

The office will be closed on 11/22 and 11/23/18



Annual Christmas Party—Sunday, December 2, 2018 from 3 – 6 p.m. at Crider’s Church Social Hall. Bring your spouse/significant others. Please bring a hot and cold dish to share. Fried chicken, drinks, cookies, and tableware provided.

New Staff: We hired four new employees and we say goodbye to one. Ashley Bale started on 10/4/18 and Lydia Keplinger started on 10/15/18 as Lifesharing Specialists. Sierra Loski starts 11/15/18 as a Foster Care Client Supervisor. Melvena Knight starts 11/19/18 as a Family Based Mental Health Therapist in the vacancy left by Johnnie Kayhoe. We wish all the best in their new jobs.

Medical Consent: It is important to follow medical

consent procedures for the clients in your care. These procedures are different depending on the program you work in. Generally speaking caregivers cannot sign for medical care or surgery.

Medication: Administering medication according to the prescription label and signing the Medication Administration Record immediately is the best way to avoid errors. Give extra attention to labels following doctor appointments and medication refills to make sure nothing changed.

Gifting: Caregivers in the DD Program can accept client gifts valued at up to \$40 twice per year.

Travel Request Form: Individuals in the DD Program need to submit a Travel Request Form for approval, prior to travel. Client funds cannot be released until the approval is granted so please submit the form as early as possible.

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.

Family members: It is important that FCS is notified prior to anyone new moving into your home. The programs have different requirements regarding guests, returning family members, and new placements; however, in most cases new physicals and criminal history checks are needed prior to anyone new moving into the home. It is important that all client supervisors working in your home are notified of home composition changes prior to anyone spending the night or any new placement or respite.

DONATE: We added a DONATE option to our website for anyone interested in supporting our adoption program. In order to donate, click on “Donate” at the top of the screen. You will be redirected to that page and can select a dollar amount. Please help spread the news.

Resource Parent Training: Classes are finished for this training year. If you still need relevant training hours, talk with your client supervisor. We are developing a training plan for 2019 now so if you have any suggestions for training topics, please notify your client supervisor.

Free Training: The HCQU continues to provide monthly training opportunities at the Franklin County Annex Building. Caregiver training is available from 10 am-12 pm and consumer training is available from 1 pm-2pm. Caregivers are welcome to attend both topics but you are required to register for the classes. Upcoming caregiver training: 12/14/18 Depression. Upcoming consumer training: 12/14/18 Boundaries. 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 details.

\$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.

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



FCS Contact List

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The FCS office will be closed on the following holidays:

11/22&23/18	Thanksgiving
12/24&25/18	Christmas
1/1/19	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.