

Fostering Notes



April 2020

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MENTAL HEALTH WELLNESS TIPS FOR QUARANTINE

From a Psy.D. in the specialties of School and Clinical Psychology.

- 1. Stick to a routine.** Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
- 2. Dress for the social life you want, not the social life you have.** Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.
- 3. Get out at least once a day, for at least thirty minutes.** If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.
- 4. Find some time to move each day, again daily for at least thirty minutes.** If you don't feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!
- 5. Reach out to others, you guessed it, at least once daily for thirty minutes.** Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support. Don't forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—your kids miss their friends, too!

6. Stay hydrated and eat well. This one may seem obvious, but stress and eating often don't mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods, and challenge yourself to learn how to cook something new!

7. Develop a self-care toolkit. This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure)). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala coloring book is wonderful, bubbles to blow or blowing watercolor on paper through a straw are visually appealing as well as work on controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.

8. Spend extra time playing with children. Children will rarely communicate how they are feeling, but will often make a bid for attention and communication through play. Don't be surprised to see therapeutic themes of illness, doctor visits, and isolation play through. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there's a lot they are seeing and experiencing in the now.

9. Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best. It is important to move with grace through blowups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements. Everyone is doing the best they can to make it through this.

10. Everyone find their own retreat space. Space is at a premium, particularly with city living. It is important that people think through their own separate space for work and for relaxation. For children, help them identify a place where they can go to retreat when stressed. You can make this place cozy by using blankets, pillows, cushions, scarves, beanbags, tents, and "forts". It is good to know that even when we are on top of each other, we have our own special place to go to be alone.

11. Expect behavioral issues in children, and respond gently. We are all struggling with disruption in routine, none more than children, who rely on routines constructed by others to make them feel safe and to know what comes next. Expect increased anxiety, worries and fears, nightmares, difficulty separating or sleeping, testing limits, and meltdowns. Do not introduce major behavioral plans or consequences at this time—hold stable and focus on emotional connection.

12. Focus on safety and attachment. We are going to be living for a bit with the unprecedented demand of meeting all work deadlines, homeschooling children, running a sterile household, and making a whole lot of entertainment in

confinement. We can get wrapped up in meeting expectations in all domains, but we must remember that these are scary and unpredictable times for children. Focus on strengthening the connection through time spent following their lead, through physical touch, through play, through therapeutic books, and via verbal reassurances that you will be there for them in this time.

13. Lower expectations and practice radical self-acceptance. This idea is connected with #12. We are doing too many things in this moment, under fear and stress. This does not make a formula for excellence. Instead, give yourself what psychologists call “radical self acceptance”: accepting everything about yourself, your current situation, and your life without question, blame, or pushback. You cannot fail at this—there is no roadmap, no precedent for this, and we are all truly doing the best we can in an impossible situation.

14. Limit social media and COVID conversation, especially around children. One can find tons of information on COVID-19 to consume, and it changes minute to minute. The information is often sensationalized, negatively skewed, and alarmist. Find a few trusted sources that you can check in with consistently, limit it to a few times a day, and set a time limit for yourself on how much you consume (again 30 minutes tops, 2-3 times daily). Keep news and alarming conversations out of earshot from children—they see and hear everything, and can become very frightened by what they hear.

15. Notice the good in the world, the helpers. There is a lot of scary, negative, and overwhelming information to take in regarding this pandemic. There are also a ton of stories of people sacrificing, donating, and supporting one another in miraculous ways. It is important to counter-balance the heavy information with the hopeful information.

16. Help others. Find ways, big and small, to give back to others. Support restaurants, offer to grocery shop, check in with elderly neighbors, write psychological wellness tips for others—helping others gives us a sense of agency when things seem out of control.

17. Find something you can control, and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world. Organize your bookshelf, purge your closet, put together that furniture, group your toys. It helps to anchor and ground us when the bigger things are chaotic.

18. Find a long-term project to dive into. Now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, start a 15 hour game of Risk, paint a picture, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, solve a Rubix cube, or develop a new town in Animal Crossing. Find something that will keep you busy, distracted, and engaged to take breaks from what is going on in the outside world.

19. Engage in repetitive movements and left-right movements. Research has shown that repetitive movement (knitting, coloring, painting, clay sculpting, jump roping etc)

especially left-right movement (running, drumming, skating, hopping) can be effective at self-soothing and maintaining self-regulation in moments of distress.

20. Find an expressive art and go for it. Our emotional brain is very receptive to the creative arts, and it is a direct portal for release of feeling. Find something that is creative (sculpting, drawing, dancing, music, singing, playing) and give it your all. See how relieved you can feel. It is a very effective way of helping kids to emote and communicate as well!

