

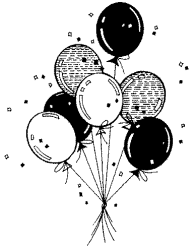


Volunteer Emergency Families for Children Northern Valley Region Family Newsletter

Vol. X No. 1

July 2005

Hail and Farewell



We are happy to welcome Jeffrey and Tammy Fanning as a Northern Valley VEFC host family. Jeff makes custom cabinetry at Blue Ridge Custom Woodworks; Tammy works as a procurement systems analyst for the Department of the Interior.

The Fanning's learned about VEFC through their church, Berryville Baptist. They are very involved in supporting and traveling with their church youth's puppetry group, the Berryville Rascals. This was the group that delighted us with their performance at our VEFC appreciation dinner last April. Their daughters are part of the group, which travels widely, bringing their shows to other states and even other countries.

The Fanning's love animals and have four dogs and two cats. They enjoy playing volleyball and softball and going to the beach.

We are sad to report that Brenda Barr will be leaving in August. Her CFW unit has received a cut in funding and is eliminating her position. We are very sorry to lose you, Brenda.

VEFC Needs Transportation Volunteers

VEFC is in need of transportation volunteers, especially in Frederick County and Winchester. These volunteers provide transportation, usually for appointments or to school, for children placed in VEFC homes.

Volunteers will undergo training by VEFC staff with DSS assistance. The training will consist of a VEFC orientation as well as the first session held for VEFC shelter home training.

Background and driver's license and record checks required by the agencies will be conducted and underwritten by those agencies.

This is a great opportunity for people to serve children in the community even if they are unable to provide shelter homes. If you know people who might be willing to serve as transportation volunteers, please ask them to call Pat Spory at 540 636-9858 or e-mail her at pspory@vefc.org.



Council Meetings for Fiscal Year 2005-2006

2005: August 31
October 5
November 2
December 7

2006: January 4
February 1
March 1
April 5
May 3
June 7

All meetings are luncheon meetings beginning at 12:00 noon. They are held at **Nineveh Presbyterian Church** on Route 522.



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Some VEFC Stories

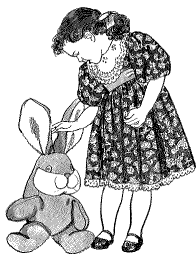
Susie with the Greens: Six-year-old Susie was placed with the Greens because of neglect by her mother. Her mother frequently left Susie alone in the evenings while she went out partying. Susie was allowed to observe sexual activity between her mother and the men she brought home. She was also subjected to sexual advances from boys who were sons of her mother's friends or relatives. She is one of four siblings, all of whom have different fathers.

Social workers did not know the whereabouts of her mother when Susie was brought into care and still did not know by the end of the placement.

When Susie came to the Greens, she cried much of the time including every night when it was time for bed. At the request of the social worker, the school guidance counselor intervened. She helped Susie see that crying was not getting her anywhere and asked her to write down her feelings instead. Mrs. Green said that, when Susie began to cry, she would take out some paper and help Susie put her feelings into words. Sometimes the words were "I hate my mama" because her mother had abandoned her. Writing her feelings down seem to help stop the crying.

Susie had many medical needs. She was able to receive much-needed dental work thanks to Dr. Robert King, a Winchester dentist who has volunteered to provide free dental care for children placed in VEFC homes. Because Susie had no birth certificate or social security number, social workers had trouble obtaining a Medicaid card for her. When the card arrived, Susie finally was able to get eyeglasses, which have helped her cope better at school. Also, Susie has trouble with asthma. Mrs. Green, who has personal experience with asthma, was able to help get Susie's asthma under control during her stay.

