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Dear Daisy

Heart Healthy— **Lowering Your** Cholesterol and Q&A

Alliance Calendar



Between families

ISSUE NO. 5 May 2013



Director's Desk Gaven Ludlow, MSW, MBA

As promised a little while back, included at the end of this article is a link (web address) for the 2013 Foster

Parent Satisfaction Survey. This year's survey is new from past ones and was designed to gain as much information as we can about our services to you. So why is this important to us? It is important for one very simple reason; because of how important you are to the children of Kansas!

For TFI to do an excellent job of preparing, supporting and encouraging you, we have to know what is most critical to you. Knowing your thoughts on support services, our customer service, and what matters to you most helps us to ensure we are doing the right things.

We are providing a few ways for you to access the survey. The first is the link provided below in this article. By clicking on the link, you will be taken to Survey Monkey. Second, you may come to our local TFI office and complete the survey on a computer there. Please contact your worker to arrange a time to do this if it is the best fit for you. This is an internet-based survey service, and this is why it must be done on a computer.

This format allows you to provide your feedback to us from the comfort of your home, office, or where ever you have internet access. All data is confidential and no names or persons are identified to TFI from the survey. We want your honest and helpful feedback to continue and grow our programs in supporting you as you help care for Kansas kids!

The deadline for the survey to be completed is June 7th, 2013.

Survey Link:

https://www.surveymonkey.com/s/M3FL3DL

Devoted to the Strength of Family

Welcome Resource Families

Terry and Sue Morrison Ralph and Debbie Zarazua Jeffrey and Joy Eriks Brian and Denise Rokey Gary and Margaret Dulek Joel and Rachel Jantz Jeffrey and Courtnie Cammarata/Cammarata-Scott Karleen Woollard Erin Stottmann Rebecca Cowlishaw Shawn and Monika Homan Hillary Palmer Kristopher and Rebecca Smilko Tom and Darcy McDowell James and Charity Needham Teresa Songs Richard and Jaime Knavel John and Sylvia Alden Nuwan and Skye Habaraduwa Luz Thomas Jorge and Destiny Nunez Gerald and Claudia Devine

Dear Daisy,

Dear Daisy:

As school is close to an end--it seems as if my kids are leaving without permission, suspended from school, and generally not following rules. I need help!

Struggling in the Southeast

Dear Southeast:

Many children begin to feel anxious as they may be going home soon. Some children may not be going home which creates further anxiety. Talk with your children about their behaviors and develop a plan to keep their lives consistent and structured. What resources are available? Organized activities such as sports and community organizations can introduce children to positive role models AND keep them occupied.

Sincerely--

Daisy



Green Tips

Sara Willimon, Communication Specialist

Over the next few months, a new homemade cleaner recipe will be the featured green tip. Using these cleaners allows you to know exactly what you're using in your home and around your family, are eco-friendly, and use simple, low cost ingredients. Why not give one a try?

All-purpose surface cleaner:

1 part water to 1 part distilled white vinegar

Yes, it's that easy! And don't worry, that distinct white vinegar smell is gone once the vinegar evaporates. If you want a scented product, add an essential oil or soak salted citrus peels in the solution for a couple of weeks before using.

Sources: http://organizedhome.com/clean-house/pantry-recipes-homemade-cleaning-products http://blog.lexienaturals.com/2011/10/natural-cleaning.html

Heart Healthy - Lowering Your Cholesterol

Protecting our hearts and lowering our cholesterol is a goal we should all be working towards on a daily basis. As foster parents, it is particularly important to teach and model a heart healthy diet as a means of encouraging healthy habits for the youth in your home. This article will give you tips and recipes for certain foods which can help lower your cholesterol.

Antioxidants – Antioxidants have been found in some studies to lower LDL (bad) cholesterol while promoting HDL (good) cholesterol. Some antioxidants have also been found to increase blood flow to the heart and lower triglycerides. Vitamins C and E are antioxidants which can help slow atherosclerosis and reduce the oxidation of LDL cholesterol, respectively. Cranberries, oranges, extra virgin olive oil, apricots, papaya and pomegranates all contain antioxidants.

Tips:

- Try using pomegranate juice to make smoothies.
- Enjoy baked apricots in a cherry pie.
- Eat half a papaya with a squirt of lime juice for breakfast, or chop up some papaya to make a zippy fresh salsa.

Monounsaturated fat - Consumption of monounsaturated fats can help lower blood cholesterol. Olive oil is one food high in monounsaturated fat. Avocados also contain monounsaturated fats, including oleic acid.

