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LOVING HEARTS FOSTER CARE NEWSLETTER

**CPES**

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Refer a friend to CPES-Loving Hearts Foster Care.  
If they become a licensed foster parent we'll give you a  
\$100 gift card!

# Loving Hearts Foster Care

April-June 2011



LOVING HEARTS FOSTER CARE NEWSLETTER

## Document! Document! Document!

by Jo Ann Wentzel

Foster parents are some of the busiest folks I know. They must assume the role of parent, confidant, friend, policeman, investigator, cook, chauffeur, teacher, and mentor. There is no wonder that there is little time left in the day for one more important duty- documentation. It seems to be ignored by most foster parents and only an emergency or unfortunate event seems to remind us of its value.

There are many reasons to embrace the idea of documentation. First, being organized and efficient makes fostering easier. If you already have become slave to your calendars, dayrunners, and schedules, you are now half way there. We write down these dates and duties so as not to forget them. This is the primary reason for documentation. Busy people cannot trust their memories to always get all details right, so we write them down shortly after the important event or beforehand as a reminder. Documentation is nothing more than a written record of events.

A second reason to document everything of importance is to settle disputes, answer questions intelligently, and be able to transfer information to those who need it. When your social workers want to know the facts as they occurred, you have them. When a therapist asks you to recap the event when your foster child went off the deep end, you are able to do so. When your foster son argues that he did not have the car that night in question, you can show him the proof. Documentation is like having a witness to those situations.

The third reason for documentation is to protect yourself in the event of allegations. Reporting the incident by detail can wipe an untrue story from the slate. When a mischievous child reports you and alleges you abused them, those logs of driving times, appointments, phone calls, and incident reports are going to be invaluable in proving your innocence.

What items should be documented? Everything! I know that's a tall order, but foster parents are very vulnerable to allegations and misunderstandings.

Keeping appointment and phone call records are a good start. If dates must be reconstructed, these items help both in establishing where you were at the time as well as serving as a way to jog your memory. These should include exact times, (dates and hours), purpose of call or meeting, where it was held if meeting and who attended. If phone call, who was called and what significant things were said or decided in either case. Add to this a vehicle log for transporting kids. Include time left, and time arrived at destination, mileage when left and when arrived. It takes a few extra precious minutes, but can prove it was virtually impossible for events as alleged to happen in the total time of the trip. You probably are required to fill out an accident or incident report. One is usually damage to property, the other some physical harm to a person. Keep copies of anything handed in for future reference. I learned the value of documentation when I did a stint as a worker in a home with mentally handicapped and disabled adults. The state required us to write up a short description of the highlights of the residents day during your shift. Foster parents should also keep some sort of notebook in the same way.

You will find in time, these small chunks of writing will not be even be a problem to you. It goes faster and easier with practice and as it becomes habit. It will only take one terrible allegation experience to convince you of its worth. Please don't wait until you are accused and must defend yourself to start to document. Get the habit now.

And thanks for all you do as a foster parent. We truly need you.

**What items should be documented?  
Everything!**

## Loving Hearts Foster Care Staff

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*Resources for Foster Parents*



**Children's Clothing EXCHANGE**

**Foster & Adoptive Parents CHILDREN'S CLOTHING EXCHANGE**

On the second Saturday of the month, **GoodTHREADS Clothing Exchange** will be open for foster and adoptive parents to browse and select children's clothing.

Parents are encouraged to bring gently used, clean clothing that your kids have outgrown as an 'exchange' but this is not necessary.

**Children's Clothing EXCHANGE Details**

**Clothing Exchange Location:**

La Paloma Family Services, Inc.  
609-2382  
870 W. Miracle Mile Tucson, AZ 85705  
Building is on the northeast corner of Fairview and Miracle Mile.

**Exchange Dates:**

Second Saturday of the month:

- April 9, 2011
- May 14, 2011
- June 11, 2011
- July 9, 2011
- August 13, 2011
- September 10, 2011
- October 8, 2011
- November 12, 2011
- December 10, 2011

**Time: 12:30 PM – 4:00 PM**

**Questions or Comments:**

Contact the Goodmans' team at 520-888-1117 or [info@goodmans.info](mailto:info@goodmans.info).

In partnership with:



**Reason Only with the Reasonable** by Jedd Hafer, Love and Logic®

Are you reasonable when you're upset? Most of us find that we can be fair and reasonable just about any other time EXCEPT when we are angry, hurt, or frustrated. At that point, our biochemistry puts us into survival mode where all we can think about is fighting or fleeing.

