



# Geauga County Job & Family Services Foster/Adoptive/Kinship Newsletter January 2012



It is January and everyone is preparing for the snow that is being predicted to blanket the area for the next couple of months. When it gets cold and blustery outside, people try to take after some animals that hibernate. This is often the time that families are spending a lot of time indoors and together (and driving each other nuts!)

There are lots of things that families can do to stay busy and active during the blustery days ahead.

\*Pull out the cookbook and or slow cooker and find a great soup or other comfort food recipe that you have not made in awhile.

\*Go to the library and check out a movie and have a movie and popcorn night.

\*Grab a card table and start a large jigsaw puzzle. How long will it take for your family to complete it?

\*Have kids find odds and ends around the house to build a snowman or other snow structure. How many different types of snowmen can you make?

\*Are you brave enough to venture out into the weather to go snowshoeing or hiking to see what nature is doing?

\*This is a great time to write letters to family and friends that you have not gotten around to writing. Having a pen-pal can be a great way to learn about other parts of our county or other places in the world.

\*Want to do something fun this summer? Start researching somewhere new to go this summer?

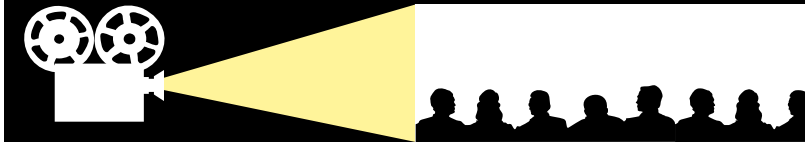
\*How many games do you have that are collecting dust? Pull them out and have a game day!

\*Now for you brave people, take time to clean out the closets, basement, junk drawer, etc since you are stuck in the house anyway! (Hmm I wonder how many will do this?)

**"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."**

- Edith Sitwell

## Community Information:



“Child Spotlight of the Month”

# KAYLA

Enclosed with this month’s newsletter is a flyer for Kayla 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 Kayla is looking for? Take a look and let us know if you or someone you know might be interested in adopting Kayla.

Want to get out and enjoy the snow. Check out the Geauga County Park District to see what activities they have planned for your family to take part in.

[www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org)

### Home Energy Assistance Program (HEAP) Winter Crisis Program

The Winter Crisis Program provides financial assistance to low-income households that are threatened with disconnection of their heating source; have already had service disconnected; need to establish new service or pay to transfer service; or have 25% or less of the fuel capacity in their tank.

The WCP program runs November 1, 2011 to March 31, 2012.

Gauga County residents may make application for assistance, **BY APPOINTMENT ONLY**, at  
Gauga County Job & Family Services  
12480 Ravenwood Drive  
Chardon, OH 44024

To be income eligible, a household must have a total household income for the last 12 months or 90 days equal to or less than 200% of the federal poverty level guidelines.

To make an appointment to apply for the HEAP Winter Crisis Program  
Call 440-285-9141.

Perhaps I am a bear, or some hibernating animal underneath, for the instinct to be half asleep all winter is so strong in me. Anne Morrow Lindbergh.



This year we are going to give you some things that make you say hmmm. . . .

1. Why does it take 15 minutes to cook minute rice?
2. Why do hot dogs come ten to a package and hot dog buns only eight?
3. What kind of fruit is in Juicy Fruit gum?
4. Why does lemon dish soap contain real lemons, but lemon juice is artificial flavoring?
5. Do vegetarians eat animal crackers?
6. If a food processor slices and dices food, what does a word processor do?
7. It takes the food seven seconds to get from your mouth to your stomach.
8. What was the best thing before sliced bread?
9. How did the man who invented cottage cheese know he was done?
10. Why do they call it 'chili' if it's hot?

### December Answers

1. In a certain Christmas carol, grandma got run over by a moose. **False**
2. A snowflake has 10 sides **False, 6 sides**
3. Alvin the Chipmunk wants a hoola hoop for Christmas. **True**
4. Icicles most often form on the south side of buildings. **True**
5. 50 % of fresh snow is composed of air. **False, 80%**
6. On average, one inch of rain is equivalent to 5 inches of snow. **False, 10 inches**
7. The 1st US state to declare Christmas a legal holiday was Alabama in 1836. **True**
8. Mr. Potato Head was introduced in 1952 with plastic pieces to be placed in a real potato. **False**
9. Rudolph the Red-Nosed Reindeer was created as a promotion for the Macy's Department Store. **False, Montgomery Ward**
10. In the original book, "How the Grinch Stole Christmas", the Grinch was not green. **True he was black and white with some red and pink splotches.**



## Recipes:

### Beef Mushroom and Barley Soup

Servings: 4

#### Ingredients:

½ pound sirloin steak, cut into 1 ½ in pieces  
2 T olive oil  
1c diced onions  
1c diced carrots  
1 (12 oz) package mushrooms, coarsely chopped  
½ c barley

1 (10 ½ oz) can beef broth  
5 c water  
1t coarse salt  
¼ t black pepper  
2 c chopped Swiss chard (optional)



#### Directions:

1. Heat oil in a large pot over medium heat. Add beef and sauté until brown. Add onion and carrots; cook, mixing occasionally, until onion is softened, about 7 minutes. Add mushrooms; cook, mixing occasionally, until liquid evaporates and mushrooms are tender, about 8 minutes.
2. Add barley, broth, water, salt and pepper; stir to combine. Cover and bring to a simmer; reduce heat and simmer 40 minutes or until barley is tender. Stir in Swiss chard, if using, and cook 5 minutes. Makes about 6 cups.

