



# Foster Family Service Newsletter

## New Parent Project Class Starting October 2nd in Cameron Park



The Parent Project provides parents with proven methods to:

- Prevent or stop alcohol, drug and tobacco use
- End parent-child arguments forever!
- Improve grades and attendance
- Learn how to “out will” a strong willed child!

Limited space to the 1st 20 who sign-up. If this schedule doesn't work for you, please call Nicole or Sandy for future classes. We can start a second class as soon as we get participants.

RSVP as soon as possible to Nicole or Sandy

**(530) 676-6226**

Foster Family Service Headquarters  
2514 Cameo Dr., Suite B  
Cameron Park, CA 95682

**October 2008**

**Wendy Knutson , Editor**

*The Delora Corporation  
dba  
**Foster Family Service**  
Lic#097003903  
&  
**Adoptions by  
Foster Family Service**  
Lic#347003522*

*Executive Director  
**John Johnson M.S.W.,  
Psy.D***

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**Amy Riffey***

*Advisory Participant:  
**Arthur Magaña, Ph.D.***

## ADD UP THOSE TRAINING HOURS!

**Do You have enough? Check out page 4...**

**REMINDER...** You MUST have a minimum of 12 hours, including EIGHT hours of “Core” training completed by the end of the year. This is mandated by CCL and must be logged in your family binder. If you’ve attended outside training, make sure your social worker has documentation of the topic and hours attended to place in your file. We have lots of opportunities for hours each month. Check the back page of this newsletter or contact your local office for other options.

Foster Family Service Trainings not only have essential parenting information, but give you an opportunity to interact with other foster parents and share experiences.

Falling short of your yearly training hours can cost you a fine and/or placements in your home.

*Ask your social worker for help finding a training to fit your schedule and educational needs.*

**Boo!**



## A Word From Our Adoption Angel

By: Lacey Major

My experience in D.C., was truly amazing. This trip was an once in a lifetime experience and I am grateful for being chosen as 2008 **California Adoption Angel** and further more having Bonnie Hoffman , Area Administrator, accompany and Foster Family Agency support our trip. I had the most incredible trip I ever experienced. I was treated like royalty. We met with extraordinary people from across the US and they shared their story, experience, and made not only great resources, but new friends. We enjoyed seeing all the Monuments and Historic building was fabulous. I was honored by many Senators, Congressman and Hilary Clinton. They really are interested in knowing what our children in America need, what would help caregivers, and changes that

need to be made across the US.

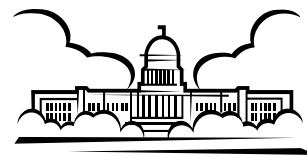
We can all make a difference, future fundraiser's, walk-a-thon, and I hope to see YOU at upcoming events to bring in donations to help our foster children in our community. Sincerely,

*Lacey Major*

PS....*Don't ever take Bonnie anywhere, she will keep you in the shopping mall and skip meals and tell you to eat crackers. LM*

*Editors note:*

*We knew of Bonnie's 'shopping problem' before sending her on the trip. She promised to allow Lacy to eat at regular intervals before FFS approved her travel plans.*



## EXTRA, EXTRA, READ ALL ABOUT IT!

LOTS OF FOSTER PARENT TRAINING HOURS AVAILABLE.

SEE PAGE 4 FOR THE SCOOP!

## Cold Prevention Time

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or

longer on surfaces like cafeteria tables, door-knobs, and desks. Take care to:

- **Cover your mouth and nose when you sneeze or cough**
- **Clean your hands often**
- **Avoid touching your eyes, nose or mouth**
- **Stay home when you are sick and check with a health care provider when needed**



# We Are Proud To Say... We Have Great Kids & Great Parents Too!

The *Huber CFH* had a big Birthday Party and picnic at a local park for **Tristan F.** on his **5th Birthday!** Tristan was joined by his brother, **Matthew** (who is almost 6!) and lots of family and friends. Even **Tristan's** teacher says he has really **grown-up** since his birthday!

**Rachel L.** also had a great party at the park. **Happy Birthday to you too Rachel!**

From the *Musil CFH*: Johnathan Musil (3y) is raising money for St. Judes Children's Hospital by participation in a **Trik-A-Thon** this month. **Good Job John-John!**

We would also like to recognize **Joey S** from the *Bridges CFH*. Joey has made some great efforts at school and we all really appreciate the respect he has given the Bridges Family.

Special Recognition to **Rudy** from the *Dillon CFH*. Rudy went on the deep sea fishing trip last month with John Hiatt and Josh Musil and caught the biggest fish on the whole boat. **Great Catch Rudy!**

**Alexander D.** of the *Corson CFH* was awarded "Student of the month" for the second time. **Great Job Alexander!**

## Don't Forget Those Lifebooks!

Don't forget to keep your child's **Lifebook** up to date. These keepsakes are and will be an important part of your child's life. It was a busy summer for many of you and the memories are stacked up and ready to be placed in the book. A new year of school means new friends, music and fashion trends, add them to your book.

Rainy days are coming and this can be a fun, indoor, family oriented project.

Let your FFS worker know if you need a new book.

### Tips for keeping memories:

- ✓ **Keep event/movie ticket stubs**
- ✓ **Keep artwork from school**
- ✓ **Take pictures!**
- ✓ **Leave some room for personal journaling to write thoughts about events**



## Adoption Updates

During the month of September we had two adoptions finalizations: **Juliette** was adopted by **Wendy Roundtree** on 9/8 and **Elizabeth** was adopted by **Char Padgett** on 9/22. Congratulations to both of these girls and to their forever families!!!

