



## ETTIE LEE YOUTH & FAMILY SERVICES FOSTER FAMILY / ADOPTION AGENCY



# Newsletter

Spring 2011

Volume 3, Issue 13

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### *Preparing our Teens for Life*

Article from [fosterparenting.com](http://fosterparenting.com)

As foster parents you sometimes accept the responsibility of raising a child until they are ready to leave the system. Did you receive that manual that gives you a checklist of things your child will need to know before heading out on their own? Me either.

Even with our own biological children we forget some of the important skills they will need when they move off to college or get their first real job and move away from home. Here are some simple skills to remember when assessing your child's strengths:

- **Clothes washing.** Do they know how to separate colors, measure detergent, use the machine and listen for important noises (i.e. when it's lopsided because a king-size comforter really shouldn't be washed in a washer)?
- **Dishwashing.** Do they understand the art of fitting as much into the dishwasher to conserve water, and do they understand which things cannot be placed in the dishwasher (i.e. some plastic items, cast iron, and dirty tennis shoes)?
- **Self Care.** Do they understand the importance of hygiene and the effect it has on job searches and dates? Do they regularly wash their hair and brush their teeth? Do they know who their doctor is and when to schedule an appointment?
- **Money Management.** Can they figure out the change due from a purchase before the clerk can? Can they successfully save money and make plans on how to buy something they desire? Do they understand the concept of a loan and interest rates? Do they have a bank account and can they balance their checkbook?
- **Renting.** Can they tell you how to look for an apartment, compare rent rates, and read a lease agreement? Do they know how to contact the utility, phone, and gas companies?
- **Social Skills.** Can your children approach someone to ask for help or introduce themselves? Can they avoid making inappropriate comments or apologize when they have done something wrong (i.e. telling their new boss that he might want to staple that hair piece to his head. True story)?
- **Relationships.** Do they understand the importance of surrounding themselves with supportive people, as opposed to dependent people? Do they understand the importance of loving yourself before you can love someone else?

**Mark your calendars**

**FREE ARTS DAY**

**April 16**

**10 a.m. - 1:00 p.m.**

**Fun time for ALL kids**

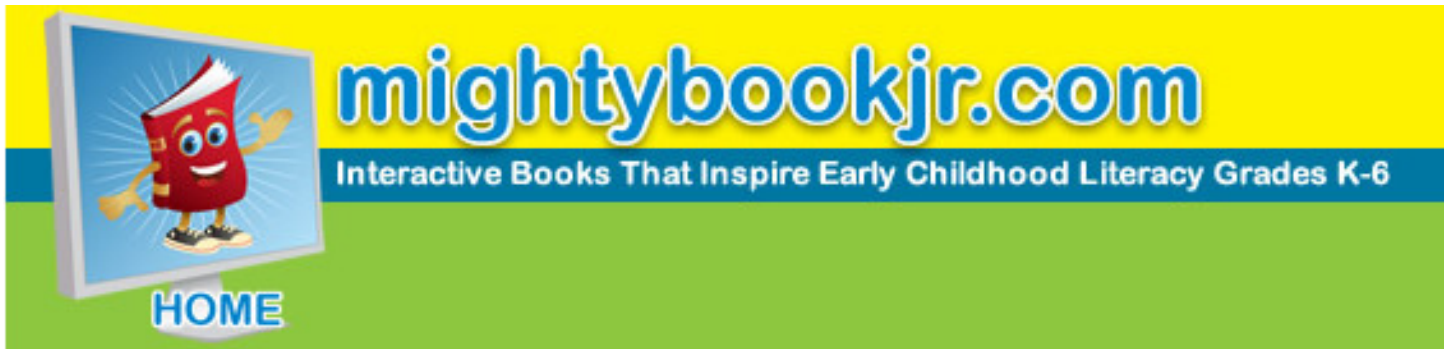
**Please RSVP to Carol  
at**

**626-967-5082**

*Celebrating*  
**60**  
*years*  
1950 - 2010

*Continued on page 3*

## Get Your Kids Reading With Mightybookjr.com



### *This is How You Get Kids to Read!*

Ettie Lee Youth & Family Services clients and parents are being given a **FREE** subscription to MightyBookJr.com. There you will find 900 animated books, lesson plans, quizzes, story songs, games and puzzles that inspire early childhood literacy for grades K-6. There are books for kids with special needs and books for ESL students as well.

Try it out and let the Ettie Lee know what you think. You can access by clicking on (or pasting into your browser): [www.mightybookjr.com](http://www.mightybookjr.com) and click on Member's Login (on the top right).

You will then be asked to put in the following

User Name: Ettie Lee

Password: mightybookjr



## *Preparing our Teens for Life (continued from page 1)*

- **Sexual Activity.** Can they name two ways to prevent pregnancy? Do they know what a sexually transmitted disease is? Can they turn down a sexual advance? If female, do they understand the importance of seeing a gynecologist?
- **Work/School Habits.** Can they tell you what type of schooling they need for the job they desire? Do they know what job references are for and how to ask someone for a reference? Do they know how to job search?
- **Home Living.** Do they know how to sew on a button if needed? Do they know how to cook meals (more than a TV dinner)? Do they know how to grocery shop and keep it within their budget?

