



Foster Grandparent Gazette

July/August 2009



Summer Time Foster Grandparent Training

July's Foster Grandparent training was held at B'nai B'rith Apartments and it was on "Back to the Basics for Foster Grandparenting." We realized that not only do we have a good number of new promising Foster Grandparents, we also have Foster Grandparents who have been in the program and may still be confused about some things. That is why we developed a training packet, to go over some key things about the Foster Grandparent Program:

- The importance of calling your case manager if your going to miss work
- Appropriate and inappropriate activities
- Acceptable activities during down time
- Activities to do with children
- Positive redirection
- VAP's
- Questions to ask to help a child to grow
- Timesheet help, pool leave, admin leave, and holiday pay.

We did have this training in Albany but then sent the packet out to everyone who missed it.

We do need those quizzes into us as soon as possible. You can send them via Mail or Fax with your Timesheet.

There will be a similar kind of training in Troy at CEO on August 25th. Along with National Grid and a computer training.



We still need recipes and a picture

We do still need entries for our calendar turned cook book contest. We were going to have a calendar made out of the recipes and a picture from the Foster Grandparents. But instead the Foster Grandparent Program is going to have a cook

book filled with all the yummy recipes that are submitted. **There is a \$25 PRIZE** for all the people that submit a recipe and a picture. It can be any old recipe from your own cookbook or a recipe off a can.

How you turn it in:

- Fax it in with your time sheet
- Mail it in
- Call Amanda and she will write it down 272-1006

“ There is a \$25 prize for anyone who submits a recipe with their picture”

5 Tips for Walking for Better Health

by <http://seniorjournal.com/NEWS/Fitness/6-05-01-FiveTipsToHelp.htm>

1. Find a buddy with whom you can walk regularly with.
 2. Use a pedometer. This will help keep track of your steps and can be an excellent motivator
 3. Schedule regular walks on your calendar
 4. Make sure you check with your doctor to see if walking is the safest form of exercise.
 5. Start off slow. Just do a street or the hall at first.
- Some benefits from walking is
- Potential weight loss or control
 - Reduction in blood pressure
 - Could lead to reduction in depression
 - Positive effect with people who have diabetes
 - Builds endurance and muscle strength
 - Builds and maintains bones and muscles
 - Increases circulation

Get Out Your Foster Grandparent Manuals

In both the English version and the Russian version of the Foster Grandparent manual it does explain things such as pool leave (page 26 and 27). The manual also explains who can receive Bereavement leave for (page 29).

Remember that you if you are normally scheduled to work on Monday's then Monday September 7th, you will need to put in the hours that you normally work in the holiday box. Happy Labor Day! Our next paid holiday will be

" Don't forget if you are normally scheduled to work on Mondays you have a holiday on September 7th "

Columbus Day Monday
October the 12th.

Happy Birthday to July & August Foster Grandparents



Happy Birthday

July Babies

Eleanor Shmidt (1st)
Alice Shiland (14th)
Barbara Franklin (24th)
Kathy Aunkst (25th)
Alla Umskaya (27th)
Solomon Volfson (27th)
Judy Lanzone (28th)

August Babies

Joan McAndrews (2nd)
Julia Twiss (5th)
Rosa Gomez (6th)
Earnestine Ross Hampton (10th)
Anastasiya Rabovskya (12th)
Lina Gnetova (15th)
Mavis Dennis (16th)
Oscar Maxwell (24th)

We would also like to thank the Foster Grandparents who are leaving the program. We will miss you and so will the kids whom you have positively impacted.

Welcome to all our New Foster Grandparents, we are so glad you apart of the pro-
