



# Geauga County Job & Family Services Foster/Adoptive/Kinship Newsletter September 2011



Well it is that time of year when schedules are being adjusted and everyone seems to have strong feelings about the start of school. There are often more things to be done than there seems time to do them. Parents are often glad to have the kids back in school. Kids have mixed feelings about the start of a new school year. Was your child bullied last year? Did they end last year on a good note? Does your child have friends they are able to spend time with again? These are just a few things your child may be feeling or talking about.

For many children, the start of the school year comes with many questions from teachers, friends and sometimes parents. These questions may include:

- \*What did you do this summer?
- \*Did you go somewhere exciting? Boring?
- \*What do you hope to accomplish this year?

- \*Where do you see yourself in 5, 10 or 15 years?
- \*Something this school really needs is . . . ?
- \*What was the best and worst part of your summer?

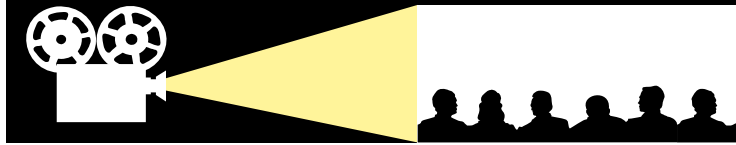
While children can have trouble putting thoughts down on paper, we as adults sometimes have trouble answering the same questions. If you had to write a page on one of the above topics, could you?

This year, to help your child express themselves better, during family meal time or another time during the day, try to have your child explain how their day was and explain one thing they did, saw or learned. You can also do the same and explain something that you did, saw or learned during your day. Not only are you increasing communication with your child, but you are helping them sort ideas out and express them better.



**"Once children learn how to learn, nothing is going to narrow their mind. The essence of teaching is to make learning contagious, to have one idea spark another." -- Marva Collins**

## Community Information:



“Child Spotlight of the Month”

### **KALEIGH**

Enclosed with this month’s newsletter is a flyer for Kaleigh who is looking for an adoptive family.

Could that family be you? Or do you know someone who might be able to provide the forever family that Kaleigh is looking for? Take a look and let us know if you or someone you know might be interested in adopting Kaleigh.

#### **Free lunches and school fees:**

Families eligible for the Free Lunch Program at school no longer have to pay for school fees, instructional fees, or class dues. For more information on this program, contact your school, or Ohio Benefit Bank at 1-800-648-1176, or visit: [www.obb.ohio.gov](http://www.obb.ohio.gov).

#### **Peaceful Parenting**

October 3, 10 & 17, 2011

6:00 pm to 8:30 pm

English Nanny and Governess School  
37 South Franklin Street, Chagrin Falls

In this 3 part parenting class you’ll learn strategies for everyday parenting. This program will help you better understand the development, your child(ren) is experiencing and bring comfort in knowing ‘it’s normal’. You’ll learn strategies for managing behaviors that present a challenge and ways to work through everyday parenting dilemmas.

To register call Jennifer Hyps, 440-725-3824

CVECA Members - \$15 per person with pre-registration  
(for all 3 days)

Non-Members - \$20 per person with pre-registration (for all  
3 days)

\$25 at the door (all three days)

## **Go Green For Free!**

Community Action offers Weatherization services for free to those living in Lake, Geauga, and Ashtabula Counties, that meet income guidelines.

Their programs can help keep your home warm, safe and energy efficient – their programs may save you up to 24% on your heating and cooling energy use.

#### **For more information call**

1-(440)998-4996 or  
toll free at 1-800-252-5249

#### **OFFICE HOURS**

Monday –Thursday, 8am-5pm  
6920 Austinburg Road  
P.O. Box 2610  
Ashtabula, OH 44006-2610

### **5th Annual Safety Day**

September 10, 2011

Century Village, Burton Square

11am to 2 pm

This free event is designed to teach kids and their families how to stay safe in many different environments. The day is not all learning, there is lots of fun to be had by all.

### **Geauga County Arthritis Expo**

September 20, 2011 from 9 am to 3 pm

Mayfield United Methodist Church  
7747 Mayfield Road, Chester Twp

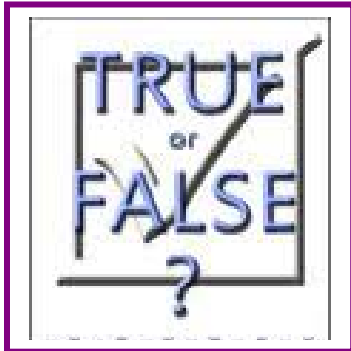
Arthritis Foundation will offer exercise demonstrations, health screenings, box lunch (\$3 donation), exhibits and more.

Registration is suggested by calling the Arthritis Foundation at 216-831-7000, ext 192 or 1-800-245-2275 ext 192

**Learning is a treasure that will follow its owner everywhere. ~Chinese Proverb**

**Free Produce & Food Give Away**  
 Saturday, September 10, 2011  
 Newbury Community Church  
 14916 Auburn Road, Newbury  
 From 9am – 11am while supplies last

**Free Giveaway**  
 Celebration Lutheran Church  
 Auburn Road, Chardon  
 Thursday, Sept 8 from 9am to 2pm  
 Friday, Sept 9, from 9am to 2pm  
 Saturday, Sept 10, from 9am to 11am



This year we will be including a section that you have to decide if the statements are true or false. The answers will be in next month's newsletter.

