

February 2008
Volume 1, Number 5

Kayla's Village ~ The Newsletter



Trainings

"Parenting"

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

February 6, 2008

"SIDS and Safe Bedding"

March 5, 2008

"Promoting Abstinence"

April 2, 2008

"Anger Management"

Child Care Provided!

HSC Pediatric Center

1731 Bunker Hill Road, NE

Washington, D.C.

"Professionals"

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

CEUs approved by NASW

March 7, 2008

"Child Sexual Abuse"

Trinity AME Zion Church

3505 16th Street, NW

Washington, D.C.

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

Door Prize Winners

During the January 4, 2008 training, "Recognizing and Preventing Burnout," Charisse Johnson of Prince George's County Public Schools won the door prize as did Howard Wilkes of Family and Child Services during the January 9, 2008 training, "Early Childhood Development." Both received \$20.00 gift cards to Ruby Tuesday. Congratulations!

Autism



There are several celebrities who have been open about their children being diagnosed with autism. Those families are Toni Braxton, Jenny McCarthy, and Holly Robinson Peete. However, there are other families – perhaps right in your community – who also are dealing with this challenge. Go to

<http://www.whatkindofworlddoyouwant.com/videos/view/id/408214>

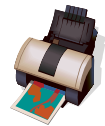
and forty-nine cents will be donated to autism research each time the movie is viewed.

On-line Assistance!

Chandricka Mose is a licensed clinical social worker who currently works with Baltimore City Public Schools, but was previously a supervisor and director for a treatment foster care program for eight years. If you have a child welfare-related question you would like answered, please send it by the 3rd of each month and you will receive a response within forty-eight (48) hours. Email Chandricka at

crmose@yahoo.com

Old Cell Phones/Printer Cartridges



We are seeking old cell phones, laptops, iPods, and printer cartridges for our recycling program. Your donation will allow us to receive funds while keeping these items out of our landfills. Did you know it takes 1,000 years for a printer cartridge to decompose? We will even accept your used cars!

Please donate them today. Thank you!

We now have advertisers!
Please be sure to see the advertisers attached to this newsletter. Thank you very much to these businesses!

Healthy Eating with Patti LaBelle

If you:

1. Love "Soul Food" but know that it's high in salt, sugar and fat
2. Wish you could lose weight
3. Are confused about low carb diets

Then join a FREE Healthy Eating Class using Patti Labelle's book "Lite Cuisine." Classes meet once a week for six weeks and you will receive the following:

1. Free copy of Patti's Labelle's book "Lite Cuisine"
2. A referral to MANNA Food Program for Montgomery county residents only (78 pounds of free food monthly)
3. Supermarket Gift Certificate
4. FREE SHARE package (\$40 worth of food)
5. FREE celebration lunch at a local restaurant
6. Cooking Demonstrations

For more information and a schedule of classes, please contact

Natalie Webb, MS, RD

301-942-1790 x113

Natalie.Webb@CatholicCharitiesDC.org

February Themes

- American Heart Month
- Archive Your Files Month
- Black History Month
- Children's Dental Health Month
- Groundhog Day
- Health Month
- Library Lover's Month
- Parent Leadership Month
- Presidents' Day
- Random Acts of Kindness
- Valentine's Day

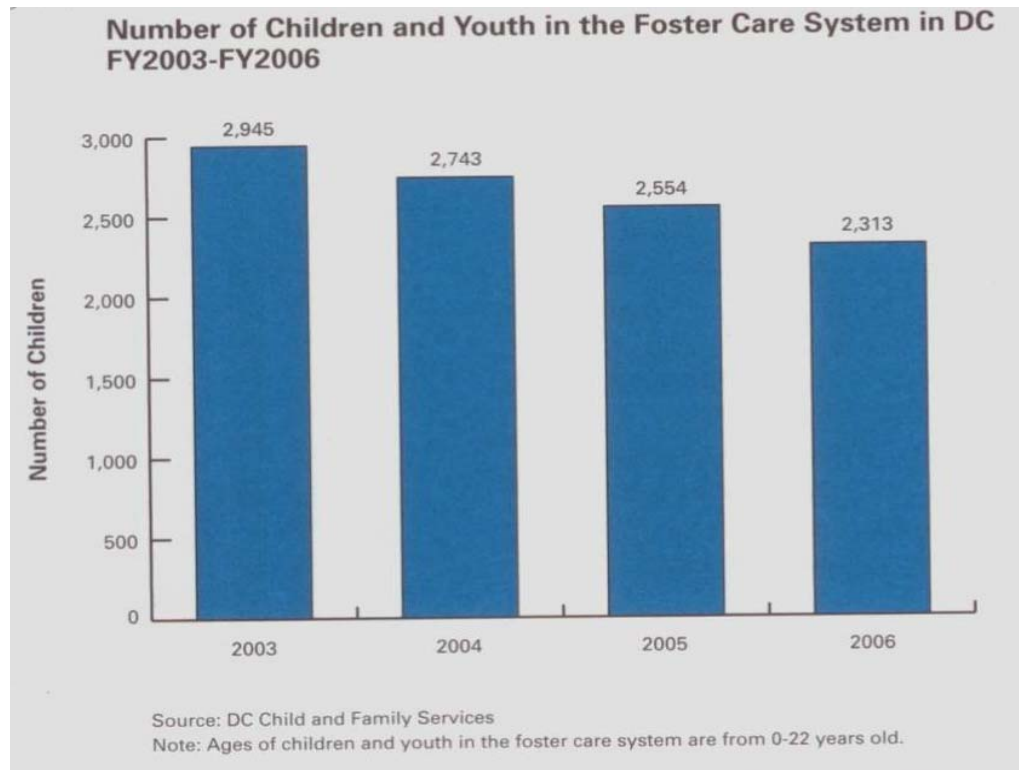
Monthly Highlight: Children's Dental Health Month

