



## Caring for Kids in Care

Shelia 464-1411 General Questions  
 Steve 418-1072 Director, Foster Care  
 Lisa 357-0143 Placement/Respite  
 Barb 418-0250 Licensing/Training  
 Joy 591-6279 Recruitment  
 Liz 596-1117 Operations

Sojourners Fax Number: 739-4357

All numbers are in area code 740.

Please call Joy with questions about the newsletter—or to submit new recipes.

### ... SHINING STARS!



- ★ M.D. is potty-trained! Good job.
- ★ W.O. has made progress with self-control at home. He crossed the bridge from Cub Scouts to Boy Scouts and was named “best cook.” Keep up the good work.
- ★ M.H. is on track to graduate in May and earned the privilege of going to prom. The corsage goes on the left. The graduation tassel goes on the right.
- ★ S.L. passed the pre-GED exam and will be scheduled for the official GED soon. Congratulations.
- ★ T.D. and K.S. worked effectively to influence decisions about their futures. We’re proud of you.
- ★ S.S. is now walking. Watch out, world!
- ★ D.C. has been volunteering for Habitat for Humanity. He capably got medical help for his foster mom when she was seriously ill.
- ★ K.M.S. is talking better and better—and can even say “B.J.” Excellent!
- ★ A.S. is doing great in school and “is a joy to have in class” and a joy to have in our care.

Call Joy (591-6279) to report good news about the young people in your care.

## Shelia’s Corner

### Chicken & Biscuits Dinner

#### Ingredients:

- 1 can cream of chicken soup
- 1/4 cup milk
- 3/4 cup shredded cheese
- 1/4 tsp pepper
- 1 16-oz bag of frozen vegetables (thawed)

## Budget-Stretchers

Try these five strategies to save some hard-earned dollars in these tough times. I bet you’re already doing some of them.

- **Eliminate magazine subscriptions.** Visit your favorite publications on their websites or read them for free at the library.
- **Buy in Bulk.** Bulk buying is especially useful for non-perishables like canned food and household products.
- **Eat at home.** If you know you’ll be in the car for a meal, stock up on coupons or pack a lunch.
- **Plan your meals ahead.** Plan on Saturday morning and make a list to take to the grocery store. Each night, gather the ingredients you’ll need for the next days’ meals.
- **Want or need?** When considering a purchase, ask yourself if the item is something you really need or if it is a “want” masquerading as a need.



I’d love to hear from you about how you are stretching your dollars these days.—Joy

## Training News

- Foster Care Training, Session I: April 11, 9:30 to 12:30; and Session II: April 14th, 9:30 to 12:30, both at Vinton County Public Library. Topic: “The Challenge of Partnership: Working with Birth Families.”
- Foster Parent Conference, Friday, April 24, from 6-9 p.m. and Saturday, April 25 from 9 a.m. to 4 p.m., at the University Inn in Athens. You can get as much as 9 hours of training over the two days. There is a free continental breakfast and lunch on Saturday. The University Inn is at 331 Richland Avenue. You’ll see familiar faces at this conference—several staff members are signed up for it. Call Barb if you want to sign up or if you have questions. Topics include:
  - “Doin’ the Right Thing,” which cover the Foster Parent Code of ethics
  - “Laughing Just for the Health of It!” which explores the impact of laughter on our health
  - “Appalachian Culture,” which discusses the impact of cultural issues in getting services for foster youth.



# HAPPY EASTER!

- 1 lb chicken pieces cut into bite-sized pieces
- 1 can refrigerated biscuits (can of 10)

Heat oven to 400. Mix all ingredients except biscuits in 3-quart shallow baking dish.

Bake for 15 minutes (until hot and bubbling) Stir it gently. The put biscuits on the top. Bake another 15 minutes until biscuits are

golden brown. Serve with a green salad for a delicious, nutritious dinner.





# “The World Has Changed”

*April is National Poetry Month, so here's a poem that should inspire you in your work—  
“The World Has Changed,” by Alice Walker.*

The World Has  
Changed:  
Wake up & smell  
The possibility.  
The world  
Has changed:  
It did not  
Change  
Without  
Your prayers  
Without  
Your faith  
Without  
Your determina-

tion  
To  
Believe  
In liberation  
&  
Kindness;  
Without  
Your  
Dancing  
Through the years  
That  
Had  
No  
Beat.  
The world has  
changed:  
It did not  
Change  
Without  
Your  
Numbers  
Your

Fierce  
Love  
Of self  
&  
Cosmos  
It did not  
Change  
Without  
Your  
Strength.  
The world has  
Changed:  
Wake up!  
Give yourself  
The gift  
Of a new  
Day.  
The world has  
changed:  
This does not  
mean that  
You were never

Hurt.  
The world  
Has changed:  
Rise!  
Yes  
&  
Shine!  
Resist the siren  
Call  
Of  
Disbelief.  
The world has  
changed:  
Don't let  
Yourself  
Remain  
Asleep  
To  
It



## Notes from the Director

Imagine going on your favorite vacation. But...instead of staying at your favorite hotel, you have to stay with strangers in a strange place. And, you're not exactly sure when (or, if) you get to go home. And most of all...you have no idea what's happening with your family back home. Sounds kind of like being stuck on an island with Jeff Probst, without the million dollar reward at the end.

Foster care is a necessary, temporary service for some young people and families. Foster care is an opportunity to shore up an unset-

tled foundation, and build towards a stable future. Unfortunately, it has become a way of life for too many young people.

Sojourners provides the finest families to care for young people, but foster care itself is incomplete. Young people need a sense of identity, a connection to their past in order to build the bridge to their futures. Here are several ways we can support them.

*Maintain Family Connections.* Whether it's with birth parents, siblings,

grandparents, or distant family members...a true sense of identity depends on a connection to family.

*Support Reunification.* While we've all experienced challenging partnerships with birth families, it's critical to assist a youth's transition with ongoing communication and support.

*Adoption.* For young people who are available for adoption, we can help identify or provide potential adoptive families, and support youth's transition to their "forever family."  
- Steve

SOJOURNERS

# Sojo Family News



### Policy Pedestal

Foster care policies are now easily accessible in the foster care office. We have placed them on a nice pedestal. Russ Elek is memorizing them—hey, Russ, what's Policy #74?

### Sojourners Calendar

- *Foster Care Training*, April 11, 9:30 to 12:30; and April 14th, 9:30 to 12:30, McArthur Library, "Dealing with Birth Families."
- *Food Bank*, April 13, from 11:00 to 3:00.
- *Foster Care Seminar*, University Inn, Athens, April 24 & 25.
- *Foster Care Awareness Month—Sojo Anniversary Celebration*, Fri., May 15, 11:00, tentatively at the Vinton County Courthouse.