



Foster Grandparent Program Gazette June 2010



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Foster Grandparent Volunteers Enjoy this Years Recognition Luncheon

This years Foster Grandparent recognition luncheon was held at the Hilton Garden in Troy.

When the Foster Grandparents first arrived they were able to enjoy a nice appetizer spread and sit by a cozy fire on a couch or a comfy chair. All of the Foster Grandparent's from the seven different counties came together so that they could be recognized for the years of service that they have completed. Accompanied by the local favorite DJ Bob Treffiletti. Karen Gordon executive director of CEO, Mary Broderick Foster Grandparents Program Manager, Morgan Storms director of Early

Childhood Services for CEO head starts, and finally Cindy Dunham one of our very own Foster Grandmothers all spoke and commended our Foster Grandparents for their years of service to their local communities. All the foster Grandparents got a certificate as well as a personalized bookmark that had their name and a quote from either the children that they work with or their site supervisor. Since this year was a garden theme the goodie bags that they got was a package of seeds to symbolize that they plant seeds of growth and love in the minds of the

kids that they work with each year. There also was a pin celebrating the programs 45 years of existence.



Sonia B

First Lady, Federal Agencies Launch Summer Initiative to Curb Childhood Obesity and Reading Loss

Washington, DC-First Lady Michelle Obama and four Cabinet Secretaries joined Patrick Corvington, CEO of the Corporation for National and Community Service to launch United We Serve: Let's Read. Let's Move. today. The new initiative will get more Americans volunteering to combat childhood obesity and summer learning loss among youth."The United We Serve Summer Service initiative is a nationwide effort calling on all Americans to make service a part of their daily lives," said Mrs. Obama. "We are asking individuals and community organizations, corporations, foundations and government to come together and devote their time and energy to help our kids stay active and healthy - and to keep them learning - all summer long."

Let's Read. Let's Move. is an Administration-wide effort led by the Corporation to expand opportunities to engage young people in summer reading and physical activities as well as provide access to healthy, affordable food. The initiative aims to increase access to volunteer projects around reading; exercise, and healthy eating; provide toolkits and resources to help Americans develop high impact service projects; and build new partnerships to reach youth in big cities and rural communities."Nothing is more critical to the future of our

nation than ensuring our young people are prepared to lead," said Patrick Corvington, the Corporation's CEO. "This is an all-hands-on- deck effort that harnesses the compassion of Americans to help our youth build fit bodies and strong minds necessary to be successful in school and in life."

The Problem: Research shows that a staggering percentage of young people suffer learning-loss and acquire unhealthy eating habits during the summer break. Young people can lose more than two months of progress in reading achievement over the summer, 1 out of 3 children in the U.S. are overweight or obese, and millions of youth go without healthy, nutritious meals over the summer months.

Service as a Solution to Childhood Obesity and Learning Loss: Let's Read. Let's Move. makes it easy for Americans to help youth build strong minds and bodies through summer reading, exercise, and eating healthy foods-all of which are contributing factors to achieving success in school. Below are details on the partnership with each federal agency and the First Lady's Let's Move campaign, and quotes from the Secretaries. First Lady Michelle Obama Nearly a year ago, the First Lady began a national conversation with America's children about proper nutrition and the role food plays in living a healthy life. That discussion

grew into the Let's Move campaign. The campaign will combat the epidemic of childhood obesity through a comprehensive approach that builds on effective strategies, and mobilizes public and private sector resources.

Youth need 60 minutes of active play time each day. Through the President's Council on Physical Fitness and Sports (PCPFS), Let's Read. Let's Move. will get more youth physically active. HHS hopes that thousands of young people across the country will take part in the President's Active Lifestyle program and log their activity online. Toolkits provide parents http://www.presidentschallenge.org/home_adults.aspx, educators www.presidentschallenge.org/educators/index.aspx and groups www.presidentschallenge.org/group_admin/index.aspx information on ways to participate in the President's Challenge and the program's rules www.presidentschallenge.org/the_challenge/active_lifestyle_rules.aspx.

-Donna M. Smith State Program Director

*Please call Mary Broderick 272-6020 ext 288 if you have any suggestions on how we could participate in this.

Staying Healthy this Summer

1. Drink plenty of [water](#). It is very important to drink water. Your body needs water to prevent dehydration during warm summer days. Take special care to make sure infants and toddlers drink enough water. They can become dehydrated much more easily than adults.

2. If you have [asthma](#) or other respiratory problems, keep a careful watch on the daily air quality reports. Also, don't forget to take your inhaler or other [medication](#) with you when you go out.

3. Take a rest or nap. Don't push yourself beyond your physical limits.

4. Wear [Sunscreen](#). [Sunburn](#) is painful and unhealthy. Use a sunscreen that is right for your skin.

5. Stay Cool. Wear light, loose-fitting clothing to help you stay cooler.

6. Wear Sunglasses. [Sunglasses](#) protect your [eyes](#) from the sun's UV rays.

7. Maintain your energy level by limiting your intake of fat and sugar; focus on [carbohydrates](#), [fruits](#) and [vegetables](#).

8. Before leaving for vacation pack a few items (calamine lotion, baking

soda) that will help with itchy or painful [insect bites](#).

9. If you have [allergies](#) and plan to be traveling/vacationing, find out which plants will be pollinating in your vacation spot

10. Know your body. If you are feeling ill, see a doctor. An average of 400 people die each year in the United States due to extreme heat.

Written by
www.mamashealth.com/summer



Eating healthy is super important

Summer Placement

With a week left of school, summer is rapidly approaching. Which means you need to call your case manager either Meridith at ext 315 or Laura at ext 311 and let her know which one of following you are going to be doing this summer:

- 1) Planning on going away this summer and not going to work until the

beginning of the school year in September.

- 2) Planning on working this summer at current site.
- 3) Or planning on working this summer and your site is shutting down and need another place to go to.

*It would be very helpful if you have a non for profit site in mind to go to.

We expect all the Foster Grandparents to call their case manager with their decision about their summer plans by Thursday June 24th



Happy Birthday Foster Grandparents!!!

Jean Smith 6/7

Maryann Tyll 6/17

Nellie Davis 6/21

Mary Lou Hooten 6/21

Sandra Holton 6/21



*If there is anyone that I missed, my deepest apologizes please just call and let me know ext 315

5 Classic Books You Should Read This Summer

- 1) Persuasion by Jane Austen- Romance, English, 1818
- 2) The Count of Monte Cristo by Alexandre Dumas- Adventure, French, 1844
- 3) And Then There Were None by Agatha Christie- Mystery/Suspense, English, 1939
- 4) To Kill a Mockingbird by Harper Lee- Crime/Drama, American, 1960
- 5) A Confederacy of Dunces by John Kennedy Toole-Comedy, American, 1980

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www.associatedcontent.com/article/1590293/5_classic_books_you_should_read_this_