

FOSTERING COMMUNICATION

Montgomery County Foster Parent Association

January/February/March 2011



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FROM THE DESK OF THE PRESIDENT

Deatrice Williams · President, MCFPA

Happy New Year!

Welcome 2011!

I hope your family had a wonderful holiday season. I'm looking forward to a great year with many interesting topics for our monthly meeting. If you have an idea for a topic or speaker that you would like to hear, please let us know. The past year was great, with interesting speakers and topics along with increased attendance to our meetings in both Gaithersburg and Silver Spring. We will continue to alternate our meetings between Silver Spring and Gaithersburg; I'd like to hear from you how this change has been. I look forward to seeing you all this year!

Sincerely,

Deatrice Williams

President
Montgomery County Foster Parent Association

Save the Date!

The Montgomery County Foster Parent Association
presents

December- No Meeting

DATE: JANUARY 13TH, 2011

General Association Meeting-7:30 p.m.

TRAINING: PAM MINTZ: HOW TO RUN A FAMILY MEETING

PLACE: LUTHERAN CHURCH OF ST. ANDREW

15300 New Hampshire Ave

Silver Spring, MD 20905

DATE: FEBRUARY 10TH, 2011

General Association Meeting-7:30 P.M.

Training: GANG TRAINING: FRANK CLARK FROM DJS

Quarterly Executive Board Meeting

PLACE: EPWORTH UNITED METHODIST CHURCH

9008 Rosemont Drive

Gaithersburg, MD

DATE: MARCH 10TH, 2011

General Association Meeting-7:30 P.M.

TRAINING: ATTACHMENT DISORDER AND FAMILY-LAWRENCE

SMITH

PLACE: LUTHERAN CHURCH OF ST. ANDREW

Child Care arrangements can be made for Foster Parent Association meetings, however, please RSVP by e-mail prior to the meeting to: heather.felsen@montgomerycountymd.gov or to your homefinder.

MEETING CANCELLATION POLICY

All meetings will be cancelled if schools are closed or if they close early due to inclement weather. Meetings will also be cancelled if Montgomery County Schools close their evening programs. In doubt, call (301) 916-6001 and the recording will tell you if the meeting is on or not. Regardless, do not venture out if you feel that driving could be dangerous!!!

It is better to be respected than it is to be popular. Popularity ends on yearbook day, but respect lasts forever. ~John Bytheway



Remember

Call your Home Social Worker whenever a child is placed in your home or when a child leaves your home.



The Season is changing!
Need something?

Contact Kristen's Closet! We have the following items available:

- cribs
- large dresser
- seasonal clothing, all sizes
- winter coats, all sizes
- new shoes for infants and toddlers
- high chairs
- pack & plays
- girls 16 inch bike
- new underwear, socks of all sizes
- bottles & diapers in limited supply

Call or email Kristen to see if she has what you need!

New items arriving often!

240-997-1387

or

kmhead129@aol.com

5 strollers, 2 cribs, & exersaucer available!

ASSOCIATION EXTRAS

Check out the MD FOSTER PARENT ASSOCIATION WEBSITE:
www.mdkids1.org

Join YAHOO LISTSERV!

This is a great way to connect with other foster parents, gain support, find out about get-togethers and get access to free supplies like cribs, strollers and more! There's a link to join when you scroll to the bottom of the page at: www.mcfpa.com

HELPFUL INFORMATION

John Bertulis, Foster Parent Ombudsperson Email: jbertuli@dhr.state.md.us	410-767-7561
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Andrea Coleman, RN	240-777-1268
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CPS Intake and Referrals	240-777-4417
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After Hours Emergencies, Crisis Center	240-777-4000
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Righttime Medical Care	888-808-6483
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WIC (Women, Infant & Childrens Svcs)	301-762-9426
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Smile Dental Care	301-545-1666
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Montgomery County Foster Parent Association
P.O. Box 10006 Gaithersburg, MD 20898
(301) 916-6001 | www.mcfpa.com