Susie had arranged a visit at DSS with her grandfather and her sister, age seven. She had spoken a great deal about her sister while in the Green home; mentioning how much she missed her and fantasizing about how well it would be to be with her again. When they went for the visit, her grandfather and sister came into the room at DSS but neither said a word—no words of greeting, no hugs, no interaction of any kind. Finally, Mrs. Green urged Susie to give her sister the cookies they had baked as a Christmas gift. Susie did so, but then ran around to hide behind Mrs. Green. When Mrs. Green and her children left so that Susie could visit privately, her children commented, "Mom that was weird. No one ran up and hugged Susie or even said 'hi' to her! Didn't they miss her?" Mrs. Green explained that some people don't know how to give love because they have not received it themselves,



and that their family should give Susie all the love they could while she was with them.

Susie was with the Greens over Christmas. Mrs. Green provided gifts through VEFC money as well as money received from someone in the community who wished to provide gifts for a VEFC child. She received an Easy-bake oven, Barbie car and doll, clothes, a stuffed animal, and a handmade blanket.

Susie is scheduled to go to a foster home and, eventually, to a great-grandmother who lives out of state.

Sally and the Smiths: Thirteen-year-old Sally was placed into care because of a sexual abuse allegation against her stepfather. The Smiths were asked to care for Sally because Mrs. Smith is fluent in Spanish. It turned out, however, that Sally speaks English very well also.

Sally enjoyed helping Mrs. Smith cook and bake, even when things went wrong. Once Sally misunderstood the flour measurement while baking a cake. In order to save the batter, they had to make two cakes. This made Mr. Smith very happy. Sally also helped the Smiths when they volunteered at the local coffee house where she was very helpful and cooperative.



Sally had quite an adventure when they went to visit Mr. Smith's parents and siblings in West Virginia for a weekend. His family butchered chickens while she was there, with all the extended family helping. Sally helped, too, doing as much as anyone else. She caught the chickens and brought them to be killed; held them in boiling water afterwards to loosen feathers, plucked feathers, and gutted the chickens. She said that she had done this before while living in El Salvador during the first nine years of her life.

The whole weekend was fun; Sally fit right in with the cousins, helped watch out for the baby, and spent the last night with other kids sleeping out in a tent. She wanted to live there permanently, but they had to go back home to Virginia.

Mrs. Smith said that Sally adapts to people and situations like it's nothing and is able to reach out to others. Sally did not speak much about her home situation. Occasionally, though, she did talk about her fears of going to a new foster home and having to change schools. Toward the end of her stay, Sally told the Smiths about a friend at school who said she was being abused at home. Sally encouraged the girl to tell her principal and guidance counselor about the situation and went with the girl when she talked to them.

Sally went to a foster home following her stay with the Smiths.

Ask Stephanie

What To Do About Lying

Dear Stephanie:

My question pertains to a teenage foster child we get on a regular basis for respite care. She lies. She lies to make things look better than they are. She lies in general conversation about nothing important. She tells some whopper lies that can be damaging to herself and others. She lies all the time. I know for a fact they are lies because I know her situation and talk with her social worker.

I don't even like to carry on a conversation with her because I can't believe anything she says. She has gotten into trouble at school, the group home she lives in and even with social services for lying.

How do I handle this? Should I say, "I don't believe you," point out the lies I know are lies, go along with her and ignore them? Help! - Frantic VEFC Parent

Dear Frantic Parent,

Most parents will tell you that their children lie. In many ways, lying is a normal part of a child's development. Children may lie for a multitude of reasons, some of them even acceptable. Problem lying may cause difficulties for children at school and with their friends, as well as disrupt family life and lay the groundwork for further problems in adulthood.

Some children will develop a greater propensity to lie than others. Adolescents, who live in environments where they often witness others lie, or where they feel they must lie to protect themselves from harm, are more likely to lie than other children. Lying may also be affected to some degree by personality. Finally, age has a lot to do with the types of lies that an adolescent may tell.

Lying is not usually a serious problem unless it becomes habitual. Like many problems, addressing lying early may be the most effective way of preventing it from becoming a more serious concern.

