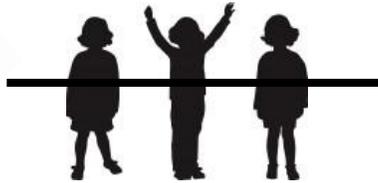


Kids Resource Network



Of Colorado Springs Summer 2013 Newsletter

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Director's Chair



School is out let the summer fun begin!!! We hope to share many ideas of ways to enjoy your time together and invite you to tell us of ideas and opportunities you find as well.

I want to thank each and every one of you for once again coming together & showing just how amazing we are.....all went well with the yearly audit & for that I thank you.

Thanks for making KRN the exceptional community agency it is. We could not do it without you! ☺

Over the past few months there have been a handful of changes that you may have seen with our team and KRN family. We have added a few clinicians and with that some amazing new programs. We now offer a full therapeutic service to the community and families that we work with. With this also comes some training opportunities and more involved support groups. I have gotten a lot of feedback that the groups have been enjoyable and helpful. If you have any request or feedback as it pertains to these, please share. If you have not had a chance to come in and join one, please do.

I want to welcome Renae to our team. She joins us with over a decade of therapy experience, working with families, individuals, and children. She is an expert in the area of Domestic violence and experiential play therapy. Come by and meet her. I am sure you will love her as much as we do.

I also want to take this opportunity to say goodbye to amazing team member. As you all know, Tammy had a baby recently...she has made the decision to stay home and put her amazing mommy hat back to use. She will be missed dearly as she was always so welcoming and kind. With this heartfelt good bye..... there also comes a warm welcoming to Andrea.

Andrea has joined our team as the Administrative assistant. She has a back ground working with a CPA in California and shares the same passion for this work we all have grown to love. If you have not met her yet, please come by and introduce yourself. We feel very blessed and honored to have her joining the KRN team.

Finally, I want to take a moment to reach out to any of the families that have been affected by the recent tragic fires. KRN has pulled together and offered supports to the community from our team of clinicians and through our clothing bank. If you know anyone in need so supports please feel free to pass our information along so we can help in any way possible.

Every day I feel blessed to have the job I do, the role I have. I truly feel like I work for the best community agency in El Paso County...heck in the whole state. ☺ You all make that possible and I want to say thank you for all you do. Each and every one of you make our community a better place. You all truly are the exception!

Shawntel Tucker, MS
Executive Director

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Support Group & Training Dates

All groups and trainings are held at Kids Resource Network. Foster Parents please remember that you need 20 hours of training a year to keep your certificate; this is a great way to network and to meet other parents! We encourage you to attend and as always, we will have snacks ;)

- ✚ July 26th 9:00am-11:00am
- ✚ August 28th 9:00am-11:00am
- ✚ September 27th 9:00am-11:00am
- ✚ October 28th 9:00am-11:00am
- ✚ November 27th 9:00am-11:00am

KRN Summer Clothes Give Away

KRN has excess of children clothes, toys and odd items and we would like you to help us downsize ☺

Following the August training you will be able to select three or four items for each of your children!



KRN is requesting that you RSVP to this stating what size clothing you would like and any need (i.e. teething toys, train sets, a bathing suit...).

Please RSVP to Andrea via email at krncsat@hotmail.com or by calling 719-227-7477 x 10

Date: July 26th Time: 11:00am

3 Ways to Cook Healthy

Article taken from Shape Magazine. To read the article in it's entirety please go to:
www.active.com/nutrition/Articles/5-Healthy-Ways-to-Cook

If preparing dinner means peeling back the top of a frozen prepackaged meal or opening a brand-new box of cereal, it's time for a change. You don't have to be an accomplished cook to create low-fat, healthful cuisine that tastes great. The main challenge to eating well while watching calories is to choose nutrient-dense food and avoid excess dietary fat without giving up flavor.

Following are three really easy, low-fat cooking techniques you can master in about the time it takes to nuke a Lean Cuisine. Whether you choose to broil, microwave, pressure cook, steam or stir-fry, you'll be pleased to know that each method is not only naturally low in fat (because they require little or no oil) but brings out the zest in foods.

