



RESOURCE FAMILY NEWSLETTER

September 10, 2020

“When you come to the end of your rope, tie a knot in it and hang on”

-Thomas Jefferson

2020 HOLIDAY SCHEDULE

- > **Columbus Day**
10/12/20
- > **Veterans Day**
11/11/20
- > **Thanksgiving** 11/26
&11/27/20
- > **Christmas** 12/24
&12/25/20
- > **New Year's Day**
1/1/21

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LETTER FROM PAULINE

We all continue to cope with the daily challenges of living during the COVID-19 global pandemic. There has been a great deal of confusion about how to respond to it because the guidance has often been confusing and contradictory. We have had many questions recently about what to do about travel. I will try to simplify how to determine what is safe and permitted.

All of the residential and treatment programs that we operate at Family Care Services are licensed by the applicable offices at the State of PA. They include the Office of Children, Youth, and Families; the Office of Mental Health and Substance Abuse Services; and the Office of Developmental Programs. In order to maintain our licenses to operate these programs, we must follow their laws, guidelines, and recommendations. The only direction that they have offered to us regarding how to respond to COVID-19 is to follow the guidelines provided by the PA Department of Health, the U.S. Center for Disease Control, and their individual websites.



We are now all familiar with the importance of wearing face masks, social distancing, and handwashing. It is also recommended that we stay home, or close to home as much as possible to limit contact with others who might have the virus. Close to 50% of the people who get the virus do not show any symptoms at all; yet, they can still transmit the virus to others who might get very sick or die.

Guidance regarding travel is constantly changing in response to where the virus is spreading. Therefore, as you make any plans to travel, it is important to check the PA Department of Health website for current recommendations while recognizing that these recommendations may change even before you make your trip. We will follow these guidelines when approving travel right up to the day of departure.

We all have a responsibility to keep ourselves and those we serve safe. We are here to help you with any questions that you have. New information and guidelines will continue to emerge as more is learned about this novel coronavirus.

Flu season is rapidly approaching. Although there is still no vaccine for COVID-19, flu vaccines are now available. Please check with your health care providers regarding flu vaccines. Most people can survive one of these respiratory diseases; however, having both of them at the same time could be disastrous.

We hope that all of us stay healthy and safe until this crisis is over.

Pauline D. Ruthrauff

Celebration Corner!



The following family celebrates their anniversary with FCS this month.

Congratulations to:

Jamie & Travis Rhodes for 2 years!



TRAINING

All trainings to be held in person at the office are cancelled until further notice due to the pandemic.

This is a great time to do online trainings. Please make sure that trainings you plan to attend are appropriate for the program you work in. If you have questions if a training is appropriate, please talk with your client supervisor.

Free Training: A wide selection of HCQU topics are available online at <http://www.southcentralpa-hcqu.org/Trainings/trainings.htm>.



HCQU is now offering live, online sessions. Email registration is required to attend these trainings. To register please email Katie Freeman--kf1@theadvocacyalliance.org

HCQU Training Topics:

9/18, 10am-12pm **Compromised Skin Integrity**

9/24, 10am-12pm **Dysphagia and Gastroesophageal Reflux Disease (GERD)**

9/24, 1pm-3pm **Epilepsy and Seizures**

Foster Parent Training

The required foster parent trainings will be available soon. Medication Administration will be provided digitally (via CD or flash drive) to take at home independently. Policies and Procedures and Crisis Intervention will be available via live Zoom sessions. You will be notified when they are scheduled in October and/or November. First Aid/CPR



Review can be taken online independently at www.firstaidweb.com. First Aid and CPR each have their own course to complete with a quiz at the end. Please turn quizzes in to your Client Supervisor. If you are unable to complete any of the trainings online, please let your Client Supervisor know so an alternate plan can be determined. 30 hours of training is still required for 2020. Please have all independent training turned in by the end of October.

Skyler

PAE# C34AA07

Skyler is a pleasant and likeable 17 year old who resides in an independent living program but would prefer a permanent family. Skyler is an artist who also loves theater, cooking, reading, watching movies, and playing video and board games.

If you'd like more info about Skyler, call Andrea.



CONTACT LIST FOR FCS STAFF



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