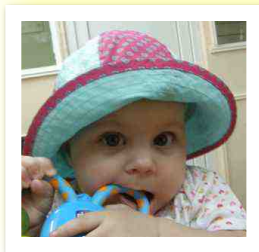
Domestic Adoptions: Our agency supports families that select domestic adoption as the Homestudy and receiving agency for out-of state child placements. We have had a very good relationship with the Mass. DCF, who oversees the ICPC unit. While Good Hope does not work directly with Birthmothers, our role is very similar to that in international adoptions, as we advocate and monitor an adoption's progress, and facilitate it's successful conclusion. We are happy to recommend certain agencies that work ethically on behalf of all parties in the domestic adoption process. A group will be starting shortly for all parents and their children, for both support and information sharing. Please see calendar.

Ukraine: Our connection with Virginia-based "Frontier Horizon's" Humanitarian organization has opened new doors for Good Hope families. Children selected for this program must meet certain standards, and hosting families have the unique opportunity to meet children prior to adoption. Children range in age from 7-15 years of age, with sibling groups available. Two trips are required, and the lengths of stay are slightly less than the Kazakhstan program.

THOUGHTS FROM THE GOOD HOPE STAFF...

Since we began our work with Adoption on the Cape in 2001, we have seen many kids enter pre-school, then grade school, onto middle school, and some are now even in High School! Helping our kids be understood and accepted in school has become a mission of ours, and something that we see many families struggle with. From first-hand experience, we know how easily our kids are misunderstood, miscategorized, and labeled with inappropriate classifications such as "ADHD", "ELL", or "he/she is such kind, happy child, but not very committed to learning"...or "a cut-up". The truth is, that while these are convenient labels (mostly for the school systems), they are almost always incorrect. Many of our kids have experienced multiple changes in their early lives, with many physical moves, caretakers, and early life trauma. The result is complex; and may have impacted their ability to process, retain, and sequence events. These developmental issues can be handled with modifications to a child's learning plan, but never, and we repeat, NEVER, should parents settle for anything less than a tailored plan that addresses their specific learning needs. Our kids are often bright, creative, intuitive, and inquisitive, all key ingredients that make for good learners. Yet, when grouped with others that have had more traditional early life beginnings, our kids lag behind, and it is never simply a matter of "catching up" with the language. It is more involved. In this issue, please take note of the various opportunities available to our families that will assist with helping parents with "Adoption and Education". It is realistic for all kids to experience success in life, which they most certainly can if we help them and our schools find the tools.

Ruby came home from Almaty in September 2010



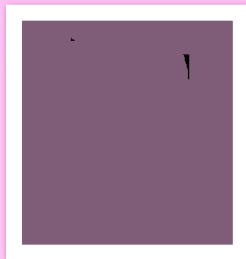
Nicholas's adoption was finalized in August 2010



Kendal came home in May 2010



Anara came home in May 2010 from Almaty



Andrew came home from Almaty in June 2010



DJ came home in February 2010 from Ust Kamenogorsk



Leyra is coming home in October



What to Do While You are Waiting

by Anne Ameden

As you may already know international adoption at times can be a process of stops, pauses and starts. Since the waiting periods for waiting families, at times, can seem to fraught with frustration we thought we would help provide you with some food for thought, things you can do while waiting for your child to arrive!

1. Prepare Yourself:

Make the most of the time before your child's arrival.

- *List the parenting or adoption books you'd like to read or sneak in a few more books by your favorite author before you are too tired to read!
- *Get your house cleaning and organizing done--you will have less time when your child arrives to do these things
- *Prepare and freeze batches of lasagna & chicken soups (freezable meals) for the first few days when no one wants to cook.
- *Attend any/all Good Hope Adoption Services educational events
- *Speak with Good Hope Adoption Service Family Mentor

2. Prepare Your Home

What do you need to do to make your home safe and welcoming for your new child? If you're waiting for an infant, "Assemble crib," "Stock up on diapers," and "Plug outlets with safety plugs" will be on your list. If you're awaiting an older child, you might think about gathering paint samples for your child's bedroom, buying clothing and pajamas, and picking out books, toys, and games.

