



Activity: Listening



This month's issue of *Youth Today* highlighted the importance of listening to the voices of young people. A few of the highlights:

"...when the caseworker asked me how I felt about being put into care, I thought, 'This is my chance to speak up.' But she went on to say, 'Then again, why would anyone want to go back after what you've been through?' I saw...that she was not focused on how I felt about it...I realized that there was no point in trying to talk.... The foster care system should remove kids for their own safety...But they should also listen to what the kid has to say."

We often think of listening as a

passive activity—it just happens. But you can become an active listener with a few simple changes. The booklet "Keeping Your Kids Drug-Free" (available from Joy or Barb) offers these suggestions:

- Ask open-ended questions that encourage conversation. Avoid questions that can be answered with a simple yes or no.
- Make it clear that you are listening and trying to understand your child's point of view. When your child describes events, repeat what you think your child has just told you.
- Establish regular "together time" in which you and the young person do something alone with each other that allows the child to talk...just taking a walk or going out for ice cream can be a chance to listen.

To show that you're listening, you can use phrases like these:

- Sounds like you're saying...
- Do you mean that...
- When that happens to me, I feel

like...Is it like that for you, too?

- Are you saying...?
- I'm having a hard time understanding what you're saying. What do you mean?

Listening shows care and respect for people of any age. To make listening go deeper, go over these guidelines with the young people in your home. Help them improve their listening skills, too!

Degree Awarded



Join us in congratulating Shayla Caudill-McNally on earning her Masters degree in Criminal Justice from the University of Cincinnati on August 30th!

Engagement Announced

Jessica Fisher has recently announced her engagement. She is planning a December wedding. Congratulations Jessica!



Notes from the Director

Last month in this newsletter, I wrote a piece about the pitfalls of "Presentism." The blinding power of the present moment can lead us to make decisions we'd otherwise not make. While we can't always prevent these decisions for ourselves, let alone for our young people, there is something that's helpful, regardless. Resilience.

In science, resilience is an objects' ability to absorb, adjust, and recover from changes or stressors in the environment. Our lives are *full* of these. Whether it's the global financial crisis on the news, the prices at the local gas station, or just the average workday, we're *always* facing adversity. Our young people do, too.

Resilience is a skill we can teach.

Through strong family and community ties, opportunities for leadership, or just positive outlooks and attitudes, all people can overcome even the greatest of hurdles. Helen Keller said, "Although the world is full of suffering, it is also full of overcoming of it."

Steve

Looking Ahead: Holiday Party

We're starting to gear up for our foster care holiday party! We're currently working on ideas for this year's party, and would like foster caregivers and youths to help plan this year's event. If you'd like to share suggestions or help in the planning, please contact Joy at (740) 591-6279.



Foster Care Calendar

- R.O.A.R. Day at Lake Hope, October 25, 9:00—5:00. Visit the Sojo exhibit while you're there.
- Food Bank: We'll call you as soon as we get a date
- Foster Parent Training, CPR/AED Certification, in the Vinton County Community Building:
 - Session 1: Saturday, October 11, 9 am—1 pm
 - Session 2: Thursday, October 16, 6 am -10 pm
 - Sessions 3-5: 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 number are in area code 740.

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

Key to Trees

Autumn leaves are falling. Go to www.oplin.org/tree/ to find out what kind of tree they're from. The page lets you identify trees from leaves or fruits using a key—a series of yes/no questions that guide you to an ID.

Activity: How Much Air Is There?

Rake dry leaves into a big pile. Use a yardstick to measure how tall the pile is in the middle. Measure every day for a week. How much air was there? Leave the pile for a month. Does it continue to flatten?

Shelia's Corner

Cooking a Pumpkin

Your kids will enjoy helping with this. Buy "cooking" pumpkins, which are smaller than carving pumpkins. Grocery stores carry them starting in September. One 8-inch pumpkin should make one pie.

Wash the outside of the pumpkin with a damp cloth. Then, cut the pumpkin in half lengthwise using a serrated knife. Scoop the seeds and stringy stuff from the inside of each half with an ice cream scoop. Remove the stem.

Place the pumpkin halves into a microwave-safe bowl with an inch of water. You may need to cut the pumpkin into smaller

Recruitment Activity: More Homes, More HOPE

A lot is happening right now in Recruitment. I've been in Portsmouth, Oak Hill, Jackson, Chillicothe, Laurelville, Albany, and McArthur talking to people who want to be foster parents. It is an honor to be invited into someone's home, to hear about their lives, to see family pictures hanging on the walls, and smell what's cooking for supper. Each place I went to had its own tone—bright, peaceful, quiet, lively, warm.

The people I visit take foster care seriously. They've thought about it, discussed it. Their questions are challenging and to the point. And, their hearts are aching for young people who need a home, who need hope. The people I've met in the last few weeks are excellent candidates for the position of "care warrior," one of my synonyms for foster parents. As these people come on board, I hope you'll lend them your support and experience and make them welcome. And, if you know of anyone who would like to serve, please have them give me a call. —Joy

Licensing and Training News



American Red Cross CPR/AED Offered in October

In October, all foster caregivers who are not current will receive training and certification in how to do cardiopulmonary resuscitation (CPR) and how to use an automatic electronic defibrillation device (AED). All training will be given at the Vinton County Community Building, about 1-1/2 miles north of the traffic light in McArthur on SR 93. The training will be offered in five sessions, each limited to 12 participants. *You must register by calling Shelia.* The first two sessions are scheduled. We'll let you know about Sessions 3, 4, and 5.

- CPR/AED Session 1: Saturday, October 11, 9 a.m. to 1 p.m.
- CPR/AED Session 2: Thursday, October 16, 6 p.m. to 10 p.m.

Quarterly Training Calendar The autumn calendar for on-going foster caregiver training will come with your checks this month, or will be mailed to you. If you don't receive one in the first week or so of October, call Barb.

Parenting 4 Prevention Be sure to check out the sheet on Parenting 4 Prevention training tucked inside the Quarterly Calendar. Note that dinner is included with these excellent sessions. You can register yourselves for these classes.

pieces to fit in the dish, but keep them as large as possible.

Microwave for 15 minutes. If pumpkin is not soft, microwave for a 3-4 minutes at a time until it is (20-30 minutes should do it). Scoop out the cooked pumpkin with a table spoon.

Puree the pumpkin using a blender. The pumpkin will be yellow.

Make Pie Filling

Preheat oven to 425 degrees. Combine the following using a mixer:

- 3 cups of the pumpkin you cooked
- 1-1/2 cans (12-oz.) evaporated milk

1 c sugar

4 large eggs

1-1/2 t ground cloves

1 t ground allspice

1/2 t ground ginger

Pour into cooked 9-inch pie shell. The filling will be very runny. Bake at 425 for the first 15 minutes, then turn the oven down to 350 and bake another 45-60 minutes or till a clean knife inserted into the center comes out clean.

ENJOY!



For more detailed directions, go to www.pumpkinpatchesandmore.org