



# MIAMI DADE COUNTY FOSTER & ADOPTIVE PARENT ASSOCIATION

("MDCFAPA")

(Our Motto: "You Are Not Alone")

\*\*\*\* **JANUARY** \*\*\*\*

**2025 Newsletter**



**2025**

## **Board Members**

100 Opa Locka Blvd. Mia,  
FL 33054

www.mdcfapa.org \*

[mdcfapa@gmail.com](mailto:mdcfapa@gmail.com)

shabenj@aol.com \*

travis.davis33@yahoo.com

*Travis Davis,  
President*

*Barbara Johnson,  
Vice President*

*Joann Jones,  
Corresponding Secretary*

*Ethel Rivers,  
Treasurer*

*Cynthia Hughes,  
Parliamentarian*

*Elizabeth Brooks,  
Chaplain*

*Lily Rodriguez,  
Board Member At Large*

*Lashoan Singleton,  
Board Member At Large*

*Shamele Jenkins,  
Executive Director  
& Immediate Past President  
(305) 469-1157*

MDCFAPA is open to ALL co-parents (foster, adoptive, & kinship, non-relative caregivers and biological parents) in Miami Dade County as well as those interested in being advocates of our mission



**\*\* THE LAST ZOOM MEETING \*\***

**TUES., JAN. 14<sup>TH</sup>**

**7:00pm – 9:00pm**

**Meeting ID: 816 9904 5809**

**Security Passcode: 879684**

**Registration Link:**

[https://us02web.zoom.us/join/register/12I\\_Q2V1Rp-bma3DEFCDag](https://us02web.zoom.us/join/register/12I_Q2V1Rp-bma3DEFCDag)



**MDCFAPA MEETINGS**

**"GO LIVE"**

**"IN PERSON"**

**FEBRUARY 2025**

**SOUTH DADE:**

**Beginning Feb. 15**

**3<sup>rd</sup> Saturdays**

**3:00pm-5:00pm**

**NORTH DADE:**

**Beginning Feb. 19<sup>th</sup>**

**3<sup>rd</sup> Wednesdays**

**7:00pm-9:00pm**

**\*\* JOIN US \*\***

**Locations shares in  
February 2025 newsletter!**

## WHAT'S NEW IN 2025

### Fla Gov

**Social Media for Minors:** Among the most notable changes is the "Online Protection for Minors" bill, which prohibits children under 14 from creating social media accounts. Those aged 14 and 15 can only register on social media platforms with parental consent. Companies must also delete personal information from terminated underage accounts unless otherwise required.

**Protection for First Responders:** A new rule enforces a 25-foot buffer around on-duty first responders, barring individuals from threatening, harassing, or obstructing their duties. After first receiving a verbal warning, violators could face second-degree misdemeanor charges.



### "SCHOOL DATES" MIAMI DADE PUBLIC SCHOOL

**January 17** - Teacher planning day; no school

**January 20** - Dr. Martin Luther King, Jr.'s Birthday

**February 17** - All Presidents Day

### **MARCH 24-28 - SPRING BREAK**

**March 31** - Teacher planning day;  
no students in school

**April 18** - Teacher planning day;  
no school

**May 26** - Memorial Day; holiday

**JUNE 5 –  
LAST DAY OF SCHOOL**

## **FREE TICKETS \* 2 GREAT FAMILY EVENTS RSVP: 305-474-0078**

Leave your name, tele along with the event you wish to attend, how many adults and youth tickets needed. For your immediate household only!!



