HEAT EXHAUSTION & HEAT STROKE

With summer here, your residents/youth will be exposed to heat. Do you know the warning signs of too much heat? The first sign is muscle cramps. Next can come a combination of signs including excessive sweating, cool, pale, ashen, or flushed skin. Headache, nausea, dizziness, weakness, or exhaustion may also be present. Heat exhaustion may hit those who are exercising in the heat or wearing heavier clothing than necessary. If you find these symptoms are present, give the person First Aid. Move the person to a cooler environment. Remove or loosen as much clothing as possible. Apply cool wet cloths to the skin. Give the person fluids to restore fluids and electrolytes. Fluids such as a sports drink, fruit juice, milk, and water at a rate of 4 ounces per 15 minutes.

If left untreated, or the symptoms are ignored, heat exhaustion can become a life threatening condition of heat stroke. Heat stroke develops when the body systems are overwhelmed by heat and begin to stop functioning. If the person becomes confused, has a change in consciousness, a rapid or weak pulse, vomiting or seizures, call 911. Cool the body as quickly as possible by immersing the person in cool water up to their neck or using wet towels and ice, whatever you have available.

Heat exhaustion and heat stroke can be prevented by taking these simple steps:

- Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.
- Eat small meals and eat more often.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun’s rays.
- Slow down, stay indoors, and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Take frequent breaks if you must work outdoors.

Excerpts taken from Heat Wave Safety at www.redcross.org

Summer alerts include insect stings, heat stroke, water safety, and heat stroke. You can subscribe to these alerts at: http://mn.gov/omhdd/documents/medicalalerts/.

GROUP RESIDENTIAL HOUSING (GRH) RATE CHANGE

The Group Residential Housing Rate (GRH) is set by the state to pay for room-and-board costs for low-income adults who have been placed in licensed care. The amount of the Group Residential Housing payment is based on a federal/state standard of what an individual would need, at a minimum, to live in the community. In some cases, Group Residential Housing may pay a supplemental amount to the basic rate. The supplement, difficulty of care, is based on the behavior of and/or cares required by the resident. The rate is set by the legislature yearly. The changes to the rate occur on July 1. For 2014, the rate is going down to $876 per month (from $877 per month). If you receive GRH for your resident, you should see the change reflected in your checks received for care effective July 1, 2014.

Personal needs money for your residents will also change. They will now receive $95 per month; up one dollar from last year.
Welcome New Adult Providers:

May 2014
• Clarence Heinz, Marine

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DID YOU KNOW?
RED CROSS PHONE APPS
The Red Cross has apps for your smartphone to assist you with first aid, alert you to a tornado or flood in your area, and much more! Go to: www.redcross.org/prepare/mobile-apps.

MEDICAL ALERTS
You can subscribe to a medical alerts email list serve at: http://mn.gov/omhdd/documents/medicalalerts/

EMERGENCY BACK UP
Do you have back up staff that can take over in case of an emergency? What would happen to your residents if something happened to you? Talk to your licensor about this issue.

KEEP US INFORMED
Your licensor needs to know if you are going on a vacation or having surgery. Keep us informed of changes that affect your residents and yourself.

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DISASTER PREPAREDNESS

When an emergency strikes, will you, your family, and foster care residents/youth be prepared? Below are some recommendations for a basic emergency supply kit for your home, supplies should be stored together in a safe, easily accessible space:

• One gallon of water per person per day for at least three days
• A three-day supply of non-perishable food
• Manual can opener
• First aid kit
• Flashlight and extra batteries
• Battery powered radio and extra batteries
• NOAA Weather Radio with tone alert
• Dust masks to help filter contaminated air, plastic sheeting and duct tape
• Moist towelettes, garbage bags, and plastic ties
• Wrench or pliers to turn off utilities
• Blankets or sleeping bags
• Fire extinguisher

Things to know about Washington County's Outdoor Warning Sirens:
• When the sirens are sounded, they will run for three minutes and then stop, even if the severe weather is still a concern.
• Washington County does not issue an “all clear” tone when the severe weather is done, you must tune in to local radio, TV, or NOAA Weather Radios for updated information.
• The sirens are activated when a tornado warning is issued by the National Weather Service, when the National Weather Service indicates sustained wind speeds of 70 mph or more, or when the police or fire departments request activation due to imminent danger to life and/or property.

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STAFF CHANGE FOR CHILD FOSTER CARE

While we say a fond farewell to Anne Fildes, she will not be going far. Anne has taken a position in the Children’s Services South Team. She will continue to be involved with children in our agency and may end up being the case manager for someone in your care. We are in the process of hiring a new child foster care licensor. Thanks to all Anne’s providers for being flexible and patient during this transition!

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ADULT FOSTER CARE PROVIDER TRAINING GROUP

Provider Training Group meets the 4th Tuesday of every other month, beginning in January.

Title: Assistive Technology
Date: Tues., July 22 • 6:00-8:30 p.m.

