

The STAR Newsletter

Adult Foster Care (AFC) Issue

Inside This Issue

- Celebrating Indigenous Peoples' Day
- Reminder: Recognition Survey
- Check Those Detectors!
- Mental Health Crisis
- Fall Fun
- Test Your Knowledge!
- LGBTQ History Month
- Test Your Knowledge Quiz Answer Key
- Home Phone Number Reminder
- New Contact Information

Adult Foster Care Licensing Team's Mission

To enrich the lives of adults by promoting safe and quality licensed care.



Community Services
Adult Foster Care
Licensing
14949 62nd Street N.
Stillwater, MN 55082
[Adult Foster Care
Licensing Website](#)

Celebrating Indigenous Peoples' Day

Minnesota has strong ties to Indigenous people and their history. In Minnesota, there



are seven Anishinaabe (Chippewa, Ojibwe) reservations and four Dakota (Sioux) communities. "Historically, the Minnesota region was strategically important to Native American peoples for thousands of years as they used the waterways for transportation and food and to develop an extensive trade relationship with other native peoples; trade items from this and

other regions have been found along the entire Mississippi River." *

In 2019, Governor Tim Walz made Indigenous Peoples' Day a statewide holiday to reflect on the experiences on Indigenous people and recognize the contributions they have made to the history and culture of Minnesota. In 2021, President Biden became the first president to issue a proclamation commemorating Indigenous Peoples' Day.

Indigenous Peoples' Day falls on the second Monday in October - this year it will be celebrated on October 9. This also coincides with Columbus Day, a holiday that honors

Continued on page 2

Reminder: Recognition Event Survey

On September 27, all adult foster care providers were sent an email with a [SurveyMonkey link](#) from comsvsafclicensing@co.washington.mn.us. This survey will be used to gauge interest in returning to a foster care recognition event. Previous recognition events were held annually before the COVID-19 pandemic as a time to acknowledge the important work our providers do every day.

We ask that you complete the survey by October 11 so we can use your feedback to decide the best way to celebrate providers, whether that is an event or another form of recognition.

If you cannot find the survey email you were sent, you can access the survey using the SurveyMonkey link above.

Continued from Celebrating Indigenous Peoples' Day on page 1

Christopher Columbus' arrival in the Americas. Christopher Columbus arrived in the Americas in 1492, but Native Americans were on the land thousands of years earlier. Archaeologists have documented human activity to at least 9,000-12,000 years ago.*

While Christopher Columbus is viewed as a pioneer, his journey came at a cost to thousands of Indigenous people who were met with violence, disease, and displacement. While both days are federally recognized, many people are spending the day celebrating Indigenous peoples and recognizing their resiliency.

Training Opportunity

If you are interested in learning more about Indigenous history in Minnesota, consider listening to the podcast *Scene on the Radio: Little War on the Prairie* (season 2, episode 5).

“Growing up in Mankato, Minnesota, John Biewen heard next to nothing about the town’s most important historical event. In 1862, Mankato was the site of the largest mass execution in U.S. history – the hanging of 38 Dakota warriors – following one of the major wars between Plains Indians and settlers. In this documentary, originally produced for *This American Life*, John goes back to Minnesota to explore what happened and why Minnesotans didn’t talk about it afterwards.”

Listen to the podcast below to earn an hour of training credit:

[Scene on Radio Podcast - S2 E5: Little War on the Prairie](#)

Citation:

[*Native Americans | Minnesota Historical Society website](#)

Check Those Detectors!

When’s the last time you checked the dates on your carbon monoxide (CO) and smoke detectors?

As a reminder, CO detectors should be replaced every seven years and smoke detectors should be replaced every 10 years.

You can typically find the manufacturing or expiration dates on the back of detectors to determine when they

need to be replaced. *We recommend that you write the expiration dates of the detectors on the outside, so that you can easily see when they expire.* It’s a good idea to test all detectors in your home periodically and replace batteries in them as needed.

Don’t wait until your next licensing visit to check your detectors, keep yourself and residents safe!

Are You or Someone You are Caring for Experiencing a Mental Health Crisis?

