



KFCA Newsletter

www.kitsapfostercare.org

December 2007

KFCA CURRENT EVENTS

Please join us on January 23, 2008 at the KFCA Dinner Meeting. Greg Malone, from A.D.O.P.T.S. (Therapy Addressing Distress of Post Traumatic Stress) Program, of Bethany Christian Services will speak about "How Does Trauma Impact A Foster Child Placement?"

<http://www.bethany.org/washington>

The menu this evening includes your choice of bean/ham soup, chicken & rice soup, or clam & potato soup served in a bread bowl; fish sticks, tatter tots, mini corn dogs, and rice crispy treats

Just a reminder...Kitsap Foster Care Association Membership fees are due in January 2008!

Welcome Mary Jones...I've been a foster parent in Washington state for the last nine years and prior to that in Conn. I have two grown children.

There have been many babies in my home over the years; one of them brought me to this position on the Board of Directors. I am currently working with Rep. Christine Rolfes to pass further legislation to have newborns in the foster care system tested for HIV and Hepatitis.

I look forward to working with the board and our legislators and hope to be a voice for foster families in our community and in Olympia.

Mary

Treat yourselves to an afternoon without kids! Kitsap Foster Care Association will provide four hours of childcare at a designated location, drinks and snacks for the kids, and you can spend a few hours on your own!

This is an opportunity for FREE childcare for YOU!

Foster Parent Day Out!

Saturday, December 8, 2007 1:00pm to 5:00pm

Christian Life Center Church

1780 Lincoln Ave., Port Orchard, WA

This event is open to current KFCA members only. Feel free to join KFCA as you register your children for this event. Children with sexual offending behavior will not be able to attend.

Register with Debra Converse @ 692-1927 by November 30, 2007

KFCA Annual Holiday Party

Saturday,

December 1, 2007

1:00 to 3:00pm

Silverdale

Community Center

Now is the time for

licensed foster

parents, relative,

and kinship

caregivers to

register the **children**

placed & living in

their home!

Call Luanne Vail @

876-5207 to

register...

(be prepared to give

name, age, gender of

child, and something

they would like

within a certain price

range) **Children**

must be

registered and

present to receive

gifts! Last day to

register children is

November 23,

2007!!!



Join Us Now!

Kitsap Foster Care Association membership is open to foster parents and others interested in foster care.

Make \$15 check payable to: KFCA, PO Box 4542, Bremerton, WA 98312

Thanks!

Name: _____

Address: _____

foster parent agency staff renewal?
Affiliation: _____

KITSAP FOSTER CARE ASSOCIATION MEMBERSHIP INFORMATION

• GENERAL MEMBERSHIP MEETINGS

- **Where:** Silverdale Community Center, 9729 Silverdale Way NW, Silverdale, WA 98383
- **When:** Fourth Wednesday of each month, Dinner 6pm, Guest Speaker and Discussion 7pm.
- Free child care available on site.
- Members pay \$4 for dinner (50% off) and receive a free raffle ticket to win great prizes (additional raffle tickets may be purchased in support of KFCA).

• BOARD OF DIRECTORS MEETINGS

- **Where:** Changing locations, contact any board member for this month's location.
- **When:** First Monday of each month @ 6:00pm.
- KFCA Board Meetings are open, and all are welcome to attend. If you'd like to add an item to the agenda, please contact Debra Converse two days prior to the meeting.

BOARD OF DIRECTORS

Debra Converse, *President*
president@kitsapfostercare.org

Phyllis Bishop, *Vice President*
vicepres@kitsapfostercare.org

Chuck Converse, *Treasurer*
treasurer@kitsapfostercare.org

Erin Bowman, *Secretary/Membership*
secretary@kitsapfostercare.org

Sharon Williams, *Historian*
historian@kitsapfostercare.org

Lesa LeClair, *Child Care*
childcare@kitsapfostercare.org

Chuck Converse, *Webmaster*
webmaster@kitsapfostercare.org

Debra Converse, *Education/Training*
education@kitsapfostercare.org

Jennifer Martin, *Newsletter*
newsletter@kitsapfostercare.org

Phyllis Bishop, *Special Events Coordinator*
Phone 275-5725
events@kitsapfostercare.org

Laura Marshall, *Culinary Coordinator*
culinary@kitsapfostercare.org

Mary Jones, *Legislative*
792-0249

Teresa Walton, *Foster Parent Liaison*
Cell (360) 990-9995
liaison@kitsapfostercare.org



Upcoming Training

Grow and Go...Online Workshops for Foster Parents

www.pierce.ctc.edu/distance/ofpe/

Check this website for fall 2007 updates!