Fiber – Foods high in fiber can lower cholesterol and may help prevent type II diabetes. Foods high in fiber include broccoli and white beans. According to Julia Zumpano, R.D., at the Cleveland Clinic, soy is also an easy way to get fiber.

Tip: To reap the most cardiovascular benefit, substitute soy for animal products.

Soluble Fiber - According to the Mayo Clinic, 10 grams or more of soluble fiber daily decreases your LDL and overall cholesterol levels. Soluble fiber can also reduce the risk of cardiovascular disease. One serving of oats contains about 2 grams of soluble fiber. Apples, pears (with the skin on), barley, and beans also contain soluble fiber.

Citrus - Studies suggest the nutrients in oranges and other citrus fruits help lower cholesterol and blood pressure.

Cont'd on Page $6 \rightarrow$

From Pathways of Hope

The child put up a brave front, but the worker saw there were more challenges in the youth's life than appeared in court. The worker lined up a number of evaluations. During that time, she encouraged the youth by pointing to unused potential. The help the child received and the positive attention from the worker began to make a difference. Grades improved and the youth met all requirements set by the court. The case was closed.

Months later, the worker stopped at a sandwich shop for lunch. As she was leaving, she heard, "I know you!" It was the youth she had helped. Running from the other side of the counter, the youth hugged the case worker.

Happily, life at home was much better and the job was also helping. The youth paused and then said the future looked bright for the first time in life. The youth thanked the worker for providing a positive influence exactly when it was needed. No one had ever said that to the youth before.

From the Nebraska Department of Health and Human Services Website.



TFI's partnership with Nebraska is a growing one in which we hope to make a positive impact in the lives of the Nebraska families and children we serve. The Children & Family Services webpage on Nebraska's DHHS website now presents positive stories from their child welfare providers every two weeks on their "Pathways of Hope" page. We invite you to visit the site at: www.dhhs.ne.gov/pathways!

Care Providers of the Month

Brian and Carrie Shouse, SE Region

Brian and Carrie Shouse have been nominated as the Southeast Region Care Providers of the month. They are an exemplary family who deserve recognition. The Shouses are dedicated, nurturing foster parents that show commitment and compassion to children placed in their home. The Shouses take their placements to all appointments and are willing to involve them in community activities. One medically fragile child had over 150 appointments in Kansas City last year and the Shouses accepted the responsibility with a smile on their face! They have welcomed birth parents into their home to supervise visits and have worked well with all TFI staff and outside programs to provide enrichment to the children. Thank you Brian and Carrie Shouse for everything you do and for making a difference in children's lives!

Submitted by Reonna Faller, RFW—Independence

Mike and Dana Randolph, West Region

Mike and Dana Randolph have been nominated as the West Region Care Providers of the Month and are a wonderful resource for TFI Family Services. Mike and Dana started fostering in January 2012 as a non-related kinship home for a teen they had known for several years. They have had several teen placements and currently have two girls placed in the home who are attending school on-line. That of course means the teen girls are at the home daily doing schoolwork on their computer. Dana monitors their schoolwork and provides support, including scheduling expected deadlines for getting assignments completed, driving them to school for meetings and tutoring, and advocating for the girls' educational needs.

Mike and Dana are dedicated to providing a warm and nurturing environment for the children in their home. Mike and Dana absolutely go above and beyond, making sure their girls' emotional needs are met. They are diligent advocates. They have taken the time to really consider what our children need; not only to provide them shelter, but what kids need to help them heal and recover successfully. For example, they took one teen to the prom at her former school so she would have the opportunity to have a more "typical" teen experience. They have stepped up to the plate and worked well with birth families, including birth parents in family dinners and birthday celebrations, supervising visits at their home, and having case plans in their home.

The Randolphs always put workers at ease because of their warmth and caring, and workers are confident the children will be more than taken care of and loved. They are delightful to work with, an asset to TFI Family Services, and a gift to our children. I love working with Mike and Dana, and hope to for many years to come!

Submitted by Teri Kitchen, RFW-El Dorado

Duane and Billie Jo Bently, NE Region

Duane and Billie Jo Bently have been nominated as the Northeast Region Care Providers of the Month. They started fostering in January of this year and were eager and excited to take their first placement. Shortly after they received their temporary license, they agreed to take a sibling set of three. It was difficult for Duane and Billie Jo to become instant parents of three young children, but their willingness to take all three kept the siblings from being split up.