Officers:

President Deatrice Williams	301-890-2622
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Vice President - Vacant	
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Secretary Marion Levy	301-915-0221
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Treasurer Dave Brown	301-916-6001
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DHHS Liaisons

Social Worker Heather Felsen	240-777-4560
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Social Worker Linda Gore	240-777-3943
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Policies & Procedures



Important Information for Montgomery County Foster Parents

ALERT: "ANGEL'S LAW" NEW DHR POLICY

Letters were sent to all foster parents stating that "Angel's Law" has been passed effective April 2010 and requires that all foster parents be in compliance with this law. The law requires that all window coverings in public resource homes be safe for children.

"Angel's Law" requires that a window covering installed:

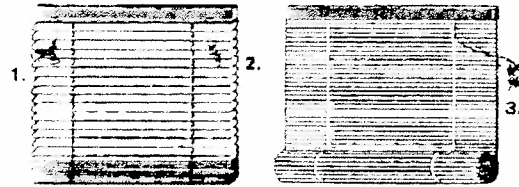
- (1) Before October 1, 2010, shall not have exposed or unsecured cords, beads, ropes, or strings; or
- (2) On or after October 1, 2010, shall be cordless.

All foster parents are required to be in compliance with this law. Foster parents are to immediately repair or remove any venetian blinds, vertical blinds, horizontal blinds, roman shades, pleated shades, roll-up shades, or draperies which have any cords, beads, ropes, or strings on the back, side, or front of the product which a child can reach. Failure to comply may result in the removal of foster children from foster homes in violation of Angel's Law.

Your home social worker will be ensuring that *all* foster homes approved before October 1, 2010 and have window coverings that were installed before October 1, 2010 do not have exposed or unsecured cords, beads, ropes, or strings. Your home social worker will also assess *all* resource homes to ensure that window coverings installed on or after October 1, 2010 are cordless.

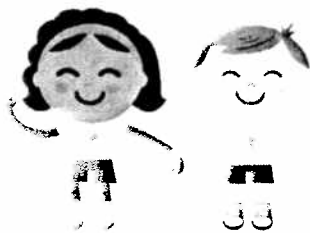
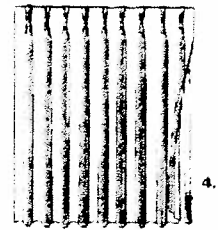
For a free repair kit, please contact the Window Covering Safety Council at 1-800-506-4636, or visit their website at windowcoverings.org. The Consumer Product Safety Commission (CPSC) recommends that cordless window coverings be used in all homes where children live or visit.

Parents should know that children can strangle in window blind or drapery cords



To keep cords out of the reach of children, use these devices:

1. Clamp or clothes pin.
2. Tie the cord to itself.
3. Cleat.
4. Tie-down device.



..... NEW ADOPTION PROTOCOL

In an effort to offer additional adoption support and education as a child moves towards adoption finalization, the adoption social worker will refer your family to the Center for Adoption Support and Education (C.A.S.E). This new protocol mandates that each family participate in 3 sessions, 2 face-to-face and 1 telephone contact, with an assigned CASE therapist. It is mandatory that all pre-adoptive families attend. For addition information, please contact your adoption social worker or Cathy Robinson, Adoption Unit Supervisor, at 240-777-3527.

DIRECT DEPOSIT (EFT—ELECTRONIC FUNDS TRANSFER)

The Comptroller's Office will electronically deposit your payment into your bank account instead of mailing you a check. Before making this election, you should contact your bank for costs that may be associated with EFT. You can register with only one bank account with the State to receive State disbursements by EFT.