1. Sliced bread was introduced under the Wonder Bread label in 1930. True or False
2. On average, a 4-year-old child asks 437 questions a day. True or False
3. It only takes 17 muscles to smile - - - 52 to frown. True or False
4. The dollar was established as the official currency of the US in 1785. True or False
5. Money is made out of paper. True or False
6. Strawberries have more vitamin C than an orange. True or False
7. The first coin minted in the United States was a silver dollar. True or False
8. The human brain uses approximately as much energy as a 10 watt light bulb. True or False
9. Offered a new pen to write with, 97% of all people will write Hi. True or False
10. Babies are born with 300 bones, but by adulthood we have only 206 in our bodies. True or False

#### August Answers

1. The school bus is yellow because other drivers must use caution around them. **False, the federal government mandates they be colored yellow.**
2. The invention of the glue stick was inspired by lipstick. **True**
3. The first box of Crayola brand crayons cost 25 cents. **False, 5 cents**
4. The average number 2 pencil can write 10,550 words. **False, 45,000 words**
5. The first school desk was made in 1899. **False, 1880**
6. The popular playground game kickball was invented in the United States. **True**
7. A pencil can write, upside down or outer space and under water. **True**
8. Consumers spend more during back-to-school time than during the holiday season. **False**
9. Chalkboards were first used in 1801 in military schools. **True**
10. The National School Lunch Program was intended to prevent the return of Depression-era malnourishment. **True**



## Recipes:

### Healthy Cheesecake snack

**Ingredients:** 3 oz. cream cheese, softened  
 3T strawberry jam (or other flavor)  
 Graham Crackers

#### Directions:

1. Mix softened cream cheese with Jam
2. Spread a little of the mixture on top of crackers
3. Eat right away or chill for 30 minutes. The grahams will soften and become more like cheesecake crust, and the topping will firm up.



## Ants on a log

**Ingredients:** Celery Peanut butter or cream cheese raisin or other dried fruit

### Directions:

1. Wash, dry and cut celery into sections
2. Spread peanut butter or cream cheese in celery center
3. Top with raisins or dried fruit

### DIPS:

Kids like to dip their food. So take advantage of that, by giving them healthy options. Place cut up vegetables (carrots, celery, peppers, cucumbers, radishes, etc) or fruit (apples, bananas, mango, kiwi, oranges, pineapple, peaches, etc) in refrigerator where they can see it. Here are a few dips to try:

#### Vegetable Dips:

1. **Low fat ranch dip:** Mix low fat plain yogurt with a bit of regular ranch dressing
2. **Low fat dip:** Mix 1 cup low fat sour cream with 1 ½ t of Mrs. Dash salt free onion and herb blend

#### Fruit Dips:

1. Mix a bit of cinnamon in French vanilla yogurt
2. **Apple Dip:** Stir all ingredients together until mixture is smooth
  - 1 (8 oz) package of cream cheese
  - ½ cup brown sugar
  - 1 T vanilla extract

## CRAFTS:

### Recycled Scrabble Tile Coasters Craft

#### Supplies:

Recycled Scrabble tiles	Cardboard
Decoupage Solution	Felt
Foam Brush	Scissors
1/8" Trim	Glue

#### Directions:

1. Arrange 25 scrabble tiles to five across and 5 down forming a word search with the letters.
2. Glue to a piece of cardboard cut to the finished size of the tiles.
3. Coat with several layers of decoupage solution letting it dry between coats.
4. Glue a piece of felt to the bottom.
5. Glue narrow trim around the outside.



### Scrabble Refrigerator Magnets

**Supplies:** Scrabble pieces magnets Glue

#### Directions:

Take loose scrabble pieces, glue magnets to the backs and you have a fun way to leave notes on your refrigerator.



This year we would like to have at least half of the families that receive the newsletter to receive it by email instead of "snail mail." If you are willing to help us with this goal please give your email address to Kathi Serafino, LSW or Dawn Bates at 440-285-9141.

