



Sojo Family News

Recovery Conservation Corps

Sojourners, in collaboration with Hocking, Meigs, and Vinton Counties, is operating a state-wide recovery program for young people between the ages of 18 and 24 years old. The Recovery Conservation Corps, as part of the American Recovery and Reinvestment Act, employs young people at the Ohio State Parks and natural areas.

The program aims to provide young people with work experiences,

while rehabilitating the state parks with much-needed conservation projects. These projects include painting and general maintenance of the parks; building recreation lands, observation areas, and trails; and eradication of invasive species.

The three primary locations for the corps' work will be Hocking Hill State Park, in Hocking County; Forked Run State Park in Meigs County; and Lake Hope State Park in Vin-

ton County.

The Recovery Conservation Corps will provide employment opportunities to 70 people from the three counties.



Notes from the Director



Over the past few months, it's not unusual for me to field a phone call from a foster parent with this question...“Do you really need all of us foster parents anymore?”

With the unprecedented drop in the use of foster care, particularly therapeutic foster care, it's not a strange question. Add to that, maintaining your foster parent license isn't a walk in the park. From all

the training, background checks, home visits...it's a heavy workload.

The reality is...children absolutely need foster parents. Foster care, and therapeutic foster care wasn't developed during a time of luxury or excess. It was developed from a need...a critical, social need by youth and families. That need hasn't magically disappeared during these difficult times. If any-

thing, its grown.

Just as we don't miraculously get healthy when our insurance stops covering us...youth don't suddenly heal when no one's around to pay for help.

Point is...foster parents are and will always be desperately needed. Someday, not too far away, many young people are going to need help...from each of you.

Steve

Foster Care Alum Honored for GED



Last month's coverage of the Sojourners graduation left out recent foster care alumna Sabrina Lutz, shown here with her mom. She earned her GED through Youthbuild. Good job!

Calendar

- *Vinton County Red Cross Blood Drive*
Wednesday August 12th at the Community Building.
- *Food Bank*
August 14, 11:00—3:00.
- *Ridgetop Music Fest*
August 15, 5-9 p.m., at the Vinton County Airport with Joy performing!
- *Foster Care Training*
“Boundaries with Teens,” August 28, 9 a.m. to 4:00 p.m., at the Vinton County Library.



Ways to Be Involved with School

School will be starting before we know it. Trainer Brian Lowery, who presented “Educational Advocacy” at Sojourners in June, recommends staying involved with the schools your children attend. Here are some of his recommendations.

- Join the Parent/Teacher’s Association and play an active role; show that you are concerned about the school.
- Share your area of expertise with the children in the classroom.
- Participate as a chaperone on field trips.
- Coach your child’s sports team or help out at sports events—sell soft drinks and popcorn.
- Be a class parent or volunteer.
- Build a relationship with your child’s teachers. Write occasional notes to the teacher to maintain communication.
- Make “good news” or “follow-up” phone calls to teachers.
- Thank teachers for extra efforts or work they provide to help your child.
- Demonstrate concern for the child’s progress to the child, the school, and the teachers.
- Attend open houses, parent/teacher conferences, and IEP meetings.
- Provide supplies for your child’s classroom, such as crayons, markers, glue, pens, etc.
- Be prepared with a list of questions whenever you meet with teachers or school officials.

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 Shelia with questions about the newsletter—or to submit news or recipes.

SHINING STARS!



- ★ K.S. is enrolled in and ready to start classes at Columbus State in the fall. Best wishes!
- ★ D.C. had a great time at camp—he loved rock climbing and the zipline. Glad you got home in one piece!
- ★ B.E. is having a relaxing and fun summer vacation. Lemonade, anyone?
- ★ S.F. had a good lesson in car maintenance—checking and adding oil, filling the windshield washer fluid, checking tire pressure—preparing to get a driver’s license soon. Good luck!
- ★ T.L. is forming better bonds with his foster family as he helps out around the farm. Excellent!
- ★ S.W. is enjoying hanging out with friends this summer. Ah, the living is easy...
- ★ J.B. has become quite the real-life “Guitar Hero” and has even written songs about his experience in foster care.
- ★ E.L. continues to take tennis lessons and had a great summer at the YMCA camp!
- ★ B.C. has enjoyed hanging out in the family swimming pool!

Call Shelia to share good news about the young people in your care.

Training News

Remember to plan ahead to make arrangements for child care.

John Ward to Train in August. Rising Star Award winner John Ward will be the trainer for our August session. He’ll present “Boundaries with Teens” on Friday, August 28, from 9:00 to 4:00, at the library in McArthur. John always provides good strategies, good sense, and a good time. Make sure to get this on your calendar. (Call Barb to reserve a seat.)

CPR Coming Up. In September, we’ll be scheduling each of you for CPR recertification. Times and locations will be announced in the next few weeks. First aid training will be available for those who need it. Check in with Barb if you have questions.

Shelia’s Corner



Here are some recipes to help you use the blueberries you got last month. The pancakes are a favorite of Shelia’s grandkids.

Shelia’s Blueberry Pancakes

Ingredients:

- 1-1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 1-1/4 teaspoon sugar
- 1 egg
- 1/2 tablespoon butter, melted
- 1 cup blueberries

1. In a large bowl, mix flour, salt, baking powder, and sugar. Then, add egg, milk, and butter. When batter is mixed well, gently fold in the blueberries.
2. Spray a griddle or skillet with non-stick cooking spray. Pour about 1/2-cup of batter onto the griddle for each pancake and cook until bubbly. Then turn each pancake over to complete the cooking.
3. Serve with warm blueberry syrup and a dollop of whipped cream.

Blueberry Snow

Ingredients:

- 1 angel food cake, cut into small pieces
- 1 large container of Cool Whip
- 2 cups of blueberries

Put half of the cake pieces in the bottom of a large bowl. Top with half the Cool Whip and 1 cup of berries. Repeat with remaining ingredients. You can make this with strawberries or other squishy fruit also. Soooo good on a hot day.