Duane and Billie Jo have faced several challenges in meeting the needs of these three children, including medical concerns due to past abuse and lack of daycare and available mental health services in the area. They have proven to be very resourceful and to be good advocates for the children. They completely rearranged their work schedules to be home when the children get off the bus, they have been present for difficult medical appointments to support the children, and they are willing to travel out of county to get the mental health services the children need.

These children have thrived since being placed with the Bentlys and I'm convinced that it's because of the love and support they offer. Thank you, Duane and Billie Jo, for your hard work, commitment, and for being a great resource for the children.

Submitted by Erin Ward, RFW—-Lawrence

Resource Family Anniversaries

One Year

Clifford and Christine Dieker
Shane and Shelly Milledge
Douglas and Amanda Unruh
Jason and Erica Powell
Russell and Cynthia Reese
Steven and Catherine
Kramer

Gregory and Brittany Adelman/Encarnacion

Jerry and Misty Armitage

Cindy Johnson

Teri (Sue) Gurley

Shawn and Michelle Carter

Kevin and Gina Clubine

Keith and Belinda Egermeier

Three Years

Donald and Tami Phillips
Edward and Janice Collins
Jackie and Sheryl Crooks

Five Years

Bobby and Angela Kuhlmann

Robert and Debra Compton/ Siard

Fifteen Years

Jim and Teresa Tarter

Support Meetings May 2013

Burrton: Saturday, May 18, 2013 from 12:00pm to 2:00pm at the Hutchinson Zoo located in Carey Park. Topic: Resource Parent Appreciation.

Chanute: Thursday, May 23, 2013 from 6:00pm to 8:00pm at Highland Park, Chanute, KS. If bad weather, the meeting will be at the Chanute TFI office. Topic: Respite Night.

Concordia: Friday, May 10, 2013 from 6:00pm to 8:00pm at the City Park, Concordia, KS. Topic: Resource Parent Appreciation.

El Dorado: Thursday, May 9, 2013 from 6:00pm to 7:30pm. Location: TBA Topic: Trauma.

Emporia: No support meeting.

Fort Scott: Tuesday, May 28th, 2013 from 6:00pm to 8:00pm at the Community Christian Church, 1919 S. Horton, Ft. Scott. Topic: Respite Night (Resource Parent Appreciation).

Garden City: Monday, May 20, 2013 from 6:30pm to 9:00pm at the First Christian Church, 306 N. 7th St., Garden City. Topic: Licensing Training.

Independence: Tuesday, May 14, 2013 from 6:00pm to 8:00pm at the Independence TFI office, 501 N. Penn Ave., Independence, KS. Topic: Resource Parent Appreciation.

Iola: Friday, May 10, 2013 from 6:00pm to 8:00 pm at the Riverside Park, Iola, KS, weather permitting. If there is bad weather, the meeting will be held at the Iola TFI office. Topic: Respite Night.

Kansas City: TBA

Leavenworth/Atchison: Monday, May 13, 2013 from 6:00pm to 7:30pm at the Atchison Heritage Conference Center, 710 S. 9th, Atchison, KS. Topic: Family Bingo Night (Resource Parent Appreciation).

Lawrence: Thursday, May 16, 2013 from 6:00pm to 8:00pm at Lawrence Heights Christian Church, 2321 Peterson Rd., Lawrence, KS. Topic: Respite night for resource parents. Dinner and activities will be provided for the children.

Manhattan: Monday, May 20, 2013 from 6:00pm to 8:00pm at the Manhattan TFI office, 116 S. 4th St, Ste. 1, Manhattan, KS. Topic: Date night for Resource Parents. Childcare provided.

Overland Park: Saturday, May 4, 2013 from 12:00pm to 2:00 pm at Skate City, 10440 Mastin, Overland Park, KS. Topic: Resource Parent Appreciation.

Parsons: Tuesday, May 7, 2013 from 6:00pm to 8:00pm at the Meadow View School, 1377 21000 Rd., Parsons, KS. Topic: Foster Resource Parent Appreciation.

Phillipsburg: Friday, May 3, 2013 from 6:00pm to 8:00pm at the Huck Boyd Center in Phillipsburg, KS. Topic: Resource Parent Appreciation.

Pittsburg: Monday, May 20, 2013 from 6:00pm to 8:00pm at Lincoln Park, 813 Memorial Dr., Pittsburg, KS. Topic: Respite night. (Resource Parent Appreciation)

Salina: Monday, May 20, 2013 from 6:00pm to 8:00pm at Jerry Ivey Park, Salina, KS. Topic: Resource Parent Appreciation.

