



**KFCA September  
Dinner Meeting**  
Wednesday September 16  
6 to 8pm  
Silverdale Community

**MENU : BBQ CHICKEN, RICE & CORN ON THE COB—MMM**

KFCA would like to extend a very special

**THANK YOU!**

to the Kitsap Mall and the Community in their collaborative effort of a denim drive to benefit Kitsap Foster Youth. We received lots of new and gently used denim products. What a nice treat for foster youth to have to start the school year off in some "new" denim wear for school.

KFCA would also like to extend a very special

**THANK YOU!**

To all the wonderful staff; community partners and volunteers who donated their time and effort to distributing back packs and school supplies to nearly 300 youth in foster and relative care in Kitsap County. Particular recognition is due to Lesa Le Clair and Phyllis Bishop for really going the extra mile in soliciting, collecting, and organizing the supplies and the event. Thanks you again to

**CHRIST MEMORIAL CHURCH**

in Poulsbo for once again donating back packs and school supplies. You and your congregation are

**Absolutely Fantastic!**

**Bremerton DCFS Outstanding Employees  
for July 2009**

Customer Service: **Sandie Reynolds**

Partnership Award: **Chris Njoroge**

Individual Performance: **Nancy Kucklick &  
Virginia Ford-Faulkner**

Team Performance award: **Marie Wood-Weaver;  
Kris Powell; Ray Holodnak & Diane Utrap**



September 23—October 22nd

Librans are first and foremost focused on others and how they relate. We can call this the Sign of partnership with a capital 'P' because these folks do not want to be alone! For a Libran, everything is better if it's done as a pair. Librans are good when paired up, too, since they epitomize balance, harmony and a sense of fair play.

# KFCA NEWSLETTER

[Kitsapfostercare.org](http://Kitsapfostercare.org)

September 2009

## Upcoming Events:

### Walk Me Home...

**to the place I belong**

2009 Bremerton Board Walk

Register online now at [walkmehome.org](http://walkmehome.org) or at

the **Blackberry Festival**

September 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup>

Walk on the 7<sup>th</sup> 10 AM - 2 PM

Bremerton Boardwalk



Presented by:

Foster Parents Association of Washington State  
& Kitsap Foster Care Association.

Join the thousands of people who are participating in walks across America in support of the over 513,000 children in foster care! Experience the power of people united by a single purpose by joining Walk Me Home...to the place I belong. Start a family, business, school, or agency team today!

## Do you have little ghouls or boils

in your home that are looking to have a scary good time? Bring them to a night of fun to the Silverdale Community Center October 21 for the Annual KFCA Harvest party and Silent Auction!



## EVENTS AT A GLANCE:

### SEPTEMBER

09/07—Labor Day

09/09—School starts in most districts

09/14—KFCA Board Meeting @ Subway on Kitsap Way

09/21—Quarterly Regional HB1624 Meeting in Tacoma

### OCTOBER

10/12—KFCA Board Meeting 6-8 PM

10/21—Dinner Meeting and Harvest Festival

10/24—Ghost Train

## Are you *Creative*?

Do you love Halloween? Would you like to create a haunted scene for all to see?

Please consider joining the team that puts a smile on the faces on Kitsap County kids. We are looking for energetic folks to donate their time and creativity to organizing and/or presenting a special spooky night.

KFCA is working in conjunction with the great folks at the Kitsap Live Steamers to give local kids the chance to ride the

### 2009 GHOST TRAIN

and help the Kitsap Foster Care Association to raise funds Kitsap foster youth enrichment activities. For more information or to volunteer please call Phyllis Bishop 360.275.5725 or Barbara Holbrook @ 360.649.0414.