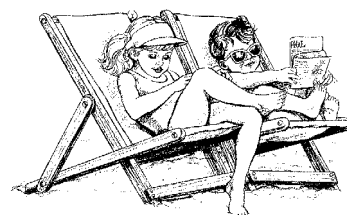
By the age of 7 or 8, most children have learned to tell the difference between fantasy and reality and can usually be counted on to tell the truth. The most common reasons for children to lie at this age are to avoid being punished or to avoid doing something unpleasant, like emptying the trash. Children may also begin to grasp the concept of polite social lying around this age. They may pretend to like the knitted socks that Grandma gave them for their birthday. Lies at this age may also be a cry for help. Children who are very fearful of disappointing their parents and are feeling overwhelmed by school or some other area of their lives may lie in an attempt to deal with this pressure.

By adolescence, lying begins to take on a new significance. Adolescents clearly understand the difference between fantasy and reality and are aware of the possible consequences of telling lies. They have also become better at

it! However, not all lies that an adolescent tells should be taken as a sign that he or she is up to something dangerous or forbidden. Adolescents may lie simply to protect their privacy, to establish their independence, to avoid embarrassment, or to spare another's feelings. Of course, they may also lie to avoid punishment or doing chores, or to try to get something that they think they may not be able to get by telling the truth.

The first thing you can do is to teach honesty in the home and be aware of your own standards for lying. In some homes, polite social lies are more acceptable than in others. Some parents may inadvertently promote lying by asking their children to lie about their age or tell a caller that Mom or Dad isn't home. Be aware that children will have a very difficult time seeing the difference between these types of lies and lies they may tell to you. Modeling honest behavior in the home as well as setting up an environment in which it is easy to be truthful may be two of the strongest lie-prevention strategies. Here are a few tips:

- .. Whenever possible, keep your word. Always explain and apologize if you must break a promise.
- .. If you do find yourself lying in front of your child, be sure to talk about it with him or her and explain your reasons and values surrounding the lie. If you made a mistake by telling a lie, admit it.
- .. Do not expect young children to understand the subtle differences between "white lies" and more serious lies.
- .. Do not tell your children lies to promote compliance (e.g., telling them that shots won't hurt or that going to the dentist will be fun).
- .. Praise truth-telling, especially when it was likely difficult to do.
- .. Assume family members are telling the truth unless you have reason to suspect otherwise.
- .. Don't overburden your child with too many rules and expectations. The more rules there are, the more likely they are to get broken and the more likely the child may feel the need to lie to avoid punishment.
- .. Involve your children in developing the rules. It is easier to abide by a rule that you had some role in developing.



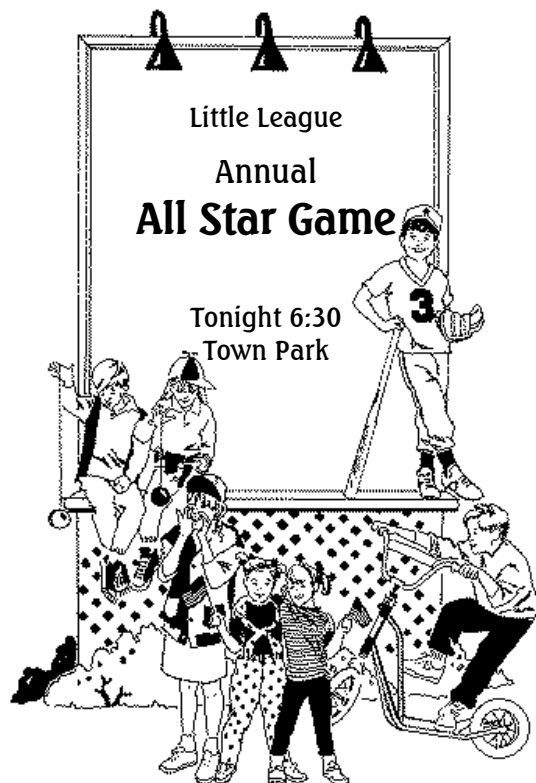
“What To Do About Lying”*Continued from Page 3*

Even children raised in the most truthful and honest of households will still lie on occasion. When this happens, it is important to remain calm and remember that the lie is not a personal attack, so don't take it as such or give in to anger. Review the reasons why a child might lie at any given age and respond accordingly.

