

NEP-TUNES



A Monthly Newsletter from Nepenthean Homes

A Caring, Full Service Foster Family Agency

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May 2009



EXECUTIVE DIRECTOR'S REPORT

by Richard Farlinger

With the world health situation becoming a concern, it is very important that all certified foster parents review the information that is provided in this month's newsletter on planning for emergencies such as the outbreak of swine flu. As this is written, the World Health Organization has reported raising its pandemic alert to the second highest level. It's certainly time to give this matter full attention. If there are any questions that you have about this situation, please call our offices or consult with our staff. Specific information regarding precautions to take on avoiding swine flu infection will be mailed to all our certified foster parents.

I am very pleased to announce that effective April 25, 2009, we relocated to a new Bay Area office in El Sobrante, California. The new office is located in "Plaza Sobrante," at 3550 San Pablo Dam Road, Suite A-200, El Sobrante, CA 94803. All phone numbers remain the same. My personal thanks to Nisha, her husband, Tim, and Kevin, for their hard work in making the move a big success. Tim's generosity in providing a large van for the move was in large part the key to the success of the move. Once we are comfortably established, we will be celebrating with an open house for all to enjoy our new DIGS!

HAPPY Mother's Day



*To all our wonderful
foster moms!*

PLANNING FOR EMERGEN- CIES IN ADVANCE

by Michael F. Quinn, MA

The recent events involving an outbreak of Swine Flu point to the need for prudent foster parents to plan ahead for events out of their control, including earthquakes, fires, floods, and now—epidemics.

Those folks who live in the foothills and experience fire dangers, as well as those who live on flood plains, already know that emergency plans are a part of their lifestyle (and insurance premiums).

The process for emergency planning starts with foster parents sitting down and talking out events that are not pleasant but involve some basic and necessary adjustments.

It really comes down to two operating plans:

1. Leaving the home when the facility is threatened or damaged to the point that it is unsafe (fire, flood, earthquake).
2. Staying in the home until the threat has passed, as in the case of quarantine due to health concerns such as a flu outbreak.

Leaving the Foster Home

If you have to move, make sure you have a safe place or places to move to, and that those locales have the immediate resource needs for the family (shelter, water, food). Make sure your equipment (vehicle, cell phones, radio, First Aid kit) is in order, and that the children's medications and medical cards and records are in a portable container. Above all, talk about the plan ahead of time and then brief the entire family before you have to move. Stay informed through media (television, cell phone, PC, and radio) and listen for specific government and health services agency updates in your area. You may want to pre-pack your vehicle in case you have to move out of the home quickly.

Staying in the Foster Home

In the case of an epidemic—where quarantine is issued—it may be necessary for the family to remain in the home for a period of days, perhaps weeks. Again, by planning for the unexpected, you can minimize the shock of having to make unwanted but necessary adjustments. Think inside-out: Start by securing your house with a quick walk-through safety

(Continued on page 3)

CAPITOL CITY NEWS

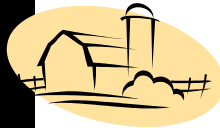


**ON-CALL CELL PHONE: (916) 704-7780
Foster Parent Training—Mandatory!**

Date: **Wednesday, May 20, 2009**
Time: 7:00 to 9:00 p.m.
Topic: “Self Esteem, Prudent Parenting, and CFH House Rules”
Where: Fair Oaks Office
Speaker: Mike Quinn, MA

FOSTER PARENT ORIENTATION:
The next foster parent orientation meeting will be on **Saturday, June 6, 2009**, from 10:00 a.m. to 12:00 noon at the Fair Oaks office. Please call Rich Farlinger at (916) 535-7780 for directions. This meeting will answer your questions about foster children, foster parenting, and becoming a certified foster parent with Nepenthean Homes FFA.

CENTRAL VALLEY NEWS



**ON-CALL CELL PHONE: (209) 495-9492
Foster Parent Training—Mandatory!**

ADDITIONAL FOSTER PARENT TRAINING:
Foster & Kinship Care Education Program, Merced College, presents NO-FEE foster parent training classes.

Date: **Mondays**
Time: 7:00 to 9:00 p.m.
May 4: Separation and Loss, Part III
May 11: Separation and Loss, Part IV
May 18: Separation and Loss, Part V
Where: Merced College, Room V-143

To pre-register, please contact Deanna Keeno or Luis Rendon at (209) 381-6578.

Childcare is NOT available for these classes. Certificates of attendance are awarded for the actual number of hours **attended**. The attendance sheet **must** be signed for hours to count.