To enroll in EFT, visit the website: [http://compnet.comp.state.md.us/General Accounting Division/](http://compnet.comp.state.md.us/General_Accounting_Division/)

There you will find enrollment instructions and forms. Also available on the same Comptroller website is access to the One Stop Vendor Payment Inquiry System (OSVPI) that will enable you to view payment detail information and track State Issued payments. Click on Vendors, and then OSVPI. OSVPI is available 24 hours a day, 7 days a week from home, office, or public access point. If you have any questions or concerns regarding payment, please call DHR Toll Free "Hot Line" 877-347-2729 .

Training



YMCA YOUTH & FAMILY SERVICES

Winter 2011: Registration and Information:

Call (301) 229-1347 or email: parenting@ymcadc.org or www.ymcadc.org



Words: Library Workshops Free, Donations appreciated.

Ten Reasons Children Don't Succeed... and Eleven Things Parents Can Do

Come to this parenting skills workshop to discover common pitfalls of parenting that deprive children of the opportunity to succeed with daily tasks of living. Parents will learn strategies for helping kids become more confident, courageous, capable and caring. Monday, January 10, 7:00 – 9:00 p.m. Free. Donations appreciated. Silver Spring Library, 8901 Colesville Rd., Silver Spring

Helping Kids Deal with Anger TWO locations

Anger is good for identifying problems but not good for solving them. This workshop with address ways parents can help their children recognize early warning signs and develop strategies for dealing with their anger in a positive way.

Wednesday, January 12, 7:00 – 9:00 p.m. Free. Donations appreciated. Bethesda Library, 7400 Arlington Rd., Bethesda

Thursday, January 27, 7:00 – 9:00 p.m. Free. Donations appreciated. Long Branch Library, 8800 Garland Ave, Silver Spring

Parenting Without Threats and Bribes TWO locations

Parenting tools will be the focus of this how-to workshop. While the use of rewards and threats in disciplining may be effective in controlling behavior in the immediate situation, over time it can decrease mutual respect in the relationship. Come learn alternative approaches.

Monday, January 24, 7:00 - 9:00 p.m. Free. Donations appreciated. White Oak Library, 11701 New Hampshire Ave, Silver Spring

Monday, January 31, 7:00 - 9:00 p.m. Free. Donations appreciated. Potomac Library, 10101 Glenolden Dr., Potomac

Dealing with a Strong Willed Child

Do you sometimes feel your child is more determined, more sensitive, more argumentative, more volatile than others? Come and learn how to turn these strong characteristics into positive attributes and make day to day family living more tranquil.

Tuesday, January 25 7:00 - 9:00 p.m. Free. Donations appreciated. Davis Library, 6400 Democracy Blvd., Bethesda



Words: Parenting Classes

Family Anger Issues Four sessions plus snow makeup day

This class will help parents understand their own and their family members' intense feelings. Topics include:

- Parent-child issues: power struggles and emotional outbursts
- Child-child issues: sibling rivalry, dealing with conflicts.
- Looking for patterns and creating strategies for change
- Prevention strategies: trigger thoughts, temperament issues

Required text, available first night: \$20; class fee: \$30.

Wednesday, January 19 – February 16, 7:00 – 8:30 p.m. YMCA Ayr lawn Program Center, 5650 Oakmont Ave., Bethesda

Parenting Children

Parents will learn to identify the purposes of a child's misbehavior and develop effective discipline and encouragement strategies for positively redirecting these behaviors. Skills include: Developing effective consequences, structuring choices, and ending power struggles. Required text, available first night: \$20; class fee: \$30.

Tuesdays, Feb 8 – March 15, 7:00 – 8:30 p.m. YMCA Ayr lawn Program Center, 5650 Oakmont Ave., Bethesda

Parenting Teens

A down-to-earth and practical way to meet the challenges of raising teenagers. The group discussion format teaches skills to help improve parent/teen relations; develop teen self-esteem and self-reliance; and promote responsible teen behavior at home, school and in the community. Required text, available first night: \$20; class fee: \$30.