#### Quarterly Regional & State Wide Foster Parent Consultation Meetings

House Bill 1624 is legislation requiring Children's Administration to consult with foster parents. The goal of the legislation is to ensure foster parents participate directly or through a representative selected by foster parents, and have a chance to offer input at each stage of ongoing work regarding:

- Recruitment of foster homes
- Retention of foster
- Effective training for foster parents
- Development of coordinated & plans that strengthen services for the protection of children

Quarterly Regional Consultation Mtg 9/21 2009

Tacoma DCFS, 1949 South State Street, Room 348

Quarterly Statewide Consultation Mtg 10/7 2009 1-4 PM

Tacoma DCFS, 1949 South State Street, room 291

You are invited to bring your issues in person, or be represented by Debra Converse, KFCA President (360) 692-1927 ; Elizabeth Griffin Hall (360) 990-9955 Donna or Shannon at Placement Desk (360) 475-3535

#### First Aid/CPR Training 4 Foster Parents

[www.keepthebeatcpr.net](http://www.keepthebeatcpr.net) / (253)217-1105

#### NEW RESOURCE AVAILABLE:

FOSTER CARE RESOURCE NETWORK NOW HAS A CLOTHING BANK FOR KIDS IN CARE—BY APPOINTMENT ONLY CALL 253.473.9252 FOR MORE INFORMATION AND AVAILABILITY

This resource is designed to serve children and youth in state licensed homes only.

## Kitsap County Resources:

- 1) ABRAHAM'S HOUSE (405-0488)  
<http://abrahamshouse.org>  
Free furniture, household goods, etc.
- 2) DR. CHARLES BROWN (779-7115)  
\*children's dental care with med coupon
- 3) FIRST (foster intervention prevention support team) Who to call for help/support if you get a licensing referral 1-800-391-2273
- 4) KITSAP FOSTER CARE ASSOCIATION  
\*free duffel bags for foster children  
[WWW.KITSAPFOSTERCARE.ORG](http://WWW.KITSAPFOSTERCARE.ORG) (692-1927)
- 5) MARY BRIDGE Center for Child Safety (360-662-1198)  
\*Free child safety seat checks, bicycle helmet sales & fitting, free loaner life jackets
- 6) NORTH KITSAP FOSTER PARENT SUPPORT GROUP (206-842-2362) or [Sufisher@aol.com](mailto:Sufisher@aol.com)  
\*meets as needed, call for support
- 7) NORTHWEST ENTERAL SUPPLY (1-888-885-2386)  
\*free pull-ups for foster children
- 8) OLYMPIC PHARMACY & HEALTH CARE (1-253-858-9941)  
\*free delivery of diapers, medical supplies
- 9) PATHWAYS TO SUCCESS (337-4738)  
\*Youth Services Program
- 10) SKILLS CENTER (478-5168)  
\*free hair cuts for foster children
- 11) Anointed Hands Hair Care (782-2409)  
\*Dewanda Evans welcomes any/all questions re: African American hair care. Located on 6th Street in Bremerton.
- 12) Christine Njoroge (475-3527)  
\*For foster/relative care providers needing support for FASD children.
- 13) Center for Children with Special Needs  
\*[www.cshcn.org](http://www.cshcn.org)
- 14) [www.kidsdirectory.com](http://www.kidsdirectory.com)
- 15) Child Care Referral 1- (800) 300-1247
- 16) Farrell's Home Health Care—Medical supplies including pull-ups free w/your child's prescription. (360) 377-0164

#### DO YOU HAVE ELECTRONIC GIZMOS; GADGETS OR GOO-GAHS TO GET RID OF?

Do you know you can recycle some of these items totally free of charge? Check out e-recycle Washington <http://www.wm.com/wm/services/recycling> to find the location nearest you to safely dispose of your old tv's; computer monitors and other 'stuff' that don't belong in our nation's landfills

## **Swine Flu: The Next Wave What You Need to Know** as the Virus Threatens to Spread With the Start of School

With about 55 million U.S. children heading back to school in the next few weeks, concerns are growing that the H1N1 swine flu will spread even further than it already has. Identified by scientists four months ago, the virus has already turned up in nearly every corner of the world, from Argentina to Iran. It defied public-health officials' predictions of a lull in the warm summer months, proliferating in military units and children's summer camps.

A volunteer receives a shot during trials of an H1N1 swine-flu vaccine last week at the University of Iowa Health Center, one of eight trial sites across the U.S.

More than two million people are believed to have contracted the new flu in the U.S.; 7,511 had been hospitalized and 477 had died as of Aug. 13, according to the Centers for Disease Control and Prevention. World-wide, 177,457 people have been confirmed with the disease, and 1,462 deaths had been reported as of Aug. 12, according to the World Health Organization.

A vaccine against the new flu is under development, but it is unlikely to be widely available before the flu season gets under way. That could leave many people scrambling to protect themselves and their children.

