



new life
ADOPTIONS

ADOPTIVE FAMILY NEWSLETTER

Fall 2020

NOVEMBER

is National Adoption Month

Get involved!

PAGE 2

INSIDE

An Adoption Story

PLUS

The latest updates,
resources, events,
and more!

BUILDING FAMILIES THROUGH ADOPTION SINCE 1980



New Life Adoptions is a full service, domestic infant adoption agency licensed by the state of Minnesota since 1980. We provide comprehensive adoption services for both birth parents and adoptive parents.

POST ADOPTION SERVICES

New Life Adoptions is committed to supporting you in the years following your adoption. We offer:

- Resources, referrals and support
- Ongoing assistance with your open adoption relationship
- Obtaining information from your file or your child's file
- Search and reunion services to get connected, or reconnected, with your child's birth family
- Passing correspondence between you and your child's birth family
- Coordination of visits, whether in your home, office, or neutral location

If there are any resources, topics, or services you would like to see offered, please let us know!

To ensure you are receiving our quarterly e-newsletter, update your information at newlifeadoptionsmn.org/update-my-information/

LOCATIONS

Twin Cities Office
6517 Nicollet Ave. S.
Richfield, MN 55423

Southern Minnesota Office
40 16th Street SE
Rochester, MN 55904

CONNECT WITH US:



@newlifeadoptionsofmn

www.newlifeadoptionsmn.org
(612) 746-5670

Hello Adoptive Families,

Whew! What a year we have had so far! 2020 has been nothing like any of us expected it would be. We have all been stretched to our limits in more ways than one.

For some, it has been through job loss or financial stress, for others it has been fighting against physical or mental health concerns, and still for others, it has been the struggle of parenting children amidst the fears and the unknowns. Whatever it is for you, know that you have made it this far, and you can find the strength to keep pushing through. I believe in you!

This year's newsletter is focused on highlighting resources and support available to help you on your adoptive parenting journey. There is a lot of support available through books, blogs, websites, conferences, and seminars. Not every resource is a good fit for every person, but I hope you find something that can help empower you no matter where you are in your journey.

If you need additional support, please do not hesitate to reach out. Many people view asking for help as a sign of weakness, but I believe it is a sign of strength. A sign that you know you need a little boost and that you are willing to take that step to get the support you need to live life well.

How has this year impacted you? I would love to hear about it—give me a call or send me an email today!



Rebecca Anfinrud, LSW
Post Adoption Social Worker
612-746-5670
rebecca@newlifeadoptionsmn.org

P.S. November is National Adoption Month. How will you celebrate? Share how you celebrate by tagging us @newlifeadoptionsofmn.

MARK YOUR CALENDAR

**Introducing Show Hope's Hope for the Journey Conference
(formerly the Empower to Connect Conference).**

Friday, April 9, 2021

New Life Adoptions will be hosting a live simulcast of the Hope for the Journey Conference on Friday, April 9, 2021. This conference is open to anyone, so feel free to invite your friends and family members to attend, or share this information with your church.



By introducing robust resources and sharing practical experiences of successes and failures of the day-to-day, it is our prayer that parents and caregivers will leave encouraged as they continue to journey well with their children.

To register, contact rebecca@newlifeadoptionsmn.org or 612-746-5670.



NATIONAL ADOPTION MONTH

For National Adoption Month in November, we want to hear your adoption story! Your stories are a blessing and encouragement not only to those of us at New Life Adoptions, but also to the friends and family in your life.

Use this month as an opportunity to share your story, while entering to win some amazing prizes. Remember to Like and Follow our New Life Adoptions Facebook and Instagram pages to see the client stories we will share throughout the month.



Facebook Profile Frame:

New Life Adoptions has created two profile frames for National Adoption Month! Update your profile picture with this frame to share your support of adoption and New Life Adoptions. Simply go to “update your profile picture,” select “Choose a Frame,” and search for New Life Adoptions.



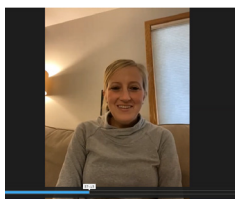
Video Contest:

Grab your spouse, child, neighbor, or friend and create a short video sharing your adoption story (3 minutes or less). Maybe it's a tribute to your child's birth parent or an interview of your child with their thoughts on adoption. Post your video to social media using hashtag #nationaladoptionmonth and tag @newlifeadoptionsofmn for an entry to win a \$200 Target gift card.