Thursdays, February 3 – March 10, 7:00 – 8:30 p.m. United Church of Christ, 9525 Colesville Rd., Silver Spring

Registration and Information:

Call (301) 229-1347 or email: parenting@ymcadc.org or www.ymcadc.org

WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES. www.ymcadc.org
The YMCA is a not-for-profit association. Financial assistance is available. All are welcome.

YMCA
of Metropolitan Washington

Resources

Car Seat Voucher Program FAQ'S

What do I do if I need help getting a car seat for free?

If you live in Montgomery County and qualify, there is a voucher program that will provide a car seat for your child for \$20.00. Please contact **Brenda Botchway** at 240-777-1462 or brenda.botchway@montgomerycountymd.gov to answer any questions regarding eligibility. Once you have a voucher for a car seat, MCFRS will teach you how to install and use it properly at a car seat appointment.

What if I just need to borrow a car seat for a couple of days?
People needing to borrow a car seat for a few days can call: 240-777-2467. *Please keep in mind that these will not be new!*

WHEN	TIME	LOCATION	Additional Information
Tuesday & Thursday	8 a.m. to Noon	SAFE KIDS Montgomery County MD Child Safety Seat Inspection Station 14111 Georgia Avenue Aspen Hill, MD 20906	Recommended & Given Priority (drop-ins only if time permits)
1st Saturday of the month	9 a.m. to 1 p.m.	SAFE KIDS Montgomery County MD Child Safety Seat Inspection Station 14111 Georgia Avenue Aspen Hill, MD 20906	
Thursday Evenings	7 p.m. to 9 p.m.	Criswell Chevrolet 503 Quince Orchard Road Gaithersburg, MD 20878	All Days By Appt Only
Wednesdays	8 a.m. to Noon	Great Beginnings Children's Store 18501 North Frederick Road Gaithersburg	All Days By Appt Only
2nd Saturday of the month	8 a.m. to Noon	Great Beginnings Children's Store 18501 North Frederick Road Gaithersburg	

DISCOUNTS FOR FOSTER PARENTS—www.ifoster.org

The iFoster program is designed to assist families in raising foster children. Through the discounts it offers, the iFoster program could save the average family up to \$4,500 per year!

This is a **FREE** member discount program. There are over 100,000 existing discounts with new discounts continuously being added.

iFoster is for the following **eligible members**:

- Transition age foster youth (ages 16-21)
- Family (foster, kin, guardian, adoptive)
- Organization (group homes, transitional housing, CASA, etc.)

Some sample **popular items** this week:

- 15% off at Macy's
- \$25 buys \$250 at Restaurant.com
- \$6 AMC movie tickets (up to 25% off)



Other participating retailers include: Macy's, AT&T, Costco, Six Flags, Barnes & Noble, and many more!

Member registration

Register online at www.ifoster.org. It can take up to 2 days for them to process your registration and to receive your secure login information. iFoster offers different types of discounts and savings opportunities:

- **Online discounts**—save by entering a membership code provided at the time of purchase when shopping online at sites such as Amazon, Target, Overstock, etc.
- **Coupons and savings passes**—print out coupons and passes or download them to your mobile phone for point-of-purchase discounts at retailers such as Macy's, Brooks Brothers, or participating grocery stores, etc.
- **Prepaid discounts**—get substantial savings on entertainment by buying passes and tickets in advance like saving up to 35% off of movie tickets; 80-90% off of meals at Restaurant.com; as well as tickets to sporting events, concerts, tourist attractions, and more.
- **Affiliate programs**—iFoster has partnered with major service providers such as EyeBenefits, DentalPlans.com, Partners Plus Auto Care (tires, care repair, & maintenance) and more.

ROCKVILLE URGENT CARE-RIGHTTIME MEDICAL CARE

12220 Rockville Pike, Rockville, MD.

Telephone number for an appointment-888-808-6483.

They are open 365 days a year including holidays.