**Education is not preparation for life; education is life itself. ~John Dewey**

## TRAINING REMINDERS:

- ❖ Even if you are not currently a certified foster or adoptive family with us, you are still welcome to attend our trainings. All we ask is that you call to register.
- ❖ **Please remember that if there are less than 5 people signed up for a training, a week prior to the training, the training will be cancelled.**
- ❖ To register for a training you can either call the county directly, call the Foster Parent Training Line at 1-866-294-3787 or contact [Julie Hayden](mailto:Julie.Hayden@ocwtp.com), at 330-379-1976.
- ❖ Want to know what trainings are being held by other counties? Visit the Northeast Regional Training Center website at <http://www.ocwtp.com/neortc.htm>

### Geauga County Job & Family Services On-Going Training Schedule

Tuesday, November 8, 2011: What's Too Much? Issues of Confidentiality  
Trainer: Pam Reid Time: 6-9 pm

Saturday, November 19, 2011: Discipline Your Child Without Punishing Yourself  
Trainer: Beth Pilley Time: 9 am – 4 pm

### Geauga County Job & Family Services Pre Service Training Schedule

Pre Service will be held starting September 20, 2011 on Tuesdays and Thursdays through November 1, 2011

### Lake County Job & Family Services On-Going Training Schedule 440-350-4218 or 440-918-4218

Thursday, September 15, 2011: Managing The Hurt: When Your Foster Child Leaves  
Trainer: Kathy Lowery Time: 6-9 pm

Tuesday, September 27, 2011: Tackling Toileting Issues  
Trainer: Roma Johnson Time: 6-9 pm

Saturday, October 8, 2011: Relating to Primary Families: Understanding Challenges, Issues and Strategies for Success  
Trainer: Trisha Martinek Time: 9 am – 4pm

Tuesday, November 8, 2011: Peeling Back the layers: Seeing Past our Children's Defense Mechanisms  
Trainer: Beth Philley Time: 6-9 pm

Wednesday, The Openness Puzzle: 3-2-1 Contact  
Trainer: Beth Cardina Time: 6-9 pm

Monday, December 12, 2011: Moral Development  
Trainer: David Zidar Time: 6-9 pm

### Lake County Job & Family Services Pre Service Training Schedule

Pre Service will be starting Saturday, October 1, 2011 and continuing every Tuesday and Thursday through November 3, 2011.

### Ashtabula County Children's Services Board On-Going Training Schedule 440-998-1811

Wednesday, September 14, 2011: Professional Boundaries  
Trainer: David Zidar Time 6-9 pm

Wednesday, September 28, 2011: Culture and Diversity Issues in Foster Care  
Trainer: Brian Lowery Time 6-9 pm

Thursday, October 13, 2011: Life Books: The Gift that Keeps Giving  
Trainer: Beth Cardina Time: 6-9 pm

Thursday, October 27, 2011: ZZZ's To A's: Supporting Sleep for Better Functioning  
Trainer: Stacy Simera Time: 6-9 pm

Tuesday, November 1, 2011: Fostering Resiliency and Well-Being in Children  
Trainer: Lonnie Helton Time: 6-9 pm

Monday, November 21, 2011: Pro-Social Skills  
Trainer: David Zidar Time: 6-9 pm

Tuesday, December 13, 2011: Relax, It's Only a Crisis  
Trainer: David Zidar Time: 6-9 pm

### **Ashtabula County Children's Services Board Pre Service Training Schedule**

Pre-Service will be held starting September 8, 2011 on Mondays and Thursdays through October 31, 2011.

**Fall Foster Care Training Blitz  
Northeast Ohio Regional training Center  
Summit County Children Services Education Center  
264 South Arlington Street  
Akron, OH 44306  
Call 1-866-294-3787**

Thursday, October 27, 2011: Legal Custody: How permanent is it?  
Trainer: Christina Zody Time: 9am – 4pm

Thursday, October 27, 2011: Texting, Sexting and the World of the Internet  
Trainer: John Ward Time: 6-9pm

Friday, October 28, 2011: Avoiding ANTS (Automatic Negative Thoughts)  
Trainer: John Ward Time: 9am – 4pm

Friday, October 28, 2011: Educational Advocacy: Helping Your Child Succeed in School  
Trainer: Kathy Lowery Time: 6-9 pm

Saturday, October 29, 2011: Foster Families and How They Grow: Understanding the Effects of Fostering  
Trainer: Bert Nero Time: 9am – 4pm

**You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives.  
~Clay P. Bedford**



**You learn something every day if you pay attention. ~Ray LeBlond**



# KALEIGH

## “The Little Things in Life Make Her Happy”

DOB: February 28, 1998

Kaleigh has been described as being caring of others, very observant, and a good conversationalist. She has a big heart, and always wants to “help” others.

Kaleigh enjoys drawing, coloring and painting pictures. Her favorite foods are pizza, crab legs, and pepperoni. Her favorite restaurants are McDonald’s and Red Lobster. She goes to the library weekly to get books that spark her interest. Kaleigh is someone who enjoys being outside, whether it be playing on the playground equipment, or just taking a walk. During the winter months she enjoys sledding and making snowmen. Kaleigh also likes to spend a lot of time with her baby dolls. Like many girls her age, she enjoys listening to music, dancing, and having her hair styled. Her favorite characters are Sponge Bob and Winnie the Pooh.

Kaleigh is in the 6<sup>th</sup> grade. She has an IEP for reading and math. Overall, she does well in school, and puts forth her best effort. While she has a difficult time socially, she has made progress in this area.

Kaleigh needs a family that will provide her with structure, support, and a great amount of patience and understanding.

### Would you like to learn even more about Kaleigh?

Agency: Geauga County JFS  
Contact: Danette Richards  
Telephone: (440) 285-1288

