



# FOSTER FRENZIE



APRIL 2019 NEWSLETTER

VOL. # 2 ISSUE #17

## MOTHERS AND FATHERS BY CHOICE

Sometimes they step into your life for only a single day, sometimes longer. The length of time is irrelevant. The fact that they are there is what's important.

Those children that are deposited into your life are fragile, delicate, priceless treasures that deserve to be valued, protected and secured for as long as you have the opportunity and are able to do so.

Being a parent under normal circumstances can be difficult, but when you are asked to care for someone else's children because they cannot, or will not, the task becomes that much more complicated.

You volunteer to open your home to allow these precious children to feel some level of stability and comfort and in the process, you realize that they not only enter your home, but they invade your heart as well.

They come with shattered dreams, broken hearts, full of fear, frustration and yes, anger.

They also come with eagerness to trust, love and hope that you will be their safe person even in those times when they are yelling, crying, screaming and acting like they'd rather be anywhere on earth than with you.

But that's simply not true. Sometimes when they act that way they are really trying to let you know that they feel safe to express those things to you that they may not even fully understand themselves.

All they know is that they're afraid and they're hurting, and you are there.  
That means something.

In their world dominated by confusion and chaos you have stepped up and said, "Come with me. I will take care of you." You do not always know how long you will be asked to do so, but you do it.

Sometimes they step into your life for only a single day, sometimes longer. The length of time they are with you does not really matter in the end. What matters is that you said "Yes".

You choose to be Mothers and Fathers to someone else's children.  
And that makes you a very special person.



Happy Mother's Day & Happy Father's Day  
From the Aldea Treatment Foster Care &  
Adoptions Staff.



## DE-ESCALATION TECHNIQUES WHILE WORKING WITH YOUTH IN CARE

- Always appear Calm, Centered, and self – Assured (Even if you don't feel it).
- Your Anxiety can make the youth feel anxious and unsafe which can escalate aggression.
- Maintain limited eye contact.
  - Loss of eye contact may be interpreted as an expression of fear, lack of interest or regard, or rejection.
  - Excessive eye contact may be interpreted as a threat or challenge

### Disengage from a power struggle

What to Do:

- Stop talking
- Stop yelling
- Stop engaging

Call Aldea Support if needed

De-Escalation Tips:

- Give them some quiet time and space. A child who has calmed their body down still needs to calm their mind down. They are likely ashamed of causing such a scene and may be upset or embarrassed about some of the damage they did.
- Do not proceed at discussing consequences until they have had time to rest and get back to a more stable state of mind.
- Make sure to tell them you are proud of them for calming down, that you are not mad, and that everything is okay.

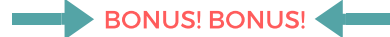
This will feel counter-intuitive - but shows the child that their acting out didn't phase you - and that you are strong and capable of handling stressful situations.

## Upcoming Trainings

- 4/3/19 – Understanding Autism Spectrum Disorder (ASD) for Youth in Care 10am-12pm
- 4/8/19 – Grief and Loss with Youth in Care 5:30-7:30pm
- 4/9/19 – Overview of Working with Youth in Foster Care in a Resource Family Home 5:15-7:15pm
  - 5/8/19 – LGBTQ for Youth in Care from 10am-12pm
  - 5/13/19 – Fabulous Families 5:30-7:30pm
- 5/14/19 – Overview of Working with Youth in Foster Care in a Resource Family Home 5:15-7:15pm
  - 6/10/19 – Fabulous Families 5:30-7:30pm
- 6/11/19 – Overview of Working with Youth in Foster Care in a Resource Family Home 5:15-7:15pm

## 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!**

## THP Highlights!



Sindel has just recently joined the Transitional Housing Program for non minor dependents . She is already working fulltime, she is also working at Voices Youth Center a partner with our program. She is registered at Napa Community College for the summer.

In Sindel words: “ I love the THP program because it puts a roof over my head and gives me the support I need. The THP program give me the opportunity to work and go to school.

Without this program and the support it would be hard for me to excel in life. It fulfills my basic needs, independence skills, and support so I can work on building myself an independent future, while also being able to focus on my mental health.”



## Happy Birthday

### April

Jarunee Boonchan 4/4  
Gabrielle Wilson 4/6  
Samantha Brown 4/9  
Robert Duggan 4/12  
Tané Martin 4/16  
Molly Burns 4/19  
Santiago Ruiz 4/23

### May

Victor Rojas 5/1  
Vida LePol 5/1  
Riley Sullivan 5/2  
Brittany Tegeler 5/5  
Sven Hamilton 5/7  
George Allen 5/11  
Jose Rodriguez 5/19  
Kay McNeally 5/20  
Lynette Taylor 5/23  
Crystal Brazil 5/25  
Ramon Marinez 5/31

### June

Derek Dozier 6/1  
Lucy Johnson 6/8  
Erica Langston 6/12  
Danielle Gleason 6/13  
Leia Bohne 6/19  
Kyle Stone 6/21  
Christopher Wagele 6/24  
Nick Burns 6/28  
Francisco Ruiz 6/29

## Crock-Pot Mississippi Roast

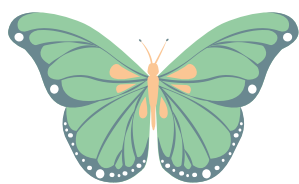


## Ingredients

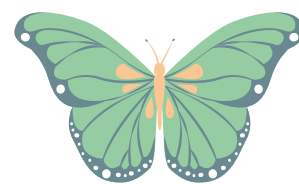
- 1 3lb chuck roast
- -11oz packet dry ranch seasoning mix
- -11oz packet dry au jus gravy mix
- -6-8 tb unsalted butter (your preference)
- -1/4 cup water
- -2-6 pepperoncini (depending on -how spicy you want)

## Directions

Add 1/4 cup water to crockpot  
Place Roast in crockpot  
Sprinkle seasonings over the roast  
Top with butter and add the pepperoncini's around the roast  
Cook on low for 8 hours  
Shred and serve



# ALDEA HOT OFF THE PRESS!



## Treatment Foster Care & Adoptions



470 Chadbourne Rd, Ste. F  
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**DID YOU KNOW ABOUT ALDEA's  
PARTNERSHIP located in our  
building??**



(707) 557-4560

[WWW.ALDEAINC.ORG](http://WWW.ALDEAINC.ORG)