Imagine if you were sent out into the world without having learned some of these basic life skills. Some of the children we deal with have been in residential facilities and have never learned even the most basic skills. One tool to assess the 'life skills' of teens is the Ansell-Casey Life Skills Assessment. You can access it free at <http://www.caseylifeskills.org>. The assessment has three age group choices. You will first have the child fill out the assessment online to give their own assessment of their skills. (This is very humorous to those of us that have to fill it out after them and see that they gave themselves the highest score in every area!) The parent then uses the same Youth ID number they did for the youth version of the assessment, and fills out the caregiver version of the assessment. By using the same Youth ID for both versions, you receive via e-mail a detailed report giving you mastery levels, percentages and a detailed list of the questions and how both you and the youth answered each question. This is a fantastic way of assessing the areas in which your child needs guidance. As always, take a deep breath, smile and know that you are treasured in this world and the next!

## *Dignity U Wear's Undie Sunday Undie Monday 2011*

May is National Foster Care Month. In preparation for this celebration, Ettie Lee has partnered with Dignity U Wear, a national charity that provides new clothing to needy children and adults. For a couple of years they have given clothing to us. One of their projects is the Undie Sunday Undie Monday event which Ettie Lee is participating in. What is the Undie Sunday Undie Monday you may ask?

*For the sixth consecutive year, Dignity U Wear will turn to individuals, businesses, non-profits, faith groups, schools and other organizations to help provide underwear to people in need.*

We hope that you can get involved by doing one (or both) of the following:

Purchase new underwear and drop off at our Foster Family / Adoption Agency at 754 E. Arrow Highway, Covina, 91722 anytime between the dates of March 15 and May 16 and the hours of 9:00 a.m.—5:00 p.m. Monday thru Friday.

**Or**

Click or paste this website address into your browser to donate directly to Dignity U Wear:

[www.Dignityuwear.donorpages.com/USUM2011/ettielee/](http://www.Dignityuwear.donorpages.com/USUM2011/ettielee/)

Ask your friends and colleagues to be a part of Undie Sunday Undie Monday 2011. For more info, contact Vicki Mastro at 525-960-4861 or [vicki\\_m@ettielee.org](mailto:vicki_m@ettielee.org).



**ETTIE LEE YOUTH & FAMILY SERVICES  
FOSTER FAMILY / ADOPTION AGENCY**

754 E. Arrow Highway, Suite F  
Covina, CA 91722

Phone: 626-967-5082

Fax: 626-859-5002

**Office Extensions**

Karen Cash, Director	3505
Melissa Baker, Social Worker	3518
Carla Barnes, Foster Parent Trainer/Recruiter	3514
Claudia Cuevas, Intake Coordinator	3501
Arleen Anguiano, Social Worker	3506
Sarah Lai, Social Worker	3519
Ana Ly, Social Worker	3507
Angie Vernon, Social Worker	3508
Carol Tula, Administrative Assistant	3516

**FFA STAFF**

**CELL PHONE NUMBERS**

Arlene Anguiano

(626) 841-2661

Melissa Baker

(626) 905-2667

Carla Barnes

(626) 383-6048

Karen Cash

(909) 342-0907

Claudia Cuevas

(626) 383-6059

Sara Lai

(626) 257-1479

Ana Ly

(909) 455-7491

Tiffany Piascik

(323) 216-8270

Angie Vernon

(626) 383-6051

**We're on the Web!**

[www.ettielee.org](http://www.ettielee.org)

Since 1950 Ettie Lee Youth & Family Services has been helping children. Today Ettie Lee Youth & Family Services provides a continuum of services for abused, neglected and emotionally troubled boys and girls and their families in Los Angeles, Riverside, San Bernardino and Orange Counties.

We place abused, neglected and abandoned foster children - ages infants up to age 17 - into loving foster families throughout the San Gabriel Valley. We are also an adoption agency that can facilitate the adoptions of children into permanent and loving homes.

Our nine Residential Treatment group homes for boys age 8-17 we assist troubled teen boys and their families to develop skills to lead successful lives.

*Celebrating*  
**60**  
*years*  
**1950 - 2010**

## ***TRAINING SCHEDULE***

**Tuesday, March 15**

**6pm-9pm**

Topic: *Stop Bullying Me! How to prevent and deal with bullying*

Instructor: Patricia Gieselman

**Saturday, March 19**

**9am-12pm**

Topic: *Parenting Skills for Foster Parents-Part I. Ways to be more Effective with Hurt Children*

Instructor: Patricia Gieselman

**Saturday, March 19**

**12pm-4pm**

Topic: *Parenting Skills for Foster Parents-Part II. Practicing New Skills when working with Hurt Children*

Instructor: Patricia Gieselman

**Saturday, April 23**

**9am-12pm**

Topic: *Confidentiality for Foster Parents. Respecting a Child's Privacy as a member of the Treatment Team*

Instructor: Patricia Gieselman

**Saturday, April 23**

**12pm-4pm**

Topic: *Working with Birth Parents. Learn skills to help Birth Families be successful*

Instructor: Patricia Gieselman.

**NOTE:** Please RSVP for the training you plan to attend.

Training classes are subject to cancelation or change due to lack of confirmed attendees.

**Remember:**  
**Foster parents are REQUIRED to attend a total of 24 hours of training per certification year.**

For example if you were certified on August 1, 2009 you need to complete 24 hours by July 31, 2010. You will need to continue to take 24 hours yearly as long as you continue to be a certified foster parent



Spring is sooner recognized by plants than by man.

*Chinese Proverb*