



### 2022 HOLIDAY SCHEDULE

- > MLKD 1/17/22
- > Presidents' Day 2/21/22
- > Good Friday 4/15/22
- > Memorial Day 5/30/22
- > Juneteenth National Independence Day 6/20/22
- > Independence Day 7/4/22
- > Labor Day 9/5/22
- > Columbus Day 10/10/22
- > Veterans Day 11/11/22
- > Thanksgiving 11/24 & 11/25/22
- > Christmas 12/23 & 12/26/22
- > New Year's Day 1/2/23



### RECRUITMENT BONUS

It is so important that we have plenty of homes to help provide respite care for you. We continue to look for more homes, especially in our DD program. Do you 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 \$250! We have now added that the new family will get a one-time bonus of \$250 after they have provided care for 30 days too! Invite them to attend our next Information Night and to contact our recruiting team leader Andrea Adams, ext.209, [aadams@familycareservices.org](mailto:aadams@familycareservices.org).



### STAY SAFE FROM COVID: A GUIDE FOR CAREGIVERS

The following is an article from the CDC:

COVID-19 is challenging to explain, live through, and communicate about. As a caregiver, you work hard to help the person you care for stay healthy and safe during this difficult time. These materials were created to help you share important information about COVID-19 — and make the tough moments a little easier. We've created videos, posters, social stories, and cut-out activities so you can choose the materials that work best for your situation. The materials cover 5 basic topics: (continues on page 2)

### Celebration Corner!



The following families celebrate their anniversary with FCS this month.

#### For December:

*Julie & Barry Cline for 17 years!*

*Myna & Brian Horst for 2 years!*

#### For January:

*Tammy & George Rubio for 4 years!*

*Ann & Richard Runyan for 3 years!*

*Marian Castillo for 2 years!*



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**Spread the word.....**  
**Next Information Night:**  
**1/20/22 at 7pm**  
 RSVP to Andrea Adams

(continued from page 1)

- Getting a COVID-19 shot
- Wearing a mask until a few weeks after your last COVID-19 shot
- Keeping a safe distance until a few weeks after your last COVID-19 shot
- Washing your hands
- Getting a COVID-19 test

**Videos** You can watch the videos together to visualize specific ways to stay safe — like wearing a mask and social distancing until a few weeks after your last COVID-19 shot — and apply these ideas to your own daily routine.

**Posters** The posters can help the person you care for remember to practice healthy habits. Post them in the kitchen, living room, or other places where you spend time together. You can also share them in schools, workplaces, and other group settings.

**Social stories** You can read the social stories together to reinforce habits like wearing a mask and learn what to expect in new situations, like getting a COVID-19 test or vaccine. Some of the so-

cial stories are interactive, so you can fill in the blanks together and personalize the story. For example, you could use the “How I keep a safe distance” social story to remind the person you care for to practice social distancing at their workplace or school.

**Cut-out activities** These activities are a great way to review the steps of hand-washing or get ready for a COVID-19 test. Cut out the pictures together and help the person you care for place the steps in order

**Helpful resources**

- Get the latest information about COVID-19 from the Centers for Disease Control and Prevention (CDC): [cdc.gov/coronavirus/2019-ncov/](https://www.cdc.gov/coronavirus/2019-ncov/).
- Learn ways to cope with stress during the COVID-19 pandemic: [cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html).
- If you’re a professional caregiver, CDC has more tips to help you stay safe from COVID-19: [cdc.gov/coronavirus/2019-ncov/hcp/direct-service-providers.html](https://www.cdc.gov/coronavirus/2019-ncov/hcp/direct-service-providers.html).

<https://www.cdc.gov/ncbddd/humandevelopment/documents/covid-easy-read/CaregiverTipSheet.pdf>

**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](mailto:kf1@theadvocacyalliance.org).

**HCQU Training Topics:**

1/19, 11am-12:30pm **Compromised Skin Integrity**

1/27, 2-3pm **Fall Prevention and Osteoporosis**

2/2, 9-10am **Fetal Alcohol Spectrum Disorder (FASD)**

2/11, 11am-12pm **Routine Health Screening for Individuals with Developmental Disabilities**

2/16, 2-4pm **Psychotropic Medication**



**CONTACT LIST FOR FCS STAFF**



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