

"Wherever you go, go with all your heart."

-Confucius



Family Care SERVICES

RESOURCE FAMILY NEWSLETTER

November 8, 2021

2021 HOLIDAY SCHEDULE

- > **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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12 Ways to Have a Healthy Holiday Season

The following information was found at www.cdc.gov.

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

1. Wash hands often to help prevent the spread of germs.
2. Bundle up to stay dry and warm.

3. Manage stress.
4. Don't drink and drive or let others drink and drive.
5. Be smoke-free
6. Fasten seat belts while driving or riding in a motor vehicle.
7. Get exams and screenings.
8. Get your vaccinations.

9. Monitor children.
 10. Practice fire safety.
 11. Prepare food safely.
 12. Eat healthy, stay active.
- Be inspired to stay in the spirit of good health!



\$100 BONUS!

Have any 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.



Celebration Corner!



The following families celebrate their anniversary with FCS this month.

Diane & Gene Farrow for 32 years!

Kathy and Jon Heebner for 26 years!

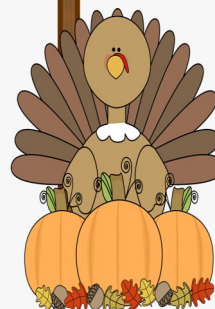
Heidi Smith for 13 years!



FCS CHRISTMAS PARTY

Due to the continued spread and high numbers of COVID, we have decided to CANCEL the Christmas Party this year. I am hopeful that we will be able to get together next year! Stay safe and Happy Thanksgiving!

We are Thankful for YOU!



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:

11/17 Create a “Thankfulness Tree”. Materials needed include a paper bag, paper in fall colors or pre-cut leaves, marker/pen for writing, and tape or glue.

Meeting ID: 212 872 3037
Passcode: 12345

12/1 Watch and discuss a few different Disney Shorts (short movies). Feel free to bring your favorite snacks to enjoy during the movies.



Meeting ID: 495 908 7191
Passcode: 594659

12/8 Make Sensory Snowmen!

Materials: Gallon sealable plastic bag, permanent black marker, 16 oz. hair gel or hand sanitizer, 2 googly eyes, orange foam piece, scissors, 5 small black pom poms, 3 small buttons and clear packaging tape.

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

12/15 Play the fun game of Pictionary, where you guess what someone else is drawing!

Meeting ID: 923 682 6949

HCQU Training Topics:

- 11/18, 9-10am COVID-19
- 11/19, 2-3pm Understanding the Gallbladder
- 11/22, 10-11am The Fatal 5: Seizures
- 11/30, 10-11:30am Medication Errors: Debriefing
- 12/2, 2-3pm Caregiver Burnout
- 12/3, 9-10am Hypertension and Hyperlipidemia
- 12/6, 1-2pm Universal Precautions
- 12/7, 10am-12pm Trauma Informed Care
- 12/9, 2-3pm Visual Impairments
- 12/14, 9-10am Pneumonia
- 12/15, 10-11am The Fatal 5: Infection/Sepsis

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



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