First Aid/CPR Training for Foster Parents

www.keepthebeatcpr.net

Or call (253)217-1105

DSHS Electronic Forms Link

<http://www1.dshs.wa.gov/msa/forms/eforms.html>

Check out these web sites:

www.familieslikeours.org

www.usfosterfamilies.com

www1.dshs.wa.gov/ca/fosterparents/

www.usa.safekids.org

(for information on recalls related to child specific items, as well as other issues)

www.adoptionreferralservice.com

ctb.ku.edu/en/

(The Community Tool Box has a new look! With over 7,000 pages of free material on essential skills for building healthy communities, we heard from users that the website has been very useful. Now, with feedback from many users, we have made the CTB even better)



Roze-El Stales 3rd Annual Pictures with Santa!

Saturday, December 8, 2007

11:00am to 5:00pm

Roze-El Stales

3479 Locker Road SE, Port Orchard 98366

871-4887 or 206-850-2863

Surprises and activities for the whole family!

Pony rides*Games*Raffles*Hot Apple Cider*Free Candy Canes*Hay Ride*Food*Carolers*Pony Cart Rides*Christmas Shopping

Imagine the magic and joy your children will experience when they have their picture taken with Santa, and he surprised them with a gift they requested in their Letter to Santa. The kids will not only receive their gift **IN PERSON** from Santa, they will also see the very letter they wrote to Santa on display! Santa keeps **ALL** his letters from the children!

How can that e? You ask. Well, with just a little "pre-arranging" between you and Roze-El Stales, we can easily make it happen. Roze-El has great connections with Santa! Here's how it works...

1. Have the kids write a letter to Santa...EARLY!
2. Deliver the letter along with one of the wished for gifts to Roze-El Stales no later than **Thursday, December 6, 2007.**
3. Then ring the kids to visit Santa, and each child will receive their wish directly from him! Of course, Santa will still be at their house on Christmas Eve!

Watch out! You might e visited y the Christmas Fairy who'll adorn you with a *Touch of Roze-El...* then what happens next???

Please join us!



Kitsap County Resources...

- 1) **ABRAHAM'S HOUSE (405-0488)**
*free furniture, household goods, etc.
- 2) **DR. CHARLES BROWN (779-7115)**
*children's dental care with med coupon
- 3) **FIRST (foster intervention prevention support team) 1-800-391-2273**
- 4) **KITSAP FOSTER CARE ASSOCIATION (692-1927)**
*free duffel bags for foster children
WWW.KITSAPFOSTERCARE.ORG
- 5) **MARY BRIDGE Center for Child Safety (360-662-1198)**
*Free child safety seat checks, bicycle helmet sales & fitting, free loaner life jackets
- 6) **NK FOSTER PARENT SUPPORT GROUP (206-842-2362) or Sufisher@aol.com**
*meets as needed, call for support
- 7) **NORTHWEST ENTERAL SUPPLY (1-888-885-2386)**
*free pull-ups for foster children
- 8) **OLYMPIC PHARMACY & HEALTH CARE (1-253-858-9941)**
*free delivery of diapers, medical supplies
- 9) **PATHWAYS TO SUCCESS (337-4738)**
*Youth Services Program
- 10) **SKILLS CENTER (478-5168)**
*free hair cuts for foster children
- 11) **Anointed Hands Hair Care (782-2409)**
*Dewanda Evans welcomes any/all questions re: African American hair care. Located on 6th Street in Bremer-ton.
- 12) **Christine Njoroge (475-3527)**
*For foster/relative care providers needing support for FASD children.
- 13) **Center for Children with Special Needs**
*www.cshcn.org
- 14) **www.kidsdirectory.com**

Calendar of Events

December 2007:

- 1: KFCFA Holiday Party
No Dinner Meeting!
- 3: KFCFA Board Meeting
- 8: KFCFA Foster Parent
Day Out!
- 25: Merry Christmas!
- 31: Happy New Year!

January 2008:

- 7: KFCFA Board Meeting
- 13: KFCFA Bowling Party
- 14: Quarterly Region 5
Consultation Meeting
- 23: KFCFA Dinner Meeting

To Whom It May Concern:

I would like to introduce a program that was developed to assist young adults that are aging out of foster care. This program provides stable year round housing, transportation, health care, adult and college mentors. The participants must be willing to relocate to Little Rock, AR where there are several college options including Philander Smith College.