Photo Contest:

Post a photo and share what you admire about another party in your adoption! What do you appreciate about your child's birth parents? What does adoption mean to you? Be creative while highlighting those in your extended family of adoption! Use hashtag #nationaladoptionmonth and tag @newlifeadoptionsofmn. All submissions will be entered to win a basket full of amazing goodies!



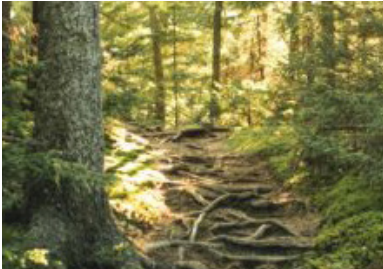
Submit Your Story Online:

Did you know you can submit your story through our website and let us know how you would like it to be used? We have a variety of opportunities including speaking, writing for our blog, meeting with waiting families, or sharing on a panel. Review opportunities and submit your story at newlifeadoptionsmn.org/share-your-story/

You may enter each drawing more than once by posting throughout the month. You must tag @newlifeadoptionsofmn to be entered into the drawing. The winners of each drawing will be announced in December. We can't wait to hear your amazing adoption stories!

A GLIMPSE AT OUR BLOG

New Life Adoptions maintains a blog on our website consisting of adoption stories, support, and information on adoption related topics. Here's a glimpse at some of the content you will find on our blog. Read more at www.newlifeadoptionsmn.org.



DNA Testing: What You Need to Know

DNA testing is opening doors for those who have been impacted by adoption in ways that no other form of searching can. It brings people together outside of adoption agencies, without intermediaries, and it can lead to a puzzle of figuring out who is who on the family tree...



What Does Being an Adoptive Father Mean to You?

We want to recognize the men who have become fathers through adoption by sharing about fatherhood from the perspective of adoptive fathers. We asked a few of our adoptive fathers "What does being an adoptive father mean to you?" This is what they had to say...



The One Not Meant to Stay

We called him Evan*. But that's not his name. We were chosen by an expectant mother in November to adopt her baby. Hesitantly hopeful, knowing that at any time it's her right to decide to parent, we spent the next few months getting to know her and her family. We love them all and are thankful to know them...



Why Open Adoption?

Over the years, openness in adoption has changed dramatically. Since 1980, when New Life Adoptions began providing adoption services, the norm has gone from solely closed adoptions to nearly all adoptive placements having some level of openness. In some cases, these are very open adoptions in which birth families babysit, have overnight visits, or even provide child...



The Importance of an Adoption Competent Therapist

The anticipation of the holidays and the new year ahead can feel invigorating and exciting. However, this time of year can also bring up a variety of difficult feelings for many people, including those who have been touched by adoption – birth parents, adoptees and adoptive parents. It is important to deal with these feelings, and our mental health in general, proactively...

Do you have an idea for our blog or a personal poem/story to share?

We would love to hear about it! Send a note to rebecca@newlifeadoptionsmn.org.

ON THE COVER

AN EXTENDED FAMILY OF ADOPTION

BY MARGO ZUPKE, ADOPTIVE MOM

How do you begin to describe a journey that began almost twenty-four years ago with Allison, Sam and I?

Allison, a stranger to us at the time, was pregnant and just seventeen-years old. We had been waiting to adopt for almost five years. We were brought together when Allison chose us through New Life to be Matt's parents.

Matt's cooperative agreement read that we would send pictures and letters, but never see each other again after Termination of Parental Rights.

God obviously had other plans as He laid it on our hearts that Allison needed to see Matt grow up. So we began a season of meeting twice a year, to love, to laugh, to grow, to bond. Malls, zoos, parks, meals. We shared many memories.

Then, almost three years later, Allison became pregnant again and chose us to raise that baby, Matt's sister, Micah. Her cooperative agreement read that we would continue to get together twice a year until either party determined not to.

Micah and Matt are full siblings who have always known that Allison chose life for them. They have loved every time we've been together and consider her their friend.

Our times together have only gotten sweeter as Allison married Logan and together they gave Matt and Micah three half-siblings, Kennedy, Kingsley and Lincoln. Although to hear our kids talk, there is no "half" – they are brothers and sisters.



Those twice a year meetings? They've become a lot more frequent with whatever family members can attend! We've baked cookies, participated in the New Life Family Services' Walk for Life, eaten meals together and visited Como Zoo.

The kids now range in age from four to almost twenty-four. Whenever any of them talk about family, it definitely includes the brothers and sisters who live with them and the ones who don't.



WHAT'S YOUR STORY?

