

Holiday: FCS office will be closed on 10/10/16



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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 caregivers must attend required training per program and your client supervisor will review program requirements before approving your training plan. All caregivers must have a training plan that addresses the total hours required. If total program hours are not scheduled at FCS, the caregiver needs a plan on how to obtain approved training hours outside of the agency. Total training hours should be completed and submitted for approval by 10/31/16.

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 Common Syndromes on 10/14/16, Everyday Lives and Recovery: Mental Health Wellness and Recovery on 11/18/16, and 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.

Franklin County Human Services Training Days 2016 is officially open for registration.

A two day event, held at the Rhodes Grove Conference Center on October 11th and 12th, 2016, will be jammed packed with a multitude of learning opportunities for those who serve in the human services profession. If you have questions or concerns about Training Days or registering, please feel free to contact Stacy Yurko via email at ir@franklincountypa.gov.

Client mail: It is important that client mail from the Social Security Administration, County Assistance Office, or other government agencies is opened immediately to determine the level of priority. In some cases eligibility applications are delivered to the client’s address where they are currently living but must be returned to the relevant program office within 10 days. If the applications are not sent back in the required timeframe, denial of services and funding is possible. It would be best to avoid service denials so please call your client supervisors quickly if you receive eligibility paperwork in the mail.

\$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.

Home composition: All family members must meet the regulations prior to an individual moving into the home or prior to a new family member moving into the home once an individual is already placed. New family members moving into the home must be approved **in advance**. Please report these plans to your client supervisor as soon as possible so we can complete all requirements prior to the move date. Any person spending more than 30 nights or days in the home is considered a family member.

FCS Contact List

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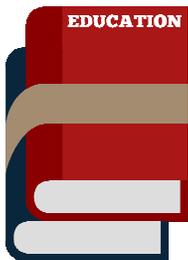
The FCS office will be closed on the following holidays:

10/10/16	Columbus Day
11/11/16	Veterans Day
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)

FCS Education & Training Center

We have recently 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!



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.