

1989



2009

Foster Family Service Newsletter

Preventing Colds and Flu

Hand washing is a simple habit and one that requires minimal training and no special equipment. Yet it's one of the best ways to avoid getting sick. This simple habit requires only soap and warm water or an alcohol-based hand sanitizer. Good hand-washing techniques include washing your hands with soap and water or using an alcohol-based hand sanitizer. Antimicrobial wipes or towelettes are just as effective as soap and water in cleaning your hands but aren't as good as alcohol-based sanitizers.

Antibacterial soaps have become increasingly popular in recent years. However, these soaps are no more effective at killing germs than are regular soap and water. Using these soaps may lead to the development of bacteria that are resistant to the products' antimicrobial agents — making it even harder to kill these germs in the future. In general, regular soap is fine. The combination of scrubbing your hands with soap — antibacterial or not — and rinsing them with water loosens and removes bacteria from your hands.

Infectious diseases commonly spread through hand-to-hand contact include the common cold, flu and several gastrointestinal disorders, such as infectious diarrhea. While most people will get over a cold, the flu is much more serious. Some people with the flu, particularly older adults and people with chronic medical problems, can develop pneumonia. The combination of the flu and pneumonia, in fact, is the seventh leading cause of death among Americans.

Is it a Cold or the Flu? See page 2

Handwashing:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

March 2009

Wendy Knutson , Editor

*The Delora Corporation
dba*

Foster Family Service

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Adoptions by

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Serving Our Community's Youth Since 1989

Compliance Corner

by John C. Johnson, M.S.W., Psy.D., Executive Director

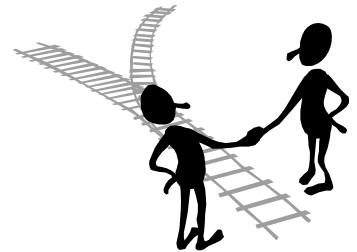
As an important reminder to us all: Please remember that all Agency staff and foster parents are expected, in all situations, to provide the highest level of care and supervision possible to the children in our care. Regardless of a foster child's age, they cannot be left unsupervised at home, at school, or any other location without an authorized adult or child care worker. If a situation were to ever arise where a foster child's whereabouts is unknown—even for a brief period of time—foster parents must immediately notify the Agency, as well as take diligent steps to engage assistance in locating the child.




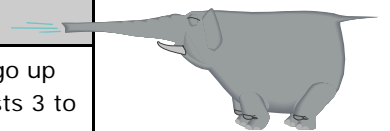
Settling Arguments

Here are some tips on settling arguments/disagreements for adults and kids.

- + Identify the problem. Focus on the problem, not the person.
- + Keep an open mind. Things aren't always the way you think.
- + Be honest. Tell the other person how you feel.
- + Listen carefully. Take time to hear what the other person is saying. Put yourself in his or her shoes.
- + Brainstorm solutions.
- + If you anticipate a difficult situation, plan ahead. Think of alternatives that can peacefully resolve a dispute.
- + Postpone decisions if possible. Give yourself time to calm down and avoid overreacting
- + Be open to compromise.
- + Consider avoiding the conflict. Sometimes it's not worth it to argue.



 Symptoms	Cold	Flu
Fever	rare in adults and older children, but can be as high as 102° F in infants and small children	usually 102° F, but can go up to 104° F and usually lasts 3 to 4 days
Headache	rare	sudden onset and can be severe
Muscle aches	mild	usual, and often severe
Tiredness and Weakness	mild	often extreme, and can last two or more weeks
Extreme exhaustion	never	sudden onset and can be severe
Runny nose	often	sometimes
Sneezing	often	sometimes
Sore throat	often	sometimes
Cough	mild hacking cough	usual, and can become severe



The difference between a cold and the flu?

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



Mia P. and **Cheyenne K.** in the *Strmiska CFH* are getting high scores in their Math classes. **Troy E.** in the *Bryan CFH* got an excellent report card this semester. **Alexis E** in the *Roundtree CFH* has signed up for "Kids in the Kitchen." Her first project is to bake a cake for her social worker!