BAY AREA NEWS



**ON-CALL CELL PHONE: (510) 750-4769
Foster Parent Training—Mandatory!**

ADDITIONAL FOSTER PARENT TRAINING:
The Center for the Vulnerable Child (CVC) at Children’s Hospital Oakland, in cooperation with Alameda County Social Services and Nepenthean Homes Foster Family Agency, presents NO-FEE foster parent trainings. The classes serve as continuing education hours by foster care agencies. Verification of attendance is given.

Date: **Wednesday, May 13, 2009**
Time: 10:00 to 11:30 a.m.
Topic: “Youth Depression and the African-American Culture, Part I”
Speaker: Catherine Bush, MFT, of Seneca Center.

and
Date: **Wednesday, May 27, 2009**
Time: 10:00 to 11:30 a.m.
Topic: “Youth Depression and the African-American Culture, Part II”

Speaker: Catherine Bush, MFT, of Seneca Center.
Where: Children’s Hospital Oakland, Center for the Vulnerable Child, 5275 Claremont Ave. and 5400 Telegraph, Oakland
(This building has two entrances—enter on either side.)

RSVP: Call Peggy Pearson at (510) 428-3783, ext. 5326. **IMPORTANT:** We cannot offer childcare at this time.

FOSTER PARENT ORIENTATION:
If you are interested in learning more about foster care, please call Kevin Smith at (510) 222-2666. An individual orientation meeting will be set up to answer your questions about foster children, foster parenting, and becoming a certified foster parent with Nepenthean Homes FFA.

FOOTHILLS NEWS



**ON-CALL CELL PHONE: (530) 392-1597
Foster Parent Training—Mandatory!**

UPCOMING AUBURN AREA FOSTER PARENT TRAININGS WILL BE HELD ON AN INDIVIDUAL BASIS, PER CFH. PLEASE CALL THE FAIR OAKS OFFICE TO SCHEDULE YOUR FOSTER PARENT TRAINING, AT (916) 535-7780. (REMEMBER, YOU MUST HAVE AT LEAST 12 HOURS OF FOSTER PARENT TRAINING PER YEAR TO MAINTAIN YOUR CERTIFICATION!)

FOSTER PARENT ORIENTATION:
If you are interested in learning more about foster care, please call Mike Quinn at (916) 535-7780. An individual orientation meeting will be set up to answer your questions about foster children, foster parenting, and becoming a certified foster parent with Nepenthean Homes FFA.

PLEASE NOTE: You may do a maximum of six (6) hours of online foster parent training with Foster Parent College. Please call Mike Quinn or Rich Farlinger at the Fair Oaks office (916) 535-7780 with your email address, to get set up for this **no-cost** training.

**Center for the Vulnerable Child (CVC)
Child and Adolescent Mental Health Workshop Series (Bay Area):**

Date: **Monday, May 18, 2009**
Time: 11:30 a.m. to 1:30 p.m.
Topic: “Beyond Consequences: Logic and Control (Part 2)”
Speaker: Paula Stewart and Kishna Saterfield, certified trainers in the Beyond Consequences Stress Model.
Where: Telegraph Community Center 5316 Telegraph Ave., Oakland

Advanced registration is required. Please call Gloria Bocian to register (510) 428-3885, ext. 5169.

CPR AND FIRST AID TRAINING

NEVADA COUNTY:

Nevada County offers ongoing training twice a month, which includes Medic First Aid, BasicPlus CPR, AED (Automated External Defibrillator), and First Aid. Committing to additional time, the Medic First Aid Infant and Child Supplement can be included following Adult CPR/First Aid.

Date: **Saturday, May 23, 2009**

Time: 9:00 a.m. to 1:00 p.m.

Date: **Thursday, May 28, 2009**

Time: 3:00 to 7:00 p.m.

Where: Nevada County Superintendent of Schools' conference room
112 Nevada City Highway, Nevada City, CA.

Fee: **\$30.00 (must be prepaid to confirm your reservation).**

Wear comfortable clothes and bring a snack and beverage.

Please call Nikki Johnson at (530) 478-6400, x201 for more information.

WATER SAFETY (includes children's safety workshop)

PLACER COUNTY:

Date: **Tuesday, May 12, 2009**

Time: 6:00 to 8:30 p.m.

Where: Sierra College Gateway

333 Sunrise Avenue, Roseville

Speaker: Laurie Tyrell

RSVP: **Must RSVP by May 7** to (916) 781-6214 for materials, dinner, and childcare.