Have you ever been upset and said to someone, "I better stop before I say something I don't mean?" We instinctively know that we get foolish when we get angry. So why do we choose to have so many conversations about important things when one or more of the other parties are drunk on emotion?

As a foster parent, Candace lived in fear that she would one day lose her cool and say something unkind to one of her foster kids. Thankfully, she worked on this skill often.

Some people find that they have better luck deferring intense conversations when they **practice** their way out in advance. If, before the confrontation, we repeat in our minds (or out loud if nobody's watching): "I have better discussions when everybody is calm. I'll be happy to discuss this later. Thanks."

Of course, it's wise to choose words that best suit our personality and that flow with maximum ease and sincerity. The key is to know our "escape route" in advance and using it if *either* party gets too upset to use the "smart" part (cortex) of their brains.

Candace became fond of "Respect you too much to fight with you" when her drama-addicted foster daughter tried to engage her in arguments. Even with "doozies" like "I hate it here!" and "You're mean!" after about three attempts, the frustrated teenager would usually march away in a huff, eager to find somebody else to argue with. Later, when both were calm and doing their best thinking, apologies, forgiveness, and laughter flowed.

It is amazing how much smarter **other** people can get with the passage of time. Some even find that their OWN parents get smarter if enough years pass.

All of us at CPES-Loving Hearts Foster Care would like to congratulate the Rogers family, Noriega family & the Kruszewski family on their recent adoptions!

**Family Time**

**Fun things to do with the entire family**

**March for Children 2011:** Friday, April 1st at 9:30am. The March for Children is the 6th Annual kick-off for Child Abuse Prevention Month! Attendees will march to the Pima County Juvenile court Center in an effort to raise awareness of child abuse prevention. Child Abuse Prevention Awards will be awarded to Foster Parent of the Year, Resilient Family, a Business and an Agency. The March starts at UPH Hospital on 2800 E. Ajo Way and ends at Pima County Juvenile Court on 2225 E. Ajo Way.

[www.marchforchildren.webs.com](http://www.marchforchildren.webs.com)

**Tucson Blue Ribbon Event:** May 7, 2011 from 4-7pm. This is a free family event with food, fun, games, a raffle, speakers, a balloon release and more. The Tucson Blue Ribbon Event honors the children in foster care and the families who love them and promotes the need for more foster and adoptive homes.

The celebration is held at Thoroughbred Nissan located on:

5163 E. 22nd St. Tucson, AZ 85711 (between Swan & Craycroft)

[www.tucsonblueribbonevent.com](http://www.tucsonblueribbonevent.com)

**4th Avenue Spring Street Fair:** April 1,2, 3, 2011 from 10am-6pm each day. The Street Fair takes place between Ninth Street and University Blvd along Fourth Avenue. Free to the public, the 4th Ave Street Fair brings together 400+ arts & crafts booths, 35+ food vendors, 2 stages, street musicians, jugglers, street performers, the Free SPIKE kids hands-on-art Pavilion, face painting, balloons, and tons of other fun activities, then packs them into three days of celebration!

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

***Krafty Kids***  
**Mother's Day Bouquet**

- 3-inch fabric squares
- Rubber bands
- Pipe cleaners

1. Stack four 3-inch fabric squares so that all the edges match up.
2. Starting from one end, fold the stack accordion style to create 1/2-inch wide pleats, then tightly wrap a rubber band around the center.
3. Sandwich the pleated stack between the bend of a folded pipe cleaner, then twist together the ends to form a stem.
4. Separate the fabric layers to form a round, ruffled flower and remove any shaggy threads from the cut edges.



**Don't forget to update your First-Aid and CPR this year!**

CPES offers **FREE** First-Aid and CPR classes to all of our foster families free of charge at our training office located at 2828 N. Country Club in Tucson.

\*\*Our classes fill up quickly so please register two weeks in advance by calling your licensing worker.

**April Class Schedule**

- 4/2 First-Aid, Infant/Child & Adult CPR 10am-5pm
- 4/6 First-Aid 10am-12pm  
Adult CPR 1pm-5pm
- 4/12 Adult CPR 8am-11am  
Infant/Child CPR 12-3pm  
First Aid 3pm-5pm
- 4/14 Adult CPR Recert. 1-4pm
- 4/20 First-Aid 10am-12pm  
Adult CPR 1pm-5pm
- 4/27 First-Aid 10am-12pm  
Adult CPR 1pm-5pm



**ADH/CDH Training**  
**Topic: Behavioral Treatment Plans**

Friday April 15th  
9am-4pm

CPES Main Office  
4825 N. Sabino Canyon Rd.  
Tucson, AZ 85750

\*Please note that CPR and First-Aid classes do not count towards your required training hours for the year.