21. Find lightness and humor in each day. There is a lot to be worried about, and with good reason. Counterbalance this heaviness with something funny each day: cat videos on YouTube, a stand-up show on Netflix, a funny movie—we all need a little comedic relief in our day, every day.

22. Reach out for help—your team is there for you. If you have a therapist or psychiatrist, they are available to you, even at a distance. Keep up your medications and your therapy sessions the best you can. If you are having difficulty coping, seek out help for the first time. There are mental health people on the ready to help you through this crisis. Your children's teachers and related service providers will do anything within their power to help, especially for those parents tasked with the difficult task of being a whole treatment team to their child with special challenges. Seek support groups of fellow home-schoolers, parents, and neighbors to feel connected. There is help and support out there, any time of the day—although we are physically distant, we can always connect virtually.

23. “Chunk” your quarantine, take it moment by moment. We have no road map for this. We don't know what this will look like in 1 day, 1 week, or 1 month from now. Often, when I work with patients who have anxiety around overwhelming issues, I suggest that they engage in a strategy called “chunking”—focusing on whatever bite-sized piece of a challenge that feels manageable. Whether that be 5 minutes, a day, or a week at a time—find what feels doable for you, and set a time stamp for how far ahead in the future you will let yourself worry. Take each chunk one at a time, and move through stress in pieces.

24. Remind yourself daily that this is temporary. It seems in the midst of this quarantine that it will never end. It is terrifying to think of the road stretching ahead of us. Please take time to remind yourself that although this is very scary and difficult, and will go on for an undetermined amount of time, it is a season of life and it will pass. We will return to feeling free, safe, busy, and connected in the days ahead.

25. Find the lesson. This whole crisis can seem sad, senseless, and at times, avoidable. When psychologists work with trauma, a key feature to helping someone work through said trauma is to help them find their agency, the potential positive outcomes they can effect, the meaning and construction that can come out of destruction. What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?

CLICK ON THE LINK BELOW

[Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

A Word from our ICWA SPECIALIST – DOTTIE RUNDLE

Did you know?

ICWA stands for Indian Child Welfare Act

Indian Child Welfare Act - **Educational Resource Video**

- <https://www.youtube.com/watch?v=VJCqeauLvY8>

How about some fun Native **Coloring Book (attached)** from Native Wellness for families. Check out their website below for more info.

- <https://www.nativewellness.com/>

Resources for learning from home!

“Indigenous educators volunteer to teach short K-8 lessons online amid school closures.” **The link below has Native American stories.**

- <https://www.cbc.ca/news/indigenous/indigenous-online-school-lessons-1.5501050>

Teaching Tolerance from the Southern Poverty Law Center. **The link below has lesson plans.**

- www.splcenter.org/teaching-tolerance

CONTACT INFORMATION for Dottie:

Dottie Rundles, ICWA Specialist Phone: **(971)707-2582**
DOROTHY.RUNDLES@dhsosha.state.or.us

Training Opportunities

Foster Parent College

Interactive multimedia training courses for adoptive, kinship and foster parents.

- Parent Brochure Attached
- Contact Ann Ortiz-Crow to get credits to take courses through Foster Parent College, FREE!
- ANN.F.ORTIZ-CROW@dhsosha.state.or.us

ORPARC (Oregon Post Adoption Resource Center)

Foster and Adoptive Parent LENDING LIBRARY includes Digital Material

- <https://www.orparc.org/library-request-materials.php?tn=4>

VISITATION

See information on Benefits of Visitation, Attached

In an effort to provide a safe environment for our families, our staff, and foster families, we have changed visitation expectations for the next two weeks. As of 3/24/20, we are suspending face-to-face visitation for all parents and children/young adults of all ages in DHS offices. After the two-week mark, we will reassess and provide an update. We know, and understand, that visitation between children/young people and their families is incredibly important, and that the Foster Youth Bill of Rights provides protections specific to visits. These are unprecedented times. Our families and children who are separated from each other may need extra support and assurances that everyone is OK. Hearing each other's voices and/or seeing each other virtually will help maintain and build engagement. We will continue to assess the situation and keep you updated on additional guidance regarding visitation.

Oyster & the Butterfly, The Coronavirus & Me

- Book in English & Spanish Attached

Regretfully, this has been CANCELLED due to Covid-19

FOSTER PARENT APPRECIATION

May 8, 6- 8 PM

Keizer Community Center

Support Group

Parenting a Second Time Around – Relative Caregiver Support

- **2nd Monday of each month**
- **NorthWest Senior & Disability Services office**
- 3410 Cherry Ave. NE, Salem (Upstairs Conference Room)
- Contact: Suzy Deeds suzy.deeds@nwsds.org (503)304.3429

A Note from Suzy!

