

# FRUA-DC Times

## Newsletter



Winter 2013

## In this Issue

- Freddie Mac Expo, Page 1
- Winterfest 2013, Page 2
- Our Russian Holiday Traditions, Page 3
- How Neurofeedback can help adopted children with ADHD, Anxiety and Attachment, Page 4
- Neurofeedback and My Family, Page 6
- Upcoming Events, Page 8

## Freddie Mac Expo

*By Sue Gainor*

As is the chapter's custom, we set up an information table at this year's Freddie Mac Adoption Expo. Beyond increasing FRUA's name recognition among adoption-related professionals and others, our goal in hosting the table is to engage with prospective adoptive parents. The Expo typically focuses on domestic adoption and children in the foster care system, but several adoption agencies with international programs also had information tables. Other notable attendees include Debbie Riley, of the Center for Adoption Support and Education (CASE). Debbie, who is on FRUA's national advisory board, gave a presentation at the Expo and was available for answering questions at CASE's table.

*Continued on page 2*

**Moved? Changed email addresses recently? Make sure you keep in touch with FRUA-DC.**

**Please email Eileen Delaney at [fruadc@aol.com](mailto:fruadc@aol.com) so she can update the database and make sure you continue to receive our newsletters and emails.**



*Jennifer & Kiran Kirkhoff*

*Tim Tinker*

*Freddie Mac Expo Continued*

Several FRUA members volunteered to staff our table and talk to prospective adoptive parents. Jari and his daughter, Sofia, could provide a long-term perspective of adoption, as Sofia was adopted as a very young child and is now a lovely young adult. Another FRUA member, Jennifer Kinkhoff brought her young son and provided a perspective as a new mother. Tim Tinker was also present and answered many questions about raising children adopted from Eastern

Europe and Central Asia. And FRUA National Chair Sue Gainor was on-hand to talk to



*Jari and Sofia Tuomala*

parents, adoption agency professionals, and others.

The event was quite successful for FRUA, as our volunteer parents shared tons of personal stories and general information, discussed the joys and challenges of adoption with potential adoptive parents, and gave hugs to a few hesitant, overwhelmed folks! Our parent volunteers offered exactly the right balance of information sharing and personal touch that is a hallmark of FRUA!

## Winterfest 2013

### Winterfest 2013

*by Jamie Miller*

FRUA families once again gathered at Walter Johnson High School for the annual Winterfest, on January 26. This year 85 people attended and everyone seemed to enjoy the activities and entertainment. Rebecca Singer, from Hillwood Museum and Gardens, guided

the children in making military medals to pin on their "uniforms." Angel Rutsch from Rock-a-Hoola Hoops led children and adults in the art of hula hooping. The Lyman Ukranian Dance Troop wowed the crowd with their dancing, and then taught a few of the moves to the people

in attendance. Sue Gainor, FRUA National Chair, brought a sampling of FRUA coffee, and had cards from Maria's Children on display. The venue has ample room, which allowed the kids to spread out and enjoy things like ramps and stairs.



This year's event would not have happened without the hard work of many FRUA volunteers. Jon Stolloff, with the assistance of Abby Kelman, did an excellent job of buying and delivering all of the food served. Laura Bookman handled all of the registrations, and coordinated the volunteers. Mark Conrad handled the reservations for the facility, as the FRUA treasurer, dealt with all of the money involved. Mark's kids, Alex and Kristen Conrad, had a table collecting for Pennies for Playgrounds. Eileen Delaney, who was unable to attend the event this

*Winterfest 2013 - Continued*

flyers, and advertised the event through email and various sites. It was a pleasure to work with everyone, and it was because of their efforts that we were able to put this event together. Their reliability made my job as coordinator easy.



It was really wonderful to have so many FRUA families together to share stories, and celebrate the culture of our children.

## Our Russian Holiday Traditions

*By Courtney Heykoop*

My son Ronan once said to a family member, "I get my Irish from my mom, my Dutch and Italian from my dad and my Russian from my sister." When we adopted our daughter we also adopted her culture, her heritage. Our family celebrates all of these cultures in different ways. We wear green on St. Patrick's Day, I often cook a large pot of Grandma's "Gravy" (known to others as spaghetti sauce), and we have a few wooden shoes floating around. Adding Russian culture has been a joy and tradition that our family, friends and neighbors have all come to cherish.

