

December 2007
Volume 1, Number 3

Kayla's Village ~ The Newsletter



Trainings

"Parenting"

6:00 p.m. until 8:00 p.m.

December 5, 2007

"Early Childhood
Development"

January 9, 2008

Topic to be Determined

Child Care Provided!

HSC Pediatric Center

1731 Bunker Hill Road, NE

Washington, D.C.

"Professionals"

9:30 a.m. until 12:30 p.m.

December 7, 2007

CANCELED!

January 4, 2008

"Recognizing and Preventing
Burnout"

Trinity AME Zion Church

3505 16th Street, NW

Washington, D.C.

Tonya M. Logan, (202)608-1266, kaylasvillage@aol.com, www.kaylasvillage.org

Monthly Training Winners!

For those who arrive on time for trainings AND remain until the conclusion of the session, you are eligible for a \$20.00 gift card. We forgot to list the recent winners! In October 2007, *Gregory & MaryAnn Welter, Board of Child Care foster parents*, received a gift card to Olive Garden. In November 2007, *Michell Stanley, Sasha Bruce Youthwork staff person, and Alexander & Paulette Crawford, Board of Child Care foster parents*, received a gift card to DSW.

Congratulations!

You can be a funder!

Kayla's Village was granted a group ID number with eScrip,
500017420

If you enter that number at
www.groups.escrip.com

and register your grocery club, debit, ATM, and credit cards, we receive money each time you shop! See the website for coupons and merchant lists. Don't forget –

Please refer others!

THREE RULES FOR TURNING STRESS INTO SUCCESS by Denis Waitley

1. Accept the Unchangeable - Everything that has happened in your life to this minute is unchangeable. It's history. The greatest waste of energy is in looking back at missed opportunities, lamenting past events, grudge collecting, getting even, harboring ill will, and any vengeful thinking. Success is the only acceptable form of revenge. By forgiving your trespassers, you become free to concentrate on going forward with your life and succeeding in spite of your detractors. You will live a rewarding and fulfilling life.

Action Idea: Write down on a sheet of paper things that happened in the past that bother you. Now throw it away. This symbolizes letting go of past misfortunes.

2. Change the Changeable - What you can change is your reaction to what others say and do. You can control your own thoughts and actions by dwelling on desired results instead of the penalties of failure. The only real control you have in life is that of your immediate thought and action. Since most of what we do is a reflex, subconscious habit, it is wise not to act on emotional impulse. In personal relations, it is better to wait a moment until reason has the opportunity to compete with your emotions.

Action Idea: Write down in your diary one thing you will do tomorrow to help you relax more during and after a stressful day.

3. Avoid the Unacceptable - Go out of your way to get out of the way of potentially dangerous behaviors and environments. Always be on the alert for potentially dangerous situations involving your health, personal safety, financial speculation and emotional relationships.

Action Idea: What is one unacceptable behavior you have or allow others to do to you that you will avoid starting tomorrow?

Support Groups

After several sessions, it was decided that support groups for both "parents" and "professionals" should be suspended at this time. We will let you know when they will resume.

An Actress is Among Us!



Haven Logan

The daughter of the founder of Kayla's Village, Haven, will be in the Christmas

Celebration 2007 play at Evangel Cathedral December 1-16.

Vickie Winans is a guest performer and there are live animals. Check out the website at

www.evangelchristmascelebration.com/index2.html

or call

(301) 249-9400

for times and costs.

December Themes

Art and Architecture Month
 Bingo's Birthday Month
 Christmas, Hanukkah, Kwanzaa
 Closed Caption TV Month
 Colorectal Cancer Education
 Cooked Grasshoppers Month
 Drunk/Drugged Driving Prev
 Hi Neighbor Month
 International Calendar Month
 Made in America Month
 Merry Merchants Month
 Most Fun Month
 Universal Human Rights Month
 Read a New Book Month
 Safe Toys and Gifts Month
 Stress-Free Family Holidays
 Write a Friend Month

Monthly Highlight: Closed Caption TV Month

A proclamation was signed by President Ronald Reagan on December 29, 1982 after the introduction, in March 1980, of closed-captioned television. It stated that,

"Nothing is more important to the welfare and progress of the United States than the assurance that all its people are afforded equality of opportunities. Our Nation's commitment to open new doors of opportunity for people in all walks of life has guided the growth of our Nation and stands as a measure of its greatness. The realization of our

high hopes for a better America can be gauged by our ability to bring the handicapped of our Nation into the mainstream of society."