Jennie Delisi, Assistive Technology Specialist for the MN STAR Program, will talk about how much technology has changed, the options available for everyone - including adults and individuals with disabilities, how technology can help a person be more independent, how some individuals may qualify for funding for some devices, and how an individual can borrow devices before a purchase is made. There will also be some devices available to try during the presentation.
FOSTER CARE RECOGNITION EVENT

The Foster Care Recognition Event, held May 22, 2014 at the Lake Elmo Inn Event Center, honored both child and adult providers. Providers are given special recognition for every 5 years of service. In addition, new providers are recognized as they start their journey in foster care. There are currently 51 adult foster care providers and 59 child foster care providers. Thank you for all you do!

Ronda Nelson was honored by the Minnesota Social Services Association (MSSA) as the Adult Foster Care Provider of the Year and by us for her quality service.

5 years of service awards were presented to Beth Coppock, Alaya and Jon Kish, and Ann and Larry Quigley.

10 years of service award was presented to Steve Cozad by Commissioner Fran Miron.

15 years of service awards were presented to Linda Koskowski and Robert and Linda Lennartson.

The Licensing Unit all dressed up. From left to right: Robbin Rosén, Anne Fildes, Donna Sloan, Barb Chase, Ann Maudal, Kim Pfuehler, and Suzanne Pollack.

Adult Foster Care Providers Needed!

When life gets difficult... ...can you help? As a Washington County Adult Foster Care provider, you can make a difference in the lives of adults with a mental health diagnosis who are unable to live independently. Many choose to live in a family setting and simply need the support and stability of foster care to manage the demands of everyday life.

Who needs care?
• Over 18 years old
• Have a mental health diagnosis
• Need a safe, caring environment
• May be involved in programs during the day such as school, work, or organized day program
• May stay with you for a long time, but most are short-term

What is adult foster care?
Licensed individuals or families provide adult foster care in their own home. The adults in care need a safe and supportive environment in which to thrive and learn independent living skills.

Please pass the word on so we can keep adults in local foster homes.

OUR NEXT ADULT FOSTER CARE INFORMATIONAL MEETING:
Mon., August 4
1:00-3:00 p.m.
Government Center
14949 62nd St. N.
Stillwater

For more information call (651) 430-6455.
**DID YOU KNOW?**

**SAMPLE MENUS/RECIPES**

ChooseMyPlate.gov has sample menus and recipes designed to meet nutritional requirements of the average person.

**QUICK TIPS FOR HEALTHY EATING**

- Make half your plate fruits and vegetables.
- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make at least half your grains whole.
- Drink water instead of sugary drinks.
- Compare the sodium in your foods.
- Switch to fat-free or low-fat (1%) milk.

*From www.ChooseMyPlate.gov*

**PIZZA PIE POINTERS**

It’s easy to turn an otherwise healthy pie into a calorie bomb. Keep things waistline-friendly with these tasty tips from Janel Ovrut, RD, a dietitian in Boston.

- **Add flavor.** Spice up a jar of pizza sauce by adding herbs like basil, oregano, and rosemary.
- **Choose the right cheese.** Instead of mild mozzarella, try Asiago, Parmesan, or sharp cheddar, which have stronger flavors.
- **Bulk it up.** Pile your pizza high with “meaty” vegetables to create a healthier slice. Eggplant, artichokes, and zucchini are packed with fiber.

*From www.fitnessmagazine.com*

**FINANCIAL EDUCATION**

Do you know someone who can benefit from financial education? Go to www.onyourown.org for an array of information, including videos, on money matters.
WASHINGTON COUNTY

All trainings will be held at the Washington County Government Center in Stillwater unless otherwise noted. To register for trainings contact Ann Maudal at (651) 430-6485. All trainings are free to Washington County Foster Care Providers unless otherwise noted. **Reminder: Foster parents can seek up to $100 training reimbursement per calendar year per household.**

*Resource Family Trainings: Highly recommended for new providers seeking to have respite/placements in their homes.*

**SUID (Sudden Unexpected Infant Death) / AHT (Abusive Head Trauma) Training**

This training is required when caring for kids 5 and younger.

**Date/Time:** Wed., August 13 • 6:30-8:30 p.m.

**Date/Time:** Thurs., October 9 • 6:30-8:30 p.m.

**Trainer:** Washington Co. Community Services Staff

**CARS (Children and Restraint Systems) Training**

This training is required when caring for kids 8 and younger. Limited participants! No walk-ins.

**Date/Time:** Mon., September 15 • 6:00-9:00 p.m.

**Date/Time:** Mon., November 17 • 6:00-9:00 p.m.

**Trainer:** Washington Co. Public Health Staff

**Foundational Resource Family Training**

*New Daytime Classes*

An experienced foster, adoptive, or kinship parent and an agency professional will guide participants through an interactive and informative training series filled with activities and learning opportunities. Sign up for all 3!

