



# NEP-TUNES



A Monthly Newsletter from Nepenthean Homes

A Caring, Full Service Foster Family Agency

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April 2010



## EXECUTIVE DIRECTOR'S REPORT

by Richard Farlinger

The age range of children referred to our agency has continued to be older for those needing placement in long-term care. Children who are younger in age may now be placed in care for short periods if they are involved in reunification or if placement with kin is made. Younger children not being reunified or placed with kin are now being placed in homes that have indicated a desire to pursue adoption (fos-adopt). Frequently, the difference between those homes that have received young clients not being reunified and those who have only expressed a desire to care for young clients is the completion of an Adoption Home Study. The Adoption Home Study gives the placing agency (county) an indication of the degree of commitment in care.

As part of the certification process, a Foster Family Agency must complete a Home Study and Home Evaluation. The FFA Home Study is not as in-depth as an Adoption Home Study, which details family history, interactions, interests and level of commitment to a greater degree. In an effort to fully serve the needs of children of younger ages, our agency is now considering the move toward completing an Adoption license application.

Our Executive Board will direct us in this process. As we progress, we will keep you posted as to completion of the license application as well as the benefit of additional program services with this license. ♥

## NEW SACRAMENTO OFFICE INFORMATION:

### ADDRESS:

1331 Garden Highway, #320  
Sacramento, CA 95833

### PHONES:

Main: (916) 993-7776  
 Fax: (916) 993-7701  
 Mike: (916) 993-7787  
 Toll-free: (800) 439-8998

If you wish to call the 800 number, please be advised that it connects to the Innovation Center switchboard, where you can request to be transferred to Nepenthean Homes.

In some ways, losing a loved one is similar. Here you are going easily through life, and then, *bam*, they are gone and life will never be the same. That piano piece sounds different because the middle C is broken, the cookies just aren't the same, and at times, we are frustrated like we are when our CD gets scratched. Unfortunately, with the loss of a loved one, it is more difficult to fix than the piano or the batch of cookies, and your loved one was irreplaceable, unlike the CD. Short and simple, this is what grieving is: learning to cope with the loss of someone who was a part of what made us what we are. So, what do we do? How do we go on after they are gone? I have a few suggestions that might help you through.

First of all, just as each of us has different personalities, each of us grieves in a different way. There is no right or wrong way to feel or act, as long as you are not endangering yourself or others. Some of us cry. Others of us bury ourselves in work or hobbies. If the person is still living and only the relationship has changed, it is very easy for us to do all we can to change things back to how they used to be. At times, it may take a while to truly admit that they are gone. We just might feel numb. Some of us might even feel guilty if we don't feel sad enough! So, take your feelings and actions for what they are and be patient with yourself. After all, you have just lost a part of what makes you who you are.

Also find a way to transition your loved one into your new life. My father-in-law lost his dad last year and he hung a picture of him up in the living room to remember him. Others write goodbye let-

(Continued on page 3)



Sunday, April 4, 2010

## Adapting to the Loss of a Loved One: Three Tips on How to Cope

By Wendy Bridger; reprinted from Hopeline Newsletter, Syracuse, New York, March 2010

Have you ever sat down and played a piano where one of the keys wasn't working? Or made cookies and left out an ingredient? Perhaps you've started listening to a favorite CD, and just when it gets to your favorite part of your favorite song, you realize that there is a scratch on it.

**CAPITOL CITY NEWS**



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

Date: **Saturday, April 17, 2010**  
Time: 10:00 a.m. to 12:00 noon  
Topic: “House Safety and Supervision”  
Where: Sacramento office  
Speaker: Mike Quinn, MA.

**FOSTER PARENT ORIENTATION:**

The next two foster parent orientation meetings will be on **Saturdays, April 3 and May 1, 2010**, from 10:00 a.m. to 12:00 noon at the Sacramento office. **Please call Rich Farlinger at (916) 993-7776 to RSVP.** This meeting will answer your questions about foster children, foster parenting, and becoming a certified foster parent with Nepenthean Homes FFA.