Closed-captioned television opened communications medium to millions of deaf and hearing-impaired Americans.

A family activity:

Turn on the closed-caption feature on your television to improve both reading ability and focus!

Did you know...?

Vitamin E: Antioxidants such as vitamin E protect your cells against the effects of free radicals, which are potentially damaging by-products of energy metabolism. Free radicals can damage cells and may contribute to the development of cardiovascular disease and cancer. Studies are underway to determine whether vitamin E, through its ability to limit production of free radicals, might help prevent or delay the development of those chronic diseases. It has also been shown to play a role in immune function, in DNA repair, and other metabolic processes.

What foods provide vitamin E? Vegetable oils, sunflower seeds and almonds, green leafy vegetables, and fortified cereals are common food sources of vitamin E in the United States.

Zinc: Zinc is an essential mineral that is found in almost every cell. It stimulates the activity of approximately 100 enzymes, which are substances that promote biochemical reactions in your body. Zinc supports a healthy immune system and is needed for wound healing, helps maintain your sense of taste and smell, and is needed for DNA synthesis. Zinc also supports normal growth and development during pregnancy, childhood, and adolescence.

What foods provide zinc? Oysters contain more zinc per serving than any other food, but red meat and poultry provide the majority of zinc in the American diet. Other good food sources include beans, nuts, certain seafood, whole grains, fortified breakfast cereals, and dairy products. Zinc absorption is greater from a diet high in animal protein than a diet rich in plant proteins. Phytates, which are found in whole grain breads, cereals, legumes and other products, can decrease zinc absorption.

Office of Dietary Supplements, National Institute of Health
 Bethesda, Maryland 20892 USA
<http://ods.od.nih.gov>

Advisory Committee

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Tracy Ruffin



10th Anniversary Celebration!



www.swwr.org

Thank you to those who attended or supported the South Washington Collaborative's 10th Anniversary Celebration at the Navy Yard on November 15, 2007. It was a HUGE success with Tommy Wells, Ward 6 Councilmember, and Dick Gregory, comedian, speaking. A resident, staff person, and two families received awards. With your support, Kayla's Village raised \$650.00!

Thank you again.

Turkey Tips

A 15 pound turkey feeds about 10 people.

Thaw turkey in the fridge for about 5 hours per pound or in cold water for about 1 hour per pound, changing water several times.

To prepare turkey, remove giblets and neck. Rinse turkey inside and out. Pat dry. Fill neck and body with onion celery, and seasoning.

Place on a rack in a roaster and rub with ¼ cup butter. Sprinkle with seasonings and cover with roaster or tinfoil lid. Roast in a preheated 325 degree F oven for about 4 hours, basting hourly.

Remove the lid and roast another hour or until a nice brown color. A meat thermometer in the thigh should read about 185 degrees F.

Let it stand on a platter for about 15 minutes before carving.

Frequently Asked Question

What is the difference between an IEP and a Section 504?

An IEP (Individual Education Plan) is normally implemented for children with disabilities. Schools are provided federal funds to implement IEPs for children. Section 504 is governed by the Office of Civil Rights and schools are obligated to carry out sanctions under this statute at their own expense. The general difference between the IEP and Section 504 is that the objective of Section 504 is to remove barriers that could stop a student from success while the IEP is to provide special accommodations for students in need. The eligibility requirements for an IEP are much more stringent than those of Section 504. If a child is found ineligible for special services and accommodations under IDEA (Individuals with Disabilities Education Act), he or she may still qualify for services under Section 504.

MARY KAY®

Just in time for the holidays!