### **Here is what you need to know:**

#### ***How dangerous is the H1N1 swine flu?***

Public health officials initially feared a deadly scourge, after reports of dozens of deaths in Mexico. Instead, "what we are seeing looks very much like seasonal flu so far," Health and Human Services Secretary Kathleen Sebelius said earlier this month. Most people suffer unpleasant but not life-threatening symptoms, such as fever, body aches, sore throat and runny nose. Gastrointestinal problems—vomiting and diarrhea—are normally rare for adults with flu, but have been reported globally in as many as 50% of nonhospitalized patients with the virus.

Many people don't even develop a fever, though they had other symptoms, says Richard Wenzel, chairman of the department of internal medicine at Virginia Commonwealth University's Medical College, who observed such cases on trips to Latin America. One academic hospital in Chile told Dr. Wenzel that only half of its outpatients infected with H1N1 swine flu had fever; some had only a runny nose, sometimes with a headache.

One unusual thing: Young people are getting sick, while the elderly, who normally account for 90% of annual deaths from flu, have largely been spared. Most of those who died—generally of viral pneumonia and other complications—have ranged from 25 through 64 years old, according to a CDC analysis. CDC officials say people 60 and older may have some immunity to the new virus from exposure to H1N1 viruses that circulated between 1918 and 1957.

Public health officials are monitoring the disease closely. Scientists point to a few hopeful signs: The new H1N1 virus lacks gene sequences that made the 1918 flu virus so deadly, and it hasn't mutated into a more-virulent form despite its rapid spread.

#### ***Who is most at risk?***

Pregnant women and people with asthma, diabetes, heart disease and other chronic diseases. About 70% of those hospitalized and about 80% of those who have died in the U.S. had underlying medical conditions, according to the CDC. [In a study published in the Lancet](#), CDC scientists found pregnant women were more than four times as likely to be hospitalized with the new flu than the general population.

It isn't clear whether obesity itself is a risk factor. Morbidly obese patients have had greater complications, but it may be due to diabetes or other chronic diseases they have, health officials say.

#### ***What if I get swine flu?***

You can't know for sure if you have the new H1N1 flu unless you get a test. But rapid flu tests haven't proven reliable at pinpointing cases of the new disease; only a lab test can confirm whether you have it.

Treatment is similar to that for seasonal flu. Most people get well by resting, staying hydrated and taking medicines to reduce fever. Stay home and keep your distance from others for at least 24 hours after your fever is gone.

Children under 18 years old shouldn't be given aspirin due to a risk of Reye's Syndrome, a rare but potentially life-threatening illness. Don't give cold medicines to children under four without first talking with a pediatrician.

You should call the doctor if you have trouble breathing, chest or abdominal pain, dizziness, confusion or persistent vomiting, or if your flu symptoms worsen after improving, the CDC says. Call the pediatrician if your child has those symptoms, isn't drinking enough fluids, or is irritable or sluggish.

#### ***Should I take an antiviral such as Tamiflu?***

Two antiviral medications, oseltamivir and zanamivir, marketed as Tamiflu and Relenza, respectively, can help shorten the duration and severity of H1N1 swine flu.

The WHO and the CDC don't recommend oseltamivir and zanamivir for people with only mild H1N1 swine flu illness, partly out of concern about the potential emergence of H1N1 swine-flu viruses that are resistant to the drugs. But the drugs should be prescribed for adults and children who have severe H1N1 swine flu or who are at risk for complications from the disease, the agencies say. Side effects include nausea, vomiting and dizziness for both drugs. The CDC recommends use of the drugs for pregnant women, given their high risks of flu complications, though it notes that studies to assess their safety in pregnant women are lacking.

### ***When will a vaccine be available, and how can I get it?***

Public health officials say a vaccine is the best defense against the new flu, but you may have to wait until well into flu season to get one. The first 45 million doses—of a total of 195 million—are expected to be ready by mid-October, with approximately 20 million doses delivered each week thereafter. The shots are set to be recommended first for those at highest risk of complications, as well as health-care workers and close contacts of infants.