When most houses have put the Christmas Tree out on the curb and the last decoration is packed away, our house is coming alive for one more holiday celebration. We open our hearts and home to as many family, friends and neighbors we can pack into our house and celebrate Russian Christmas. We serve only Russian foods (and vodka) and many friends have tried their hand at new Russian dishes to add to our feast.

The week before, we visit the Russian Gourmet store a few towns over and we begin our preparations. We grill sausage and shashlik to serve with flat bread and Georgian dipping sauce. We infuse a few different flavors of vodka, but cherry is the most popular. We have stuffed cabbage, pelmini and vareniki of any and all varieties. Stuffed pastries are served up along with a Russian honey cake and tea cookies. We also have a blini bar. This is my favorite, mainly because of the evenings my husband and I spend standing in the kitchen, flipping the Russian pancakes and remembering a story or two of our adoption journey. The nesting dolls adorn the tables, the food, drink and companionship is savored. For that one night we are all a little bit Russian.

# How Neurofeedback Can Help Adopted Children with ADHD, Anxiety, and Attachment

By Cynde Margritz

A single mother brought her bright, music-loving eight-year-old son, Brian, to our office because the behaviors stemming from his ADHD had become intolerable. He was confrontational and aggressive. He had been threatened with suspension from school for his anger and for hitting other students, but he continued. His mother hoped that neurofeedback would help provide a positive change in his behavior. At Brian's first visit, he was so hyperactive, he could barely sit still long enough to put the sensors on but, after only few minutes of training, he began to calm down.

After a series of office visits, combined with home training sessions, during which he learned to calm and control his thoughts and actions, Brian was finally able to change his behaviors enough to make life for himself and those around him tolerable. On one visit, he apologized for his behavior and told his tearful mother, for the first time, that he loved her.

Brian's pre-treatment behavior is unfortunately not an unfamiliar scenario for a percentage of adoptees from Eastern Europe and Central Asia. With knowledge and insight of the brain-based origins of such problems, hope can be found for a different life for them and their families.

## A powerful tool for change

Brain-based issues are particularly responsive to neurofeedback, a powerful tool for accomplishing changes in underlying brain patterns. Neurofeedback, also called EEG biofeedback, is a technique for brain

training that offers real-time feedback of the client's brainwave activity to the central nervous system so the brain learns to auto-correct or self-regulate better.

Neurofeedback training is, for virtually all clients, a pleasant experience. Sensors are affixed to the scalp, brainwaves are measured and when the client's brain calms down or activates (as appropriate to each individual), a reward is presented in the form of a beep or a computer game moving forward to the next level. Over time, through this exercise, the brain learns to work better, forging new neuronal pathways and recruiting new brain cells as it learns new skills. At a basic level, we teach the brain to work better by giving the client information about how the brain is performing -- like a very sophisticated electronic coach for the brain. With proper training, the brain learns to maintain healthier patterns for life. In our own practice, we have seen greater than 90% success as measured by symptom reports, post-testing, and one-, two- and five-year follow-ups.

## The training process

The initial visit consists of a comprehensive evaluative intake which includes brain mapping and brain performance testing. The brain map (also known as a Quantitative Electroencephalogram or QEEG) shows the electrical activity of generally 19 sites on the head. It indicates which areas of the brain need work. Measurement is taken by placing a cap containing electrodes on the head, applying a bit of conductive gel, and recording for 10-

30 minutes. For some kids it can be challenging to sit still this long. While not ideal, the mapping can be done in short segments of recording with breaks in between.

All the data from this process are analyzed and, in collaboration with the parents, a training plan is developed. Areas of the brain that are under or over-activated are targeted for training. We can also work on how different areas of the brain communicate with each other. Over-communicating areas often result in what we call "the sticky gear shift" or difficulty shifting task. Under-communicating areas simply don't get the information to where it needs to be in order to be acted on. The number of sessions recommended in the plan will vary with the type and severity of the condition, ranging from 20-50 or more.

Most kids like neurofeedback training sessions. They get to relax in a comfortable chair and experience playing a video-like game that is driven by their brainwaves. Alternatively they may watch a DVD while listening to the auditory rewards. The process is going on at the neuronal level so it doesn't require a lot of conscious effort. This is like exercise for the brain, and the brain learns to produce the desired pattern on its own. Kids are usually aware of feeling better from the sessions and form positive associations with the activity.

## Types of conditions appropriate for neurofeedback.

Neurofeedback is appropriate for a range of brain-based conditions. The most common are the symptoms of



depression, anxiety, insomnia, stress (including the stress of chronic pain or migraine), Post Traumatic Stress Disorder, Oppositional Defiant Disorder, ADHD, autistic spectrum disorders, Traumatic Brain Injury, sensory integration disorders, and attachment disorder. For a complete bibliography of research on these and other areas of application, see [isnr.org](http://isnr.org) and look under the Resources tab.

