



FOSTER FRENZIE



SEPTEMBER 2019 NEWSLETTER

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Resource Parent Appreciation Dinner



Thank you to all of the resource parents that attended our dinner and thank you to all of our wonderful families in Aldea. We appreciate you all!



THE ROAD TO GOOD SELF-CARE

Give yourself permission to need something. It is okay to ask for help. Having needs and trying to meet them is not a sign of incompetence or weakness. It is part of healthy family life. Thirst is your body's signal to drink and prevent dehydration. In the same way, when you feel stressed out, it is time to take a break so you can regain perspective and deal with the issue at hand more constructively.

Keep it simple. Make life choices that fit your family. Develop consistent routines. Create a safe environment. Understand and respect both your limits and those of your children. Resist the impulse to over-commit what little time you have. Prioritize. Save energy for things that really matter, and seek outside help as soon as you need it. When possible, take advantage of respite opportunities and PCAs to relieve some of the stress during really rough times.

Stop comparing yourself to other adults and families. They do not live your life, and they are not raising your children. Get comfortable with compromising and being different. Your child may talk, think, achieve, behave, and live differently than other children. Instead of measuring your family's worth by other people's standards, set expectations for your family based on your children's capabilities and your family's reality.

Know which part of the day is the hardest and have a plan to make it go more smoothly. If getting ready for school is rough, prepare as much as you can the night before. If bedtime is hard, start early and set a predictable routine. Decide beforehand how you will respond to behaviors that make that time of day so trying. Accept that you won't get anything else done, and do only what you must to get through the hard parts.

Join a parent support group. Meeting with other parents who have similar experiences and feelings is one of the most powerful and renewing activities for anyone raising children who have special needs. Just knowing that you are with people who "get it" is affirming. Group members may also be able to trade respite care with you. If a group is not an option, find at least one person outside your immediate family with whom you can be real, and whom you can trust to understand.

Have down time every day. Maybe it's a morning walk. It might be 10 minutes with the paper and a good cup of coffee. It can be writing in your journal before bed. It could be the drive into work, or times of silent prayer in church. Your mind, body, and soul need time to regenerate from life's stresses. If you have no down time—a time without distractions and demands—you cannot benefit from moments of reflection and calm that may help you to center and stay balanced.

Routinely have something to which you can look forward. Maybe it's coffee with a neighbor after the kids are at school. Or a glass of wine Friday night. Or date night with your partner. It could be going alone to the grocery store Saturday morning or having an uninterrupted bath. Remember, waiting too long to reward yourself for a job well done is not an effective way to shape your behavior. Immediate positive reinforcement works for adults too.

Accentuate the positive. It may not be easy, but as you step back to evaluate how you and the family are doing, find time to laugh at the silly situations that come up. Recognize the good in yourself and your children. Celebrate every step forward, no matter how small. Stay connected with your partner. Eat something you really enjoy. (Nutrition is important. Indulgence is wonderful.) Find affirmation in the process of raising an adopted child.

Upcoming Trainings

- 9/9/19 – Fabulous Families 5:30-7:30pm
- 10/14/19 – Fabuluous Families 5:30-7:30pm
- 11/11/19 – Fabulous Families 5:30-7:30pm
- 12/9/19 – Fabuluuous Families 5:30-7:30pm

*We provide childcare for our Aldea families
RSVP is required for childcare*

REFERRAL CONTEST!

For EVERY 5 Parents you refer to attend Aldea's Orientation, YOU will receive a \$25 Target Gift Card!

→ BONUS! BONUS! ←

You are eligible to receive \$250 IF

- They become Approved with Aldea AND
- After their 1st child is placed in the home!

HAVE YOUR FRIENDS, FAMILY, RELIGIOUS
ASSOCIATES & CO-WORKERS
CALL 707-557-4560 x113 TODAY!

Happy Birthday

September

Linda Palmer 9/02
Kierstyn Stone 9/03
Aaron Johnson 9/06
Sandra McCormick 9/11
Denise Felix 9/16
Nicole Savoy 9/19
Valerie Jefferson 9/24
Angela Sanza 9/30

October

Natasha Webb 10/04
James Bigornia 10/10
Anthony Brazil 10/11
David Gleason 10/11
Lori Reese Brown 10/15
Vincent Manyweather 10/20
Ivfon Ballard 10/30

November

Stella Wagele 11/03
Kelley Sterling 11/18
Emilce Rojas 11/18
Thelma Hearn 11/28
Alice Manyweather 11/30



Jambalaya Pasta

Ingredients

- 1 tbsp. extra-virgin olive oil
- 1 onion, chopped
- 2 bell peppers, chopped
- 2 links andouille sausage, sliced crosswise
- 2 cloves garlic, minced
- 2 boneless skinless chicken breasts, cut into 1" pieces
- 1 tsp. Cajun seasoning
- Kosher salt
- Freshly ground black pepper
- 10 oz. penne
- 1 (15-oz.) can diced tomatoes
- 4 c. low-sodium chicken broth
- 1/2 c. heavy cream
- 1 c. shredded cheddar
- Freshly grated Parmesan, for serving
- Chopped parsley, for serving

Directions

1. In a large skillet over medium heat, heat oil. Add onion and peppers and cook until soft, then add sausages and cook until browned. Add garlic and cook until fragrant, 1 minute, then add chicken. Season with Cajun seasoning, salt, and pepper and cook, stirring often, until chicken is golden and cooked through.
2. Add penne and stir, then pour in diced tomatoes and chicken broth. Simmer until pasta is al dente and almost all liquid is absorbed, about 20 minutes.
3. Stir in heavy cream and cheddar until melty.
4. Serve with Parmesan and parsley.



ALDEA HOT OFF THE PRESS!



Treatment Foster Care & Adoptions

ALDEA 
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**DID YOU KNOW ABOUT ALDEA's
PARTNERSHIP located in our
building??**