Officials expect each person will need two separate doses, so if demand is high for the voluntary shots, many people will have to wait. The priority groups total about 159 million people, or more than half the U.S. population. It's worth getting the vaccine, to boost your immunity, if you believe you had the virus but aren't sure, or if you did have the virus but are considered at high risk of flu complications, says Nancy Cox, the CDC's flu chief.

Shots will probably be offered starting in mid-to-late October in many of the same places where you can get seasonal flu vaccine—doctors' offices, retail outlets and pharmacies. Many schools will also likely offer it. The H1N1 swine flu shot won't protect you against seasonal flu, and the seasonal flu shot, which many locales will start offering in September, won't protect you against the new H1N1 virus. You will need both shots.

#### ***Is the vaccine safe?***

The government and vaccine manufacturers are conducting clinical trials to determine whether the vaccine is effective and how large a dose is needed. Initial results are expected in early October. Some experts and advocates have expressed concern that the vaccine may be administered to pregnant women and children before full test results are in. But government officials believe the new vaccine is safe because it resembles seasonal flu vaccines, which normally don't undergo trials.

"It's made by the same companies, using the same processes, with the same materials," says Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, which is overseeing the trials. Flu vaccines "have been given to tens and tens of millions of people for decades with an excellent safety record, including to pregnant women." Some are also worried about thimerosal, a preservative that contains mercury and is in multi-dose vials of vaccine. The CDC says thimerosal-free vaccine will be available in the form of both shots and nasal spray.

### **First In Line for Swine-Flu Shots**

Pregnant women / Infants' caregivers and contacts / Children ages 6 months through 24 years old / People up to 65 years old with medical conditions / Health-care workers  
Emergency medical-services workers

Others have voiced concern that Guillain-Barré Syndrome, a potentially life-threatening neurological disorder, could emerge as a side effect of the vaccine. Hundreds of people out of more than 40 million vaccinated against swine flu in a 1976 campaign contracted GBS.

A 2003 report by the Institute of Medicine, a federal advisory body, found that evidence favored a "causal relationship" between the 1976 swine flu vaccine and GBS, but stopped short of declaring that the vaccine had definitively caused the illnesses.

Government scientists say that while the reason for the GBS cases remains a mystery, the new H1N1 virus differs substantially from the 1976 virus. Still, they say they plan to monitor closely for GBS. "We will be highly alerted" to symptoms of GBS, says Mark Mulligan, of Emory University, which is conducting some of the clinical trials. The government is working on ways to speed up collection and analysis of reports of side effects from the vaccine, Dr. Cox says.

### ***How can I protect myself until I can get the vaccine?***

Wash your hands often with soap and water, or use hand sanitizer. Avoid touching your eyes, nose or mouth. The virus spreads through respiratory droplets in a cough or sneeze, and people start spreading the virus a day before they develop symptoms. You can also pick it up by touching something that has flu virus on it, then touching your mouth or nose.

### ***If swine flu is going around my child's school, should I keep him home?***

No. The CDC recommends that schools monitor closely for ill children and staff, isolate them quickly and send them home—but remain open, in most cases, for classes.

Children spread infections easily to one another because they excrete virus in greater amounts than adults and for longer periods. Many schools are taking steps to curb the spread of disease by making sure paper-towel dispensers are kept full in bathrooms and taking other simple steps. Urge your children to wash their hands often or use hand sanitizer, and to cough into their elbows or a tissue to prevent viruses from spreading.

Schools would be urged to keep ill students home longer, move desks apart, and take other steps to minimize the spread of the virus if it grows more severe.

## **National Foster Parent Association** *The National Voice for Foster Parents*

The National Foster Parent Association's 40th Annual Education Conference will be held at the Marriott Waterfront in Baltimore, MD, May 29-June 2, 2009. Join us for a fun-filled week in Baltimore!

This conference is designed to provide high quality training for foster parents, social workers, supervisors, administrators and professionals in related disciplines with an emphasis on advocacy.

We welcome your assistance to create an informative, stimulating conference that will offer participants the opportunity to learn new skills to help ensure permanency, safety and well being for children and families touched by foster care.

We are searching for workshops that are intermediate and advanced level on the following topics:

We encourage you to submit proposals for workshops that will help participants to better navigate the complexities of foster care and achieve excellence. Proposals may be submitted online: [CLICK HERE](#) or visit [www.NFPAonline.org](http://www.NFPAonline.org).