Let's look at the application of neurofeedback to three specific areas of concern relative to adoptees: anxiety, ADHD, and attachment disorder. I've applied these labels as a way of describing a constellation of symptoms, but for the purposes of neurofeedback, a diagnostic label isn't necessary. Neurofeedback treats all three as different patterns of brain dysregulation and provides training to improve the brain's self-regulation abilities.

### **Anxiety**

Calming is most often the place to begin. Anxiety comes in various forms. It can include excessive worrying, chronic and often irrational fear, restlessness, responses that are overly emotional, highly negative thinking, attempts to be overly controlling, and defensiveness. It can also manifest in insomnia, night terrors, nightmares, or difficulty paying attention. Brain maps of children with anxiety often involve too much activation in parts of the brain. There could be too much beta (fast waves) in the right frontal lobe, in the center of the top of the head (over the cingulate) or in the parietal area in the back of the head. Neurofeedback training for anxiety teaches overactive areas of the brain to calm down and replaces the excess fast waves with slow calming waves like alpha or sensorimotor rhythm (SMR). Dramatic reduction in anxiety symptoms can result, often within the initial session. Initially, the brain retains its new calming skill for only a

few hours. As with building any new skill, the results are retained longer and longer with each subsequent session. With sufficient training, the brain retains the skill for life. A few booster sessions may be necessary during times of high physical or psychological stress. Being trained to modulate or turn off chronic stress responses can make the difference between the success and failure of a person's ability to function the way they want.

### **ADHD**

ADHD has as its hallmark core symptoms of hyperactivity and inattention, which may lead to or co-exist with behavioral challenges such as ODD as outlined in the example of the brain, above. Application of neurofeedback to ADHD is one of the initial and most well researched areas of neurofeedback. Often the brain map of a child with ADHD will show under-activated prefrontal lobes (excess slow wave activity.) When these areas are trained to function more optimally, kids develop the ability to attend, control impulses and emotional responses, and better filter distractions. Other patterns of ADHD may be present, each requiring a specific type of training protocol.

### **Attachment Disorder**

Reactive Attachment Disorder (RAD) occurs with less frequency than anxiety or ADHD. Unfortunately, an orphanage or even a home where there is little attention paid to the child – or sensory deprivation -- can be the perfect breeding ground for the onset of attachment disorder. Symptoms can include: a lack of empathy, a lack of remorse, a poor grasp of cause and effect, poor social skills, excessive and obvious lying, explosive anger, an aversion to being touched, trying to control the behavior of others, impulsivity, insensitivity to pain, co-morbidity with speech pathology, learning

disabilities, and ADHD.

At its core, RAD is a disorder of brain regulation. The use of neurofeedback trains the brain to regulate itself more effectively to combat many of the symptoms listed above. To date, there has been no more effective treatment developed to remediate RAD, particularly in its most severe forms.

Individuals using neurofeedback to train away RAD are often trained to increase the amplitude of lower frequency calming brain waves like SMR or alpha in the right hemisphere of their brains. They learn to change the timing of brain waves in the right hemisphere and, as a result, the training provides decreases in aggression and impulsivity. The person not only behaves more pro-socially, but begins to feel more pro-social, changing the way the person feels about himself and others around him.

### **Summary**

Whether helping children cope with ADHD, anxiety, or RAD, neurofeedback has been proven over a long period of time to offer relief in a relatively short time and to provide a path to long-term relief. Parents and other caretakers of small children are often willing to try neurofeedback with those children because it is non-invasive, does not require drugs and is complementary to the treatments and recommendations provided by physicians

Cynde Margritz, CEO & Founder, PeakNeurofitness, LLC

Cynde currently serves as the CEO of Peak Neurofitness. Her background includes research in the areas of biophysics and cellular communication, program management, and international negotiation for NASA. She has an M.S. in Biology from Penn State University. Cynde is a member of the International Society for Neurofeedback and Research (ISNR), Association for Applied Psychophysiology and Neurofeedback (AAPB). She practices in Arlington Virginia and more information about her practice can be found at [www.PeakNeurofitness.com](http://www.PeakNeurofitness.com) All clinical services are provided by licensed mental health professionals.