3. Financial & Legal Must-do's

This may not be as much fun as picking out bedding, but this list of must-do's are just as important!

- *Add your child to your health insurance or at least find out the how to's so you can do this immediately when your child arrives
- *Adjust your life insurance policy, your income tax withholdings etc
- *Research and find out about the tax credit your family may be eligible for when you adoption is complete.
- *Interview and choose a pediatrician
- *Interview, research and/or pre-enroll your child in day care or preschool of your choice

4. Keep a personal journal

While this waiting time can be a challenge because you are so ready to have your child in your arms, spend some time keeping a personal journal for your child that shares your thoughts and emotions during this period. One day this will be a priceless keepsake for your child (and you!) to share at the right time

Good Hope Adoption Services offers a mentoring service for any/all pre-adoptive family. Should you or your spouse like to contact another Good Hope family who recently adopted a child, please contact Anne Ameden at amagoodhope@gmail.com.

Thoughts from Newly Adoptive Parents



We've been so busy! We leave on Thursday to pick up the baby! We are having a great adoption experience but I won't feel truly relaxed until I get our son home. I heard my husband tell people after the first trip that he was already a changed person! Our baby's name is Andrew Lee Kennedy, born Aug 31, 2009. The doctor named him Andre,

so we wanted to stay close to his given name. Lee is my middle name.

I am taking this time to reflect on everything. We had met with a couple of the 'big' agencies, and also DSS in Massachusetts but we weren't 'passionate' about any of them. Then we went to the New England Adoption Conference (last April?) and were walking around and I noticed an agency from Cape Cod. We just casually started talking with Karen and it instantly felt right. We had never heard of Kazakhstan but we knew 100% inside ourselves this was the woman who would help us become parents! Andi and MaryEllen helped us take one step at a time with the paperwork. We also had fun along the way meeting people. We took advantage of going to every single waiting family meeting and every agency gathering and this support helped us. Other than that we tried to just live our day to day life at home and work and before we knew it we got word it was our turn to travel!

There were a couple of very stressful days going over medical information, and I remember thinking we were tired from travel and we didn't know the people there and they didn't know us, and I had never been to a foreign land and didn't know who to trust, and there was a huge time difference to wait to talk to the doctor and agency back home, and trying to understand the info, but then everything came together and it was okay. Rick said he remembers the first few minutes when they handed Andrew to me and I held him, but to me it was almost like a dream.

We enjoyed our time in Almaty! We felt like we became friends with our coordinator and translator and driver. They were so good to us, many days taking us to restaurants and the opera house and sightseeing. On the days when they would drop us off after visiting the baby, we would walk to a restaurant and enjoy going out and about on our own. We were with another couple the entire time, and they will be our life long friends. They are picking up their baby, Anara, at the same time we go to get Andrew. We all found the local people kind and found it to be a very family oriented culture. During our visits with Andrew we laughed with him and it was amazing to see him get stronger. When we went on our second trip I was hoping he would remember us, and after a couple of minutes he broke out into a huge smile and reached for my husband's mustache! I held him every chance I got!

It really helps to participate in the agency's support system including the waiting family meetings. Thanks to all of our new friends at Good Hope!!!

~Donna and Rick Kennedy, Parents of Andrew

Ukrainian Adventure!

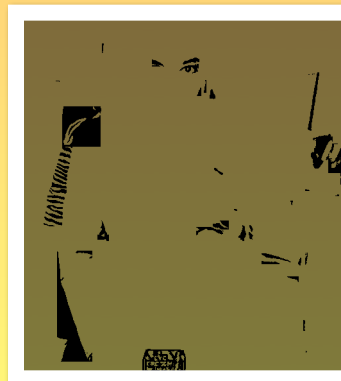
Ten extraordinary Good Hope families hosted 12 exceptional Ukrainian children over this past summer. In support of Frontier Horizon's humanitarian program, families opened their homes and hearts to children from various orphanages across the Ukraine.