***We look forward to your participation in the 2010 NFPA Conference***

Christin L. Kundert, NFPA Program Services Director



2313 Tacoma Ave S, Tacoma, WA 98402, (253) 683-4246 ofc  
(253) 683-4249 fax, [ckundert@NFPAonline.org](mailto:ckundert@NFPAonline.org)

### **Reuniting a Little Boy with His Family— Reconnecting a Beloved Child to His Community**

On June 25, 2009 Social Worker Lori Timblin accompanied Social Worker Cheryl Meng to Clallum Bay where they reunited a child, Caleb\*, with his family and also with his community.

Caleb has a ton of knowledge about Dinosaurs and is willing to share that information for hours on end but as the social workers rounded the corner into the small town of Clallum Bay, the Dinosaurs were forgotten and Caleb excitedly pointed out several landmarks to his chaperones.

The three stopped at a restaurant where Caleb was immediately greeted by the postmaster, the cook, and his previous Sunday school teacher who was so excited to see him, she talked continuously about vacation Bible school that would be starting in a couple of weeks. While they waited for Caleb's maternal aunt to meet them, his mother, Reyna introduced Caleb's guests to the community. She took them all over town to meet several people. Everywhere they went Caleb was greeted with hugs and was told by community members how glad they were to have him back.

At one point while the social workers and Caleb and his family were meeting with his doctor, a tearful counselor hugged both Cheryl and Lori and said, "thank you so much for bringing Caleb back to us." While at the library, the librarian set Caleb up for the summer reading program. Caleb walked around the small library looking for his favorite books. Reyna took the social workers to meet Caleb's aunt and uncle. Caleb climbed on his uncle's lap and did not want to leave when it was time to go.

Caleb remembered everyone on his journey that day and he was so happy to see each and every one of them. It was so amazing to see Caleb reconnect not only with his family but also to the community that he loves and that loves him and cares for him. The social workers were thankful they were able to participate in the joyful homecoming for a seven-year-old little boy and were so very happy that he was able to reconnect with the wonderful community of Clallum Bay. Caleb has deep roots in his community. Throughout the day Caleb would hug Lori often as if he was saying thank you. When Cheryl and Lori left Caleb with his Aunt, he gave both social workers big hugs.

One of the things learned from this awesome experience is that social workers need to trust and believe that the children on their caseloads not only have families but entire communities that are so very important to them.

"It takes a village to raise a child" and Clallum Bay proved that they are Caleb's village.

## ADDITIONAL TRAINING RESOURCES AVAILABLE 4 FOSTER PARENTS

The Office of Training and Development (OTD) recently produced two videos on the cultural needs for African American Children and Native American Children. These videos are a wonderful tool for staff and caregivers in working with cultural competence with children and families.

*"Keeping It Real" is a film created to educate foster parents and kinship caregivers about the cultural needs and hair care needs of African American children in non- African American homes. The film provides helpful "how to" steps for caregivers to provide a culturally supportive environment for children in out of home care.*

*"All My Relations" is a film created to educate foster parents and kinship caregivers about the Indian Child Welfare Act and the cultural needs of Native American children who are placed in non- Native homes. This film also provides helpful "how to" steps for caregivers to create link-ages with the Native American community on behalf of their Native American child.*

The videos can be viewed on the Resource Family Training Institute Training Website at:

<http://www1.dshs.wa.gov/ca/fosterparents/onGoingVid.asp>

Linda Thomas, MSW

### Training Opportunities through RFTI

#### **On-Line classes** thru Pierce College for **Foster & Relative/Kinship Caregivers**

Topics include: Online Learning, Addiction Basics; Alcohol & chemical Abuse, Behavior Management, Caregiving for children w/Extreme Behavioral Issues, Cultural Identity:

Self-Esteem, Educational Advocacy for Caregivers, Introduction to Children's Administration for Kinship Caregivers, Maintaining a Connection: Importance of Birth Families, Multiple Placements-Impact on Children, Stuck in the Middle - Guide for Kinship Caregivers, Success Beyond Foster Care, Working with Developmentally Disabled Children.