# Neurofeedback and My Family

*By FRUA-DC Family*

Over the last few years, our family has learned a lot about living with anxiety. We have one child that nothing bothers and everything rolls off their back, and we have another child that worries about everything and has deep seated anxiety issues. These worries keep her from doing things that most of us take for granted -- going upstairs by yourself, responding hello when someone greets you, and most importantly, sleeping soundly and independently.

Over the years our family has worked with counselors and psychiatrists on various issues, primarily for ADHD and executive function issues. We thought that some of the fears that she is living with would be things that she would "grow out of" as she matured. We worked with titrating ADHD medicines, and we added on anti-anxiety medication. That addition was a disaster -- the medication made her lethargic, but her anxiety worked right through it at night and it had no effect on her sleep. We added on melatonin, to little effect. Her doctor put her on Intuniv for ADHD as well, which is supposed to have a sedative "side effect" which we were hoping to work in our favor. Nope. We reduced her stimulant medication, with no effect on sleep, but a huge drop in functionality. We would have to stay in her room at night with her, and even when she fell asleep, she still was so hypervigilant that she could hear us sneaking out of the room. If we were not in the room she would have full-fledged panic attacks. She was exhausted, and so was the rest of the family. Something had to change.

So back to the psychiatrist, and he suggested a counselor that he likes to work with. We had a few sessions with that counselor, and really it was my husband and I talking out issues with the counselor, because our daughter wouldn't give anything more than yes, no or "I don't know" answers. Refreshingly, the counselor said she couldn't help us, and that we needed to work specifically with someone skilled in attachment issues. We had been trying to keep to practitioners that are covered within our insurance network, but had gotten to the point that paying out of pocket seemed the only alternative.

So - off we went to the attachment counselor, and it was like a door opening for our family. Our counselor does do attachment therapy, but her main treatment focus with our daughter is doing weekly neurofeedback training. She explained to us that as an infant develops, they expect certain responses from their world around them, and when they don't receive those responses for help (food, changing, nurturing) that the child learns the hypervigilant behavior--they are always on alert for what they need from their environment. Even though our daughter had been home in a nurturing environment for so many years, she still did not have the emotional foundation to be able to know that her needs were going to be met.

On the first visit, the counselor gave our daughter a short neurofeedback session, to see if she would respond, and how she would like it. In a short explanation, the child sits in a reclining chair, and electrodes are

attached to different places on the head, and they are connected to a computer game. The child then plays the game with their brain, but not using their hands on a controller. Our daughter thought it was really cool, liked playing the game, and felt very relaxed from the session. So even though we were skeptical, we thought we might as well try it -- we felt like we had tried all the conventional roads.

Six months later, we can report great progress, and are continuing to work on anxiety and executive function issues. Our daughter can now get to sleep by herself, which we could not have imagined this time a year ago. She will sleep through the night, and can be upstairs by herself, as long as her dog is with her. We are now adding on some "activation" protocols that are aimed at helping her math functioning and executive function skills. We see some progress there, but have a way to go.

Most importantly, she likes going to the sessions, which is a far cry from when she would go to talk therapy. She says that she feels better after each session. Some clients will resolve an issue in 10-20 sessions, but for us we think this is an ongoing therapy for a while. It is expensive, and is not covered by insurance, although we do charge it against our flexible spending account. But this is the one modality that we can point to and specifically say it is working for our daughter and helping her daily life. So we'll be driving used cars for a while, and cutting corners in other places, but we are getting a full night's sleep and our daughter is happier -- that makes it all worth it.



For the fifth year, FRUA is proud to offer a scholarship program. FRUA will offer two scholarships, each in the amount of \$1,000, for the 2013-2014 academic year.-

ONE scholarship will be awarded to a high school senior who will be pursuing post-secondary education in fall 2013 at an accredited two- or four-year college, trade or technical school. The selected student will receive a \$1,000 scholarship.-

ONE scholarship will be awarded to a returning or continuing post-secondary student. Recognizing that most scholarships are for first-year students but education expenses can continue for several years, we will award \$1,000 to a student already enrolled in post-secondary education at an accredited two or four-year college, trade or technical school.

"FRUA is delighted to continue its scholarship program," says acting National Board Chair Jan Wondra. "Each year the scholarship committee and National Board is thoroughly impressed by the quality, scholarship, talent, and community-mindedness of the applicants. And we are humbled by the insights these young adults share in their essays. It is such a pleasure to be able to recognize students through our scholarship program."

All applicants must be a FRUA member's dependent child adopted from Eastern Europe/Eurasia/Caucasus.