Indulge yourself or someone else this holiday season. An incredible 30% of the proceeds go to **Kayla's Village!**



This super-softening treat for hands includes Extra Emollient Night Cream, Satin Hands® Satin Smoothie hand scrub, and Satin Hands® hand cream.

\$31.50
(includes tax)



Satin Hands® hand cream independently.

\$8.40
(includes tax)

Cash and checks payable to **Tamitha Christian** are welcome.

Paid orders received by **Kayla's Village** no later than December 14 will be delivered to you by December 24.

Quotes

(from Words of Wisdom
by Rev. Run)

"The difference between the poor and the rich is that the rich invest their money and spend what's left, while the poor spend their money and invest what's left! Most Americans are busy buying things they don't want with money they don't have to impress people they don't like! Give wisely. Invest wisely."

"Are you a good listener? The best way to show someone you love them is to listen to them. Have you truly heard your spouse or children? I'm a firm believer that if you listen to the whispers, you won't have to hear the screams."

"What are you putting up with? Your silence about situations that you don't like is your vote for those problems to continue! You are worth only what you think you're worth. Remember, people treat you like you treat yourself. What you walk away from determines what you walk into."

"The way to be blessed in life is for you to be a blessing! You need to ask yourself two questions, 'Whom am I blessing?' and 'Whose quality of life am I helping to increase?' If you cannot find anyone whom you are increasing in life, then that explains why you are not increasing in life. Life gives to the giver and takes from the taker!"

"Make a decision to do the right thing continuously. Remember, if you take shortcuts, you get cut short!"

Passionate Living

One man quipped: "It's not that I'm afraid of dying. It's just that I've been alive for as long as I can remember, and I'm kind of set in my ways."

Knowing this present existence will end has actually helped me to live passionately. Others have discovered the same phenomenon.

Journalists Bill and Judith Moyers did a documentary on death and dying in the U.S. They learned that many of the terminal patients they interviewed were peaceful about their impending deaths. In fact, many of them found greater meaning and beauty in life after learning that they would die!

According to Moyers, one man lived four years past his doctor's prognosis. In that time, he learned to cherish every moment of life. As he said, "If you are told you will never see spring again, and you live to see spring, spring takes on a whole new life."

Psychologist Abraham Maslow had a similar experience. After his first heart attack, he realized that his remaining days on earth were short. He wrote about it to a friend: "My river never seemed so beautiful. The confrontation with death -- and reprieve from it -- makes everything look so precious, so sacred, so beautiful and I feel more strongly than ever the impulse to love it, to embrace it, and to let myself be overwhelmed by it...." Can you imagine feeling that way about death? He ends with this remarkable statement: "Death, and its ever present possibility, makes love, passionate love, more possible. I wonder if we could love passionately, if ecstasy would be possible at all, if we knew we'd never die."

However, we DO know we'll die! And, strange as it may seem, knowing life is short can help us to live ... beautifully, meaningfully, passionately.

by Steve Goodier, www.lifesupportsystem.com

Meatless Sloppy Joes

Serves 4

Nonstick cooking spray
2 cups thinly sliced onions
2 cups chopped green peppers
2 finely chopped garlic cloves
1 Tablespoon ketchup
1 Tablespoon mustard
1 can kidney beans, mashed
1 8oz can tomato sauce
1 teaspoon chili powder
cider vinegar
2 sandwich rolls

Spray nonstick skillet with cooking spray; heat over medium heat until hot. Add onions, peppers, and garlic. Cook and stir 5 minutes or until vegetables are tender. Stir in ketchup and mustard.

Add beans, sauce, and chili powder. Reduce heat to medium-low. Cook 5 minutes or until thickened, stirring frequently and adding up to 1/3 cup vinegar if dry. Top sandwich rolls halves evenly with mixture.

Stress Management

1. Picture yourself near a stream.
2. Birds are softly chirping in the cool mountain air.
3. No one but you knows your secret place.
4. You are in total seclusion from the hectic world.
5. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.
6. The water is crystal clear.
7. You can easily make out the face of the person you are holding underwater.
8. See. You are smiling already.