This area was chosen not only because of its affordability but also because of family members that have been thriving in this supportive college environment. We wanted to offer others this unique opportunity to have a stable, nurturing college experience as they complete the transition into adulthood. Originally this program was only offered to young women. However, the response has been overwhelming for young men as well. The program currently has 20 openings for January 2008 on a first come basis. The area schools are still accepting applications until the end of the month, November 2007.

Please let us know if you have additional questions or are in need of additional information.
Valiscia Greenwell, Executive Director
The Moving Forward Foundation
www.mforward.org
510 827 7599

**Kudos to our Silent Auction
Sponsors...your donations help
support our local foster/kinship care
providers!!!**

Foster Care Resource Network (FCRN)-Kitsap
Juvenile Court-Port Orchard
Phyllis Bishop
Megan Bishop
Sue Brown
Lucky Star Consignment/Pinecone gifts
Spiro's Pizza
Rick and Sharon Williams
Community and Family Services Foundation
(CFSF)
Jeannette's Old Town Flowers
Vertical World
Debra Converse

**Kudos to our November 2007
Holiday dinner dessert sponsors...
your yummy donations helped us
provide a festive atmosphere for the
KFCA Thanksgiving Dinner!!!**

Shari's Restaurant in Port Orchard, Bremerton,
and Silverdale Locations, Molly Ward Gardens,
Morningside Bread and Pastry Co., Steele City
Café, and Ambrosia catering and café

**Foster Parent Liaison Teresa Walton
is there to assist with your needs.
Are you getting all your foster care
needs met? payments on time?
Do you know how to access resources
in your community? Do you know how
to get hold of your social worker? Do
you know how and when you can get
mileage paid for?
Call your Liaison Teresa Walton
360 990 9995**

**Notice of Regional Quarterly
and State Wide
Foster Parent Consultation Meetings**
Recently, you received a letter about the
implementation of new legislation requiring
Children's Administration to consult with
foster parents. The goal of the legislation is
to ensure foster parents participate directly
or through a representative selected by
foster parents, and have a meaningful
opportunity to offer input at each stage of
ongoing work regarding:

- Recruitment of foster homes.
- Retention of foster homes
- Effective training for foster parents
- Development of coordinated and
comprehensive plans that strengthen
services for the protection of children

**The Quarterly Region 5
Consultation Meeting**

January 14, 2008 – 10:00AM to 12:00 Noon
Tacoma DCFS Office
(Centennial I Bldg, Conf. Rm. 195)
1949 South State Street
Tacoma, WA 98405

You are invited to bring your issues yourself
or be represented by Debra Converse, the
Kitsap Foster Care Association President
(360) 692-1927, or by Teresa Walton, Foster
Parent Liaison (360) 990-9995, or Donna at
the Placement Desk (360) 475-3535, or by
your licenser.

If you have questions about this please call
Cherrie Druffel at (253) 983-6235.

The Statewide Consultation Meeting

January 14, 2008 – 1:30 PM to 4:30 PM
Tacoma DCFS Office
(Centennial I Bldg, Conf. Rm. 195)
1949 South State Street
Tacoma, WA 98405
Host Region: Region 5

KFCA Survey 2007

In attempt to improve our services, better serve our membership, and plan for the upcoming year, Kitsap Foster Care Association is conducting a survey. Your opinions, ideas, and suggestions are important to us. To participate, please answer the questions below and return to KFCA by turning it in to your favorite board member at a KFCA event, e-mailing to president@kitsapfostercare.org, or mailing to:

Kitsap Foster Care Association,
PO Box 4542,
Bremerton, WA 98310.

What about the Kitsap Foster Care Association benefits you the most?

- | | |
|--|---|
| <input type="radio"/> Clothing donations | <input type="radio"/> Dream Project |
| <input type="radio"/> Monthly events | <input type="radio"/> Networking with other Foster Care Association members |
| <input type="radio"/> Newsletter | <input type="radio"/> Training opportunities |
| <input type="radio"/> Website | <input type="radio"/> Other (Please specify) _____ |

What is the best way to notify you of upcoming events?

- | | | |
|---------------------------------------|---------------------------------------|-----------------------------------|
| <input type="radio"/> Newsletter | <input type="radio"/> Website | |
| <input type="radio"/> Electronic mail | <input type="radio"/> Special mailing | <input type="radio"/> Phone Tree? |

How did you first hear about Kitsap Foster Care Association?