Applications must be post-marked by March 23, 2013.

The FRUA National Board will announce selected recipients by May 22, 2013.

<http://www.frua.org/resources/scholarship-20120117204421>

## Parent to Parent Training on Attention Deficit / Hyperactivity Disorder

Formed Families Forward is pleased to partner with CHADD of Northern Virginia to bring the Parent to Parent family training to foster and adoptive families and kinship caregivers.

This proven 7-week series will provide educational information and support for families who are dealing with ADHD and learning to navigate the challenges of ADHD across the lifespan. The course features over 350 slides, extensive teacher notes, articles, reference materials, handouts and homework assignments. Each participant receives a manual of background information, articles and supplemental resources. The course is based upon state of the art, evidence based information on the treatment and management of ADHD.

The interactive training will be delivered by certified CHADD trainers on Tuesday evenings – April 2- May 14, 2013

6:45 pm -9:00 pm

Location: Formed Families Forward offices, 4031 University Dr., Fairfax VA 22030

### Fees

\$95 for CHADD Members (per couple/family),

\$148 for non CHADD members (includes CHADD membership fee)

**DISCOUNTED Fee** for foster and adoptive families and kinship caregivers:

\$75 for CHADD Members (per formed family/couple)

\$128 for non-CHADD (includes CHADD membership fee)



Register by March 15. Forms are available at <http://formedfamiliesforward.org/parent-to-parentadhd/>

Remember- **CHOW and CHAT** in Prince William on Tuesday, February 12. Foster, adoptive and kinship families are invited to bring your lunch, review special education basics and enjoy conversation with other formed families that "walk the walk"!

Register for CHOW and CHAT at [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org)

## CALENDAR OF UPCOMING EVENTS

### Pageant of the Tsars – The Romanov Coronation Albums

*The Hillwood Museum*  
February 16<sup>th</sup> to June 8<sup>th</sup> 2013

The pomp and pageantry of imperial coronations were documented and promoted in lavish albums that became almost as important as the extravagant events themselves. To mark the 400th anniversary of the founding of the Romanov dynasty in 1613, Hillwood will present a special exhibition of the albums created over the course of the family's reign, the Romanovs celebrated coronations with elaborate celebrations, which included their grand entry into Moscow, fireworks, and the ruler symbolically crowning himself. Fully illustrating the grand celebration and all its details, sumptuous albums were created to spread word of the event and all its symbolism. In the year of the 400th anniversary of the crowning of the first Romanov tsar, the most complete presentation ever of these coronation albums, including two copies of the monumental Alexander II album of 1856 with one in its original binding, will be on display at Hillwood. Beginning with Catherine I, Peter the Great's wife, there were a total of seven coronation albums created by the Russian tsars—each published within a few years of the event. The exhibition will feature five albums from Hillwood's Collection, plus supplemental material on loan from the New York Public Library, the Library of Congress, and the University of Texas at Austin bring six of the seven coronation albums together for the first time in an exhibition in the United States. With objects from Hillwood's Russian Decorative arts and paintings -- the most comprehensive one outside of Russia—an exploration of the Romanovs' lasting influence on Russian art and culture will add to the understanding of their reign and the coronation albums. Coronation

books from other countries such as the Holy Roman Empire will illustrate the bearing that the West had on the Romanovs and the dynamic relationship of the cultures.  
[www.hillwoodmuseum.org](http://www.hillwoodmuseum.org)

---

### Russian Dance Ensemble "Kalinka" - 10<sup>th</sup> Anniversary Concert

*The Park School*  
2425 Old Court Road  
Baltimore, MD  
410-428-5155  
March 15, 2013

Russian Dance Ensemble "Kalinka" of Baltimore was formed in 2002 by a group of character dance enthusiasts. The ensemble, based in Baltimore, MD, has earned a reputation as the area's leading presenter of folk choreographed character dance in Washington-Baltimore area. Kalinka is an amateur group with professional standards

---

### Easter Bazaar and Annual Pysanka Workshop

*Ukrainian Catholic National Shrine of the Holy Family*  
4250 Harewood Road NE  
Washington, D.C.  
March 17th, 2013

#### Pysanka Workshop

2:00pm – 5:00pm  
(Registration 1pm – 2pm) Workshop  
fee: Adults: \$20, Children under 12: \$12 Learn to decorate Easter Eggs the traditional Ukrainian way. Detailed A/V presentation, personalized instruction, materials & supplies included.