- ..• What a child is trying to hide by lying may be much more important than the lie itself.
- ..• Tell your child she's not a bad child; rather, it's just her behavior that's unacceptable.
- ..• Make sure any consequences for lying are kept separate from the consequences for whatever the lie was
- ..• Make sure any consequences for lying are kept separate from the consequences for whatever the lie was designed to conceal. And be careful not to overreact. Remember that children may lie to avoid punishment. Excessive or irrational punishments may backfire. The greater the fear of punishment, the less likely your child is going to “fess up” the next time.
- ..• Make it very easy for your child to tell the truth and give him a chance to confess. Don't stage a courtroom drama and try to force a confession.
- ..• If your child tells tall tales or lies to get your attention, don't accuse the child of being a liar, but don't pretend like you're not aware of it, either. Make it clear that you don't believe that he ran a mile in less than three minutes, but that you love him anyway. If your child tells a tall tale to someone else and you witness it, don't point it out in front of the other person. Wait until you are alone with your child to discuss it.
- ..• Don't accuse.
- ..• Don't try to set your child or adolescent up to tell you a lie when you have discovered the truth. Asking, “where were you Friday night?” when you know Susie was at a party you had forbidden her to attend is a form of dishonesty and deceit: just the thing you are trying to avoid! It also encourages Susie to lie, giving her more practice at the very thing you don't want. Further, this tactic places the emphasis on the lie as opposed to the behavior, which may be the more serious problem.
- ..• Fables are a great way to teach values to younger children. The Boy Who Cried “Wolf” may be especially effective.
- ..• Be sure adolescents are given a fair amount of privacy. This will lessen the likelihood that they will lie just to protect what privacy they have.

As mentioned above, doling out punishment for lying can be risky business. Remember that one of the main motivators for lying is fear of punishment. A lie may feel like the lesser of two evils, and it may improve the chances that the child will get away with whatever transgression they have committed. (And, face it, sometimes they will!) Punishment for lying may reinforce the fear of punishment and increase the likelihood of future lying rather than decrease it. Additionally, while the parent may be trying to give the message, “You are being punished because you lied,” the child is more likely thinking, “I'm being punished because I got caught.” The child resolves to get better at lying to avoid being caught in the future.

Instead of punishment, consider promoting the natural and/or logical consequences of dishonest behavior. For example, it may be appropriate that a child who has repeatedly lied about getting her homework done be required to bring a note home from her teacher on a daily basis until trust is restored. This consequence makes sense to the child in light of the behavior you are trying to change. Additionally, promoting the natural or logical consequences of dishonest behavior requires the child to take responsibility for his own behavior. Punishment is rarely related to the actual act of lying and is designed to give the message to the child that he or she is bad. Logical or natural consequences are directly related to the problem behavior and do not carry a moral judgment about the child.



Northern Valley Region VEFC Summary for Fiscal Year July 2004-June 2005 *(as of July 1, 2005)*

Goals and status for FY 2005:

- Train eight new families. *Eight host families trained plus one transportation volunteer.*
- Hold two family training series: *Three training series were held.*
- Hold one appreciation event. *One very successful appreciation dinner held in April.*
- Hold one in-service training: *Three in-service trainings (two doubled as pre-service training).*
- Add one new Council member. *One non-DSS council member added plus DSS reps.*
- Five Agency trainings: *Three done; one more scheduled. Frederick DSS has no need.*
- Sixteen speaking engagements: *Sixteen done; one more scheduled.*
- Two news articles. *Seven news articles were printed. Seven!*
- Participation in three community events: *Five community events.*

Other Highlights or Statistics:

- Placement requests: 112; placements made: 72
- Drunagels received the Make a Difference Award as VEFC's family of the year
- Newsletters published in July, September, December, February, and May (5)
- Three contacts with possible new referral sources: Healthy Families, Head Start, Judge Kellas
- Family availability calendar continues to be sent