- | | | |
|---|--|----------------------------------|
| <input type="radio"/> Word of mouth | <input type="radio"/> Pre-Service Training | <input type="radio"/> Newsletter |
| <input type="radio"/> Website | <input type="radio"/> Booth at Blackberry Festival | |
| <input type="radio"/> Booth at Whaling Days | <input type="radio"/> Other (Please specify) _____ | |

What other support, services, or events would you like to see?

What support, services, or events should we eliminate?

Do you have any suggestions for trainers we should invite or training topics we should cover at future trainings?

Do you have suggestions to improve the Newsletter or Website?

How would you feel about adding advertisements to the website or newsletter to help cover the costs?

When planning for KFCA events, what days/times work best for your schedule?

Are you an association member? If so, what convinced you to join? If not, what would help convince you?

Do you have suggestions for future meal items to add or avoid?

Does KFCA meet your needs/expectations?

How can we serve you better?

Do you have any other comments or suggestions?

Have You Heard About MRSA?

What is MRSA?

Local and national news stories are reporting an increase in **Methicillin Resistant Staphylococcus Aureus** or **MRSA** infections. **MRSA** is a kind of Staphylococci or “**staph**” infection that has become resistant to most antibiotics. Usually staph live on the skin and in the nose without causing harm.

The **# 1** way to protect your home and your family against MRSA and other diseases and infections is to **wash your hands** with **liquid soap** and warm running water for 20 seconds (**HINT: Sing the “Happy Birthday” song while you’re washing**).

What does MRSA look like?

Most often, MRSA causes infections on the skin. These infections may look like any one of the following:

- ✓ Large, red, painful bumps under the skin (called boils or abscesses)
- ✓ A cut that is swollen, hot and filled with pus
- ✓ Blisters filled with pus (called impetigo)
- ✓ Sores that look and feel like spider bites (However, MRSA is not caused by a spider bite or any other insect bite.)

Ways to protect your family & your home:

1. **WASH YOUR HANDS FREQUENTLY!**
2. Carry a small container of hand sanitizer in your car, purse, locker, backpack, desk, etc.
3. Use **liquid soap** not bar soap for hand washing and bathing.
4. Do not to share personal items such as clothes, towels, toothbrushes, razors, tweezers, etc.
5. **Locker rooms** are fully of **germs**, make sure your children have **flip flops** for gym showers and that *all towels and gym clothes/uniforms are laundered regularly.*
6. Personal hygiene is important to prevent disease and infection. Take a **shower** everyday & after physical activity (especially contact sports) to **wash off the germs**.
7. *Keep cuts and scrapes clean and covered with a dry bandage until healed. No sports (with ANY contact) until the sore is gone.*
8. Clean hard surfaces (door knobs, light switches, counter tops) in your home with a solution of 1 tablespoon of bleach in 1 quart of water or disposable disinfectant wipes.
9. Use the inside of your elbow to cover sneezes and coughs.
MRSA loves to live in the moist membranes of the nose.
10. Remember things that touch you, touch your germs. Throw tissues away after one use and first aid items such as tweezers will carry staph (MRSA) from one person to another VERY easily.
11. **FINALLY....WASH YOUR HANDS FREQUENTLY!**

When should you call the doctor?

- ✓ If there are new symptoms during or after treatment for a MRSA skin infection such as a new fever or a fever that won’t go away
- ✓ If the infection gets worse
- ✓ If the infection is not healing
- ✓ If the infection comes back
- ✓ If you have questions

For more information regarding MRSA infections and prevention go to:

http://www3.doh.wa.gov/here/materials/PDFs/12_MRSApage_E07L.pdf

Dear Parents, Community and Staff,

The purpose of this e-news is to let you know that we have received reports of three cases of an antibiotic-resistant skin infection called Methicillin Resistant Staphylococcus Aureus (MRSA) within the Central Kitsap School District. Staphylococcus Aureus is a common skin organism and it is reasonable to anticipate more cases as time goes on. We will not be sending a letter home for each individual case.

We are sending this communication to provide you information about Methicillin Resistant Staphylococcus Aureus (MRSA) because it has been featured in the news a lot lately. The Centers for Disease Control, Local Health Districts, along with parents and school officials, want to do everything possible to protect students from MRSA skin infections.

MRSA is a type of "staph" infection that is resistant to many antibiotics and frequently causes skin infections. Common signs of a skin infection include redness, warmth, swelling and tenderness. The infection can be harmless. Often a MRSA infection will look like a spider bite, boil, abscess or turf burn. If it is left untreated, it could progress into a more serious illness.