Meets required certification for foster parents (No Water Required).

ADDITIONAL FOSTER PARENT TRAINING OFFERED:

PLACER COUNTY:

Sierra College Foster & Kinship Education Workshop:

Date: **Tuesday, May 5, 2009**

Time: 6:30 to 8:30 p.m.

Topic: "Record Keeping—Everything You Need to Know"

Where: Placer Kids

11990 Heritage Oak Place
Auburn, CA

Speaker: Laurie Antuzzi

RSVP: **Must RSVP** to (916) 781-6214; Childcare available.

Date: **Tuesday, May 19, 2009**

Time: 6:00 to 8:30 p.m.

Topic: "Healthy Habits—Health, Safety, and Nutrition"

Where: Sierra College Gateway

333 Sunrise Avenue, Roseville

Speaker: Jennifer Scalzi and guest speakers

RSVP: **Must RSVP by May 15** to (916) 781-6214 for materials, dinner, and childcare.

The Child Abuse Prevention Council of Sacramento, Inc., presents:

Topic: "Mandated Reporting of Child Abuse and Neglect"

Dates: **Wednesdays:**

- **May 20**
- **July 15**
- **September 16**
- **November 18**

Time: 9:00 a.m. to 12:00 p.m.

Where: Child Abuse Prevention Center
4700 Roseville Road
North Highlands, CA

RSVP: **To register, please call Isela Murrieta at (916) 244-1959** or email to imurrieta@thecapcenter.org for more information. Sorry, no childcare is provided.

Celebrate
Cinco de Mayo
on Tuesday,
May 5, 2009!



(Continued from "Planning for Emergencies" page 1)

inspection to make sure your home provides adequate shelter (heat, water, cooling) to meet the crisis needs, that all the safety equipment is in place and functioning (fire extinguisher, First Aid kit, cell and land line phones, radio, etc.), and that you have sufficient water and foodstuffs in the pantry in case the electricity goes out. Discuss the emergency situation and your plan with the entire family. Again, stay informed through media (television, cell phone, PC, and radio) and listen for specific government and health services agency updates in your area.

The Importance of Training

Being prepared for emergencies means that the First Aid/CPR courses, annual home inspections, and remaining informed through media and agency updates translate into being able to make adjustments quickly and safely to meet most emergencies. It's why foster parents are state-mandated to keep extra foodstuffs on hand, vehicles and phones in operating condition, children's medicines and records stored for quick access and transport, and are strongly advised to self-inspect the foster home on a regular basis to meet some unexpected challenges that arise in our communities.

Keeping children safe means that as a foster parent you have a plan for all types of emergencies, and know how to put the plan into operation. Take the time to discuss and plan before events force you to act.



Birthdays this month!

RICHMOND:

David C. (Espinoza home).....16 on 5/6
Dorothy M. (Sloan home).....16 on 5/10

AUBURN:

Kascie C. (Paul home).....15 on 5/8

WELCOME NEW KIDS ON THE BLOCK:

FAIR OAKS:

* Anthony O.



GOOD NEWS!



Congratulations to William W. of the John Tiong home, for making a 3.65 GPA and the Quarterly Honor Roll at McClellan High School. Way to go, William!

Former foster client, Steven B., visited the Fair Oaks office and reports that he is currently enrolled at American River College and hopes to enroll in the California Highway Patrol Academy in the fall. What a great success story, Steven!



FAIR OAKS:

- Play Station I games (new or gently used)
- Digital scale (to weigh children)
- Kids' movies on DVD
- Computer CPU
- Computer software

MODESTO AREA:

- New or gently used laptop computer for Modesto teen

RICHMOND:

- Changing table
- Hand-held electronic games
- VCR

AUBURN AREA:

- Laptop computer
- Microsoft Office 2007 Small Business Edition software (upgrade version)

NEPPY'S NOTABLES

May birthdays for staff:

No May birthdays for staff. See you next month!

All Nepenthean Homes offices will be closed on Monday, May 25, 2009



for the Memorial Day holiday.

Nepenthean Homes is a private, non-profit Foster Family Agency that helps adults become successful foster parents. If you want to improve a needy child's future by becoming a certified foster parent, please telephone:

** in Sacramento area, 1-800-439-8998

** in Foothills area, 1-800-479-8998

** in Modesto area, 1-800-696-0611

** in Bay Area, 1-800-564-2292

RETURN SERVICE REQUESTED

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