Topeka: Tuesday, May 7, 2013 from 6:00pm to 8:00pm at Indian Hills Elementary School, 7445 SW 29th St., Topeka, KS Topic: Resource Parent Appreciation.

Wellington: Tuesday, May 21, 2013 from 5:30pm to 7:30pm at the McKinley Building, 514 N. Olive, Wellington, KS. Topic: Grieving: Dealing with Loss.

Winfield: Monday, May 13, 2013 from 5:30pm to 7:30pm at the Winfield TFI office, 1321 E. 7th, Winfield, KS. Topic: Roundtable Discussion—Homes Experiences and Conflict Resolution.

Wichita: Tuesday, May 14, 2013 at 6:30pm at the Wichita TFI office, 1711 S. Longfellow, Wichita, KS. Topic: Practical Tools and Resources for Parenting Challenging Children.



For after hour emergencies, please call 1-877-921-4114.

Visit TFI's website and view the Between Families newsletter online at tfifamilyservices.org



Like us on Facebook, facebook.com/ tfifamilyservices, and follow us on Twitter @TFIFamily for tips, reminders, and more!

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→ Heart Healthy - Lowering Your Cholesterol (Cont'd from Page 3)

Whole grains - Whole grains, such as whole grain rice, have been shown to lower triglycerides.

Tip: Consuming products such as breads, pastas, rolls, and cereals with 100 percent whole grain instead of refined flour, can really help lower your cholesterol and heart disease risk.

Flavonoids – Flavonoid-rich foods can reduce LDL cholesterol, help relax and dilate arteries, and even improve blood pressure. Dark chocolate, grapefruit, and pears contain heart-healthy flavonoids.

Tips:

- Be careful not to overindulge in dark chocolate, as it still has not-so-good-for-you sugar, calories, and fat.
- Enjoy fresh pears in a light salad with tangy onions.
- Don't like grapefruit tart? Top it off with sweet fruits and a touch of cinnamon and brown sugar.

Phytostanols - Found in apples, phytostanols have been shown to reduce cholesterol.

Tip: Chop three apples to make a super-flavorful apple-sage cracker topper.

Omega-3 Fatty Acids – Omega-3 fatty acids have been shown to have a positive effect on HDL cholesterol and lower overall cholesterol. Several clinical trials have shown that omega-3 reduces the risk of a heart attack by 19-45 percent. This nutrient cannot be produced by our body and must be consumed. It is found in walnuts, soy, and fatty fish such as tuna and salmon.

Tip: In a dish, toss walnuts in a fruit-filled spinach salad.

Potassium - Potassium is a valuable nutrient for lowering your blood pressure. Kiwifruit contains as much potassium as a banana and may also help lower your triglycerides. Potassium can be found in Papaya, along with Magnesium which has similar benefits.

Phytochemicals - Phytochemicals may help lower cholesterol and help protect against disease and have been shown to boost immunity. Flavorful onions, garlic, and blueberries all contain phytochemicals.

Berries - Raspberries, blackberries, and boysenberries are bursting with beneficial antioxidants, vitamins, minerals, and fiber and have been shown to boost HDL cholesterol and lower blood pressure.

Taking these recipes and food tips seriously, we can all start to live a strong and healthy lifestyle.

For Recipes, go to:

http://www.bhg.com/recipes/healthy/low-cholesterol/recipes-that-help-lower-cholesterol/#page=1

Information gathered: Christy Coulson, TFI Family Services Winfield, KS

Print name: Date:
Signature: License #:
Please read the enclosed article and answer the following questions for a half-hour training credit. If more than one person wishes to receive credit, he/she must use a separate piece of paper and have their own signature and legal name on that page. To receive credit, please mail your answers in a timely manner to:
TFI Family Services, Attn: Linda Bell, PO Box 2224, Emporia, KS 66801
1. Since broccoli is high in fiber, it may help prevent type II diabetes. True/False
2. Extra virgin olive oil and cranberries will help lower "bad" cholesterol. True/False
3. Pomegranate is bad for your heart. True/False
4. Which kind of fish is a premier source of Omega-3 fatty acids?
5. Kiwi contains as much potassium as a?
6. Apples and Pears can reduce cholesterol. True/False
7. Berries have been show to boost "good" cholesterol? True/False

Please use a separate answer sheet for each parent completing this training.