You are not alone! The Washington County Crisis Response Unit provides mobile mental health crisis services for adults and children - *available 24 hours a day.*

Mental health crisis services are face-to-face, short-term, intensive mental health services that assist and support individuals and families with:

- Crisis counseling
- Resources and information
- Referral(s) to on-going services
- Navigating the mental health system

Phone: 651-275-7400 | Fax: 651-275-7401

[Email Crisis Response Unit](#)

Other resources:

- **988 Suicide & Crisis Lifeline**
(fka National Suicide Prevention Lifeline)
Free, confidential, 24/7 support.
Call/Text: 988
- **National Association of Mental Illness (NAMI) MN**
1-888-NAMI-Helps (1-888-626-4435)
[Email NAMI](#) | [NAMI Minnesota website](#)

Fall Fun



Fall has arrived in Minnesota, and while it is short and sweet, it is truly special and full of so many activities to check off your autumn to-do list. Here are just a few options in Washington County and beyond to celebrate all that fall has to offer.

Harvest Festivals and Fall Markets

- **Stillwater Harvest Fest**

Pumpkin weigh-offs, pumpkin drops, and pumpkin regattas, oh my! Experience all of this and more.

Weekend of October 14-15

Downtown Stillwater

- **Fall Market in the Ravine**

Enjoy vendors, food trucks, and family fun.

Free to attend with a vehicle permit.

[View the event poster on page 4.](#)

Saturday, October 21 | 10 a.m.-3 p.m.

Ravine Regional Park, Cottage Grove

Museum Visits

Not every day can be perfect in the fall. On those cold and rainy days, plan a trip to one of Minnesota's many museums. In Washington County, you can:

- learn about Minnesota's first commercial sawmill at the **Marine Mill Museum** in Marine on St. Croix;
- do a historic trolley tour with **Stillwater Trolley Company** in Stillwater; or
- step back in time and experience the stories of

Swedish immigrants at **Gammelgården Museum** in Scandia.

Pumpkin Patches and Apple Orchards

Washington County offers several options to find the perfect pumpkin whether you are carving them or baking them as well as fresh and juicy apples for all of your pies and ciders. Visit Axdahl's Garden Farm and Greenhouse in Stillwater, Whistling Well Farm in Afton, or Applecrest Orchards in Hugo for all of your seasonal delights.

Scenic Drives

Minnesota's fall colors make for a fun drive. The show progresses from the north, starting in early September and working its way down south into mid-October. Explore the colorful route in Washington County along the St. Croix River Valley and Highway 95 from Taylor Falls to Afton during late September to mid-October.

More Autumn Fun in Greater Minnesota

- **Cheer for the home team** this fall in Minneapolis or Saint Paul as the Vikings, Gophers, and Minnesota United play their respective sports. Other home teams will be winding down their season (Twins and Saints) or starting a new season (Wild and Whitecaps), so there's the opportunity to enjoy a wide range of sporting events.
- **New Ulm celebrates Oktoberfest in a big way!** Visit the self-proclaimed "most German town in Minnesota."

Weekends of October 6-7 and October 13-14

New Ulm, Minnesota

- **Halloween celebrations of all kinds can be found in Minnesota:**
 - Anoka, as the self-proclaimed Halloween capital of the world, celebrates the entire month of October.
 - Other fun activities include:
 - **The Dead End Hayride**
Minnesota's most terrifying haunted hayride!
- September 22 through October 31**
Wyoming, MN

Continued on page 5

Fall MARKET

IN THE RAVINE

FREE WITH VEHICLE PERMIT

Saturday, October 21, 2023
10 a.m. – 3 p.m.

Vendors | Drinks
Outdoor Activities
Food Truck | Family Fun
Suggested donation of \$3 per person.



If you are interested in becoming a vendor, scan the QR Code and submit the Vendor Application (PDF). Applications will be reviewed in the order they are received.

Cottage Grove Ravine Regional Park - Ravine Landing Building
9653 Keats Ave. S. | Cottage Grove
651-430-8226 | parks@co.washington.mn.us



Continued from Fall Fun on page 3

- **Jack-O-Lantern Spectacular**
Explore the glowing trail with thousands of artistically carved pumpkins. Purchase tickets on Minnesota Zoo's website.

September 30 through November 4
Minnesota Zoo

**The Licensing team tries to ensure that all events listed are as up-to-date as possible, but please look for the event websites or contact venues to see if any information has changed since releasing this newsletter.*

Test Your Knowledge!

Want to test your background study, training, and policy knowledge? See the answers for the quiz on the last page of the newsletter.