MRSA skin infections are generally spread by skin-to-skin contact or by direct contact with the infected wound drainage. They may also be spread by contact with contaminated surfaces or things such as sports equipment or personal hygiene items. MRSA skin infections are not spread through the air.

What does CKSD do to help limit the spread of infections?

Regular cleaning and disinfecting practices at each school follow the recommended standards for disease protection. These actions and the approved disinfectant used are effective against MRSA.

School nurses are trained in proper wound care. School nurses refer families to their licensed health care provider.

You can protect yourself and your children by:

- *Practicing good hygiene (e.g., keeping your hands clean by washing with soap and water or using an alcohol based hand sanitizer.)
- *Covering skin trauma such as abrasions or cuts with a clean dry bandage until healed.
- *Avoid sharing personal items (e.g., towels, razors, combs, hats) that come into contact with your bare skin; and using a barrier (e.g., clothing or a towel) between your skin and shared equipment such as weight-training benches.
- *Call your licensed health care professional if you have any questions.

There are several resources available that will help parents and school officials prevent the spread of MRSA in schools. For more information, visit the following website: <http://www.cdc.gov/Features/MRSAinSchools/>

Thank you for your time and attention to this public health concern. For more information please contact the Community Relations Office at 662-1620.

From the President...

Hello all...

First, I'd like to take some time to stop and thank some individuals. We have many businesses and individuals who help us throughout the year with our different events. Right now, I would like to thank all the businesses and individuals who donated items for our Silent Auction. A huge thanks goes out to our silent auction sponsors, to those who volunteered time preparing for the event and to those who participated in the event. We raised over \$500.00 at this event. Thanks for making this KFCA fundraiser a success. Another group I would like to thank are our November Holiday dinner dessert sponsors. Several community businesses donated dessert goodies for our holiday meal. Thank you for your continued support. And last, but by far not the least. I'd like to acknowledge our kitchen crew and all their hard work. They have been doing a great job in preparing, serving, and cleaning up each month for our dinner meeting meals. Thanks for all your hard work and time you volunteer for the Association. Our hats are off to you for your service allows us to have a night off a month from cooking! If you missed our November holiday dinner, you missed out on another excellent meal, this time a holiday dinner with all the fixings.

Just a quick reminder of upcoming events: The KFCA foster parent night out was rescheduled to Dec 8 from 1-5 PM. You still have time to sign up to take advantage of this KFCA sponsored "respite" hours for a short pre-holiday break. Don't miss out on this short break to catch a movie or to start some holiday shopping and have KFCA pay for the babysitter. Pre-registration is required for this event! I can be contacted by phone at 692-1927 or via email at president@kitsapfostercare.org. Mark your calendars January 13th Bowling Party sponsored by KFCA and February activity is skating, date and time TBA.

Please also note in this newsletter a member survey. We plan on using this survey to gather feedback on how we are doing and what you would like to see the Association do or the focus of the association to be. Please take time to think about this for your feedback is important to us. As we try to improve and build on what the Association currently does in the way of support and activities for KFCA members and Kitsap County foster families. Your input and feedback is greatly appreciated as we once again start the planning process for future events.

Speaking of input, you may have read or heard about House Bill 1624. It is legislation put in place that mandates quarterly and semi-annual meeting put on by the state to hear feedback from foster parents. These quarterly sessions are for the gathering of feedback directly from foster and kinship caregivers and their regional representatives. As KFCA president, I along with FCRN president, and the Region 5 Liaisons are your representatives at the semi-annual statewide meetings. So if you have general concerns or items that you would like to have addressed contact one of us and/or attend one of the quarterly regional meetings. The next meetings are on Jan 14th, 2008, times and locations are posted on the website and listed in this newsletter.

We now have a new board member, Mary Jones. She is filling the vacant board legislative committee position. She comes to us with lots of experience with legislation in regards to foster care giving. Welcome aboard!

We currently have two board positions needing to be filled in the near future as the current board members are stepping down. We need new volunteers for both the newsletter and secretary board positions. If you would like to become more involved in KFCA or know someone who would do a great job let one or more of the board members know.

We and the KFCA Board hope you have a great Holiday Season and a Happy New Year!

Best Wishes,

Debra Converse
KFCA President
President@kitsapfostercare.org

KFCA Newsletter
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Bremerton, WA 98312

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