Hours: 9 am to Midnight

Services Available On-Site:Coughs and Colds, Cuts and Bruises , Splints and Stitches, Breaks and Sprains, Bites and Stings, Diarrhea

*Check for insurance coverage

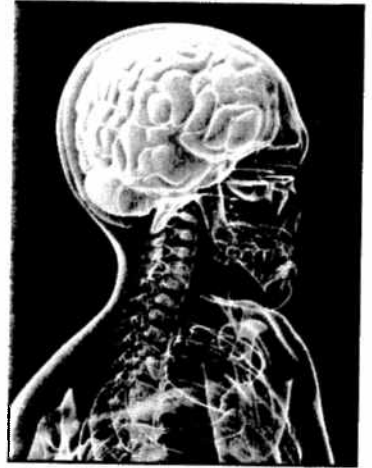
Health Info

A concussion is a brain injury...

...and all brain injuries are serious

A concussion can be caused by a blow to the head, a jolt to the body, or any sudden force that results in a rapid acceleration/deceleration of the brain inside the skull. Made up of a soft to-fu-like substance, the impact of the brain against the rigid inside walls of the skull can cause a change in neurological function and a host of other symptoms depending on which part of the brain was injured.

The terms "ding" or "bell rung" minimize concussions. While most do heal within a few weeks, an athlete who returns to play before a concussion has completely resolved risks re-injuring an already injured brain, which can have catastrophic consequences. Although rare, adolescents seem most vulnerable to this rapid brain swelling known as second impact syndrome which can be fatal. Additionally, multiple concussions suffered prior to complete resolution of a previous injury can result in prolonged symptoms lasting weeks, months, or years. Know how to minimize the risk of a complicated recovery if you suspect a concussion.



Signs reported by observers

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms reported by athlete

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right" or is "feeling down"

Seek medical help immediately if...

Most concussions do not result in emergency care. However, if symptoms worsen, you notice behavioral changes or any of the following, seek care urgently:

- **headaches that worsen**
- **seizures**
- **neck pain**
- **very drowsy, can't be awakened**
- **repeated vomiting**
- **increasing confusion or irritability**
- **weakness, numbness in arms and legs**
- **unable to recognize people/places, less responsive than usual**

If you observe any of the above signs, call your doctor or go to the emergency room immediately

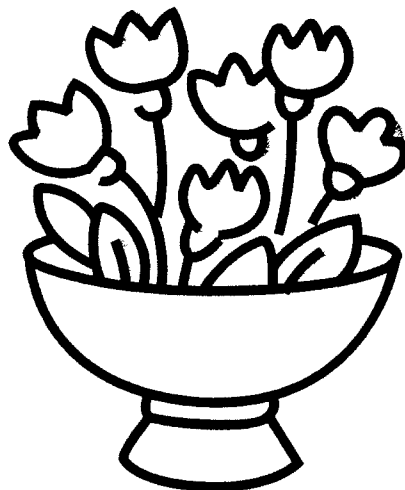


Source: [ACE Post-Concussion Home School Instructions](#) Children's National Medical Center, Washington DC

Recruiting Incentive Program

GROWS!!!

Make \$500 For Each New **TEEN** Or
TREATMENT Family You Refer



The Maryland Department of Human Resources will pay \$250 to every foster family that refers a new family: the money will be paid when the new family accepts its first placement. The referring family will receive another \$250 after the new family has been licensed for one year.

To refer potential foster families,
call Linda Gore at 240-777-3943.

INTERVIEW WITH HEATHER FELSEN

Placement Coordinator, FCP Unit (Family Centered Practice Unit)



TELL US ABOUT YOURSELF

I attended the University of Maryland as an undergraduate and obtained my MSW degree from the University of Michigan in Ann Arbor. I am a licensed clinical social worker.

WHAT IS YOUR CURRENT POSITION?

I am a placement coordinator in the Family Centered Practice Unit. My main responsibility is to match children with foster homes or residential facilities.

HOW LONG HAVE YOU BEEN WITH THE AGENCY AND WHAT POSITIONS HAVE YOU HELD IN THE PAST?