1. What is the website that you enter background studies on?
2. How many days do you have to notify your licensor of a caregiver status change?
3. What is the name of the required document to track all individuals in your program who have had a background study?
4. Name an example of a licensing action that may be recommended due to incomplete background studies.
5. What is the policy all AFC providers must have to explain the process of submitting a complaint?
A copy must be given to any residents served.
6. How many training hours does a caregiver who has 0-6 years of experience need?
7. At what age do household members need to complete a background study?
8. What is the name of the action that must be done to connect background studies from a 245D NETStudy account to an AFC account?
9. All caregivers must have an annual training _____ to provide at licensing visits.
10. What is the minimum age that caregivers must be?
11. How many training hours does a caregiver who has six or more years of experience need?
12. Name the plan that must be posted, reviewed, and signed annually.

LGBTQ History Month

October is LGBTQ (lesbian, gay, bisexual, transgender, and queer (or questioning) history month! In 1994, a Missouri high school teacher named [Rodney Wilson](#) – the first out public school teacher in the state – wanted to give students better access to LGBTQ history as well as more role models with whom they could identify. He established a planning committee with LGBTQ leaders from around the country, and from there, Gay and Lesbian History Month was born.

The group selected October for what would ultimately become LGBTQ History Month because school would be in session. October is also when we celebrate National Coming Out Day (on the 11th). The two LGBTQ

marches on Washington in 1979 and 1987 also took place in October. ***

Thirty-one LGBTQ icons and pioneers are selected to be recognized for each day of October. This year, some of the people being celebrated include Leslie Jordan (actor and comedian), André Leon Talley (fashion journalist and Vogue editor), and Britney Griner (WNBA player). **

You may be more familiar with Pride Month, which is celebrated in June. The difference between Pride Month and LGBTQ History Month is best understood as, "Pride is more focused on rebellion and the continued fight for

Continued on page 6

Continued from LGBTQ History Month on page 5

LGBTQ rights, whereas LGBTQ History Month focuses on honoring the past.” ***

It is important to recognize both the impact and hardships the LGBTQ community faces. Did you know? *

- LGBTQ youth are 120% more likely to experience homelessness than heterosexual youth.
- As of 2021, 5.6% of United States adults identify as LGBTQ.
- More than a quarter of trans adults — 29% — live in poverty in the U.S.
- Almost one in five married same-sex couples who live together have children.
- More than half — 54% — of LGBTQ Americans have hidden a personal relationship to avoid discrimination.

So, what can we do to acknowledge and honor LGBTQ history month? Consider donating to a worthy LGBTQ organization. You can also visit the [LGBT History Month website](#) to view their library of LGBTQ luminaries; there may be some people you did not know were part of the LGBTQ community! Lastly, show support to individuals in your life who may identify as LGBTQ or be struggling with their sexual and/or gender identity.

Sources:

*[Insider website: 15 surprising statistics about today's LGBTQ people](#)

**[LGBT History Month website](#)

***[LGBTQ Nation website: Celebrating LGBTQ History Month: How it started and why it matters](#)

Test Your Knowledge Quiz Answer Key

- | | |
|-----------------------------------|---|
| 1. NETStudy 2.0. | 8. Affiliate. |
| 2. 5 days. | 9. Record. |
| 3. Background study tracking log. | 10. 18 years old. |
| 4. Fine. | 11. 6 hours. |
| 5. Grievance policy. | 12. Program Abuse Prevention Plan (PAPP). |
| 6. 12 hours. | |
| 7. 13 years old. | |

Home Phone Number Reminder

A friendly reminder: **All adult foster care homes are required to have an accessible and operable home phone for everyone to use.**

There should always be a permanent phone on site. We expect to be able to get a hold of someone if we call the number listed as your home phone.

New Contact Information

Please keep us informed of any changes to your email address and home/cell phone numbers. Contact your licensor directly with updates.

County Adult Foster Care Licensing Staff

Robbin Ann Rosén

Licensor

651-430-4169

[Email Robbin](#)

Tanika Gockowski

Licensor

651-430-6550

[Email Tanika](#)

Hannah Thompson

Licensor

651-275-7718

[Email Hannah](#)

Rebecca Kimbell

Case Aide

651-430-8307

[Email Rebecca](#)

Sarah Tripple

Supervisor

651-430-6480

[Email Sarah](#)

Adult Foster Care Licensing Email:

[Email Adult Foster](#)

[Care Licensing](#)

Visit our website:

[Adult Foster Care](#)

[Licensing website](#)