**ATTENTION FOSTER PARENTS!**  
As you know, 12 hours per year of foster parent training are required to maintain your certification. To help with this, Nepenthean Homes is now offering our 21-DVD Foster Parent College training set. These videos are available for viewing in-house at our Sacramento and El Sobrante offices **ONLY**—we cannot offer home check-out. You may call the offices to schedule a time to view the videos. Each DVD is 30 to 45 minutes in length. Viewing only gives you one hour training credit; viewing plus taking the test gives you two hours training credit. For more information and to schedule your viewing time, please call the Sacramento or El Sobrante office.

**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 Sacramento office (916) 993-7776 with your email address, to get set up for this **no-cost** training.

**BAY AREA NEWS**



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

Date: **Wednesday, April 21, 2010**  
Time: 11:00 a.m. to 1:00 p.m.  
Topic: “Foster Parent Orientation”  
Where: El Sobrante office  
Speaker: Kevin Smith, MA.

**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, April 14, 2010**  
Time: 10:00 to 11:30 a.m.  
Topic: “Special Education—Part 2”  
Speaker: Robin Miller, advocate from Disability Rights Education & Defense Fund

*and*

Date: **Wednesday, April 28, 2010**  
Time: 10:00 to 11:30 a.m.  
Topic: “Life Books”  
Speaker: Amy Cheifetz, MSW  
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:** Please call Peggy Pearson at (510) 428-3783. **Sorry, no childcare is available.**

**SUPPORT GROUP** for kinship caregivers and grandparents, **Wednesdays 10:00 to 11:30 a.m.** Held at Family Resource Network, 5232 Claremont Ave., Oakland, CA. For more information and RSVP call Sonia Waters at (510) 547-7322 x15.

**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 SACRAMENTO OFFICE TO SCHEDULE YOUR FOSTER PARENT TRAINING, AT (916) 993-7776. (REMEMBER, YOU MUST HAVE AT LEAST 12 HOURS OF FOSTER PARENT TRAINING PER YEAR TO MAINTAIN YOUR CERTIFICATION!)**

**CENTRAL VALLEY NEWS**



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

We are working on our schedule for foster parent training in the Modesto area. Currently, we encourage our foster parents to take advantage of the online training available through Foster Parent College. See the “PLEASE NOTE” in column 1, this page.

**FOSTER PARENT ORIENTATION:** If you are interested in learning more about foster care, please call us! An 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.

- Placer/Nevada County Area: Call Mike Quinn at (916) 993-7787. An individual meeting will be set up for you.
- Bay Area: Call Kevin Smith at (510) 222-2666. Orientation meetings are available twice per month, on the first and third Wednesdays at the El Sobrante office.





## Birthdays this month!

### SACRAMENTO:

Anthony S. (Tiong home).....18 on 4/14

### BAY AREA:

Issima C. (Jones home).....10 on 4/11



## GOOD NEWS!



The Brock foster family and their teenage son have moved into the Gold Rush era town of Colfax. Happy relocation!

A great big thank-you goes out to the members of the former Auburn Auxiliary for their fulfillment of one of the wishes from our "Wish List." This wonderful group purchased a brand-new Canon copy machine for the Auburn area office, to replace the ageing Xerox machine that had been in use. They even sprang for a three-year extended warranty! The new machine has been set up, and is now producing high-quality copies of forms, letters, and other information. Thank you again for this fantastic "wish" fulfillment—it is much appreciated!



### **SACRAMENTO:**

- Play Station I games (new or gently used)
- Kids' movies on DVD
- Computer CPU
- Computer software
- New or gently used plain paper fax machine

### **MODESTO AREA:**

- New or gently used laptop computer for Modesto teen

### **BAY AREA:**

- Changing table
- Hand-held electronic games
- VCR

### **AUBURN AREA:**

- Dust cover for flat monitor (20")
- New or gently used plain paper fax machine

## WELCOME NEW KIDS ON THE BLOCK:

### **FOOTHILLS AREA:**

- Juel D.
- Serenity D.
- Jayden H.

### **SACRAMENTO:**

- Ravanna C.

### **BAY AREA:**

- Simi V.

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## NEPPY'S NOTABLES

*April birthdays for staff:*

No April birthdays for staff—  
see you next month!

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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, 1-916-993-7776 \*\* in Foothills area, 1-530-268-2266

\*\* in Modesto area, 1-916-993-7776 \*\* in Bay Area, 1-800-564-2292