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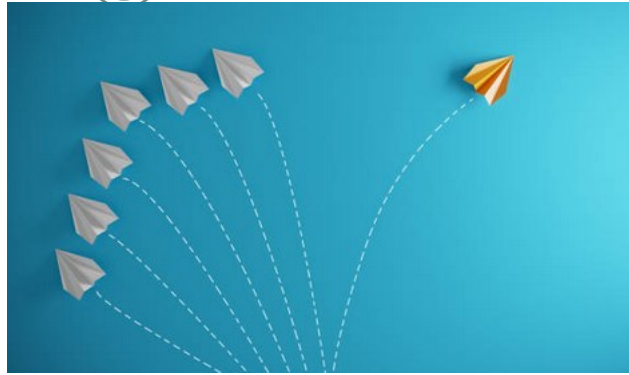
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“Life is too short to wake up in the morning with regrets.

So, love the people who treat you right, forgive the ones who don't and believe that everything happens for a reason.

If you get a chance take it. If it changes your life, let it. Nobody said it would be easy, they just promised it would be worth it.”

- Dr. Seuss

Members of the Grandparents and Other Relatives as Parents (GORP) are enjoying the remaining months of summer and preparing to transition to autumn.

The month of July ended with GORP members attending the annual *Families Like Mine* conference hosted by the Wisconsin Department of Children and Families. It did not disappoint! Like previous years it offered inspiration and practical resources for caregivers to continue in their role.

As we look to September, we prepare for the school year ahead. New beginnings require courage and a little humor. In this edition you'll find both.

We spotlight Cathy. Cathy is willing to take chances and quick to laugh. She started coming to the monthly GORP sessions in spring 2020. Turn the page to meet her and hear about her first session. Unlike the Zode from Dr. Seuss' poem, Cathy knew exactly what to do when she came to a fork in the road. May we all be like Cathy when it matters most! For a playful end to the edition read the poem *The Zode in the Road*. It is a playful reminder to all of us who delay taking the next right step.



“To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring.” - George Santayana

GORP Member Spotlight

This quarter we shine the member spotlight on Cathy. Cathy joined the Grandparents and Other Relatives as Parents group at the start of the COVID-19 Pandemic. Cathy is a single, 69-year-old grandmother/adoptive mother of a three-year-old who came to her when she was four weeks old. She is a consistent, steady presence and we are delighted for you to introduce you to her and read about her experience with the group.

How did you learn of GORP?

I moved to Stevens Point from out east. I called the Department of Aging here to find a support group of grandparents raising grandchildren. There were no known groups near me, so I was directed to the GORP group. It worked out because the group was meeting on Zoom due to Covid.

What thoughts and feelings came up for you before the first session? How did the pandemic affect those thoughts and feelings you experienced?

I was looking forward the first session but was a little unsure of how it would go. I knew I would be ‘meeting’ everyone at once. Also, I was unfamiliar with the Zoom format, being new to it.

Describe your first session. What stood out to you? What reactions came up for you? What did you make of them?

During my first session, I was struck by how friendly and welcoming the members were. I found it comforting that people were so forthcoming with their histories and situations. It was nice to speak with others who don't dance around reality and feel free to speak plainly. No two situations are alike but our concerns, reactions and emotions are commonly shared experiences.

What motivated you to continue coming?

I returned in the following months because I felt heard. I felt comfortable and welcomed and felt that I could jump into the conversation when I felt ready. The facilitator brings ideas and suggestions and makes sure that each person has a chance to speak and feel like a part of the group.

What advice do you have for someone who might want to check out GORP? How come this is your advice?

I would recommend that anyone who has heard of GORP give it a try. There is no pressure and you may find kindred spirits.

What can a new person expect on from their first session?

Anyone who attends a first session will find a group of people of all ages, with a variety of situations who are welcoming, friendly and willing to listen and empathize. No pity or lectures, just support and honest caring. Everyone will introduce themselves with a brief description of their situation. Newcomers may just observe and listen or join in the conversation when they feel ready.

Last, what encouragement would you offer to another relative caregiver in your shoes?

I definitely would recommend anyone who is caring for grand- or related children to give GORP a try. You will be able to ask any question and get suggestions and support. I personally found the Zoom format an easy way to enter the group.





The Zode in the Road

Did I ever tell you about the young Zode,
Who came to two signs at the fork in the road?
One said to Place One, and the other, Place Two.
So the Zode had to make up his mind what to do.
Well...the Zode scratched his head, and his chin and his pants.
And he said to himself, "I'll be taking a chance
If I go to Place One. Now, that place may be hot!
And so, how do I know if I'll like it or not?
On the other hand though, I 'll be sort of a fool
If I go to Place Two and find it too cool.
In that case, I may catch a chill and turn blue!
So, maybe Place One is the best, not Place Two,
But then again, what if Place One is too high?
I may catch a terrible earache and die!
So Place Two may be best! On the other hand though...
What might happen to me if Place Two is too low?
I might get some very strange pain in my toe!
So Place One may be best," and he started to go.
Then he stopped, and he said, "On the other hand though...
On the other hand...other hand...other hand though..."
And for 36 hours and a half that poor Zode
Made starts and made stops at the fork in the road.
Saying, "Don't take a chance. No! You may not be right."
Then he got an idea that was wonderfully bright!
"Play safe!" Cried Zode. I'll play safe. I'm no dunce!
I'll simply start out for both places at once!"
And that's how the Zode who would not take a chance
Got no place at all with a split in his pants.

- Dr. Seuss

SPEAKER'S CORNER

January

Group Support

February

Group Support

March

Group Support

April

Group Support

Sarah Kissel

Scholz Nonprofit Law, LLC

May

Group Support

June

Kristi Baker

The Law Center, S.C.

July

Group Support

Families Like Mine

*Virtual Conference
July 19th, 2021*

August

Group Support

September

Group Support

October

Group Support

Meghan Teigen

*Johnson Teigen
Attorneys at Law*

November

Caregiver
Appreciation Month

December

Group Support

Jane De Broux,

Caregiver Program
Coordinator
Area Agency on
Aging of
Dane County



THE RAINBOW PROJECT, INC.

CHILD & FAMILY COUNSELING & RESOURCE CLINIC

The Rainbow Project Vision

A safe, healthy and nurturing world for children and families

Mission

The Rainbow Project provides restorative healing and hope for young children, and their families who have experienced trauma, building a foundation for the mastery of life sustaining skills.

Values

Respect Philosophy of interactions with others. . .internally, consumers, other professionals and the community

Growth Desire to inspire, support, and foster others. . . consumer, families, colleagues, team members and the community

Compassion Recognition, empathy and support for individual differences. . .including, but not limited to life experiences, culture, background and abilities

Collaboration Interactive roles as part of a larger whole

Excellence Commitment to quality, integrity, leadership, professionalism and thoughtfulness

RESOURCES

Want to join the group or learn more about community resources and referrals? Contact below!

Referral & Community Programs Coordinator
[E] Referrals@TheRainbowProject.net
[P] (608) 255-7356 ext. 316