For some kids, it was a return trip to the United States, but for most it was their first experience in our country, and a real opportunity to participate in a balanced family life.



Ruslan S. swam daily, and had the good fortune to make a day trip to Six Flags, Roma went to Disney, Andrianna and Ruslan Z. spent long weekends in New Hampshire at their family's cottages, Inna went to Lake Winnepesaukee on a family vacation, Anya experienced Carnival in Provincetown, Sasha learned to ride a dirt bike, Natasha went to Virginia to her family's summer home, others attended summer day camps with American kids, some went to soccer camps, while others went horseback-riding. Most importantly, all 12, including Alina, Kolya, Stella and Tatiana genuinely enjoyed the simple luxury of relaxed family time.

There was an "all Hands on Deck" Pool Party at Bob and Laurie Siders' home in Hansen, with a full day of swimming and games for all. While some of our great summer guests will permanently join their families this year, many more hearts were connected by this unique experience. To the Kjoller, Caputo-Murphy, Crowley, O'Connell-Toplitz, Allen, Siders, Vrolyk, Galvin, Goody-Davies and Medve-Plucinski families, a great deal of gratitude goes out. So much more than good memories came from this opportunity.



Gov. Patrick advises Andy Scott on succeeding in first grade!

ADOPTION

Fall 2010 Calendar Of Events



Offered by the Children's Trust Fund:

Adoption in the Classroom.

When: October 4, 2010, 6:00 PM - 8:00 PM **Location:** West Parish Family School, 2049 Meetinghouse Road, W. Barnstable,
Presented by: Marnie Toole, Coordinator and Emma Kennedy, Parent Volunteer Martha's Vineyard Family Center, Martha's Vineyard Community Services.

Today, approximately one in four students live in a traditional family. This workshop addresses the issues of children from non-traditional families with a special focus on adoption. It will include information about developmental stages of understanding adoption, curriculum concerns and assisting adopted children as needed. It is an interactive workshop with small group activities. Content includes an overview of adoption today; why all students can benefit from a greater understanding of adoption, what educators need to know about the adopted child, strategies for creating an adoption-sensitive school, and positive adoption language and other helpful resources.

Educational Events

October 03, 2010: Preparing for your Adopted Child: A program for Pre-Adoptive Families

Presented by: Dr. Anait Azarian, Psychologist specializing in International Adoption.
Place: Good Hope Adoption Services, Inc. Office, 900 Route 134, South Dennis, MA
Time: 1-3 PM

November 05, 2010: Adoption and Education: Dr. Boris Gindis is making a return trip to Cape Cod this fall to work with Families and Educators to develop plans and strategies for helping adopted and foster children succeed in the classroom.

Presented by: Dr. Boris Gindis, & Tatyanna Gindis of the BG Center for Cognitive-Developmental Assessment & Remediation
Place: Northside United Methodist Church, 701 Airline Road, Dennis, MA
Time: 9-4 PM

Family Social Events:

October 30, 2010: Fall Gathering: HALLOWEEN PARTY & National Adoption Day Celebration!!!