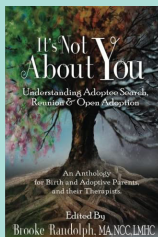
SHARE IT DURING NATIONAL ADOPTION MONTH! SEE PG. 2

RECOMMENDED BOOKS

Adoption related books for any age and stage of the adoption journey.



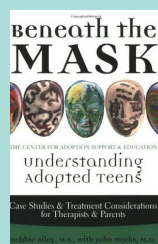
BOOKS FOR PARENTS OF ADOPTED TEENS AND ADULTS



It's Not About You: Understanding Adoptee Search, Reunion & Open Adoption

Edited by Brooke Randolph, MA, NCC, LMHC

This book is a collection of personal stories of search, reunion, and open adoption written by adoptive parents, adopted adults, birth parents and adoption professionals. They share about common reasons for wanting to search, what this means (and does not mean) for the adoptive parents, and what your role as an adoptive parent can look like in the process.



Beneath the Mask: Understanding Adopted Teens

By Debbie Riley, M.S. and John Meeks, M.D.

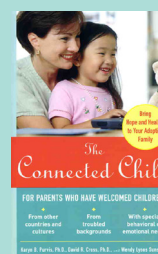
After years of working with adopted adolescents, Debbie Riley noticed some common “stuck spots” that these teens needed to work through on their way to becoming an adult. Discover how to help your teen through these potentially challenging years.

BOOKS ABOUT ATTACHMENT

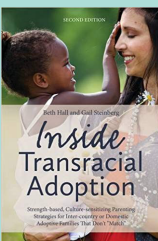
The Connected Child: Bringing Hope and Healing to your Adoptive Family

By Dr. Karyn Purvis and Dr. David Cross

This book is written by the same woman who helped create the Empowered to Connect conference. It is a hope-filled resource for parents who have welcomed children into their family through adoption or foster care.



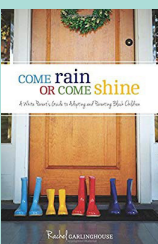
BOOKS ABOUT TRANSRACIAL ADOPTION



Inside Transracial Adoption: Strengths-based, Culture-sensitizing Parenting Strategies for Inter-country or Domestic Adoptive Families That Don't “Match”

By Beth Hall and Gail Steinberg

This book is written by two mothers who both adopted children transracially. Together, they also founded Pact, An Adoption Alliance, to serve adopted children of color and their families. This is a great resource throughout the adoptive parenting journey!



Come Rain or Come Shine: A White Parent's Guide to Adopting and Parenting Black Children

By Rachel Garlinghouse

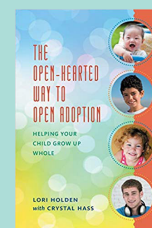
This book shares about adopting and parenting transracially. A great resource for families considering transracial adoption, families who have adopted transracially, adoptees, birth parents, and professionals. It includes extensive resource lists, discussion/reflection questions for adoptive parents, and advice and research from experts in the adoption field.

BOOKS ABOUT OPEN ADOPTION

The Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole

By Loring Holden with Crystal Hass

This book offers tools and insight into how to have an open adoption. It covers common open-adoption situations and how real families have navigated typical issues successfully.



BOOKS FOR CHILDREN

The Story of My Open Adoption: A Storybook for Children Adopted at Birth

By Leah Campbell

“Join Sammy as Mom and Dad Rabbit bring him to meet his first family. With its whimsical illustrations and appealing rhymes, this storybook is perfect to read aloud to children age 3-5.”



The Invisible String

By Petrice Karst and illustrated by Joanne Lew-Vriethoff

This recently popular children's book is touted as a tool for coping with separation anxiety, loss, and grief. Although it is not specifically related to adoption, these are common feelings that children who were adopted may face.



And That's Why She's My Mama

By Tiarra Nazario

This book explores how mothers can come in a variety of roles, such as an adoptive mom and birth mom, but they all love their children. This book is recommended for ages 1-7.



Some Babies Are Adopted

By Cindy Walker

This book aims to share that adoption is a choice based on love. It is the story of a birth mother who “prayerfully chooses adoption for her child and searches for a loving adoptive couple.”



RECOMMEND A RESOURCE

Do you have a favorite book or resource that has helped you in your adoption journey?

Share your favorite adoption resource with us and we will include a few of your favorites in our next newsletter.

Email info@newlifeadoptionsmn.org.