I have been with the Agency for approximately 10 years. My first position was in the Assessment Unit, investigating child abuse and child neglect cases. In 2005, I transferred to the Foster and Adoptive Parents Services unit, where I licensed foster homes and helped place children into homes and group homes.

TELL US ABOUT YOUR CURRENT POSITION AND WHAT IT INVOLVES

As a placement coordinator, I try to know and keep current with our 300 foster homes. The more acquainted that I am with each families, the better I can match the needs of the child with the characteristics and experience of a particular family. I also maintain a database that catalogs a number of important details on each family such as the age and number of children they are available to accept, their own family composition, special skills and experience, recent placements and a brief biographical sketch on their family.

HAS THE PROGRAM CHANGED? IF SO, HOW HAS IT CHANGED?

The number of children coming into foster care has definitely decreased in the past year. In following the *Place Matters Initiative* laid out by former Secretary Brenda Donald, we now hold Family Involvement Meetings (FIMs) to prevent children from coming into foster care if there are relatives or community members who might be able to care for the child in his/her own community. We also have a new Family Finding unit that searches for lost relatives who could possibly become guardians for a child in need. Another goal of *Place Matters* is reducing the number of children in group facilities (many of whom have difficult behaviors/needs) and, if appropriate, trying to move them into foster care homes.

WHAT ARE THE CHALLENGES OF WORKING IN THIS POSITION?

While we are fortunate to have so many licensed providers, it is challenging to stay on top of the changes in everyone's households as children come and go, jobs change, biological children are born, etc. Another challenge is that it is sometimes difficult to obtain as much information (as we would have in an ideal world) about the child coming into care prior to the placement. This makes it difficult to prepare foster parents about what to expect: you are often the first to learn about some parts of the child's history. Finally, in the best of all worlds, we would transition a child from foster home to foster home or reunify the child with his/her parents over a period of time. Unfortunately, we cannot always do this due to court orders, hostile environments or other circumstances.

ARE THERE FAMILIES CURRENTLY WAITING FOR PLACEMENTS?

YES! There are many families who are waiting for children. We do not know from day-to-day when we will get a referral or the age of the child(ren) needing homes. We have a system where we can highlight families who are particularly eager for children. Remember that there are many factors that are taken into consideration when a child needs a home: proximity to current home/school, ethnicity, pets, age and temperament of other children in the home, and experience of foster parents - just to name a few. I encourage all families to be open to doing regular and emergency placements in order to get to know our kids (and it lets *us* get to know *you!*) To families who are waiting, I say, "keep the faith and be patient- it will happen...often when you least expect it!"

WHAT ARE THE NEEDS OF THE AGENCY AT THIS TIME?

We are currently recruiting for and in need of homes who can take sibling groups of 2 or more children. In addition, we need families who are willing to take children who are 13 years old and older.

WHAT HAVE BEEN YOUR HAPPIEST MOMENTS IN YOUR CURRENT POSITION?

My happiest moments have been when I have made a good match. I love learning about the child from their worker and then finding a family that can really support that child with their interests and needs and help them thrive. It is a joy to see a child heal over time in a great family. It is great honor to play a small part in helping to create new families.

IN ADDITION TO PLACEMENT RESPONSIBILITIES, WHAT OTHER RESPONSIBILITIES DO YOU HAVE?

I am the liaison to the Foster Parent Association. Part of my responsibility involves planning events such as the Foster Parent Association Dinner, setting up in-service trainings, conveying information to foster parents from the State, etc. In addition, I have had training in fingerprinting, urine collection, and I am a trained FIM facilitator.

WHAT ARE YOUR INTERESTS AND HOBBIES?

I enjoy vegetable gardening and learning about wild plants and fruits. I love being outdoors, cooking and canning. I make jewelry and enjoy listening to Prairie Home Companion. I also enjoy traveling. My most recent trips were to London and Turkey. My next trip will be to Utah.

