



# Sojo Family News

## Reaching New Horizons

During the past month, Sojourners has agreed to an exciting partnership with New Horizons Care Network based in Chillicothe.

This partnership brings together two organizations who have long-standing histories of providing opportunities for youth, dedicated support for foster parents, and strong relationships to child-serving agencies in Central and Southern Ohio.

New Horizons has also been a pioneer in the region for providing support to adoptive families and their children. Their reputation of advocacy, support, and dedication brings an incredible ally in the Sojourners mission.

The relationship with New Horizons will allow Sojourners to provide greater opportunities and support to child-serving agencies in the region. New Horizons brings foster and adoptive families from Ross, Fayette, Highland, Pike, and Fairfield Counties that will provide more access to Sojourners Age Up programs. Those communities, in addition to the current fourteen (14) county region served by Sojourners, will allow greater access to Sojourners home-based family services, educational and vocational supports, and transitional living services.

Perhaps the most exciting element of this partnership is New Horizons current director, Janie Rhoads, will

become a member of the Sojourners team. Janie is a long-time advocate for youth throughout Ohio and beyond. Janie brings over twenty years experience in working with youth and families in the child welfare system. Janie was the 1994 Ross County Employee of the Year and served the local children's services agency for over 10 years. In addition to her work with New Horizons, Janie has been a statewide trainer for the Ohio Child Welfare Training Program for 8 years and received the 2004 Rising Star Award from OCWTP.

We're extremely excited about the partnership with New Horizons and Janie!

### Notes from the Director



Towels. Seriously, towels.

Aside from my work at Sojourners, I proudly serve on the board of a regional non-profit organization, whose mission is to provide healthy opportunities for children and families. They provide activities and programs designed to connect people and teach

positive values. But even the best of us are susceptible to missing the forest for the trees, now and again.

At our monthly meeting, we spent forty-five minutes debating the current towel service. *The costs. The backlash for cutting the service. Could we sell the towels instead?* You can't make this

stuff up.

The big picture than brings all of us together at Sojourners is the well-being of children who've had tough lives. Despite all those trees out there...long hours, difficult behaviors...I hope we don't spend too much time debating towels. *Steve*

### Summer Reading Group

Seven Sojourners foster youth participated in the summer reading program. The program required the youth to read at least ten (10) books in July and August. Youth who completed the reading program will receive a free pizza party at the location of their choosing. Congratulations to E.L., S.F., C.J., B.E., C.O., B.C., and J.B. for their hard work. Also a big thanks goes to their foster parents for encouraging them to continue learning throughout the summer. Great work everyone!



### Calendar

- *Sojourners TLP Car Show*, September 12 at Vinton County High School. Doors open at noon. Judging begins at 1:30pm.
- *Food Bank* September 17, 11:00—3:00.
- *First Aid and CPR Training* To Be Scheduled



## 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.



- \* J.L. is back home with his foster family and is doing really well.
- \* T.T. earned a t-shirt through good behavior.
- \* T.L. is getting along with his foster family in Mt. Gilead
- \* B.C. finished his summer work program in Mt. Gilead and plans to do something nice for his brother.
- \* C.J. continues to work hard on independent living skills.
- \* R.R. is excited about starting at his new school.
- \* T.L. has been a huge help with his family's horses.
- \* A big shining star goes to E.L., S.F., C.J., B.E., C.O., B.C., and J.B and their foster parents for completing the summer reading program.
- \* All the new Youthbuild participants who recently joined the program. Good luck to all of you!
- \* A shining star goes to all the foster parents who've persisted through all the changes over the past year and continue to serve foster youth with open arms!



## Independent Living Classes

Beginning in September, Sojourners will be offering monthly Independent Living classes. The first class will be offered September 15th from 5:00-6:30pm in McArthur. Future classes will be on the first Tuesday of each month. Any youth ages 14-18 are encouraged to participate. The primary instructor will be Sojourners Youth Intervention Specialist, Russ Elek. The following topics will be covered:

- Time Management Skills - "You Need This Project When??" (September)
- Coping and Anger Management Skills - "AHHHHH!" (October)
- Money Management - "Sorry, I Can't Hang Out...I'm Broke" (November)
- Basic Cooking Skills - "How To Not Burn Water" (December)

Please try to involve your young people in this new program. If you need transportation assistance, please let a staff member know as soon as possible. RSVP's are appreciated.

### Tips and Hints

## Ideas from Staff Training

Several staff members attended a recent training in Athens and here are a few unique tips from the session.

1. Many things really aren't **common sense**. In fact, common sense is really only common to each of us individually. A good example is "cleanliness." For some people, having a clean room might include some clothes on the floor and an unmade bed. In order to teach this 'common sense', help your young person clean their room and show them how you want it to look. Taking a picture of the clean room and hanging it on the wall can help too. You can simply point to the picture and say "make it look like that."
2. Good **hygiene** is something most of us take for granted. But many young people have not learned the benefits and importance of it. A great way to teach proper showering techniques is through "dry showers." Talk to your young children in a public place in the home, but in a way that they won't be embarrassed to talk about proper grooming. Give each child an unopened bar of soap and simply show them how to use it properly.
3. Another thing our culture takes for granted is **food**. Food and proper nourishment is one of the most basic needs we have as humans, but most of us receive it in abundance. Often, this is not true for our young people. When a child comes into care, one of the best ways to build a strong bond of **trust** is to meet their basic needs. If a young person comes into your care, even in the middle of the night, it's a good idea to have food prepared and visible. Even if they don't take it, it will show that your home is a place where their most basic, fundamental needs will always be met.

## Shelia's Corner



Here is a recipe to help you use the walnuts foster parents received last month at the food bank.

### Walnut Pie

1-9" Pie Shell (unbaked)

1 stick of butter

1 cup of Karo Syrup

3 Eggs (beaten)

1 1/4 cup chopped walnuts

### Instructions:

In a saucepan, melt butter without burning. Mix in sugar and Karo (corn syrup). Cook stirring over medium heat until the sugar dissolves. Stir in beaten eggs. Mix well. Stir in walnuts. Pour mixture into a pie shell.

Bake for one (1) hour at 350° or until firm when shaken. Allow to cool before cutting. Topping with whipped cream is always nice. Enjoy!