The annual observance of children's dental health began as a one-day event in Cleveland, Ohio on February 3, 1941. That year, February 3-7 was designated as Children's Dental Health Week in Akron, Ohio.

The American Dental Association held the first national observance of Children's Dental Health Day on February 8, 1949. This single day observance became a week-long event in 1955. In 1981, the program was extended to a month-long celebration known today as National Children's Dental Health Month.

Since 1941, the observance has grown from a two-city event into a nationwide program. NCDHM messages reach millions of people in communities across the country and at numerous armed service bases abroad. Local observances often include poster, coloring, and essay contests, health fairs, free dental screenings, museum exhibits, classroom presentations, and dental office tours.

Did you know...?



from the 14th Annual Fact Book
 2007 Every Kid Counts

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Advisory Committee

Yvonne Baskerville
Margie Chalofsky
Tamitha Christian
Shanda Johnson
Nicole Lawrence
Tonya Logan
Cynthia McFerson
Nicole Mellonas
Chandricka Mose
Janet Oro

We welcome our newest
Advisory Committee
member, Nicole Lawrence!



Recommended books on foster care & adoption

"Beneath the Mask"
by Debbie Riley

"Journeys After Adoption"
by Jayne Schooler

"Love Leaves No Regret"
by Robert Caldwell

"Telling the Whole Truth to
your Adopted or Foster Child"
by Jayne Schooler

"The Whole Life Adoption
Book"
by Jayne Schooler

Tips for Weight Loss and Maintenance

1. Make healthy food choices a habit
2. Read labels (particularly for fat, sugar, and sodium)
3. Eat foods that are high in fiber to help you feel full (whole grain cereals, legumes such as lentils and beans, fruits, and vegetables)
4. Eat at least 5 fruits or vegetables each day
5. Prepare snacks at home to take to work (raisins, a handful of nuts, low fat cheeses and crackers, cereal bars)
6. Eat at least 5 to 6 meals a day
7. Get at least 30 minutes of exercise each day
 - If you find it hard to exercise at one time – break your workouts into 10- to 15-minute segments
 - Walk the halls and steps at your job if it is too cold to go outside
 - Dance or jump rope. Make house work your workout.



How to weigh yourself

Frequently Asked Question

What is the foster parents' role in caring for foster children?

Foster parents are licensed by the accredited child welfare agency to care for children who must temporarily leave their parents' homes. Many of these children have been abused and neglected and are removed from their homes for their protection. Others need alternative care because their families are experiencing a crisis or because the needs of the children cannot be met within the home. The length of stay in a foster home can vary from several days to a year or longer.

In most cases, social workers work with parents to help them resolve their problems so that children who are in placement can be returned home as soon as it is possible to do so safely. Foster parents are child welfare's major resource for children who need to be placed outside the home. It is the role of foster parents to offer a safe and stable home to these children, while working with the agency to prepare them for their return to their parents.

The quality of care children get while they are away from their homes is crucial. In addition to the problems that caused these children to enter foster care, each of them will suffer from the trauma of being separated from their family. Most foster children blame themselves because they have to leave home. Some fear that all adults are abusive. Some have kept secrets for so long that they may have a difficult time being open and honest. Many of them do not view the world as a friendly or caring place. Becoming part of a nurturing foster family can help these children to grow and heal. Since trust and change evolve slowly, foster families need to have tolerance, patience, and flexibility.

Foster parents tend to a child's daily needs and help him/her to adjust to their home and family. Each child will have a social worker who will help the foster parents provide the medical, educational, and additional supportive help the child needs to adjust. Social workers coordinate the effort to reunite the child and the family through the provision of regular, frequent visitation and any counseling or therapy that is recommended.

Advertisers

Be sure to see our advertisers attached to this newsletter! Thank you businesses!



Quotes

"There's a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something, you accept no excuses – only results."

--Ken Blanchard

"Obstacles are those frightful things you see when you take your eyes off your goal."

--Henry Ford

"The young do not know enough to be prudent and therefore they attempt the impossible – and achieve it generation after generation."