## Snowman on a Stick

### Ingredients:

- \*Bananas
- \*Grapes
- \*Carrot
- \*Apple
- \*Bamboo Skewers
- \*Mini Chocolate chips
- \*Pretzel sticks



### Directions:

1. For each snowman, you will need three thick slices of banana, a grape, a sliver of carrot, and a triangular piece of apple. (Tip: Poke a hole in the apple piece with a bamboo skewer first to make assembly easier.)
2. Have your kids slide the fruit onto the skewer, then use the carrot slivers for noses, mini chocolate chips for eyes and buttons, and pretzel sticks for arms.

## CRAFTS & ACTIVITIES:

### Frozen Bubble Balls

*Think blowing bubbles is only fun in the summer? Think again! Kids will be amazed at how long the bubbles last, and how strong they really are.*

### Supplies:

- \*Bottles of bubbles or soapy water
- \*A bubble blowing wand
- \*A below-freezing day

### Directions:

1. Gather the bottle of bubbles, wand and head outside
2. Blow the bubbles and watch as they firm up mid-flight and land without popping
3. Make sure you have your camera to catch the action!

## **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 training, a week prior to the training, the training will be cancelled.**
- ❖ To register for training you can 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, January 24, 2012: Life Books – The Gift That Keeps Giving  
Trainer: Beth Cardina Time: 6-9 pm

Tuesday, February 7, 2012: Substance Use And Abuse Among Children And Teens: Prevention Recognition And Intervention  
Trainer: Stacy Simera Time: 6-9 pm

Tuesday, March 6, 2012: Dealing With The Impact Of Early Sexual Trauma  
Trainer: David Zidar Time: 6-9pm

## **Geauga County Job & Family Services Pre-Service Schedule**

Pre-Service will be held starting February 25, 2012 on Saturdays through March 31, 2012.

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

Thursday, January 26, 2012: Talk, Talk, Talk: What's Too Much? Issues of Confidentiality  
Trainer: Pam Reid Time: 6-9 pm

Thursday, February 16, 2012: ZZZ's To A's: Supporting Sleep For Better Functioning  
Trainer: Stacy Simera Time: 6-9 pm

Tuesday, March 6, 2012: From Bullying To Befriending: Helping Youth Change The Culture Of Bullying  
Trainer: Anthony President Time: 6-9 pm

Thursday, March 22, 2012: Discipline Your Children Without Punishing Yourself  
Trainer: Beth Philley Time: 6-9 pm

## **Lake County Job & Family Services Pre-Service Training**

Pre-Service will be held starting February 4, 2012 through March 14, 2012.

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

Thursday, January 26, 2012: The Emotional and Behavioral Sequel to Maltreatment  
Trainer: Brian Lowrey Time: 6-9pm

Thursday, February 2, 2012: Working with Birth Parents: Making it A Positive For Everyone  
Trainer: Sherry Doherty Time: 6-9 pm

Thursday, February 16, 2012: Suicide Risk Among Children And Adolescents: Recognition and Intervention  
Trainer: Ruth Simera Time: 6-9 pm

Thursday, March 15, 2012: Substance Use and Abuse Among Children And Teens: Prevention, Recognition and Intervention  
Trainer: Stacy Simera Time: 6-9 pm

Thursday, March 22, 2012: Beauty And The Beast: Providing Trauma Sensitive Care To Children  
Trainer: Kathleen Terry Time: 6-9 pm

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

Pre-Service will be held starting March 1, 2011 on Thursdays through May 2011.



So far our hopes to have more people receive the newsletter by email has been lacking. We still would like to have at least half of the families receive this newsletter by email instead of "snail mail." Would you be willing to be one of the first to help us with this goal? Please give your email address to Kathi Serafino, LSW or Dawn Bates at 440-285-9141, email us at [serafk@odjfs.state.oh.us](mailto:serafk@odjfs.state.oh.us) or [batesd@odjfs.state.oh.us](mailto:batesd@odjfs.state.oh.us)

**I've been on a diet for two weeks and all I've lost is two weeks.** Totie Fields

# KAYLA

Birthdate: January 1995



Kayla is usually pleasant and takes pride in her appearance. Kayla is a very sociable and energetic child. She has been consistently doing well during the school day since being placed in an all girls group home. She is able to sit nicely, stay on task, raise her hand, stay in the program, etc. She enjoys listening to music as well as art. Kayla's favorite sport is volleyball, which she plays, but also enjoys basketball. Kayla takes pride in the things she is able to cook and bake.

Kayla is on medication to help her with her depression and it seems to be working pretty well.

Kayla would like to maintain contact with her sisters and aunts. They have consistently been a part of her life and she would like it to stay that way.

**Agency:** Geauga County JFS  
**Contact:** Kelly Conroy  
**Phone:** (440) 285-9141 ext. 214