Hospitality bag items/bags donated by:

- ♥ Bethel Lutheran Women
- ♥ Redland United Methodist Church
- ♥ Good Shepherd Lutheran Youth
- ♥ Civitans of Winchester
- ♥ Jinny Castor

Special Donations:

- ♥ \$1,000 from Skyline Quilters Guild quilt raffle
- ♥ \$1,000 from Lorraine Shelton, transportation volunteer
- ♥ Continuing financial support from Tom's Brook UMC

New Community contacts reached in speaking engagements:

- ♥ C-CAP of Warren County
- ♥ Trinity United Church of Christ
- ♥ Civitans
- ♥ First Presbyterian of Winchester
- ♥ AS Rhodes PTO
- ♥ Agape Christian Church
- ♥ Latino Connection
- ♥ Ki-Women of Winchester
- ♥ Continuing supportive relationship with Tom's Brook UMC, receiving repeat invitations to speak, steady financial support, and steady prayer support.

A Little Humor

Little Johnny was in the bath tub, and his mom was washing his hair. She said to him, "Wow, your hair is growing so fast! You need a haircut again." He replied, "Maybe you should stop watering it so much."



A little boy said to his friend, "I'm really worried. My dad works twelve hours a day to give me a nice home and good food. My mom spends the whole day cleaning and cooking for me. I'm worried sick!" The other boy asked, "What have you got to worry about? Sounds to me like you've got it made." The boy replied, "What if they try to escape?"



For weeks a six-year-old boy kept telling his first-grade teacher about the baby brother or sister that was expected at his house. One day, the mother allowed the boy to feel the movements of the unborn child. The boy made no comment. Furthermore, he stopped telling his teacher about the

impending event. The teacher finally said, "Tommy, whatever has become of that baby brother or sister you were expecting at home?" Tommy burst into tears and confessed, "I think Mommy ate it."



A little girl said to her friend, "I'm never having kids. I hear they take nine months to download."



One day a little girl was sitting watching her mother do the dishes. She suddenly noticed that her mother had several strands of white hair in contrast to her brunette head. She asked, "Why are some of your hairs white, Mom?" Her mother replied, "Well, every time you do something wrong and make me unhappy, one of my hairs turns white." The little girl thought for a while and then said, "Mom, how come ALL of grandma's hairs are white?"

Somebody Said

Somebody said it takes about six weeks to get back to normal after you've had a baby.

Somebody doesn't know that, once you're a mother, "normal" is history.

Somebody said you learn how to be a mother by instinct.

Somebody never took a three-year-old shopping.

Somebody said being a mother is boring.

Somebody never rode in a car driven by a teenager with a driver's permit.

Somebody said if you're a "good" mother, your child will "turn out good."

Somebody thinks a child comes with directions and a guarantee.

Somebody said "good" mothers never raise their voices.

Somebody never came out the back door just in time to see her child hit a golf ball through the neighbor's kitchen window.

Somebody said you don't need an education to be a mother.

Somebody never helped a fourth grader with her math.

Somebody said you can't love the fifth child as much as you love the first.

Somebody doesn't have five children.

Somebody said a mother can find all the answers to her child-rearing questions in the books.

Somebody never had a child stuff beans up his nose or in his ears.

Somebody said the hardest part of being a mother is labor and delivery.

Somebody never watched her "baby" get on the bus for the first day of kindergarten or on a plane headed for military "boot camp."

Somebody said a mother can do her job with her eyes closed and one hand tied behind her back.

Somebody never organized four giggling Brownies to sell cookies.

Somebody said a mother can stop worrying after her child gets married.

Somebody doesn't know that marriage adds a new son- or daughter-in-law to a mother's heartstrings.

Somebody said a mother's job is done when her last child leaves home.

Somebody never had grandchildren.

Somebody said your mother knows you love her, so you don't need to tell her.

Somebody isn't a mother.