--Pearl S. Buck

"There are two ways of exerting one's strength: one is pushing down, the other is pulling up."

--Booker T. Washington

Black History Month Programs

PRINCE AMONG SLAVES, Monday, February 4, 2008, 10:00-11:00 p.m. ET

True story of an African prince who was enslaved in Mississippi for 40 years before finally achieving freedom and becoming one of the most famous men in America.

AFRICAN AMERICAN LIVES 2, Wednesdays, February 6-13, 2008, 9:00-11:00 p.m. ET

Journeys deep into the African-American experience to unearth the triumphs and tragedies within the family histories of an all-new group of renowned participants.

INDEPENDENT LENS "Banished," Tuesday, February 19, 2008, 10:00-11:30 p.m. ET

Three counties that forcefully banished African American families from their towns 100 years ago - and the descendants who return to learn a shocking history.

A RAISIN IN THE SUN, Monday, February 25, 2008, 8:00 p.m., ABC

Original play cast: Phylicia Rashad, Sean Combs, Sanaa Lathan, etc.

RED TAIL REBORN, February 2008 (check local listings)

The story of the Tuskegee Airmen, the first African-American fighter pilots of World War II, and of those who sacrificed to tell the Airmen's forgotten tale.

AUSTIN CITY LIMITS "Etta James," Saturday, February 9, 2008, 9:00-10:00 p.m. ET

The Lifetime Achievement Grammy Award winner continues to be one of the most respected R&B singers in America.

AUSTIN CITY LIMITS "Tribute to Bluesman Jimmy Reed," Saturday, February 23, 2008, 9:00-10:00 p.m. ET

Joined by blues luminaries James Cotton, Delbert McClinton, Lou Ann Barton and others, guitarist Jimmie Vaughan pays tribute to Jimmy Reed, composer of blues classics "Ain't That Lovin' You Baby," "Big Boss Man" and "Baby What You Want Me to Do."

AFRICAN AMERICAN LIVES, February 2008 (check local listings)

Renowned scholar Dr. Henry Louis Gates Jr. takes Alex Haley's Roots saga to a whole new level. Using genealogy and DNA science, Dr. Gates tells the personal stories of eight accomplished African Americans.

AMERICAN EXPERIENCE: EYES ON THE PRIZE, February 2008 (check local listings)

The groundbreaking documentary series examining America's civil rights years returns to public television as part of AMERICAN EXPERIENCE. Covering the period from the murder of 14-year-old Emmett Till in Money, Mississippi, and the Montgomery, Alabama, bus boycott through school desegregation, the march from Selma to Montgomery and the Voting Rights Act, EYES ON THE PRIZE is considered the definitive history of this formative time in the nation's life.

FANNIE LOU HAMER: COURAGE AND FAITH, February 2008 (check local listings)

Using archival footage and interviews with those who knew her well and were affected by her actions, this program chronicles the extraordinary life of Fannie Lou Hamer and introduces her to a new, younger generation. Mrs. Hamer attended the 1964 Democratic National Convention as a member of the Mississippi Democratic Freedom Party and challenged the all-white Mississippi delegation.

INDEPENDENT LENS "Hip Hop: Beyond Beats and Rhymes," February 2008 (check local listings)

This film takes an in-depth look at machismo in rap music and hip-hop culture - where creative genius, poetic beauty and mad beats collide with misogyny, violence and homophobia. By Byron Hurt.

SHARED HISTORY, February 2008 (check local listings)

The intimate story of the relationship between two families whose connection was forged in slavery and has endured to the present. The filmmaker, the great-great-granddaughter of a slave owner, and Rhonda Kearsa, a descendant of one of the enslaved families, seek to understand and reconcile the reality of slavery with the shared lives and affection.

SISTERS OF SELMA: BEARING WITNESS FOR CHANGE, February 2008 (check local listings)

This program is an unabashedly spiritual take on the Selma, Alabama, voting rights marches of 1965 from some of its unsung foot soldiers -- Catholic nuns. Following the violence of "Bloody Sunday," sisters from around the country answered Dr. Martin Luther King's call to join the protests in Selma.

THE STORY OF OSCAR BROWN JR., February 2008 (check local listings)

This documentary focuses on Chicago native Oscar Brown Jr.'s work as a writer and performer for more than half a century.

Best Chocolate Chip Cookies

- 2 cups butter
- 4 cups flour
- 2 tsp. soda
- 2 cups sugar
- 5 cups oatmeal
- 2 tsp. baking powder
- 2 tsp. vanilla
- 24 oz chocolate chips
- 2 cups brown sugar
- 1 tsp. salt
- 18 oz. Hershey Bar (grated)
- 4 eggs
- 3 cups chopped nuts (any)

Measure oatmeal, and blend in a blender to a fine powder. Cream the butter and both sugars. Add eggs and vanilla, mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey Bar, and nuts. Roll into balls, and place two inches apart on a cookie sheet.

Bake for 10 minutes at 375 degrees.

Makes 112 cookies