Jacob L. from the *Dillon CFH* has dedicated himself to im-

proving his grades and it really shows! **We knew you could do it Jacob!**

Ester L. from the *Dillon CFH* has started driving school. **Good Luck Ester!**



A Special Thanks to:

Irene Zakar, owner of SPOILED ROTTEN Women's Boutique in Cameron Park. Irene has been very generous with her donations and has encouraged her customers to do the same. Thanks Irene!

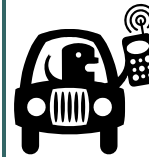
A KING Size Thank You to Beno Udrih!

Beno Udrih #19, Point Guard for the Sacramento Kings purchased a section of seats for our foster children last month. Along with the fantastic seats he handed out lots of Kings goodies and spent some time with the children. This was all part of the program

called "**King's For The Community**".

We are honored to have Beno choose to sponsor our Sacramento FFS Families to be his guests.

Thanks Beno!



FFS Cell Phones

For safety reasons we discourage the use of cell phones while driving. For budget reasons we like to keep cell phone use to a minimum. If you need to get hold of your Social Worker while he/she is out of the office please keep your calls short and sweet.

Thank you all for your help

The Welcome Mat Is Out For...

The Nelson Family Home

The Moore Family Home

The Pond Family Home

We are always interested in certifying new homes. If you know of anyone who may be interested have them call their local office.

Potential Foster Parents can call one of our offices or find a Pre-Application at our website:

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

Jackson (209) 223-3691

Notes From Our Director

February was a nervous month for our Agency. Like other non-profit service organizations across CA, until the state budget passed we were facing the prospect of not being paid for foster care services. The Governor had threatened to stop such payments for up to seven months if the legislature failed to complete their task of finalizing a budget. Fortunately, on 2/19 the budget was passed, so we are not looking at delayed payments.

The only budget impact we are continuing to deal with is county payments, which as I've shared in prior newsletters, are coming in later each month. As a result, early in the month of March each of you will be contacted by us to explain a change in our monthly foster family reimbursement process, whereby we will start paying you through direct deposit. Please be looking for information in the next two weeks.

While overall the Agency is growing with newly certified homes and lots of child placement referrals, our Oroville office has seen the opposite. Foster agencies in Butte County are all grappling with declines. As a result, effective 3/1/09 we have closed our Oroville location. The few families and placements we were serving have been transferred to other local agencies, save two foster-adopt homes. These two families will continue to be served from our Sacramento office, which is where our adoptions program is headquartered. The Oroville office was established in 2001 by FFS founder, Lee Henderson, and a colleague of his, Steve Chefet. That office thrived until 2006, at which time Steve retired and child welfare redesign took hold. Butte County, like several other northerly counties, has emphasized both fewer child dependency cases and reliance on county-licensed foster homes. But all is not lost in Oroville: through our Agency's leadership, and specifically the Oroville social worker named Kathleen Ryon, we established the "Greater Oroville Family Resource Center," which will continue to expand to serve local needy families well in to the future.

I'm coming up on my 5th year as the FFS director, during which time the Agency is celebrating its 20th year in business. In addition to thoroughly enjoying my job and the people I work with, I continue to be humbled by the single most pervasive constant of this work: CHANGE. Thanks to each and every one of you that is associated with Foster Family Service—it is an honor to serve with you through the ups and downs that change brings!!!

John

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

Training Corner

Cameron Park	Pride Training continues. (Sat, Mar. 7, part #3 make up) Wed. Mar. 18th, Dr. Art Magana presents: Part I– Therapeutic Issues.
Sacramento	Pride Continues. Contact your social worker for information.
So. Lake Tahoe	Saturday, Mar. 7th 11-1 in the FFS office. Foster / Adopt Support Group. RSVP to Megan.
Stockton	Pride training in March for current and prospective foster parents. The dates are March 10 th , 17 th , and 24 th . These are Tuesdays from 5:30 to 8:30 p.m. We will schedule the remaining three sessions for three Tuesdays in April: April 7 th , 14 th and 21 st .
Jackson	Welcome to attend trainings in Stockton or Cameron Park. Contact your social worker for more information.
Santa Rosa	March 19th, 6pm-8pm in the FFS office. Dr. Art Magana presents: A review of some of the social and emotional issues in adjusting to placement.