

**Holiday:** FCS office will be closed on 11/24 and 11/25/16



Are you on Facebook? “Like” our FCS page for helpful articles and blogs, links to community and online trainings and events, and encouragement! Find us at [www.facebook.com/FamilyCareServices](http://www.facebook.com/FamilyCareServices)

**Annual Christmas Party—Sunday, December 4, 2016 from 3 – 6 p.m. at Crider’s Church Social Hall. Bring your spouse/significant others. Please provide a hot and cold dish to share. Drinks, cookies, and tableware provided.**



**Resource Parent Training:** All FCS training classes are over and total training hours should have been completed by 10/31/16. If you still need a few hours or have suggestions for training topics next year, talk with your client supervisor.

**FCS Education & Training Center:** We have added a bookshelf in the training room which contains many new training materials (DVDs and books). These materials are available to be signed out by you. Some of the training topics include: fetal alcohol syndrome, special education, autism, grief and loss, anger outbursts, childhood anxiety disorders, self harm, eating disorders, sexualized behaviors, ADD, ADHD, ODD and many more!

**Free Training:** The HCQU continues to provide monthly training opportunities at the Franklin County Annex Building. You do need to RSVP, so talk with your client supervisor if interested. Upcoming training topics include: Understanding the Endocrine System on 12/9/16. Training is available from 10 am-12 pm and 1 pm-3pm on all dates. A wide selection of HCQU topics are available online that can be completed at your convenience and you can print the training certificate from home.

**\$100 Bonus!**

Do you have friends or family that may be interested in being a resource family, caregiver, or adoptive parent? Let us know! When they provide care for 30 days, YOU get \$100! Invite them to contact our recruiting team leader Andrea Adams, ext. 209, [aadams@familycareservices.org](mailto:aadams@familycareservices.org).

**Whooping Cough:** Several school districts have reported positive cases and one FCS employee was positive for whooping cough. It is especially important to practice universal precautions during flu season. The CDC website and other health care organizations can provide additional information on prevention and treatment.



# FCS Contact List

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**The FCS office will be closed on the following holidays:**

11/24&25/16	Thanksgiving
12/23&26/16	Christmas
1/2/17	New Year's

**FCS Web Site! Calendar of events, Resource Family Manual, current forms, 12 months of this newsletter, resources, staff listing and phone numbers are all on:**  
[\*\*http://www.familycareservices.org\*\*](http://www.familycareservices.org)

### **HEALTH AND WELLNESS TIPS**

- 1. Nutrition:** Eat natural whole foods, fruits, vegetables, nuts, fish, lean meats, healthy oils, eggs, low fat dairy, and whole grains. Avoid refined products (white bread, most cereals, pastries, crackers, etc.), processed food, soda (regular and diet), high fructose corn syrup, and fast food. Foods that are fresh, require refrigeration, and have a short shelf life are generally better for you. Use caution when adding synthetic and artificial material to your body.
- 2. Hydration:** 80% of the population is chronically dehydrated which can cause increased symptoms of fatigue, headache, constipation, high blood pressure, high cholesterol, digestive problems, asthma and allergies, weight gain, joint pain, kidney and bladder problems, and premature aging. It is recommended to drink half your body weight in ounces. If you weigh 180 pounds, you should drink 90 ounces of water per day. Drink a glass of water before each meal.
- 3. Exercise:** Regular exercise boosts metabolism, alleviates constipation, improves circulation, relieves stress, improves muscle tone, and helps us look better.
- 4. Sleep:** Medical experts recommend 6-8 hours of sleep for adults.
- 5. Stress:** Avoid unnecessary stress and learn to say no. Surround yourself with people that don't cause you conflict.
- 6. Laughter:** Is absolutely free, relaxes the entire body, boosts immune system, triggers the release of endorphins, protects the heart, shifts perspective, and decreases stress hormones.