



Sojo Family News

Youthbuild Students Give Back

Students in the Youthbuild of Southeast Ohio (YOSO) program, in partnership with the Vinton County Office of Economic Development, recently renovated the home of a local Korean War Veteran, Charles Lukens.

Youthbuild of Southeast Ohio is a federally-funded program that provides educational and vocational opportunities to youth aged



18-21. Youthbuild students experience hands-on vocational training, coupled with experiential and innovative education approaches, which provide a unique opportunity to young women and men who require additional support and a flexible learning environment.

The renovation of the Lukens home included construction of a new metal roof, replacement of the wood siding, and internal repairs of the home. Some of the most welcome additions to the house were the new plumbing and an additional bathroom.



In addition to the work at the Lukens home, Youthbuild participants have been working to add handicap-accessible features to another local home. The homeowner has experienced significant health challenges, and is elated at the addition of a concrete ramp and accessible bathroom fixtures. We're extremely proud of the work of the Youthbuild staff and participants! Great work!

Notes from the Director



Today is a pretty exciting day in the ten-year history of Sojourners Care Network. After a year of planning and hard-work, Sojourners takes another small step in the mission of youth and family development. As of October 1st, Sojourners is approved to begin providing adoption services, including home-studies, through the Ohio Department of Job and Family Services.

Permanency for each of our young people is the ultimate goal, and adoption is a key piece of the puzzle. Permanency provides youth an opportunity to move forward in their development, no longer having to worry about their most basic needs being met. Sojourners is already active in supporting families to and through reunification, and now we'll be able to support young people as they establish

new, permanent family connections through adoption.

The challenges of permanency were well-established in the research of our Ohio University student-intern, Terry Hale. Locating adoptive families for older young people is a well documented challenge, but the benefits are immense. Terry's research showed that youth who were adopted experienced significantly fewer problems in adulthood than similar youth who remained in long-term foster care. Also, Terry's re-

search found disruption rates for youth were *six times higher* in long-term foster care than adoption. Permanency can provide the stable foundation youth 'aging-out' of foster care often lack.

There is hope. Through collaborations with our community partners, foster and adoptive families, and service providers, we can all build better, brighter, and more hopeful futures with our young people.

Steve

Calendar

- *Independent Living Classes*
October 6th at Sojourners Offices, from 5-6:30pm
- *First Aid Training / CPR*
(First Aid) October 10th at the Athens Co. Red Cross, 9-12pm
(CPR) October 24th at the Athens Co. Red Cross, 9-5pm
- *Food Bank*
October 16th, at 318 W. Main St, McArthur, 11-2pm
- *Wraparound Training with Marcus Games*
October 16th at the McArthur Library, 9-12pm



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!

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



- * T.T. attended independent living classes last month. They grow up fast!
- * J.F. avoided a fight at school. Way to go!
- * R.R. earned a trip to the golfing range because of good behavior at school!
- * B.C. treated his brother to rides at the county fair! Nice job!
- * J.F. was promoted a grade at school!
- * R.C. had a great time at summer camp. Can't wait 'til next year!
- * C.T. is excited about his school's homecoming!



Independent Living

Mark Kroner is a driving force in the world of independent living education. During a recent staff training, Mr. Kroner identified six areas that everyone, including adults, need to know and understand, in order to thrive in society. Listed here are the six core areas, along with a simple tip on how to begin teaching your children the necessary skills to live a successful life.

1. **Health** - "Teach them how to cook five good, healthy meals."
2. **Money Management** - "Show them where to shop for food, clothing, and furniture."
3. **Time Management** - "Buy them an alarm clock and teach them how to use it."
4. **Emotional Control** - "Line them up with a good counselor or mentor."
5. **Living Arrangements** - "Help them understand a lease or rental agreement."
6. **Healthy Relationships** - "Help them develop at least one good friend."

Remember, all of these topics and more are covered at the IL classes on the 1st Tuesday of the month from 5-6:30pm. "Its never to early to teach the skills we need to succeed!"

Sojourners Day at Canter's Caves

Sojourners Youthbuild Program recently completed a reconstruction project at the Canter's Cave 4H Camp. Canter's Caves, located in Jackson, Ohio, is an accredited camp facility that provides camp experiences to regional 4H programs and youth. Surrounded by immense rock formations and densely forested hills, Canter's Caves is a natural gem located near US Route 35.

During the past year, a crucial trail bridge sustained major damage from a fallen tree. Though the hard work of Youthbuild participants and staff, the bridge was reconstructed for the 4H camp participants. As a 'thank-you,' the Canter's Cave staff treated Sojourners to a 'day at the park.' Sojourners staff were able to participate in their challenging ropes course, canoe and kayak training, trail hiking, and a wonderful lunch at the lodge. Thanks to Youthbuild and Canter's Caves for a great experience!



Shayla enjoying the zip-line ride back to solid ground



BJ, Lisa, and Shelia waiting to move to the next ropes station



Russ launching full-speed down the zip line

Shelia's Corner

Fall Apple Cake

- 3 tbsp sugar
- 3 c sugar
- 3 c flour
- 3/4 tsp salt
- 1/4 tsp nutmeg
- 1 tsp baking soda
- 1 1/2 c vegetable oil
- 3 eggs
- 3 c chopped apples
- 2 tsp vanilla
- 1 1/2 c chopped pecans
- 3 tsp cinnamon



Directions:

1. Preheat oven to 325°. Grease 10' tube pan. Combine 3 tbsp sugar with 1 tsp cinnamon. Coat pan with sugar mixture.
2. Mix flour, soda, salt, nutmeg, and cinnamon, set aside. Beat oil and sugar until blended. Beat in eggs, one at a time, and then stir in apples and vanilla. Add flour mixture until blended and stir in pecans.
3. Pour in pan and then drop and shake pan to release bubbles. Bake 1 1/2 hour or until toothpick comes out clean. Cool for 15 mins and glaze with can of white frosting (or, if you prefer, top with vanilla ice cream instead of frosting). Enjoy!



Honorary 'shining star' Marcus leading the charge on the Canter's Cave ropes course.