Children's Alliance Training Calendar May2013

To register for trainings log onto www.childally.org or call Children's Alliance at (785) 235-5437 ext. 1

Date	Training Title	Begin Time	End Time	Sponsor	Street Address	City	Comments
Jan 1, 2012 to Dec 31, 2013	PS-MAPP Update Online	6:00am	10:00pm	Children's Alliance	ONLINE	ONLINE	This is a SELF-PACED Online class. You may enroll and start it any time. A copy of your final assessment will go to your caseworker or supervisor. You will receive a certificate upon completion.
Dec 14, 2011 to Dec 31,	ONLINE: Ethics Self-Study	12:00 am	12:00am	Children's Alliance	ONLINE	ONLINE	Self-Directed online course. You must have a valid email address to take this class.
Jan 1, 2012 to Dec 31,	Medication Administra- tion Online Training	12:00 am	12:00am	Children's Alliance	ONLINE	ONLINE	Self-Directed online training. You must have a valid email address to enroll.
Jan 1, 2012 to Dec 31,	Universal Precautions Online Training	12:00 am	12:00am	Children's Alliance	ONLINE	ONLINE	Self-Directed online training. You must have a valid email address to enroll.
May 2, 2013	Confidentiality and Ethics	9:00 am	12:00pm	TFI Family Services, Inc.	501 N. Penn	Independ- ence	CANCELLED
May 2, 2013	The Art of Self Care: Creativity	6:30pm	8:30pm	Catholic Charities of NE Kansas	234 Main	Carbon- dale	
May 3, 2013	Non-Violent Crisis Intervention	9:00 am	3:30 pm	DCCCA	1102 S. Rouse	Pittsburg	
May 3, 2013	Non-Violent Crisis Intervention Refresher	4:00 pm	6:00 pm	DCCCA	1102 S. Rouse	Pittsburg	
May 3, 2013	American Red Cross First Aid/CPR/A,C,I/UP	8:00 am	3:00 pm	TFI Family Services, Inc.	217 SE 4 th St.	Topeka	Training is FULL.
May 4, 2013	Working with Sex Offenders	9:00 am	12:00 pm	DCCCA	3312 Clinton Parkway	Lawrence	
May 4, 2013 to May 18,	Healthy Relationships	9:00 am	3:00 pm	Children's Alliance	350 N. Market	Wichita	Foster/Adoptive/Kinship Parents ONLY. Participants must attend both training days.
May 7, 2013	Summer Activities	6:30 pm	8:30 pm	KVC Behavioral Healthcare	1016 North Pearl	Paola	
May 8, 2013 to May 29, 2013	Healthy Relationships	6:00 pm	8:30 pm	Children's Alliance	480 S. Rogers Rd.	Olathe	Foster/Adoptive/Kinship Parents ONLY. Participants must attend all 4 days: 5/8/2013, 5/15/2013, 5/21/2013, and 5/29/2013.
May 8, 2013	American Heart Association Heartsaver Pediatric First Aid	6:00 pm	9:00 pm	Youthville	4505 E. 47 th St. South	Wichita	
May 8, 2013	Relaxation Through Massage and Meditation	6:30 pm	8:30pm	Catholic Charities of NE Kansas	234 Main St.	Carbon- dale	
May 9, 2013	AWOL Prevention	6:00 pm	8:00pm	St. Francis	217 E. 32 nd	Hays	
May 9, 2013	Children's Health and Safety	1:00 pm	4:00 pm	TFI Family Services, Inc.	1906 Main St.	Parsons	Training Session Cancelled.
May 9, 2013	The Impact of Trauma	6:00pm	8:00pm	TFI Family Services, Inc.	3913 SW 10 th	El Dorado	
May 9, 2013	KDHE Regulations	6:30pm	8:30pm	Wichita's Children's Home	810 N. Holyoke	Wichita	

