

"Once you choose hope anything is possible. "

-Christopher Reeve



## RESOURCE FAMILY NEWSLETTER

November 10, 2020

### 2020 HOLIDAY SCHEDULE

- > **Veterans Day**  
11/11/2020
- > **Thanksgiving** 11/26  
& 11/27/2020
- > **Christmas** 12/24  
& 12/25/2020
- > **New Year's Day**  
1/1/2021

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### Celebration Corner!



The following families celebrate their anniversary with FCS this month.

Congratulations to:

*Diane and Gene Farrow* for 31 years!

*Kathy and Jon Heebner* for 25 years!

*Heidi Smith* for 12 years!

*Janice Bragunier* for 5 years!

*Maria Camacho & Alejandro Gomez* for 1 year!



### THANKSGIVING AND COVID-19

The following tips are from the CDC website to help make the Thanksgiving holiday safer with COVID-19.

- ~ Wear a mask
- ~ Stay at least 6 ft away from others who do not live with you
- ~ Wash your hands

#### If you are attending a gathering:

- ~ Bring your own food, drinks, plates, cups & utensils.
- ~ Wear a mask & safely store your mask while eating and drinking.
- ~ Avoid going in & out of the areas where food is being prepared or handled.

- ~ Use single-use options, like salad dressing & condiment packets, & disposable items like food containers, plates, and utensils.

#### If you are hosting a gathering:

- ~ Have a small outdoor meal with family & friends

who live in your community.

- ~ Limit the number of guests.
- ~ Talk with guests ahead of time to set expectations for celebrating together.
- ~ Clean & disinfect frequently touched surfaces & items between use.
- ~ If indoors, open windows.

- ~ Limit people in the food prep area.
- ~ Have guests bring their own food & drink.
- ~ If sharing food, have one person serve food and use single-use options, like plastic wear.

#### Other options:

- ~ Host a virtual meal with friends & family who don't live with you.
- ~ Safely prepare traditional dishes & deliver them to family and neighbors in a way that does not

involve contact with others (for example, leave them on the porch).

- ~ Participate in a gratitude activity, like writing down things you are grateful for and sharing with your friends and family.



### FCS CHRISTMAS PARTY

In order to keep everyone safe, we have decided to **cancel** the FCS Christmas Party this year. Hopefully by next year we will be able to gather together to celebrate the holidays!

## Foster Parent Training

### Medication Administration E-Training is available!

Client Supervisors will be distributing flash drives that contain the 2-part Medication Administration Training, Reasonable and Prudent Parent Training, and the Resource Family Manual. Please complete and turn in the Medication Administration Training by 11/31/20. Keep the flash drive to use as a reference. As electronic trainings get updated or added, we can update your flash drive so you always have what you need at your fingertips!

**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-hccqu.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:**

11/16, 3-4pm **Healthy Eating for the Holidays**  
 11/17, 2-3pm **Post-Surgical Wound Care**  
 11/18, 3-4pm **Compassion Fatigue**  
 11/19, 10am-12pm **Observe, Report, and Document**  
 11/19, 1-3pm **Diabetes**  
 11/20, 11am-12pm **Understanding Dementia Behaviors**  
 11/23, 11am-12pm **Depression**  
 11/24, 1-2pm **How to Read Food Labels**  
 12/1, 10am-12pm **Compromised Skin Integrity**  
 12/2, 10am-12pm **Psychotropic**

**Medications**  
 12/3, 10am-12pm **Psychotropic Medications**  
 12/3, 1-3pm **Understanding Behavior**  
 12/7, 9-10am **Borderline Personality Disorder**  
 12/8, 1-3pm **Compromised Skin Integrity**  
 12/9, 11am-12pm **Cerebral Palsy**  
 12/10, 3-4pm **Healthy Eating for Diabetes**  
 12/11, 11am-12pm **Deep Vein Thrombosis**  
 12/14, 3-4pm **Fall Prevention**  
 12/15, 2-3pm **Osteoporosis and Scoliosis**

**amazon smile**  
 Support adoption and permanency services at FCS while you shop online!



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