RESOURCES FOR ADOPTIVE FAMILIES

EVERMORE COMMUNITY

Evermore Community was started by a few adoptive parents whose vision is “to be a community of like-minded, Christ-centered people who are committed to being the hands and feet of Jesus.” Evermore offers counseling and life coaching, support groups, education, and respite care for adoptive and foster families. • evermorecommunity.org

BELLIS ADOPTION CONNECTION

Bellis regularly offers Evenings of Adoption Connection for adoptive parents, birth parents, adopted persons, birth or adoptive grandparents, family, and friends. This is a time to come together for conversation and peer-based support. Follow them on Facebook for updates about upcoming events.

facebook.com/MyBellisCommunity

MN ADOPT HELP PROGRAM

MN ADOPT provides services to support all members of adoption relationships. The HELP program is an excellent resource for adoptive parents and birth parents looking for resources including therapists who understand adoption, support groups and more!

mnadopt.org • 612-746-5137 • HELP-program@mnadopt.org

PACT, AN ADOPTION ALLIANCE

PACT is a non-profit organization whose mission is to serve adopted children of color. They provide lifelong education to benefit children. • pactadopt.org

ADOPTION LEARNING PARTNERS

Adoption Learning Partners is an online adoption education community. For a fee you can complete online seminars to gain education on a wide variety of adoption topics including many post adoption matters, and they regularly add new webinars. • adoptionlearningpartners.org

CREATING A FAMILY

Creating a Family is the national adoption and infertility education organization. They have an extensive collection of resources for those struggling with infertility and for pre and post adoptive families. • creatingafamily.org

ADOPTIVE FAMILIES MAGAZINE

The Adoptive Families magazine is an online magazine full of resources as well as an online community of adoptive families. Use code AGENCY15 for 15% off. adoptivefamilies.com

THE CENTER FOR ADOPTION SUPPORT & EDUCATION

C.A.S.E. is a national leader in mental health services for the foster care and adoption community. They offer regular webinars as well as a list of past “In-Demand” webinars. • adoptionsupport.org

THE HONESTLY ADOPTION PODCAST

Mike and Kristin Berry are adoptive parents who want to be a real voice speaking real hope to foster and adoptive parents. • honestlyadoption.com

ROAD TRIP FOR DADS

This Road Trip provides a place for dads of adoption and foster care to have a place to come together to talk about the foster and adoptive journey. roadtripdads.com

CHURCH CONNECTIONS

At New Life Adoptions, we know a church family can provide support in ways that we cannot. We receive requests from families for adoption specific connection groups based in churches. If your church offers a group, class or other support for individuals and families touched by adoption, please contact us to share the details. • info@newlifeadoptionsmn.org



New Life Family Services operates two programs in addition to New Life Adoptions:



First Care Pregnancy Center

Our four pregnancy center locations offer free pregnancy testing, ultrasounds, STD testing, decision making counseling, and parenting education classes.

www.firstcarepregnancycenter.org



Conquerors

The Conquerors program provides support for men and women who have had at least one abortion and are struggling with the pain of that experience. The purpose of our programs is to provide a safe, non-judgmental atmosphere where one can receive support while gaining freedom from the issues their past abortions may be causing in their lives.

www.conquerorsafterabortion.org



Administrative Office
1515 East 66th Street
Richfield, MN 55423
(612) 746-5670
www.newlifeadoptionsmn.org

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newlifeadoptionsmn.org

LAUGH FOR LIFE January 2021

Join us for an evening of laughter with a purpose! This year's comedy event featuring Dennis Gaxiola will offer both in-person and virtual options. Stay Tuned for more details!

January 29th & 30th
nlfs.org/events

BIRTH MOTHER BRUNCH

Our annual Birth Mother Brunch is a time to honor the birth mothers who made the courageous decision to place their child for adoption. Encourage your child's birth mother to join us!

Saturday, May 8th • Grace Church, Eden Prairie
Registration at 9:30 a.m.
Brunch & Program at 10:00 a.m.
newlifeadoptionsmn.org/birth-mother-brunch

POST ADOPTION SEMINARS SAVE THE DATES IN 2021

Save the date for two Post Adoption Seminars in 2021. More details will be sent to you as we get closer to each seminar.

January 19, 2021 • 7:00 - 9:00 p.m.

Virtual Seminar: DNA Testing and Adoption
Open to all parties in the adoption.

September 14, 2021 • 7:00 - 9:00 p.m.

Changes in Openness Seminar

Email Rebecca at rebecca@newlifeadoptionsmn.org for more information or to register for these seminars.

POST ADOPTION CONTACT

Rebecca Anfinrud
rebecca@newlifeadoptionsmn.org
(612) 746-5670

CONNECT WITH US:



vimeo