



We're looking for a few good...

... FOSTER FAMILIES.

The new year is the time to start new initiatives and renew commitments. So, it's time to get focused on recruiting new foster families into the Sojourners family of families ...

... REFERRALS.

By February 1, I should have contacted each foster family to survey you about a number of things—but especially to see if you know anyone who I can contact about becoming a foster parent. You are our best source of referrals. The people you refer are more likely to stick all the way through the process and get licensed.

... \$50 WINNERS.

Don't forget about Sojo's Thank You Plan. For every name/phone number you give me that results in a

phone conversation, you earn points toward a \$50 gift certificate from Wal-mart or from a local restaurant. We've awarded the gift certificate to one family already.

... CHAIR WINNERS.

You also earn raffle tickets every time I make contact with one of your referrals. At next year's holiday party, we'll draw for one of the Adirondack chairs made by young people in our Youthbuild program. I know the family that won this year's chair was pretty happy!

... IDEAS.

I'll be working on a number of projects to recruit new foster families, but we need your ideas, too. Call me if you want to discuss your own ideas.

—Joy



... KIDS BEING GOOD!

This month we'd like to start recognizing the young people in our care. Call Joy (591-6279) when you catch your kids doing something good—improving grades, achieving goals, maintaining good behavior. We'll put it in the newsletter, with identities protected, of course.

- T.T. in Jackson was invited to join the middle school basketball team. Good job!
- S.H. in Jackson passed three of the four 12th-grade proficiency tests in the 11th grade. Most excellent!
- T.D. in McArthur got straight A's on his latest report card. Way to go!
- E.L. and W.O. from Jackson participated in Sojo's Martin Luther King Day Dream Camp. S.F. and S.M. from Logan served as junior leaders for the day. Thanks for coming!

Notes from the Director

Traditionally, February is the month we celebrate the holiday of Saint Valentine of Terni, better known as Valentine's Day. The holiday is celebrated across the globe as the traditional day to express one's love for another through cards, flowers, and gifts. While it's historical roots are in question,

its modern acceptance as a day of affection is not.

Often, Valentine's Day is thought of as a celebration reserved for school children and couples...but in many other countries, the day is celebrated as a remembrance for friends and loved ones, alike.

Because of the ever-changing nature of our worlds, we often fail to set aside time to fully express our appreciation and affection for others in our lives. Through small gestures, such as a note of appreciation or a few kind words, we can all leave a lasting impact of love on others.

Steve

Foster Parent at Inauguration

We are proud that one of our foster parents was in Washington, DC, for the inauguration of Barack Obama on January 20, 2009. Laura Walker traveled with a busload of friends and neighbors from Portsmouth. She said, "I have never been in such a friendly crowd. I hope that the Obama presidency will bring us together as a people." She noted that "the torch has been passed to the next generation, who don't judge each other by color, but by how they get the job done."

Foster Care Calendar

- February 1-28, Black History Month
- Tuesday, February 5, **Mardi Gras** (also known as Pancake Day—heat up the griddle!)
- Monday, February 9, **Food Bank**, 11:00 to 3:30.
- Sunday, March 1, 2009, **Foster Care Training**, two sessions—1 to 4 p.m. and 5 to 9 p.m. , "Behavior Management Clinic," location to be announced



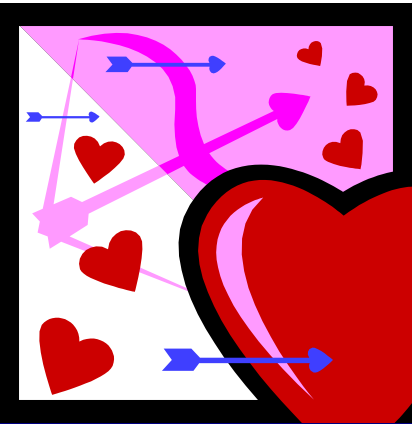
Caring for Kids in Care

Shelia	464-1411	General Questions
Steve	418-1072	Director, Foster Care
Lisa	357-0143	Placement/Respite
Barb	418-0259	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.



Happy Valentine's Day

However you're related to Sojourners, as a friend, agency partner, or foster parent, we wish you a happy Valentine's Day and hope you'll continue to BE OURS. Thanks for everything you do to help kids. You are SO SWEET.—*Your Sojo Family*

Shelia's Corner

Shelia's Chicken Noodle Soup

Ingredients:

- 1 chicken
- 1 small onion, chopped
- 2 large carrots, chopped small
- 1 rib of celery, chopped small

Healthy Habits for Life (from WebMD)

Dulce Zamora of WebMd recently published an article on the "13 Healthy Habits to Improve Your Life." Many of the suggestions are great life skill opportunities for our young people. For example, children who eat breakfast every morning "appear to (have) enhanced alertness, attention, and performance on standardized achievement tests." The article also notes the importance of good sleep habits. "Sleep deprivation can negatively affect memory, learning, and logical reasoning", Zamora says.

In addition to healthy eating and sleep patterns, social connectedness is a barometer of good health. "Community ties help improve mental functioning...keep the mind active and maintain...mood." The article suggests becoming a part of clubs, groups, or volunteer activities.

Other activities for an emotionally healthy life? Exercise, participation in hobbies, and healthy eating habits. Perhaps the most important of all...make a plan. "A little planning goes a long way, (good health) never happens by accident. Many of these habits take effort that need to be scheduled into busy lives", Zamora says.

Check out the entire article at <http://www.webmd.com/balance/features>.

Bags for Her Birthday

Joy Dickerson recently celebrated her 50th birthday (gasp!). "Age 50 is when the fun begins!" Joy said of her new over-the-hill status. About 60 people attended her birthday bash. Instead of gifts, Joy asked that people bring overnight bags and duffel bags to her party. The bags are for Sojo foster youth to use when they have to move. Joy reports that lots of bags were collected. Happy Birthday!



Joy entertains at her birthday party

Training News

February Training—Yes, folks, the February training is on **March 1, 2009**—and, it's on **Sunday**. Please join us for a "Behavior Management Clinic" presented by veteran trainer David Zidar. He'll cover alternatives to restraint, and present information on physical restraint tactics and protocols. We will NOT be practicing physical restraint maneuvers. We'll offer **two sessions**, 1 p.m. to 4 p.m. and 5 p.m. to 8 p.m. Location will be announced when it is determined.

First Aid/CPR Cards—The cards you received recently erroneously stated that they were only good for 2 years. NOT! They are good for 3 years. **Please bring your card in so Barb can correct it and initial the correction.** Call Barb if you have questions.

PATIENCE: Please be patient with us as we deal with the impact of bad weather on our training schedule.

- 1 teaspoon parsley
- 1 bag of noodles
- Salt and pepper to taste

Cook chicken in 4 quarts of water until done. Cool the broth and skim the fat off the top. Then, cut chicken into bite-size pieces. Put the pieces back

into the broth. If you need more broth, add a can of chicken or vegetable broth.

Cook for 30 minutes, or until the carrots are done. Serve with crackers or bread. This soup is terrific on these cold days we've been having.