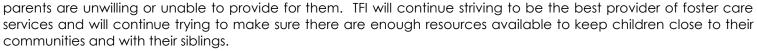
May 13, 2013	CPR	6:00pm	9:00pm	KVC Behavioral Healthcare	11 S. Highland	Chanute	
May 13, 2013	Psychotropic Medications	6:00pm	8:00pm	St. Francis	501 N. Monroe	Hutchinso n	Daycare provided.
May 13, 2013	Psychotropic Medications	6:00pm	8:00pm	St. Francis	423 SE 10 th	Newton	Daycare provided.
May 14, 2013	KDHE Regulations	6:30pm	8:30pm	Wichita Children's Home	810 N. Holyoke	Wichita	
May 14, 2013	Allegations Training	7:00pm	9:00pm	St. Francis	316 Lincoln St.	Sabetha	
May 14, 2013	Mental Health Overview	6:00pm	8:00pm	KVC Behavioral Healthcare	1302 S. Main, Ste. 11	Ottawa	
May 15, 2013	Safety Awareness for Di- rect Care Staff	9:00am	4:00pm	TFI Family Services, Inc.	618 Commercial	Emporia	
May 15, 2013	American Red Cross First Aid	6:00pm	9:00pm	TFI Family Services, Inc.	217 SE 4 th St.	Topeka	
May 15, 2013	First Aid and CPR Certification	1:00pm	5:00pm	DCCCA	1319 W. May	Wichita	FULL
May 16, 2013	Burnout Protection	6:00pm	9:00pm	The Salvation Army	350 N. Market	Wichita	
May 16, 2013	Safety Awareness for Di- rect Care Staff	9:00am	4:00pm	TFI Family Services, Inc.	3101 C N. Michigan	Pittsburg	
May 17, 2013	Non-Violent Crisis Intervention Refresher	6:00pm	8:00pm	DCCCA	3125 N. Summitt St.	Arkansas City	
May 18, 2013	First Aid and CPR Certification	1:00pm	5:00pm	DCCCA	911 Andover Rd.	Andover	
May 18, 2013	Cognitive Behavior Training Refresher	10:00am	3:00pm	Associated Youth Services	401 E. Spruce	Garden City	Please enroll for these classes by contacting Joanna Bustaman- te at 620-272-0499 or jbustamante@aysusa.org. Lunch is on your own. Day care provid- ed.
May 18, 2013	Non-Violent Crisis Intervention	12:30pm	7:00pm	DCCCA	1319 W. May	Wichita	
May 18, 2013	Non-Violent Crisis Intervention	9:00am	11:00am	DCCCA	1319 W. May	Wichita	
May 20, 2013	AWOL Prevention	6:00pm	8:00pm	St. Francis	129 S. Main	Kensing- ton	
May 20, 2013	Oppositional Defiant Disorder/Conduct Disorder	6:00pm	8:00pm	St. Francis	705 1 st Ave., Ste	Dodge City	Daycare provided.
May 20, 2013	Struggles and Barriers for Foster Children in New Schools	6:00pm	8:00pm	St. Francis	2330 N. Kansas Ave.	Liberal	
May 20, 2013	Wetting and Soling	6:00pm	8:00pm	KVC Behavioral Healthcare	2942 Wanamak- er Dr.	Topeka	
May 21, 2013	American Red Cross First Aid/CPR/A,C,I/UP	9:00am	4:00pm	TFI Family Services, Inc.	1906 Main St.	Parsons	
May 22, 2013	Strategies to De-escalate Volatile Situations	12:00pm	3:00pm	The Salvation Army	350 N. Market	Wichita	
May 25, 2013	First Aid and CPR Certification	9:00am	1:00pm	DCCCA	12351 W. 96 th Terrace, Ste. 300	Lenexa	
May 25, 2013 to June 1, 2013	Cognitive Behavior Training	9:00am	3:30pm	DCCCA	3312 Clinton Parkway	Lawrence	
May 28, 2013	Safety Awareness for Direct Care Staff	9:00am	4:00pm	TFI Family Services, Inc.	131 N. Santa Fe	Salina	

Recruitment Moment Tabitha Rosebrough, Recruitment Manager

During this time of transition in Kansas, there must be a lot of questions and probably concern our families have about services TFI will be providing. As your workers have been assuring you, we will continue to provide services to our foster families using the same model we always have. You will continue to have a worker assigned to your home to support you, advocate for you and the children you care for, and help you navigate an ever-changing system.

Our mission of being "devoted to the strength of family" includes being dedicated to the strength of our *foster* families and we intend to continue making our Resource Family Services program stronger through support, education, and Resource Family Services workers who care about the families they serve.

Changes in the contracts will not change the need TFI has for quality foster families like you to help provide nurturing environments for children whose



But we need your help to accomplish that goal. As mentioned in the Director's Desk article, a foster family survey is now available. Taking the time to fill that out will help us make sure we are enhancing our program in a way that best meets the needs of our families. We want to hear from you.

And, as always, THANK YOU for your time, your heart, and your home.