**Buffet Luncheon "Traditional Ukrainian":** 11:00 am until food is gone.

**Easter Bazaar:** 11:00 am – 4:00 pm.

Pysanka Kits, how-to books, videos, traditional foods & baked goods, smoked meats: kovbasa (smoked sausage), kabanos, bochok (rib bacon), pashtet (liver pate), poliadvysia (lean Canadian bacon).

---

### Faberge Egg Family Festival

*Hillwood Museum and Gardens*  
March 23<sup>rd</sup> & 24<sup>th</sup>, 2013  
10:00am – 5:00pm  
\$15, \$12 Seniors, \$10 members & College students, \$5 children 6-18, children under 6 free

Admire the exquisite imperial eggs and other fanciful Faberge creations collected by Marjorie Post. Enjoy festive folk music and storytelling. Meet historic character Tsar Nicholas II. Take part in a centuries-old egg-rolling game. Step into Faberge's Workshop to decorate your own Faberge-inspired egg.

---

### National Symphony Orchestra Family Concert: *Tchaikovsky Discovers America*

Courtney Lewis, conductor

*"I saw his ship sail into New York Harbor that day in 1891--past the Statue of Liberty, past the hundreds of people cheering on the shore. All America seemed to be waiting for him and his music..."*

Cool fact: Tchaikovsky, that genius Russian guy who gave us *The Nutcracker*, *Sleeping Beauty*, and *Swan Lake*, sailed into New York in 1891 to lend his music to the grand opening of Carnegie Hall. In *Tchaikovsky Discovers America*, **Classical Kids Live's** imagining of this famous trip, a surprise encounter with a young American girl. Jennie.



## Calendar of Upcoming Events - Continued

during a visit to Niagara Falls reveals a whole lot about Tchaikovsky--his life in Russia, his love of music, and his fears of conducting. Dance and music are magically woven into the drama, with more than 25 excerpts of the composer's music, including passages from his most famous ballets--*The Nutcracker*, *Sleeping Beauty*, and *Swan Lake*--to his *1812 Overture*, *First Piano Concerto*, and *String Serenade*. This is a poignant story of the meeting of old world influences and new world experiences; a tale of contrast, courage, and classical music.

**Come early for the Musical Instrument "Petting Zoo."** An hour before each NSO Family Concert, young concertgoers can get up close and hands-on with the instruments they'll see played on the stage--from violins, trumpets, and oboes to trombones and percussion--in the Kennedy Center Atrium. *A project of the Women's Committee for the NSO.*

**Stay after the 3 p.m. concerts for a Kids' Chat.** Following the 3 p.m. concert, young audience members can ask questions and hear engaging stories in an up-close-and-personal talk with the concert artists.

- Sun., Mar. 24, 2013
- [Concert Hall](#)
- Approx. 60 minutes
- \$15.00 - \$18.00

<http://www.kennedy-center.org>

### Baltimore Symphony Orchestra : Peter and The Wolf (Tiny Tots / Prime Time)

Baltimore, MD

Friday, April 5, 2013 at 10:00 a.m. & 11:30 a.m.

Thursday, April 11, 2013 at 10:00 a.m. & 11:30 a.m.

Friday, April 12, 2013 at 10:00 a.m.

Shizuo Kuwahara, Conductor

Rheda Becker, Narrator

Bob Brown Puppets

Aligning with the English Language Arts Common Core Standards, narrator extraordinaire, Rheda Becker, and Bob Brown Puppets captivate students with Prokofiev's triumphant tale. Through this iconic work, students meet instruments of the orchestra and discover how to put a mischievous story together.

### Russian National Ballet Theatre: Don Quixote

Ferguson Center for the Arts

1 Avenue of the Arts

Newport News, Virginia 23606

April 14, 2013

7:00 p.m.

The Russian National Ballet Theatre was founded in Moscow during the transitional period of Perestroika in the late 1980s. Many of the great dancers and choreographers of the Soviet Union's ballet institutions began to exercise their new-found creative freedom by starting vibrant companies dedicated to the timeless tradition of classical Russian Ballet. Today, the Russian National Ballet Theatre is its own institution, with over 50 dancers of singular instruction and experience.

### 21<sup>st</sup> Annual Russian Embassy Easter Party

Russian Embassy Compound

2645 Tunlaw Road, NW

Washington, D.C.

Saturday, April 20, 2013

From 2p.m. to 4p.m.