Costumes, Candy Hunt, Piñata and More!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Entertainment and Face Painting

Place: Northside United Methodist Church, Airline Road, South Dennis. // Time: 1:00 ~ 4:00 pm

Family Support Groups:

Monthly Family Meetings:

Place: Good Hope Adoption Services Office,
Dates: First Sunday of Each Month
Time: 1:00-3:00 Pizza and Coffee served

Adoptive Mom's Support Group

Place: Good Hope Office
Dates: 2nd Saturday of each month
Time: 10:00-11:30 AM; Coffee and refreshments served

Children's Play Groups

Children from Age 1 - 5
...A chance for moms/dads to chat and share ideas...
Dates: Third Monday of each month
Time: 10-12noon
Place: West Barnstable Community Center
Route 149, West Barnstable
Contact Gynn Silva: 508-420-8257

Kid's Activity Group

After School Bowling
First and Third Friday
Place: Ryan's Family Amusement, Yarmouth
Time: 5:00-6:30pm



Kids Corner

Letting Go of Mom: A Gradual Separation
an excerpt from an article in www.Adoptivefamilies.com
by Julie Michaels

In How to Raise an Adopted Child, Schaffer and Linstrom suggest that a parent's first step in this situation should be first to acknowledge the problem; "Assure him/her that you understand what he is feeling and that there are other kids who are probably feeling the same way". The next step is work with your child to find solutions to the problem.

After talking to Molly's teacher, Jennifer decided her daughter would feel better if the transition weren't so abrupt.

Once she'd delivered Molly to school, Jennifer stayed for 15 minutes, long enough for her to hand up her coat and settle down to do some drawing. By the time Jennifer left, Molly was comfortably engaged in another activity. Finally, she was able to part without the delayed leave-taking

Jennifer also read her daughter a popular story, the Kissing Hand, by Audrey Penn. In the story, Chester Raccoon wants to stay home with his mother. She assures him that he'll love school and also shares a family "secret". Taking her son's hand, she plants a kiss on his open palm. Whenever Chester feels lonely, he has only to press his hand to his cheek to feel the kiss.

After that, when she dropped Molly at school, Jennifer left her daughter with a kiss on the hand to take the girl safely through her day

~A Child's Joy ~ 2011 Calendars

Order now! \$15.00 apiece. 100% of the profits benefit a charity for the children. We truly appreciate your donations. Please email alcgoodhope@aol.com with your order or call 508-385-7815.



There's still time to add your picture! email them today!



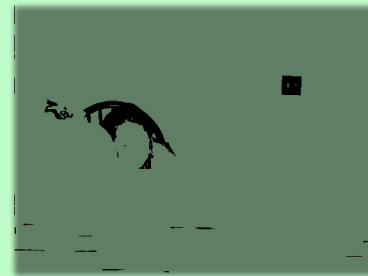
Foamie Spider in Yarn Web

What fly could resist this cute web?

- 3 [Candy Pop Sticks](#)
- [White Yarn](#)
- [Chunky Foamie Spider](#)
- [Low Temp Glue Gun](#)
- Scissors

Instructions:

Glue together 3 pop sticks in the shape shown on the photo above. Wrap yarn several times around the middle pieces adding dabs of glue to secure. Begin wrapping around the sticks to make the spider web. You'll have to use dabs of glue to keep the yarn in place. Glue on a foamie spider. Make a hanger from a piece of yarn.



Abby and Nick love carving pumpkins!!

Apple Cinnamon Bran Mini-Muffins

Ingredients

- 1-1/4 cups natural bran (not cereal)
- 1 cup all purpose flour
- 1/2 cup brown sugar
- 2-1/2 tsp. baking powder
- 1/2 tsp. cinnamon
- 1/2 cup milk
- 1/3 cup vegetable oil
- 2 eggs
- 1 medium apple, peeled and finely chopped

Cooking Instructions

1. Preheat the oven to 350 degrees F (180 degrees C). Grease the cups in two mini muffin pans.
2. In a large bowl, stir together the bran, flour, brown sugar, baking powder and cinnamon. In another bowl, whisk together the milk, oil and eggs. Add the milk mixture to the bran mixture, stirring until just combined. Fold in the chopped apple.
3. Spoon batter into the prepared muffin pans, filling each cup to the top. Bake for 12 to 14 minutes or until a toothpick poked into the middle of a muffin comes out clean.
4. Makes 20 to 22 miniature muffins.