1. STEAMING

Steaming is, simply, cooking food in an enclosed environment infused with steam. You can steam in a variety of ways: with a covered, perforated basket that rests above a pot of boiling water; with a parchment wrapper or foil; with Chinese bamboo steamers that stack on top of a wok; and with convenient electric steamers. It also preserves nutrients better than any other cooking method except microwaving. **Best candidates: Vegetables such as asparagus, zucchini and green beans, pears, chicken breasts and fish fillets.**

2. STIR-FRYING

Cooking at a very high heat for a very short time is the essence of stir-frying. Because food is cooked so quickly, it should be cut into small, uniform pieces to ensure every ingredient is cooked thoroughly. This is another method that requires your full attention, as continuous stirring and sometimes tossing of the ingredients are necessary to prevent food from sticking to the pan. The best way to stir-fry is in a wok. **Best candidates: Broccoli, cabbage, eggplant, bell peppers, mushrooms, pork, chicken and shrimp.**

3. BROILING

One of the simplest of all cooking methods, broiling cooks by exposing food to direct heat in an electric or gas stove, usually in the bottom drawer of the oven. It renders the same results as grilling, but in grilling the heat comes from below, while in broiling it comes from above. Because the heat is constant, all you really need to do is move the food closer to or farther from the flame depending on how you like your food cooked. **Best candidates: Salmon, chicken, Cornish game hen, bell pepper, summer squash, zucchini and onion.**

Summer Fun Snacks

Colorful and Refreshing

Ingredients:

A glass, 3 or 4 Kool-Aid packets, ice trays and water.

Directions:

1. Make the Kool-Aid packets you purchased and fill an ice tray with them. Let the ice freezeze (this will take 2 or 3 hours).
2. Fill a glass with the Kool-Aid ice cubes.
3. Add water.



Apple Slices You Want to Eat

Ingredients:

Apples, mini marshmallows and peanut butter.

Directions:

1. Slice an apple vertically.
2. Apply smooth peanut butter on one side of each slice.
3. Take one apple slice and put mini marshmallows on the side with peanut butter.
4. Take a second apple slice and put the side with peanut butter on top of the marshmallow.



When Your Child's Anger is A Firework

This material is taken from chapter 5 of the book, Home Improvement, The Parenting Book You Can Read to Your Kids

Anger is like the mercury in a thermometer. When left unchecked the intensity of the emotion increases from frustration to anger and then to other things like rage and bitterness. As the intensity builds, people shut themselves off from others and relationships close down. Having a plan to deal with anger can limit the intensity and prevent much of the destruction anger tends to cause.

Most families don't have a plan for anger. They somehow just continue on, hoping things will get better. Many families don't resolve their anger, but just keep trying to start over. Starting over may be helpful at times, but it tends to ignore the problem rather than address it. Here are some ideas for dealing with anger in your family.

Step Back

Teach your child to take a break from the difficult situation and to get alone for a few minutes. **One of the healthiest responses to anger at any of its stages is to step back.** During that time the child can rethink the situation, calm down and determine what to do next. Frustrations can easily build, rage can be destructive, and bitterness is always damaging to the one who is angry. Stepping back can help the child stop the progression and determine to respond differently.

The size of the break is determined by the intensity of the emotion. A child who is simply frustrated may just take a deep breath. The child who is enraged probably needs to leave the room and settle down.

Never Try to Reason with a Child who is Enraged

The primary way to tell when children are enraged is that they can no longer think rationally and their anger is now controlling them. Unfortunately, many parents try to talk their children out of anger, often leading to more intensity. The child who is enraged has lost control. You may see clenched fists, squinting eyes or a host of venting behaviors. Anger is one of those emotions that can grab you before you know what's happening. The intensity can build from frustration to anger to rage before anyone realizes it. Whether it's the 2yr temper tantrum or the 14yr ranting and raving, **don't get sucked into dialog. It only escalates the problem.**

Teach Your Child

Be proactive in teaching children about frustration management, anger control, rage reduction and releasing bitterness.

Model, discuss, read and teach your children about anger. There are several good books on this subject available, which are written for children at various age levels. Talk about examples of frustration and anger seen in children's videos. Talk about appropriate responses. Work together as a family to identify anger and choose constructive solutions.

Fun Happenings in Colorado

Colorado Balloon Classic

Mass ascensions of dozens of balloons are scheduled for Saturday, Sunday and Monday mornings with a Balloon Glo® scheduled for Saturday and Sunday evenings. Each year a variety of concessions are available and entertainment is provided during each event.