*Including these two adoptions we have seen twenty two (22) adoptions so far in 2008.*

## New Homes Are Always Needed

We are in need of new homes to meet the special needs of our children. Each home has their own personality, age group and experience or expertise. Our policy provides a **financial bonus** to our **Foster Family Service Foster Parents** who successfully recruit new homes.

**\$35** for the CFH when they refer a potential family and we conduct an initial 'meet & greet.'

**\$100** for the CFH that refers a new family, and that family takes their first placement.

**\$200** for the CFH, when the new family they referred has a placement for six months.

Potential Foster Parents can call one of our offices or find a Pre-Application at our website: [www.fosterfamilyservice.org](http://www.fosterfamilyservice.org)

### Foster Family Service Office Numbers:

Sacramento (916) 487-2111

Cameron Park (530) 676-6226

Lake Tahoe (530) 544-2111

Stockton (209) 474-1549

Santa Rosa (707) 576-0522

Oroville (530) 533-1576

Jackson (209) 223-3691



**Notes From Our Director** It doesn't seem possible to me that I've been with FFS as the executive director for nearly 4-and-a-half years. I say this because the time has flown by for me and my family, even though it is a very challenging and time-consuming position. And as I thought about this over the weekend I drew the connection as to how foster parenting is also very challenging and time-consuming, and I suspect that our foster parents also find that time just flies by. I want to offer some additional points on this subject, given my belief that what we are doing at FFS is so VERY important.

A) Given how demanding it is to foster children, it is imperative that families find time to take breaks away from their foster children. Couples need this time to reconnect; single parents need this time to connect with friends and significant others. Time away can be simply an evening out, or a planned weekend getaway. Regardless, getting a break from the daily grind can rekindle our perspective, and prepare us for challenges that lie ahead. A powerful statement I heard some time ago is: "You are no good to others if you can't take care of yourself."

B) When we get busy it is easy (in fact, it is human nature) to postpone some of the details we are responsible for. As foster parents, the list of details can be endless, however, there are some details that really must be attended to at all times:

- \*Documenting medications you administer to children
- \*Notifying your FFS social worker whenever you have contact with a county worker
- \*Seeking ok from your FFS social worker before accepting a new foster child in to placement
- \*Keeping your FFS social worker informed as to upcoming travel plans
- \*Assuring that each certified foster parent obtains the minimum of twelve training hours each calendar year.

C) In spite of the intense nature of agency foster care I choose to work for Foster Family Service because of the agency's ethics and high standards of care. While problems and shortcomings certainly exist, as they do with any business, I am proud of the work we do. Our foster families, social workers and staff each strive to put the needs of our special kids first. Even when placement counts dropped between 2006 and late 2007, folks kept their hearts and minds on the prize: to only accept children in placement that match with what everyone thinks will be in BOTH the child's AND foster parent's best interest. So the next time things get really crazy and you're not sure how you'll get everything done, please remember that you've chosen to be a part of this agency, and together we can work through whatever challenges arise. **Happy Halloween!**

John



**Time is Running Out. Get Your Training Hours Here!**

<p><b>Cameron Park</b></p> <p><i>RSVP: Nicole at 530-676-6226</i></p>	<p><b>Wed.</b> Oct 1st, 6-8pm: Foster Care Orientation &amp; the roll of CCL.  <b>Mon.</b> Oct 6th, 6-8pm: Foster/Adopt Support Group.&amp; The <b>1st Monday</b> of every month  <b>Wed.</b> Oct 8th 6-8pm: "Foster Childs Journey Through the Court System"  <b>Wed.</b> Oct 14th 6-8pm: <u>Foster Parent Town Hall Mtg. &amp; Dinner</u>. Share you Thoughts &amp; Ideas  <b>Wed.</b> Oct 22nd, 6-8pm: Foster Parent Panel, Open for Questions  <b>Saturday!</b> Oct. 25, 930am-230pm: The Effects of Dysfunction on Early Childhood Development" &amp; " Foster Child Greif and Loss</p>
<p><b>Sacramento</b></p>	<p><b>Saturday!</b> Oct. 25, 9am-1pm: PRIDE Training for Foster &amp; Adoptive Parents  <i>There will be no childcare for this training, Parents Only. Light Refreshments will be provided.</i></p>
<p><b>So. Lake Tahoe</b></p>	<p><b>Fri.</b> Oct 3<sup>rd</sup>. 7pm: LTCC Duke Theatre "A Journey with Depression" info at <a href="http://www.wetzelproductions.com">www.wetzelproductions.com</a>  <b>Mon.</b> Oct 6th 530-830pm: FKCE presents "Positive and Effective Parenting Techniques" At the Al Tahoe Boys and Girls Club. Snacks provided, Child Care by request  <b>Saturday</b> Oct 4<sup>th</sup>. 11-1 in the FFS office. Foster / Adopt Support Group. Lunch and child care provided. <b>RSVP to Megan appreciated.</b></p>
<p><b>Stockton</b></p>	<p><b>Wed.</b> Oct 1st, 530-8pm: Juvenile Dependency Process  <b>Wed.</b> Oct 8th, 530-8pm: Positive Discipline (Pre-Cert Trainings open to all)  <b>Wed.</b> Oct 9th, 530-8pm: *****<b>CPR and First Aid</b> *****</p>
<p><b>Santa Rosa</b></p>	<p>Contact your local office</p>
<p><b>Oroville</b> Trainings at the FFS/FRC Building</p>	<p><b>Wed.</b> Oct 8th 530-830pm: Assertiveness-using conflict to build appropriate communication skills. <b>Pre-Register</b> with your FFS worker. Sorry, no childcare.  <b>Wed.</b> Oct 22th 530-830pm: Choices-building positive power. <b>Pre-Register</b> with your FFS worker. Sorry, no childcare.</p>