

November 2007  
Volume 1, Number 2

# Kayla's Village ~ The Newsletter



## Support Groups

(RSVP required)

facilitated by

Shanda Johnson

[achangeagent@hotmail.com](mailto:achangeagent@hotmail.com)

### "Parenting"

10:30 a.m. until 12:30 p.m.

November 3, 2007

December 1, 2007

January 5, 2008

#### Child Care Provided!

HSC Pediatric Center

1731 Bunker Hill Road, NE

Washington, D.C.

### "Professionals"

1:00 p.m. until 3:00 p.m.

November 2, 2007

December 7, 2007

January 4, 2008

#### Lunch if you attend training!

Trinity AME Zion Church

3505 16<sup>th</sup> Street, NW

Washington, D.C.

Tonya M. Logan, (202)608-1266, [kaylasvillage@aol.com](mailto:kaylasvillage@aol.com), [www.kaylasvillage.org](http://www.kaylasvillage.org)

## Off to a GREAT start – Thanks SWWR!

Due to a mini-grant by South Washington Collaborative, [www.swwr.org](http://www.swwr.org), we have been able to offer trainings at no cost – with the exception of \$10.00 for workers interested in receiving CEUs. Attendance at our trainings has *steadily* increased as well as those interested

in providing trainings. However, do not despair! If you are interested in being registered for an upcoming training, simply RSVP to [kaylasvillage@aol.com](mailto:kaylasvillage@aol.com). If you are interested in being a trainer, let us know by submitting your resume and an information sheet will

be forwarded to you. Finally, we are looking for various sites to host the "professionals" training so that organizations can discuss their services and workers can see sites of possible resources.

*Let us know if your site is interested.*

## No More Portion Distortion

Knowing portion sizes is just as important as knowing how many portions to eat. These are the number of portions recommended daily for most adults and children, and matches standard SINGLE portion sizes with an easy way to visualize its real size.

A Single Serving	Is About the Size of...
1 medium orange or apple	Tennis ball
1/2 grapefruit	Car headlight
1/4 cup dried fruit	Large egg
1 cup green salad	Adult fist
1/2 cup fruit or cooked vegetables	Billiard ball
6 oz. of 100% vegetable or fruit juice	Hockey puck
1 small potato	Computer mouse
1 broccoli spear	2 small beanbags

#### Recommended Daily Servings of Vegetables:

Kids ages 6-12: 3-4 servings

Teen girls: 3-4 servings

Teen boys: 4-5 servings

Adults: 2-5 servings

#### Recommended Daily Servings of Fruits:

Kids ages 6-12: 2-3 servings

Teen girls: 2-3 servings

Teen boys: 3-4 servings

Adults: 2-5 servings

## Trainings

### "Parenting"

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

November 7, 2007

"Parent Power Workshop"

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.

November 2, 2007

"Effective Supervision of Staff  
and Families"

December 7, 2007

"Working with Youth in  
Residential Treatment"

January 4, 2008  
"Keep the Fire Burning with  
Burning Up"

Trinity AME Zion Church  
3505 16<sup>th</sup> Street, NW  
Washington, D.C.

## November Themes

Addictions Month  
Adoption Awareness Month  
All Saints' Day  
Alzheimer's Disease Month  
American Diabetes Month  
Aviation History Month  
Child Safety Protection Month  
Children's Book Month  
Clean Out Your Refrigerator Month  
Family Caregivers Month  
Healthy Skin Month  
Home Care Month  
Hospice Month  
Lung Cancer Awareness Month  
Native American Heritage Month  
Runaway Prevention Month  
Thanksgiving  
Veteran's Day

## Monthly Highlight: Child Safety Protection

Learning to foresee accidents is the best way to prevent them. Childproofing your home reduces the risk of injury.

1. T/F: Safety caps on drug containers are childproof.
2. Are hot dogs, hard candies, nuts, or grapes responsible for most childhood choking?
3. In recent years, the use of car safety seats has dropped, stayed the same, increased slightly, or risen dramatically.
4. T/F: An infant car seat should be used in the front seat so you can keep an eye on the child.

5. T/F: If your car does not have shoulder straps in the rear seat, or if they cross over the neck or face of your child, it is better to let him ride with no seat belt.

6. Rowing machines, weights, stationary bicycles, or cross-country ski machines are which type of home exercise equipment that injures the most children?

7. T/F: Touching a hot stove is the leading cause of burns.

8. Five-gallon plastic buckets are a danger to infants because they can be strangled by the handles, they can eat the toxic materials in them, or they can drown in them.

(Answers on Page 4)

## Newsletter Name Did you know...?

We had several great submissions for the newsletter name, but it was instead decided that the title would essentially remain the same as it clearly identifies the content to come. Thank you to ALL who participated!