Website: balloonclassic.com

Location: Memorial Park

Times of operations: 8/31-9/1-2

Cost: Viewing is free

Fabulous Fourth

The evening will include food, drink and fun for the whole family. The event will conclude with thunderous fireworks over Memorial Park.

Location: Memorial Park

Day: July 4th

Time: Park opens at 5:30pm show starts at 7:30pm.

Cost: Viewing is free

Symphony Above The Clouds

The "Symphony Above The Clouds" features the Colorado Springs Philharmonic in a July 5th performance for the 33rd year. The event is free and performed at the Woodland Park Middle School. Gates open at 5:00 pm, music begins at 5:30 with pre-show Ceol Ceili.

Location: Woodland Park Middle School

Day: July 5th

Time: 5:00pm

Cost: Viewing is free

Money for College

By the time your child is about to graduate High School you have probably already thought about where the money for college will come from. Since we know that there is no magic money tree below are two helpful links that show you what your child needs to do to receive different grants. What type of GPA they need, what clubs could help and different deadlines. It's never too early to start thinking about college!

The Colorado ETV Program

<https://www.statevoucher.org/state.shtml?state=CO>

The Colorado Education and Training Voucher Program is a federally-funded, state-administered program designed to help youth who were in foster care. Students may receive up to \$5000 a year for qualified school related expenses.



Grants for Colorado Graduates

<http://www.denverfoundation.org/grants/page/colorado-high-school-students>

This website directs people to many different grants that are available for kids in Colorado.

Kids Resource Network



of Colorado Springs

We are the Exception!

Mission Statement

To provide the best quality care, education, and programs for children and families; and to serve the community in which we live and work!

About Us

Kids' Resource Network was founded in 1985, moving into El Paso County area in 1992. In 2001 Kids' Resource Network broke into two separate offices making Kids' Resource Network of Colorado Springs its own Child Placement Agency. Since the beginning it has been our goal to grow gradually and to focus on a solid and stable program. Our outstanding resources are proof of that. Kids' Resource Network of Colorado Springs is the exception! We work with many diverse children and families, who all have different and special needs. We work with children from ages 0-18 and sometimes help young adults up to the age of 21 should there be special circumstances. KRNCS works to reunify children in a safe and stable family environment. Should a child be unable to return to their biological family, KRNCS helps to locate and finalize a permanent placement. In addition to Foster/Adoptive success, we also have a list of services that we provide such as CPR and First Aid and Family-to-Family involvement where a staff sits on various



The Spotlight is on.... Carnie and Mike Fitzgerald



Carnie and Mike have been certified with KRN for approximately 5 years. During this time, they have provided care to many children as well as provided respite services. Carnie and Mike have adopted four children and remain very committed to their growth and well being. They have done a remarkable job with each child they have accepted and genuinely care for each one of them. Carnie and Mike have taken some very high needs kids and though they have struggled at times, they continue to move forward and not give up as they do not want to add to the children's disruption. Carnie is amazing at establishing relationships with birth families; her work in this area is commendable. She remains a support to them often after children have left her home and returned to their birth families.

Carnie is a full time homemaker, and stays very busy with this. Mike works full time in the financial field.

This family loves to stay busy, enjoying the outdoors; parks, Sky Sox games, going out to eat, etc. The kids seem to love the environment in which they live and take pride in being a part of this family. Past foster children often return as they feel very connected.

Carnie and Mike...Thank you for all that you do. You truly are an exception and make a profound difference in the lives of the kids and families that you touch.

Sudoku

The objective of sudoku is to enter a digit 1 through 9 in each cell, in such a way that:

- Each horizontal row contains each digit once
- Each vertical column contains each digit once
- Each subgrid or region contains each digit once

| | | | | | | | |
|---|---|---|---|---|--|---|---|
| 7 | 6 | | | 8 | | 4 | 5 |
| | 8 | | | | | 6 | |
| 2 | 4 | 5 | | 6 | | | |
| 5 | | | 3 | 2 | | | |
| | | 6 | | 5 | | 7 | |
| | | | 6 | 7 | | | 3 |
| | | | | 9 | | 4 | 3 |
| | | 4 | | | | | 5 |
| 6 | 3 | | 2 | | | | 8 |
| | | | | | | | 1 |

Let's Play Some Games

How many squares do you see?

Put answer here _____