This will be an excellent opportunity to highlight once again how adopted

Russian children are thriving in U.S. families. We encourage children to bring letters and photos for President Putin and families to donate to CHAC for our continued advocacy for Russian orphans, including orphanage support. A larger than usual turnout is expected this year, so please RSVP early. Hope you can join us!

### 18<sup>th</sup> Annual Family Connections Conference "Got Stress?"

The Lutheran Church of St. Andrew

15300 New Hampshire Avenue

Silver Spring, MD 20905

May 18, 2013

10:00a.m. – 1:00 p.m.

GOT STRESS? Becoming a Better Parent Through Relaxation, Mindfulness and Laughter. Things building up at work, your transmission just went out, and now you have to go to your child's school for a team meeting. With so many stressors piling up from every direction, it's no wonder that many parents feel overwhelmed and frazzled. In these moments when it all seems like too much, it is important to step back, take a deep breath, and relax so that you can respond thoughtfully to challenging parenting situations. Mindfulness and laughter have been shown to reduce stress, anxiety and depression, increase feelings of tranquility and calm, improve concentration, and enhance our ability to control our emotions and problem solve. Not only are these techniques great for parents, but they are also highly beneficial for children and adolescents with ADD/ADHD, anxiety and issues with self regulation and emotional control. This year's Family Connections Conference will focus on

## Calendar of Upcoming Events - Continued

how laughter, relaxation and mindfulness can be used to transform your home life from chaos to calm. Through fun, experimental activities, including visualization, breathing, relaxation and interactive laughter, families will learn how to manage stress and create a more peaceful home environment

### Washington Ballet: Peter and The Wolf

*THEARC Theater*  
May 18 & 19, 2013

Against his grandfather's wishes, brave Peter sets out to capture a wolf. Along the way he encounters some animal friends and becomes the hero of his village. Based on a popular Russian children's story and set to Prokofiev's world-famous score, this captivating ballet, performed by The Washington Ballet Studio Company in the intimate THEARC Theater, will delight audiences of all ages.

Choreography by Brian Reeder  
Music by Sergei Prokofiev  
Costume Designer: Joan Lynch  
Associate Costume Design: Monica Leland  
Set Design: Holly Highfill  
Lighting Design: Joshua Michaels  
Mask Designers: Marie Schneggenburger and Donna Glover

#### Performance Dates and Times:

Saturday, May 18 at 1:00PM & 5:30PM

Sunday, May 19 at 1:00PM & 5:30PM

**Phone:** 202.889.5901

**In Person:** THEARC

### Kyrgyzstan Heritage Weekend

*Bethesda MD*  
May 25 & May 26<sup>th</sup> 2013

Families from around the world who

have adopted children from Kyrgyzstan are coming to Bethesda over Memorial Day weekend for the second "Kyrgyzstan Heritage Weekend." It is being organized by the non-profit organization, Kyrgyz Children's Future. There will be Kyrgyz musicians, a fashion show, and a slide show about the country. For advance purchase tickets the cost will be \$10 for anyone over 12, free for 12 and under. The money will be used to benefit orphanages in Kyrgyzstan. Please contact Sarah Swanson for details or ticket orders via email: [Kyrgyz.event@yahoo.com](mailto:Kyrgyz.event@yahoo.com)

### National Symphony Orchestra Kinderkonzert: Peter and The Wolf

*Kennedy Center – Family Theater*  
*Washington, D.C.*  
June 22, 2013  
\$18

Those wonderful wind instruments give such a voice to a little boy named Peter and a wolf on the prowl in Prokofiev's beloved musical tale. Age 4+. The 11:00 a.m. performance is sensory friendly.

### 2013 National Orchestral Institute and Festival

**Presented By:** UMD School of Music  
**Venue:** Grand Pavilion  
**Seating:** General Admission

The National Orchestral Institute and Festival (NOI) brings together talented young musicians at the beginning of their careers for a month of professional development and music-making. Chosen by a rigorous, cross-country audition process, NOI participants quickly coalesce into dynamic ensembles that perform

adventuresome programming. In this family-friendly performance, members of the National Orchestral Institute play Prokofiev's *Peter and the Wolf* and give their own imaginative musical interpretations of beloved children's books.

Sun, Jun 23, 2013 . 3:00PM  
Sun, Jun 23, 2013 . 5:00PM

<http://claricesmithcenter.umd.edu/events/2013/national-festival-orchestra-peter-and-wolf>

### IN HAMPTON ROADS . . .

#### Russian School Club of Hampton Roads

We are group of parents who wish to support our kids in learning and speaking Russian. Our kids often come from multilingual families. However, we would like them to use Russian language actively not only at home, but also to communicate with other kids.