**Trainers:**

*Cecelia Gran & Laurie Sjodin-Ernste, Dept. of Human Services Trainers*

**Cultural Issues in Placement**

Participants will learn skills in becoming culturally competent by exploring their values, attitudes, and patterns of behavior. They will understand the importance of developing and nurturing the cultural identity of children and incorporating it into their family.

**Date/Time:** Fri., September 19 • 9:00 a.m.-Noon

**Family Systems and Abuse and Neglect**

Participants will begin to identify the characteristics of families where maltreatment occurs and the role of parents in preventing abuse and neglect. They will explore the contributing factors to maltreatment and learn how abused and neglected children continue to be at increased risk for abuse and neglect even after being placed in foster, adoptive, or kinship care.

**Date/Time:** Tues., October 21 • 6:00-9:00 p.m.

**Impact of Abuse and Neglect on Child Development**

This training provides an overview of normal childhood development and the impact of abuse and neglect. It also explains how to recognize developmental delays or challenges.

**Date/Time:** Sat., November 22 • 9:00 a.m.-Noon

**METRO TRAINING OPPORTUNITIES**

**CPR - Infant & Child**

This is a 4 hour workshop. Participants will be able to use their own mannequin. Certification cards will be given out in class.

**Date/Time:** Sat., August 2 • 8:00 a.m.-Noon

**Location:** Oakdale Discovery Center, Oakdale

**Cost:** $44

**Registration:** Call (651) 641-3549 or got to www.mnstreams.org

**How to Avoid Power Struggles & Win Cooperation**

We will explore positive and practical tools that encourage cooperation and self-discipline in children through effective communication. We will also examine the usage of natural and logical consequences and problem solving that helps avoid power struggles.

**Date/Time:** Tues., August 19 • 6:30-8:30 p.m.

**Location:** Canvas Health, Oakdale

**Cost:** $22

**Registration:** Call (651) 641-3549 or got to www.mnstreams.org

**Autism: Children with Social, Communication, & Behavioral Needs**

This workshop will explore the key characteristics of Autism Spectrum Disorder and give early childhood practitioners tools to more effectively include a child with Autism in their child care setting. Included in this interactive workshop are myths and facts about Autism as well as practical strategies and tips for inclusion.

**Date/Time:** Tues., November 25 • 6:30-8:30 p.m.

**Location:** Oakdale Discovery Center, Oakdale

**Cost:** $22

**Registration:** Call (651) 641-3549 or got to www.mnstreams.org
**Provider Spotlight**

**Linda Koslowski**

Linda lives in Lake Elmo and became licensed when her former foster mother retired from providing foster care and someone was needed to care for the residents in placement. Linda now provides care for two women. They consider themselves sisters as they grew up together as foster siblings. Linda makes sure they stay in contact with other former foster siblings and family.

**What prompted you to become licensed?**
I decided to become licensed when my foster mom could no longer continue. Because I grew up with it and knew what I was getting into.

**What keeps you going every day?**
My determination to do what is right, helpful, kind, and supportive to my clients.

**What is something you have learned that would be helpful to other providers?**
Be consistent with your clients. Watch for patterns of behavior that will indicate a problem is coming and intervene quickly. Catch the poor behavior before it starts to become a habit. Know your people — understand who they are and what motivates them.

**What advice would you give to someone that is newly licensed?**
Get your residents in the habit of making healthy eating choices and being active from the beginning. You need to be an example for your residents so don’t be a closet eater! It isn’t fair to them if you are able to make different choices than they can. Treat them the same way you treat yourself — they just take a little longer to catch on.

**What have been the most helpful resources for you?**
My church, friends, coming to Washington County trainings, and reading the newsletter. We use the Kinney-Courage Center for exercise and advice. We do a lot of activities in the community.

**What is your best memory of providing foster care?**
When I got licensed one of my clients said, “Do I have to call you my provider?” I said, “Not unless you want me to call you my client.” “Then I can still call you my sister?” I said, “Yes!” but I told her there will be times when I have to use provider or client. That worked for both of us!

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**Child Foster Care Support Group**

We listened when providers said they wanted support groups! We're bringing back Child Foster Care Support Group. We will be offering **two** support groups; one for **Relative/Kin** providers and one for **Non-Relative/Non-Kin** providers. Please contact your licensor for additional information. See dates and times below:

**Relative/Kin Support Group**

(Monthly)

Relatives Raising Children—Supporting One Another—Challenges & Special Joys

**Date/Time:** Mon., July 21 • 6:30-8:00 p.m.

**Location:** Woodbury City Hall, Poplar Rm.

**Questions:** Ann Maudal at (651) 430-6485 or ann.maudal@co.washington.mn.us

**Child Support Group (Non-Relative/Non-Kin)**

(Bimonthly)

Support for veteran and newer child foster care providers. An opportunity to consult, connect, and create community.

**Date/Time:** Mon., July 14 • 6:00-7:30 p.m.

**Location:** Oakdale Library, Public Mtg. Rm.

**Questions:** Kim Pfuehler at (651) 430-6598 or kim.pfuehler@co.washington.mn.us