

What are we thankful for?

Thanksgiving is a time to pause and count our blessings. Many families, go around the table before digging in, asking each person present to say what he or she is thankful for. Here's what your Sojourners foster care staff would say if they were eating Thanksgiving dinner with you.

- BJ is thankful to wake up in the morning and still have a pulse! She's also thankful to have a job in these times.
- Shelia is thankful for her two grandsons. "Being a grandma is so much fun!"
- Joy is thankful for her family and her family

of friends—human, canine, and feline.

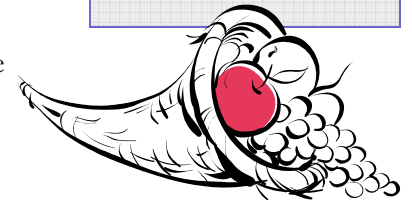
- Steve is thankful for the amazing friends and family in his life.
- Barb is grateful for beauty in the world, the kindness of others, and chocolate.
- Jessica is thankful for good friends.
- Lisa is most thankful for her family.
- Shayla, too, is always thankful for her family.
- Marcus is thankful for HD football coverage and the daily joy of seeing young people in foster care become more healthy.

Happy Thanksgiving!

Giving Thanks

Marian Wright Edelman said, "So often we dwell on the things that seem impossible rather than on the things that are possible. So often we are depressed by what remains to be done and forget to be thankful for all that has been done."

At Sojourners, we are filled with gratitude this Thanksgiving for the work that each of you does and the impossible things that you make possible. *Have a wonderful holiday.*



Notes from the Director

In my office, there's a poem on the wall by Dorothy Law Nolte, titled "Children Learn What They Live." In the poem, there's a line that goes, "if children live with praise, they learn appreciation." I believe that rule applies to young people, as well as the rest of us young at heart.

With the Thanksgiving and holiday season around the corner, we again set aside time to remember the things, and people, we're thankful for. But being thankful isn't just a feeling, it's a reminder to act on that feeling.

All of us have people in our lives that we're thankful for.

Parents, grandparents, brothers, sisters, friends, teachers, mentors, co-workers, classmates. Let's take the opportunity to show those people our appreciation...because as we do that, we start a ripple of appreciation that waves out to many, many others.

Steve



Green Light Project

November is National Runaway Prevention Month. To raise awareness and show support for runaway youth, Sojourners Transitional Living Program is distributing green lightbulbs to be placed on porches across our community in November. If you would like to participate, please contact Evette Bethel at 418-0258.

For more information on National Runaway Prevention Month and issues facing runaway youth, contact 1-800-RUNAWAY or visit www.1800RUNAWAY.org.

Foster Care Calendar

- *Election Day*, Tuesday, Nov. 4, 6:30 a.m. to 7 p.m.
- *Foster Care Training*, CPR/AED Certification, times and dates to be announced
- *Food Bank*, Thursday, November 13, 11:00-3:00
- *Chinese Auction*, November 13, 4:00 p.m.; drawings at 7:00 p.m., Vinton Co. Community Building.
- *Holiday Party*, Saturday, December 13—location and time 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.

“Hem your blessings with thankfulness so they don’t unravel.”

—Anonymous



Sojo Online Update!

The *Sojourners Foster Care Policy Manual* is now posted as a pdf online.

Go to www.sojournerscare.net. Click on “Downloads,” then “Community Partner Forms.” You’ll see the policy manual, as well as a down-loadable medication record, MUI report form, and mileage record. We’ll let you know as more items go online.

Shelia’s Corner

Happy Apple Crisp

Ingredients:

- 6 large apples (12 small), cut into slices
- 3/4 C brown sugar, firmly packed
- 1/2 C quick cooking oats
- 1/3 C all-purpose flour
- 1 teaspoon cinnamon
- 1/2 C cold margarine



Get Ready for Transitional Living’s Chinese Auction

Our Transitional Living Program is holding a Chinese auction on Thursday, November 13, from 4:30 to 7:00, at the McArthur Community Building. The auction will raise money for TLP and foster care holiday gifts and activities. A cake walk and 50-50 drawing are also planned.



We’ll open the auction early for foster parents picking up their food distribution earlier in the day. Come over after the food bank to get a jump on the goodies.

Evette (418-0258) and Fallon (591-6290) are accepting donations (including cakes) for this event.

Nominate a Board Liaison

Sojourners is currently taking nominations for a foster caregiver liaison to the Board of Directors, our governing body. The Board Liaison will represent the interests and knowledge of foster parents in a non-voting capacity. The nominee must be a currently-serving foster parent.

You’ll be receiving nomination forms with this newsletter—and if you don’t get one, please call Shelia and ask her to send you one. If you would like to nominate someone—including yourself, put the name on the form and send it in.

VOTE!

TUESDAY, NOVEMBER 4

**Make sure YOUR voice
is heard.**

Training News

CPR/AED We are still working on scheduling you mandatory CPR/AED training. We’ll let you know by phone as soon as we have something set up with the Vinton County Red Cross.

2009 Training Barb and Steve are working on our training offerings for 2009. They are focusing on training that is relevant and useful.

Can’t-Tell-Time Turkey

Ingredients: one 10-12 lb turkey; 1 cup melted butter; 3 cups stuffing; 2 cups uncooked popcorn

Preheat oven to 350 degrees. Baste turkey with butter; salt & pepper. Fill the cavity with the stuffing and popcorn. Place in baking pan with neck toward back of oven. Listen for popping sounds. When the turkey blows the oven door open and flies across the room, it’s done!

Preheat oven to 375. Spray cake pan with cooking spray. Layer the apple slices in the bottom of the pan. Put sugar, oats, flour, cinnamon, and butter in a food processor and process to crumbs. Sprinkle crumbs over apples. Spray crumb layer with cooking spray until moistened.

Bake for 30 minutes, or until the top is light brown. Then, place under broiler for 1-2 minutes until the top is golden brown. Serve with cold milk or vanilla ice cream!