

**Holiday:** FCS office will be closed on 1/16/17



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**Employee changes:** We welcome Sherri to FCS. She is the Mental Health and Foster Care Program Director. We say goodbye to Tiffany. Tiffany resigned to take a job elsewhere. We wish both the best in their new positions.

**2017 Holiday Schedule:** Please see page 2 of the newsletter for the agency

holiday schedule.

**Resource Parent Training.** The 2017 Training Plans and instructions will be available soon. Please be aware that the first class is scheduled for 3/16/17. Your client supervisor can provide outside training resources if you are anxious to get started on your training requirements for this year.

**Tax Time Is Coming!** By the end of this month, we will send you a 2016 tax information letter. Here is a brief list of the main things you need to know about your resource parent pay and your taxes;

1. Most resource parents will not receive a 1099 form because resource parent pay is generally exempt from federal income tax. Some types of respite may be the exception to this rule.
2. You will not receive difficulty of care letters because difficulty of care certification is no longer needed to support the federal income tax exemption.
3. Foster parent pay is not taxable when paid by a qualified foster care placement agency for the care of qualified foster individuals. Family Care Services is a qualified placement agency and most of the clients we serve are qualified foster individuals; therefore, the income paid to resource parents is generally not taxable for federal income tax and should not be included in your federal return.
4. You may qualify for tax exemptions or credits because of your foster children. Please consult with a tax professional to determine if you qualify for any of these exemptions or credits.
5. We do not report resource parent pay to state or local tax authorities.
6. If you have questions about your resource parent income, please call Charlie at extension 122.

**Financial Aid:** Do you have clients who will be graduating from high school this year? It's time to really dig in to preparations for post-high school education! "Free" money is available to youth who have been in foster care or adopted, so don't miss out. The first step toward obtaining financial assistance is to complete the Free Application for Federal Student Aid (FAFSA). The application can be completed at the PA Higher Education Assistance Agency (PHEAA) website, [www.pheaa.org](http://www.pheaa.org). The PHEAA website also has many other helpful resources and timelines for educational planning, so check it out!

**Room and Board:** There was a small cost-of-living increase in social security rates effective January 2017; therefore room and board rates will increase for clients in Community Homes and Family Living. The rate is \$17.92 per day, except when the client is on leave the rate is \$9.93.

**Job Vacancy Available:** Mental Health worker needed for Family Based Mental Health Services. Bachelor's degree in psychology, sociology, social work, nursing, rehabilitation, pre-med, theology or anthropology plus 1 year of experience in a CASSP system program is required. Completed FBMHS training preferred. Salary is based on units of service provided. Current salary is \$31,000 with paid health and disability insurance and retirement. If interested, send your resume and contact information to Kristen Fisher at [kfisher@familycareservices.org](mailto:kfisher@familycareservices.org) or 4385 Edenville Road, Chambersburg, PA 17202 by 4:30 p.m. on 1-23-2017. EOE.

**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. Training is available from 10 am-12 pm and 1 pm-3pm. 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. Talk with your client supervisor for training dates and topics. You are required to register for the classes at the Annex.

### **\$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).

# FCS Contact List

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The FCS office will be closed on the following holidays:

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1/16/17	MLK Day
2/20/17	President's Day
4/14/17	Good Friday
5/29/17	Memorial Day
7/4/17	Independence Day
9/4/17	Labor Day
10/9/17	Columbus Day
11/10/17	Veterans Day
11/23&24/17	Thanksgiving
12/25&26/17	Christmas
1/1/18	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>**

## **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.