**featuring entertainment, Q&As,  
video and tabletop gaming, panels,  
costume contests, cosplay wrestling,  
and so much more fandom for you  
to explore.**



### February & March

- Family day at church
- Jewels & Gems teen lunch time meeting ages 12-18
- Stepping stones meetup Ages 9-11
- Empress & Queens meetup
- Fathers meetup



### **PLUM BENEFITS**

**Join our new program and get  
great travel & shopping  
discounts for FREE**

- Get discounts on hotels, flights, rental cars, theme parks, and more to make every trip and
- **It's cost -free and easy to enroll, simply visit [www.plumbenefits.com/](http://www.plumbenefits.com/) to register and use company code MDCFAPAPERKS to begin saving!**



## HOTLINES

**Foster Placement Line  
(305) 810-1004**

**Citrus FCN Incident Report  
Hotline 305-445-1055**

**Placement On-Call/After Hours  
305-810-1004**

**ADOPTION UNIT: ADOPTION  
SUBSIDY ISSUES, POST-  
HEALTH CARE AND MORE?**

BBofill@citrusfcn.com  
postadopt@citrusfcn.com  
Katrella -786-521-6194  
Sergio 786-501-5317  
Madalina 786-817-7240

**F. A. S. T. Foster Allegation  
Support Team 1-800-327-8119 \***  
<http://www.floridafapa.org>

**Florida Domestic Violence  
Hotline 1-800-500-1119, Florida  
Relay 711, TTY: 1-800-621-4202**

**Florida Sexual Violence  
information line 1-888-956-7273**

**National Suicide & Mental  
Health Prevention Hotline  
9 8 8**



**DID YOU RENEW OR OBTAIN  
YOUR MDCFAPA 2025 FAMILY  
REGISTRATION?**

**Memberships is \$25.00 per  
calendar year  
send no money now but complete  
the application [www.mdcfapa.org](http://www.mdcfapa.org)**

### Membership gets you

1. Tickets to plays, concerts
2. Movie premieres
3. Private parties
4. Distribution of foods, school
5. Support & more

**YOU ARE NOT ALONE!**  
[www.mdcfapa.org](http://www.mdcfapa.org)

## 2025 RESOLUTIONS

### **Welcome to the New Year.**

Many people view ringing in January as a way to shed the woes of the previous year and look forward to what may come. And with that comes New Year's resolutions: a promise to maintain good habits or to modify them into something else. Many people naturally strive to better themselves, and what they choose to do or not do is an expression of their true self. There are a few 'rules' you can follow to help accomplish the goals you set. We can use the classic example of weight loss, but this can extend to anything: finances, relationships, career, hobbies, time management, or sobriety.

**Rule 1:** The goal needs to be measurable and have an end date. Saying "I'm going to lose weight" does not have a meaningful timeframe that will help you accomplish that goal. Without an end date, it's difficult to track progress. A number is measurable. Saying, "I want to save \$10,000 by end of this year (12/31 or sooner)," or "I want to fit into my size 36" pants by June," or "I will continue to abstain from illicit drug use this year (365 days) like the last 4 years" are all examples of attaching measurable timeframes to specific goals.

**Rule 2:** The goal must be reasonable and sustainable. This may require some research on your end, including potentially asking family, friends, or professionals for advice, depending on the goal you want to achieve. Proper research should involve multiple sources to get a consensus on what is most likely to work. It doesn't have to be complicated, but running with just one source can often lead to trouble even if that one source is yourself. People's circumstances are unique, and there are many professional resources that can help for free. The research might be boring, but it can provide a blueprint of what would work before it has started. Let's use weight loss as an example. Rapid weight loss through radical diet changes is often not sustainable. If you try too much too fast, it could be a miserable experience. Most people revert to their regular diet aggressively. It creates a "yo-yo" effect with a result trending upward. Saving too much money too fast could be harsh if you start working so many extra hours and jobs that you get burnt out. Instead, you could save money by choosing to spend less where you're able or just picking up a few hours every so often.

**Rule 3:** Keep your eye on the prize, and take a step back to remember why you made this goal. No one said it had to be some high and mighty virtue. "I want to look good" and "I want to stay healthy for my kids" are both entirely valid reasons to set a weight loss goal. Did you make this goal because you wanted to? It may be really hard to work on the goal if you can't answer the why. Remember the prize. For example, if you want money for a hobby but you work so much that you don't make time for that hobby, it defeats the purpose.

**DON'T STRESS  
AS LONG AS YOU  
HAVE BREATHE  
YOU CAN ALWAYS  
START ALL OVER  
AGAIN!**