WHITE'S FERRY
 24801 Whites Ferry Road
 Dickerson, MD 20842

Field Trips for Children

Admission: \$4.00 Each Way
\$6.00 Round Trip

Kids love the short five minute commute across the Potomac River by ferry boat. The General Jubal A. Early ferry boat is tethered to a fat metal cable reaching from the Maryland to Virginia side of the river. The kids are fascinated by this short trip but it can be combined with a hike on the C & O Canal towpath, a visit to Sugarloaf Mountain, Morven Park or Bell's Bluff Battlefield Park. If you interested in fishing or riding bicycles, there is a small store that rents bikes, rents boats and tackle and sells lunch and snacks.

SUGARLOAF MOUNTAIN (MARYLAND)

Sugarloaf Mountain is a small (1,282 foot; the mountain and park are about 10 miles south of Frederick, MD. The closest village is Barnsville, located at the foot of the mountain. It was designated a National Natural Landmark in 1969.

TOURISM

Sugarloaf Mountain is an area tourist attraction, free of an admission charge, and open to the public. Activities include hiking, rock climbing, picnicking, and sightseeing. The mountain is known for its scenic views.

Recipe Corner

Best Yet Turkey Chili



Allrecipes

Rated: ★★★★★

Submitted By: Rachel
 Photo By: kim14410

Prep Time: 15 Minutes
 Cook Time: 40 Minutes

Ready In: 55 Minutes
 Servings: 6

"Easy turkey chili made with canned tomatoes, beans, and corn. Ready in less than hour, and sure to please."

INGREDIENTS:

- 1 1/2 pounds ground turkey
- 1 green bell pepper, chopped
- 1 (19 ounce) can black beans, with liquid
- 1 (28 ounce) can diced tomatoes, with liquid

- 1 (15.25 ounce) can whole kernel corn, with liquid
- 1 pinch ground cumin, or to taste
- 1 pinch chili powder, or to taste
- 1 pinch red pepper flakes, or to taste

INGREDIENTS: (continued)

- 1 pinch ground cinnamon, or to taste

DIRECTIONS:

1. Place turkey and bell pepper in a large saucepan over medium heat, and cook until turkey is evenly brown. Mix in beans, tomatoes, and corn. Season with cumin, chili powder, red pepper flakes, and cinnamon. Bring to a boil, reduce heat to low, and simmer 30 minutes. Add water if you want a more liquid chili



Nutrition Information

Servings Per Recipe: 6
 Calories: 366

Amount Per Serving

Total Fat: 11.9g

Cholesterol: 84mg

Sodium: 853mg

Amount Per Serving

Total Carbs: 33.9g

Dietary Fiber: 9.2g

Protein: 31.1g

Activity Corner

Memory Boxes for Lifelong Treasures

Whether your foster child is reunited with a family member, stays in your home as a foster child or the child gets adopted later, memories are important to keep and treasure. The child may want to keep a picture he or she drew while in kindergarten, or a photograph with the family pet. He or she may want to keep pictures of his foster siblings as well as pictures of his or her biological family. Remember that ribbon he or she won for winning a relay race, or that toy that he or she won at the carnival? Save it for the memory box. The child may add his precious items such as ticket stub from a basketball game or a play or even his or her first wristwatch that no longer works.

A memory box is like a 3-D scrapbook because you can put small 3 dimensional pieces into it. There are many different categories of memory boxes. You can make a memory box for an individual event or for an entire year or just keep one that you keep adding to until it is full. It is a very personal thing and it will be a lifelong treasure.

Begin with a box with a lid. Paint it or glue wallpaper onto it or leave it as it is. Then decorate the outside of the box by gluing items that will catch your interest and begin to tell the story. You can put a name of the memory on the lid of the box or the year that you are celebrating. Remember you don't have to be an artist to make a beautiful and meaningful box. Those old magazines that you are going to throw out are a treasure trove of letter and picture to use. Cut out the letters and combine them to make the word or saying that you want. Then add the items to the inside of the box. You might want to glue down some of the items like tickets to a special event. Other items can be loose or in plastic holders. You can also paste pictures and saying on the inside of the box. This is your box and the memories are yours and these items will jog your memory for an important occasion or an important time of your life. No item is inconsequential as long as it is meaningful to you.