### HUMOR

This guy wanted a boat more than anything. His wife kept refusing, but he bought one anyway. "I'll tell you what," he told her. "In the spirit of compromise, why don't you name the boat?"

Being a good sport, she accepted.

When her husband went to the dock for his maiden voyage, the name he saw painted on the side was: "For Sale."

### Regarding Nutrition:

#### True or False?

*Skim milk does not provide the same vitamins and minerals as whole milk.*

**False.** Skim milk has the same nutritional value as whole milk — with less fat. Some brands have extra calcium added, providing more bone-strengthening nutrients. Some have a small amount of extra fiber added, making them look and feel (on the tongue) more like 2% milk. Skim, 1% or 2% milk is recommended after 2 years of age. These often have added vitamins A and D, which can be lost when the fat is removed.

*Lacto-ovo vegetarian diet (eating dairy products and eggs, but no meat) is a healthy choice for most children.*

**True.** Vegetarian parents

should give their children a variety of foods that provide the calories and nutrients to enable them to grow normally. The majority of pediatric experts say a lacto-ovo vegetarian diet is a healthy choice for most children (although allergists suggest not introducing eggs until after 1 year of age).

### Types of Vegetarian Diets

Before your child or family switches to a vegetarian diet, it is important to note not all are alike. Some of the major categories include:

**ovo-vegetarian** - eats eggs; no meat

**lacto-ovo vegetarian** - eats dairy and egg products; no meat

**lacto-vegetarian** - eats dairy products; no eggs or meat

**vegan** - eats only food from plant sources

Source:  
[www.kidshealth.org](http://www.kidshealth.org)

## Advisory Committee

Sonya Bakalis  
Yvonne Baskerville  
Margie Chalofsky  
Tamitha Christian  
Shanda Johnson  
Tonya Logan  
Cynthia McFerson  
Nicole Mellonas  
Tamika Mobley  
Chandricka Mose  
Janet Oro  
Tracy Ruffin



## 10<sup>th</sup> Anniversary Celebration!

"Main Event" tickets are \$50.00. Checks payable to SWWR. If you put "Kayla's Village" on the memo line, funds will be directed to us! Please purchase from Tonya Logan by Nov 5.

**Speakers:**  
Ward 6 Councilman,  
**Tommy Wells** and  
**Dick Gregory**, author,  
activist, and comedian



SWWR Family Strengthening Collaborative

10 Year Anniversary Event

Thursday, November 15, 2007  
6:30 p.m. - 9:30 p.m.

Naval Catering & Conference Center  
1454 Parsons Avenue, SE Bldg 211  
Washington, DC 20374

6:30 p.m. - 7:15 p.m.  
VIP Reception

7:30 p.m.  
Main Event

## Advisory Committee

We had our first Advisory Committee meeting on October 19 and MUCH work was accomplished! Of the 12 members making up *Kayla's Village* decision makers, there are

- 9 parents
- 6 child welfare social workers
- 3 event planners
- 1 budgeting social worker
- 1 law enforcement person
- 1 child welfare advocate
- 1 teacher
- 1 writer

I hope that you can see that the Committee is quite diverse and your interests – as long as we are aware of what they are – will be thoroughly represented.

Not only did we discuss training ideas, but also recreational activities, contests, conferences, retreats, fundraising, publicity materials, etc. We REALLY have a great "village" working for all.

## Frequently Asked Question

*If I adopt my D.C. foster child, will I continue to get financial assistance?*

Adoption subsidies are available for children with special needs. Federal subsidies were created by Congress (through Public Law 96-272, the Adoption Assistance and Child Welfare Act of 1980) to encourage the adoption of special needs children and remove the financial disincentives to adoption for the families. Children may receive a federally funded subsidy under Title IV-E or a state-funded subsidy as per state guidelines. If you have additional questions, contact the North American Council on Adoptable Children's (NACAC) subsidy help line, 800-470-6665, adoption.assistance@nacac.org. D.C.'s subsidy contact person is Patricia Johnson, 202-727-5424, patricia.rjohnson@dc.gov.

Let us know if you have questions, which can be answered in an upcoming newsletter.

## Help Needed!

Many know Tabitha Meadors Temple as she has been involved with child welfare since 1997 and has done many pre- and in-service trainings. Tabitha's brother, Tim Meadors (who got married in May 2007), has been deployed to Iraq for the 3<sup>rd</sup> time. If you want to send a care package or card to keep his spirits up, go to Tabitha's website for more information.

