

"If you don't like the road you're walking, start paving another one."

-Dolly Parton



Family Care  
SERVICES

RESOURCE FAMILY NEWSLETTER

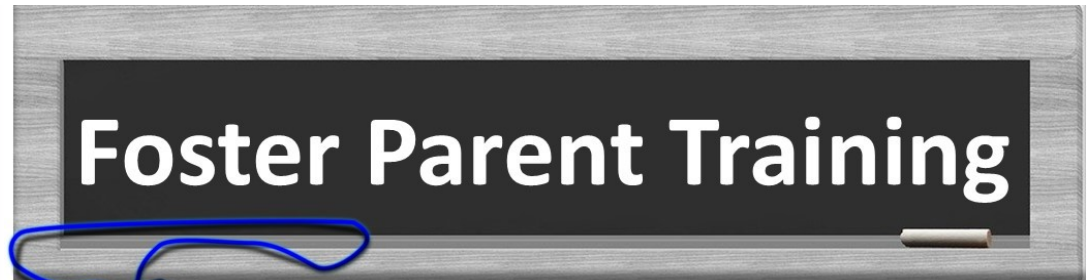
October 8, 2021

2021  
HOLIDAY  
SCHEDULE

- > Columbus Day 10/11/21
- > Veterans Day 11/11/21
- > Thanksgiving 11/25 & 11/26/21
- > Christmas 12/24 & 12/27/21
- > New Year's Day 12/31/21

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**The end of the 2021 training year is October 31!**

That means that **ALL** foster parent training needs to be completed and turned in by October 31st!

**Don't forget to complete the required trainings** that are on your FCS flash drive. Your drive should contain: Medication Administration, Crisis Intervention, instructions for first aid/CPR, and the Policies and Procedures test, Trauma Parenting, and Understanding and Managing Challenging Behaviors in case you were unable to participate in a class. If your flash drive does not contain all of the required trainings that you need, let your client supervisor know asap so we can make sure to get you an updated one.

- **There are many resources available to finish up your non-required training hours:** HCQU free online trainings, other free online trainings, reading books, borrowing DVDs or books from FCS, community classes, re-taking the Reasonable and Prudent Parenting training on your flash drive, etc. If you need assistance with finding resources, contact your client supervisor.
- **If you have any questions about your training needs, contact your client supervisor!**

## CORONAVIRUS (COVID-19) WHEN TO SEEK CARE

Please follow the guidelines below when considering whether or not to seek medical care if you're experiencing symptoms similar to symptoms associated with COVID-19.



### STAY HOME

If you are worried, but well, please stay home.

Going to a hospital or doctor's office when well adds a higher number of people and can overwhelm medical staff.



### CALL FOR ADVICE

If you are sick and think you have been exposed to COVID-19 call your health care provider or 1-877-PA-HEALTH to discuss your exposure.



### SEEK CARE

If you are sick and feel you have an emergency, call your health care provider or seek medical care.

Please call your provider's office or hospital before you go, especially if you're symptomatic.

### Celebration Corner!



The following families celebrate their anniversary with FCS this month.

Tammy & Vern Wood for 12 years!

Darlene & Philip Sullenger for 7 years!

Jill Shaw for 2 years!



FOR MORE INFORMATION AND UPDATES, VISIT:  
**HEALTH.PA.GOV**



Created: 3/12/2020

**TRAINING**

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.

**“Hanging with the HCQU Consumer Activity”** for consumers. Registration is not required. They are from 1-2 pm by Zoom on:

**10/20** Explore the world of fidget toys and learn how they can help reduce stress and anxiety. Feel free to bring your favorite fidgets to show the group!

Meeting ID: 495 908 7191  
Passcode: 594659

**10/27** For Fun ‘N Games! Prepare to have a good time taking some classic games and giving them a “virtual” twist.



Meeting ID: 212  
872 3037 Passcode: 12345

**11/3** Create Turkey Apples! Materials: 1 medium apple, toothpicks, small marshmallows, dried cranberries or raisins, green olives with pimentos and small blocks of cheese.

[https://us02web.zoom.us/j/3696772627?](https://us02web.zoom.us/j/3696772627?pwd=bnA1bnN1eFcyWkk4djhsMDN1eEZlZz09)  
pwd=bnA1bnN1eFcyWkk4djhsMDN1eEZlZz09

**11/10** learn about healthy breakfast and lunch foods. Feel free to bring your favorite healthy food to show the group.

Meeting ID: 923 682 6949



**HCQU Training Topics:**

- 10/15, 10-11am **Attention-Deficit/Hyperactivity Disorder (ADHD)**
- 10/18, 11am-12pm **COVID-19**
- 10/19, 10-11am **The Fatal 5: Constipation**
- 10/21, 10-11am **Observing, Reporting, and Documentation**
- 10/26, 9-10am **The Endocrine System**
- 10/29, 9-10:30am **Type 1 Diabetes**
- 11/2, 10-11am **The Fatal 5: Dehydration**
- 11/4, 1-2:30pm **Emotional Intelligence**
- 11/5, 9-10am **Aging with Cerebral Palsy (CP)**
- 11/8 11-12pm **Traumatic Brain Injury (TBI)**
- 11/10 12:30pm-1:30pm **Bed Bugs**
- 11/15 11am-12pm **Post-Traumatic Stress Disorder**

*FCS has a new look!*



Don't be confused as you start seeing the image on the right instead of the one on the left - we're still your same favorite agency, just updated! It's going to take a little time until all of our documents are updated, so you may see either image over the next couple months until the transition is complete.



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