Years later when you open it or look at it, those memories will come flooding back and the mental pictures will as strong as the day they happened.

Supplies

A box – any kind with a lid – cardboard, wood or metal – any size or shape- you choose

Glue or paste that is good for paper.

Glue gun and glue sticks

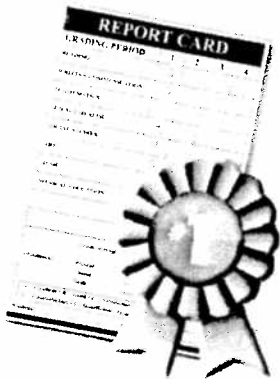
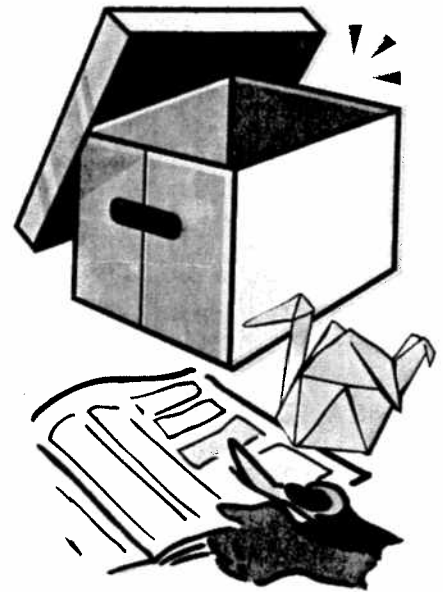
Paint

Scissors

Photos

Old magazines

Your imagination



Connecting Children with Loving Parents



FOREVER FAMILIES ARE HONORED FOR NATIONAL ADOPTION DAY ON NOVEMBER 20, 2010

Congratulations to all of the families who were honored at the Circuit Court by three judges, the childrens' attorneys, Child Welfare staff and all of the friends and families of the adoptive families. 13 children were adopted by 9 foster families. 8 of the children were part of 4 sibling groups. The children ranged in age from age 2 to 17. There were 9 females and 4 males honored this year.



Following the ceremony at the Circuit Court, the adoptees, their families and friends moved on to Dave and Busters for an afternoon of celebration and fun. They were joined by adoptees from the past three years. It was quite a crowd. 185 guests attended the afternoon ceremony. Attendees were treated to a buffet lunch, free tickets for the children to play the games and face painting. The keynote speaker was Stacie Turner, also known as a cast member on *The Real Housewives of D.C.* Mrs. Turner, a successful business woman, has worked for Proctor & Gamble, Sprint and BET. She gave an inspirational presentation. Mrs. Turner was born into the D.C. foster care system. She was fortunate to be adopted at an early age by loving parents who provided a nurturing childhood, a stable home life and exposure to people, places and experiences that built her positive self-image and an all important drive to achieve. She went on to become the first in her family to graduate from college. She obtained her undergraduate degree in Finance from Howard University in 1990 and her Master's Degree in Business Administration from the Harvard University Graduate School of Business in 1996.

In 2009, Mrs. Turner founded Extra-Ordinary Life Programs to expose youth to people, places and opportunities beyond their current access; to inspire them to dream big and aspire to do great things in life.

Another guest speaker, a young man who was adopted when he was 17 years old and is now in the military service, gave honor and respect to his adoptive family. After years in the foster care system, this young man and his siblings were adopted by this family. They were offered hope, opportunities for stability and most important the family kept the siblings together. The adoptive family was an inspiration to all families who are considering adoption especially of an older child and/or a sibling group.