Attached is our quarterly newsletter "Grand-Parenting News" that went out to those enrolled in the Relatives as Parents Program for December, January, February, and March. LaDena Borchers is working on "Grand-Parenting News" for April, May, June, and July. We include information in this newsletter on resources that relative parents may want to know about. Our monthly support group "Parenting a Second Time Around" for grandparents or relatives raising grandchildren is being postponed at this time. However, if relatives as parents who you are working with want to be on the e-mail/ mailing list for this support group please have them contact me at the e-mail or phone number listed below.

NorthWest Senior and Disability Services is still offering the Relatives as Parents Program. The Relatives as Parents Program is free to grandparents and relatives, ages 55 and older, raising relative children. It provides these seniors benefits such as respite, counseling, information, and other support. Attached is a brief summary of the benefits of the program, a program that is not based on income, resources, or citizenship. If you want to refer a grandparent/relative caregivers to the Relatives as Parents Program please call the Aging and Disability Resource Connection at information.nwsds@nwsds.org or (503) 304-3420. Please let me know if there is any additional information you might need regarding this program or other programs we offer! Thanks!

Suzy Deeds
Options Counselor
Family Caregiver Support Specialist
NorthWest Senior and Disability Services



Family Caregiver Support

Support Group Information Continued ~

Marion, Polk & Yamhill Foster Parent Support Group

- Last Friday of the Month
- Next Support Group will be on: April 24, 6-8 PM
- Guest Speaker: Tammy Chatfield – Local Trauma Therapist
- 1675 Wallace Rd NW – Salem, OR 97304
- RSVP to this email in April, Call or Text 503.689.6469

Grupo de Apoyo

- Primer jueves de cada mes-¡Comida de traje!
- Contact: ANN.F.ORTIZ-CROW@dhsoha.state.or.us 503.378.5298

Relative Foster Parent/Relative Caregiver Support Group/McMinnville

- Contact: Jessica Payne jess@frontier.com 503.434.2942

Adoption Support Group

- Contact: Kem.SUNITSCH@dhsoha.state.or.us 971.701.3969

Monthly Coffee House Chats w/ Erma

- Contact: Erma.S.BRUNDIDGE@dhsoha.state.or.us 971.707.0562
- **See dates on our Training Calendar for more information!**

CHAT – Caregiver Happenings, Awareness and Triumphs

If for any reason you have not been receiving the CHAT Newsletter, contact:

FosterFamily.Supports@dhsoha.state.or.us

IMPORTANT DUE TO COVID-19 Check the **TRAINING CALENDAR** and/or Check in w/ **CONTACT PERSON** to see if Training and Support Groups are still being held.

marionfosteroradopt.com

Articles, Information & Resources



Whether you're wondering how to handle a specific challenge, just figuring out your child-raising approach, or ready to tear your hair out, you've come to the right place.

[Looking for that Aha! Moment? Click HERE](#)

JOSH SHIPP

"When it comes to **understanding the minds of teens**, Josh Shipp is truly The Teen Whisperer."

—*Ellen Rakieten, Executive Producer of OPRAH*

Every Kid is One Caring Adult Away From Being a Success Story! [CLICK HERE](#)

[YOGA FOR KIDS CLICK HERE](#)

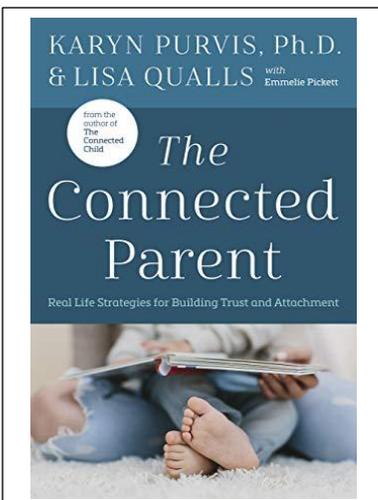
Awake & Mindful

Motivating kids to be active can be a struggle. While yoga is a hugely beneficial exercise for children of all ages, they aren't interested in traditional asanas or highly structured yoga classes. Luckily, there are tons of engaging yoga videos out there produced especially for children. If your kid is addicted to screens, [yoga DVDs](#) and videos are an entertaining way to inspire your couch potatoes to get up and get moving. Here are some of our favorite free kids yoga videos on Youtube.

10 FREE LEARNING WEBSITES {FOR KIDS}

Here's a list of some fun, educational, and safe websites for your child to visit and explore on those hot summer days!