This goal we are trying to reach during our weekly meetings, where we discuss various topics, read stories, play games, dance, learn songs and poems.

We also organize other play dates and occasions to meet and spend time together. Kids and parents are having a lot of fun.

[Sites.google.com/site/russiansmartschoolclub/](http://Sites.google.com/site/russiansmartschoolclub/)

#### The Language Learning Center of Old Dominion University

It is the goal of the Language Learning Center to serve the needs of faculty, students, and the Hampton Roads community in promoting the study of foreign languages offered at Old Dominion University through the use of technology enhanced methods and materials. The Center has been an integral part of the Foreign Languages and Literatures Department in the College of Arts and Letters since its inception in 1992. Serving over 1,200 students each semester, the Center is committed to instructional technology for foreign language learning and quality instruction

[www.alodu.edu/llc/](http://www.alodu.edu/llc/)

**Neuropsychological-Developmental Evaluations and Intensive  
Treatment Interventions for Children, Adolescents and Families  
Care For Children International, Inc.**

*(Specializing in Domestic-International Adoption Medicine)*

- International Expert in Neuropsychological Evaluation and Treatment of Internationally Adopted Children (Russian/Romanian/Italian language proficiency)
- Fetal Alcohol Syndrome (FAS)/Drug Related Birth Defect Evaluations
- Complex Diagnostic/Second Opinions For Cases “Unresponsive to Treatment”
- Learning Disability and Attention Deficit Hyperactivity Disorder Evaluations
- Comprehensive Speech and Language Processing Evaluations (CAPD)
- Assessment of Developmental Dyslexia and Multiple Handicapping Conditions
- Autistic Spectrum Disorders and Developmental- Neurological/Genetic Disorders
- Assessment of “Post-Traumatic Institutional Autism Spectrum Disorders”
- Assessment of Childhood Anxiety, Depression, Psychiatric and Behavioral Disorders
- Intensive Parent-Family Training Emphasizing Structure/Discipline/Modification
- Evaluation and Treatment of Abuse/ Neglect and Developmental Traumas
- Experts in Court Involved Cases (Abuse, Custody, Injury, Criminal, Family Law)
- Multi-Discipline “ Treatment Team ” for FAS/Autism/Institutional Issues
- Medication/Psychopharmacological Consultations and Coordinated Care
- Adoption Records Review AND Parent Training ( Pre-Post Adoption Consultations )
- National/Regional Seminars for Parents (with Heather Forbes, LCSW )
- Crisis Management and Rapid Response via Internet and In-Home
- “In-Home” Neuropsychological Evaluations and Intensive Treatment
- NOW OFFERING PRE-POST ADOPTION SUPPORT GROUPS

**Dr. Ronald S. Federici, ABPN, ABMP, FPPR, Clinical Director**

Board Certified Developmental-Pediatric Neuropsychologist  
(28 years Experience In Evaluation and Treatment of Complex Childhood Disorders)

**MAIN OFFICE: 13310 Compton Road, Clifton, Virginia 20124**

**PHONE: (703) 830-6052 / (703) 734-1012 FAX: (703) 830-6054**

**[www.DRFEDERICI.com](http://www.DRFEDERICI.com)**

**[DRFEDERICI@aol.com](mailto:DRFEDERICI@aol.com)**



## FAMILIES FOR RUSSIAN AND UKRAINIAN ADOPTION

*Including neighboring countries*

**[www.fruadc.org](http://www.fruadc.org)**

**Board Members:**

Mark Conrad - treasurer

Eileen Delaney- Email Coordinator

Lee Dudas -Board Member at large

Abby Kelman- Board Member at large

Jamie Miller- Board Member at large

Newsletter Co-Editors: Annie & Kenny Van Hook  
[annie@thevanhooks.name](mailto:annie@thevanhooks.name)

Webmaster- Open

While FRUA's mission is to inform, we list resources but are not responsible for and do not endorse any resource.

**Stay in touch with FRUA chapter events, as well as local adoption and parenting information through the FRUADC Yahoo group. This is available to members only, so if you wish to be added to the group or your email address has changed, please email Eileen Delaney at [fruadc@aol.com](mailto:fruadc@aol.com)**

## Families for Russian and Ukrainian Adoption

DC Chapter of FRUA  
407 Forest View Road  
Linthicum, MD 21090



*Thank you for supporting FRUA!  
Visit us online at [www.fruadc.org](http://www.fruadc.org)*