

RAISE HOPE & FOSTER DREAMS



REGIONAL RESOURCE TEAM: REGION 4 FAMILY NEWSLETTER

UPCOMING EVENTS

- **GROW trainings** are currently being held online. Interested families should be referred by their licensing workers. All upcoming GROW trainings can be found on our website at <https://www.fcnp.org/pridegrow-training-schedules>.
- **ORIENTATION DATES** for local agencies can be found on our website at <https://www.fcnp.org/become-foster-parent/inquiry-and-orientation>.
- Local **SUPPORT GROUPS** can be found on our website at <https://www.fcnp.org/support-group/>.
- **Additional Trainings** can also be found on our website! Browse a full list at <https://www.fcnp.org/news-events/calendar>.

Janet and Jonathan Benjamin have an admirable passion for helping children. Since reopening their foster home license, they have taken in two children, one of whom they have already adopted. The family is very resourceful and has a large support network through their church. The Benjamins rise to the occasion when one of their children is struggling or need extra support. While some days are more difficult than others, the Benjamins do not give up. They are currently waiting to take placement of their foster son's older brother. The Benjamins understand the importance of keeping siblings together through the foster care system. The family enjoys spending time together through activities such as



attending church, bike rides, going out to a restaurant, having game nights, or even eating together as a family while watching something fun on TV. Family means the world to them and they share this experience with the foster children that come into their home. Judson Center is grateful to the Benjamin's perseverance and dedication to children. The Benjamins are truly role models for future foster parents.

Mindfulness Glitter Jars

Supplies:

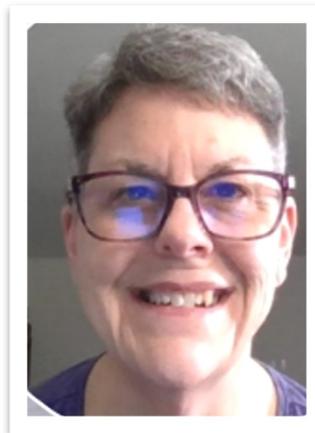
- Glitter
- Plastic bottle or mason jar
- Glycerin or corn syrup
- Water
- Dish Soap
- Glue

Instructions:

1. Prepare WARM (not hot) water
2. Select glitter for the bottle
3. Shake up the glitter to avoid it getting stuck at the bottom and clumping
4. Add glycerin or corn syrup 1/4 or 1/3 full (Approximately)
5. Add water almost to top. Leave space on top incase you need to add more glycerin
6. Add 2-3 drops of dish soap
7. Close jar and shake it to mix and disperse glitter
8. Add more glitter or glycerin if needed
9. Glue top shut



Specialist Spotlight



Jean Lee is a licensing specialist with Jackson County MDHHS. Ms. Lee has over 30 years of experience working with families through a variety of platforms, including children's services and education. She spent 11 years teaching college level English at Jackson Community College and assisted in writing many grants. She has been with the State of Michigan for over 13 years, spending the last 10 in licensing. Ms. Lee is a proud 1985 graduate of Central Michigan University, FIRE UP CHIPS, with a BAAS in English and Psychology and a minor in Family Sciences. A longtime resident of Jackson County, Ms. Lee has 3 sons and 2 grandsons. Her favorite color is purple and she enjoys gardening and spending time with her family.

Ms. Lee is an exceptional licensing worker who specializes in working with relatives. She has a family focused attitude that contributes to her ability to empathize and work with families. Ms. Lee is able to engage with relative care providers to earn their trust and support, even when the history with the department has not been positive. She is often referred to as the "Inspector Gadget" of assessments and strives to ensure child safety on a daily basis. Ms. Lee assists with the local foster parent/relative caregiver support group and often provides trainings to providers across the county. Ms. Lee is an asset to Jackson County MDHHS and is often looked to for support and guidance by her peers.

SUMMER SAFETY 101

- **Sun Safety:** Sun safety is the most important thing to consider during the summer. It is important to keep your skin safe to avoid sun damage. Sun damage is caused by ultraviolet rays (UV) and can cause serious damage to your skin. Too much sun exposure without sun screen can cause sunburn, wrinkles, eye damage, aging and even skin cancer. There are simple steps you can take to keep yourself safe from the sun. The first easy step is to wear sun screen. The FDA recommends sunscreen with a SPF of 15 or higher even on cloudy days. Make sure you apply sunscreen on uncovered skin and apply sunscreen every two hours.
- **Sunglasses:** While the sun can affect our skin, it can also damage our eyes. Wearing sunglasses is a perfect way to avoid damage to the eyes. According to the FDA, it is important to choose sunglasses with a UV rating of 400 rating or 100%. Not all sunglasses protect against strong UV rays so make sure you check the rating of the glasses. To add extra protection, wear a baseball cap or a wide brimmed hat to keep the sun out of your eyes.
- **Exercise:** Exercise is important all year around but the summer opens up more opportunity to get out and enjoy different activities. According to the Mayo Clinic, 30 minutes a day of exercise is recommended. Activities such as swimming, running, biking, or dancing can help keep you healthy. However, if the weather is too hot, avoid too much vigorous exercise.
- **Keep Hydrated:** Water makes up 50% to 70% of our body weight which emphasizes the importance of our water intake. Water helps keep the body temperature balanced during hot days. According to the Mayo Clinic, it is recommended for men to drink 15.5 cups (3.7 liters) and for women to drink 11.5 cups (2.7 liters) per day. Without keeping hydrated, dehydration can occur which means you are losing more liquid than you are taking in. This can lead to serious issues such as headaches, fatigue, dizziness, and more. Dehydration is even more dangerous for the elderly and children.
- **Stay in the shade:** It is important to give yourself and your body a break by sitting in the shade. Keeping out of the sun allows your body temperature to regulate and shields you from the harsh UV rays. Staying in the shade can help you avoid chapped lips, allows your skin to have a rest, and helps reduce heat stroke.



Summer Family Activities

- Go for a picnic in the park and enjoy some healthy food surrounded by nature
- Get your camping gear and spend the night under the stars in your own back yard with backyard camping
- Cool down in the summer heat by going to the local pool, waterpark, or beach in your local area
- Go to the library: Check your local library and see what summer reading programs they have available.
- Grab your laptop and hook it up to a projector and watch some movies as a family for an outside movie night.
- Metro Parks are a great way to get out for some fun summer activity. Metro passes give you access to 13 parks around Michigan. Many things are available at the parks such as beaches, picnic areas, hiking, fishing, biking, and more. Residents of Livingston, Macomb, Oakland, Washtenaw, and Wayne county can pay \$40 for access of all 13 parks. Non-residents pay \$45. You can find more information at www.metroparks.com



Contact Us

Adoptive & Foster Parent Recruitment & Retention (AFPRR) Program - Region 4

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WHAT IS A FOSTER CARE NAVIGATOR?

A Foster Care Navigator is someone who serves as a liaison between current and prospective foster parents and their agency. As trained and experienced foster parents themselves, each Navigator will mentor, through their own experience, parents navigating through the world of foster care.

The Adoptive and Foster Parent Recruitment and Retention (AFPRR) Program in Region 4 is a program of Judson Center and is funded by the Michigan Department of Health and Human Services. For more information about becoming a foster parent, please visit us at www.fcnp.org or call 1-855-MICH-KIDS.



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Recipient Name

Street Address

City, ST Zip