<http://templetrainings.net/support4tim.html>

## Family Meals

### The Benefits of Eating Together

"Come and get it!" It may be dinnertime, but when was the last time your family sat down and enjoyed dinner together? With music lessons, ball practice, play rehearsal, and work schedules, it can be tough. Rounding up the troop for an evening meal can be almost impossible! However, research is beginning to show that eating as a family has great benefits for your children and teenagers. Another reason why you should try to sit down together 5-6 times a week, whether for breakfast, lunch or dinner is to:

### Save Money

Meals purchased away from home cost two to four times more than meals prepared at home. Presently, the restaurant industry's share of the total food dollar is more than 46%. Due to scheduling, commitments, and activities, families eat out several times each week.

It is time to bring the "family" back to the dinner table. Sharing dinner together gives everyone a sense of identity. It can help ease day-to-day conflicts, as well as establish traditions and memories that can last a lifetime.

## Quotes

(from Words of Wisdom  
by Rev. Run)

"Life is about love and your relationships. I have never heard a dying person say, 'Bring me my awards, my medals, or my diploma.'

When life is ending, what we want around us are the people we love. The greatest gift you can give someone is your time."

"Socrates said, 'The unexamined life is not worth living for man.' Are you a giver or a taker in life? What matters is not the duration of your life, but the donation of it; not how long you live, but how you live. Examine your life today."

"The healthy and wealthy have self-discipline! To develop a lifestyle of discipline, one of your first tasks must be to challenge and eliminate any tendency to make excuses! Then stay focused on results. Never focus on the difficulty of the work instead of the results or rewards. If you do, you will develop self-pity instead of self-discipline."

"Look at your personal life for places where you've let things slip. Sometimes we settle for pretty good when only excellent will do! You cannot do the minimum and expect maximum results."

## Answers to Child Safety Protection Questions

1. **FALSE:** Safety caps are child-resistant, not childproof. The cap is a delaying tactic.

**Tip:** Keep drugs out of sight and/or locked up.

2. **ALL:** hot dogs, hard candies, grapes, and nuts cause more than 40% of all childhood choking deaths. Until toddlers have all teeth and are able to chew their food well, they are inclined to swallow foods whole.

**Tip:** Cut solid foods in small pieces and serve in small quantities. Do not let children eat while talking, running, or lying down or toss or pour food into their mouths.

3. **Risen Dramatically:** But car crashes remain the leading cause of death for kids under age five. Use of child safety seats reduces the likelihood of fatal injury in a

crash by 69% for infants and by 47% for children aged one to four.

**Tip:** Do not think it is ever safe to hold an infant when riding in a car. In a collision, the child is likely to be crushed against the dashboard.

4. **FALSE:** It is much safer to buckle an infant car seat into the rear seat.

**Tip:** Airbags can seriously injure the infant by striking the safety seat.

5. **FALSE:** Any belt is better than no belt for a child as well as an adult.

**Tip:** Use a booster seat for a child age 4 to 8 and weighing 40 to 65 pounds.

6. **STATIONARY BIKES:** As more people buy exercise equipment, doctors are seeing a dramatic rise in the

number of related injuries to young children. Stationary bikes injure thousands of children each year, with more than a third suffering hand or finger injuries.

**Tip:** Do not let young children use or play with exercise equipment without supervision.

7. **FALSE:** Hot liquids are the leading cause of nonfatal burns. Children have thinner skin and thus are severely scalded at lower temperatures than adults.

**Tip:** Set the water heater thermostat at 120-125 ° F.

8. **DROWN:** Each year in America, about 50 infants drown after falling headfirst into these liquid-filled large buckets left unattended.

**Tip:** Never leave even a small amount of liquid in any buckets.

## Broccoli and Cheddar Frittata

8 large eggs  
2 teaspoons olive oil  
1 small red onion, sliced  
2 cups chopped cooked broccoli  
1/4 teaspoon salt  
Freshly ground black pepper  
1/2 cup shredded extra-sharp Cheddar cheese (2 ounces)

Separate 4 eggs, putting the whites into a medium sized bowl and discarding the yolks. Add the 4 whole eggs and 2 tablespoons of water to the whites and whisk well.

In a medium ovenproof

nonstick skillet, heat the oil over a medium flame. Add the onion and cook until it begins to soften, about 5 minutes. Add the broccoli and cook for another 2 minutes. Season with salt and a few turns of pepper. Pour the egg mixture over the vegetables in the skillet covering them evenly. Reduce the heat to medium-low, cover, and let cook until the egg mixture has set around the edges but is

somewhat liquid in the middle, about 8 minutes. Sprinkle with the cheese.

Meanwhile, preheat the broiler. Place the skillet under the broiler about 2 inches from the heat until the surface is set and golden brown, 1 to 2 minutes. Be careful not to overcook or the egg mixture will become tough. Cut the frittata into eight wedges and serve.

Source:  
[www.foodnetwork.com](http://www.foodnetwork.com)