Register @ <http://www.pierce.ctc.edu/distance/ofpe>

### Useful Links 4 Relative & foster caregivers:

#### **DSHS Electronic Forms Link**

<http://www1.dshs.wa.gov/msa/forms/eforms.html>

#### **Check out these helpful web sites & numbers:**

[www.familieslikeours.org](http://www.familieslikeours.org)

[www.usfosterfamilies.com](http://www.usfosterfamilies.com)

[www1.dshs.wa.gov/ca/fosterparents/](http://www1.dshs.wa.gov/ca/fosterparents/)

24hr support line (800) 301-1868

[Info@safekids.org](mailto:Info@safekids.org)

This site offers information on recalls related to child specific items as well as other kid related issues

[Info@adoptionreferralservice.com](mailto:Info@adoptionreferralservice.com)

[Ctboxnews@ku.edu](mailto:Ctboxnews@ku.edu)

## KUDOS KORNER - a place to say Thank You; Good Job or a few kind words!

TO: CINDY ANDERSON, ADOPTION SUPPORT SPECIALIST FROM: LUANNE VAIL

**THANK YOU SO VERY MUCH!** You have really been such a help and support!

TO: MARIA HALE, FOSTER PARENT FROM: NANCY KUKLICK, SOCIAL WORKER

**YOU ROCK AND THANK YOU** for being so attuned to your child's needs and doing what you can to help. You are truly a wonderful foster parent!

TO: NANCY WILLIAMS, FOSTER PARENT FROM: NANCY KUKLICK, SOCIAL WORKER

**It is so appreciated that you partner with the bio-family. Not every one has the capacity to be so giving. Thank you!**

If you would like to see your kind words published here—email [yakiboo@msn.com](mailto:yakiboo@msn.com)

A message from: the President

Hello all,

I'm sure many of you as well as me are eagerly anticipating the start of another school year. Parents are celebrating it as the kids are dreading it as the summer seemed way to short for them. HOORAY for school back in session!!

Speaking of back to school, the Association's annual back to school event was a huge success with approximately 300 Kitsap foster and relative care youth receiving backpacks and school supplies. Thanks to all our community sponsors and volunteers as we would not have been able to do this without you! Along with this note of thanks, I would also like to thank all the volunteers who helped at the foster care recruitment booth and in the parade at the Silverdale Whaling Days Festival. Several new contacts were made thru this collaborative effort of KFCA and FCRN. Thank you for your time and commitment to fostering.

Speaking of thanks, I want to thank the Kitsap Mall and the Community in their collaborative effort of a denim drive to benefit Kitsap Foster Youth. We received lots of new and gently used denim products. What a nice treat for foster youth to have to start the school year off in some "new" denim wear for school.

At our September member meeting on Weds, Sept 16<sup>th</sup>, we will be conducting some formal Association business. We will be bringing to membership vote the new budget proposal for FY10 for KFCA that is due October 1<sup>st</sup>. We have received a budget cut of 12.3% to our contracted funds, In light of this the Board has evaluated and reviewed our financials and have come up with a proposed new budget for the year to reflect the cuts. This new budget will be presented to you at the September membership meeting for approval, along with a date change for the monthly Board meetings. Thank you for your support and continued assistance with the Board in such business matters.

And one last thing, a reminder to mark your calendar for KFCA's Upcoming events: October dinner meeting Wednesday, Oct 21<sup>st</sup> will be the annual Harvest festival (costume party) and silent auction. So be saving your money for bidding on the great gift baskets and items (donations are tax deductible as the Association is a non-profit charity). The funds raised go towards funding KFCA events during the year. We also have the KFCA annual fundraiser, The "Ghost" Train in October. Check the KFCA website [www.kitsapfostercare.org](http://www.kitsapfostercare.org) and your newsletter for more details.

Look forward to seeing you at the September dinner meeting at the Silverdale Community Center at 6PM.

Sincerely,

Debra Converse,  
KFCA President

## BOARD OF DIRECTORS:

**Debra Converse, *President***

[president@kitsapfostercare.org](mailto:president@kitsapfostercare.org)

360-692-1927

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**Barbara Holbrook, *Newsletter***

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**Phyllis Bishop, *Special Events***

360-275-5725

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**Elizabeth Griffin-Hall, *Historian***

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**Luann Vail, *Liaison***

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360-990-9995 cell

Bremerton DCFS 475-3516 W/TH 9-3

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