<p>Switcheroo Zoo www.switcheroozoo.com Watch, listen and play games to learn all about amazing animals!</p>	<p>Fun Brain www.funbrain.com Play games while practicing math and reading skills.</p>
<p>Nat Geo for Kids www.kids.nationalgeographic.com Learn all about geography and fascinating animals.</p>	<p>PBS Kids www.switcheroozoo.com Hang out with your favorite characters all while learning!</p>
<p>Into the Book www.reading.ecb.org Go "into the book" to play games that practice reading strategies.</p>	<p>Star Fall www.starfall.com Practice your phonics skills with these read-along stories.</p>
<p>Seussville www.seussville.com Read, play games, and hang out with Dr. Seuss and his friends.</p>	<p>Storyline Online www.storylineonline.net Have some of your favorite stories read to you by movie stars!</p>
<p>ABC YA www.abcya.com Practice math and reading skills all while playing fun games!</p>	<p>Highlights Kids www.highlightskids.com Read, play games, and conduct cool science experiments!</p>



Parenting under the best of circumstances is difficult, but because of their unique needs, raising children from hard places brings additional challenges. You might discover that traditional techniques that may have worked for you with your birth children are not working with your adopted or foster child.

Renown child development expert Dr. Karyn Purvis will give you practical advice and powerful tools you can use to encourage secure attachment in your child, just as she did for coauthor Lisa Qualls. You will benefit from Karyn's decades of research and understanding, plus Lisa's hands-on experience and successful implementation of the strategies shared in this book.

You will learn how to simplify your approach using scripts, nurture your child, combat chronic fear, teach respect, and develop other valuable skills to add to your parenting toolbox.

The Connected Parent will help you lovingly guide your children and bring renewed hope and healing to your family.

COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnetiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A - wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

1

Emergency Self-Care Worksheet ATTACHED

Here's also a good reminder from an excerpt of an article I read this week: "it's a good time to stock up on compassion. Everyone will have different levels of fear and grief and it manifests in different ways. A coworker got very snippy with me the other day and I thought, *That's not like this person; that's how they're dealing with this. I'm seeing their fear and anxiety.* So be patient. Think about who someone usually is and not who they seem to be in this moment.

That Discomfort You're Feeling Is Grief by [Scott Berinato](#) March 23, 2020



In this time of unprecedented service closures, I'm grateful and excited to announce that **the KEEP program will continue to provide outstanding support and skill-enhancement for our dedicated foster parents and relative caregivers.** KEEP teams across the state are working diligently to migrate current participants to virtual groups via ZOOM videoconferencing and will continue to launch new groups on an ongoing basis.

KEEP is a powerful antidote to the isolation and stress of these times. Now more than ever, foster parents will find solace, guidance and community connections with KEEP!

What does KEEP offer?

- A toolkit of highly effective skills for managing behaviors, reducing caregiver stress and building on youth strengths
- Lasting connections between foster parents, leading to respite sharing, emotional support and community building
- \$20 gift card for attending each session
- Up to 24 training credit hours in 16 weeks
- A positive, non-judgmental safe space for foster parents to share their struggles and find REAL solutions

What are foster parents saying about KEEP?

- *"I learned a large amount of tools to help with our foster children. The program is extremely valuable. I wish this had come earlier in my foster career."*
- *"Super helpful, actual tools. Really helped us balance our lives. Very good for all foster parents can use."*
- *"KEEP" up the good work. These training groups are helpful and remind you that everyone can learn new tools. KEEP taught parents tools and new balance of parenting. Teaches encouragement and positive engagements."*
- *"This is the best group ever!!"*

Who is eligible?

- All **DHS-certified** foster parents (gen-app, kin/kith)
- Must have a **current foster youth** between the ages of 3-12
- Teen groups coming TBD

Foster Parents Can Self-Refer Here:

<https://www.keepfostering.org/keep-in-oregon/>

MEDIA ADVISORY
For Immediate Release
3.22.20



EVERY CHILD AND DHS LAUNCH MY NEIGHBOR

Every Child, in direct partnership with the Department of Human Services, is launching a comprehensive statewide emergency response to the fast-growing needs of children and families in Oregon's foster care system. The initiative—My NeighbOR—launches at 7:00pm on Sunday, March 22 and will be fully operational by Monday, March 23 at 9:00am. Oregonians across all 36 counties are being asked to step forward and meet the tangible needs of foster families and youth in foster care.

Foster families across Oregon have needs due to the consequences of the Covid-19 pandemic. Systems and networks meant to care for those in foster care—and the foster families who serve them—are being challenged and taxed with growing needs. School closures, significant economic changes, and a limited pool of foster homes are adding additional strain to our state's current capacity. We need the community to step up.

My NeighbOR is a 36-county decentralized community mobilization effort designed to match community goods and services with foster families and youth in foster care who need them. "Those staying at home in fraying situations are going to need help. We need each neighbor in Oregon to consider how they can step forward safely. My NeighbOR will bring us all together," says Ben Sand, CEO for The Contingent, Every Child's parent organization.

There are more Oregonians on the internet than any other moment in human history. Leveraging this, My NeighbOR will deploy using a two-pronged approach: 1. Staff will be receiving needs from families and leverage social media, online affinity groups, and targeted ads to invite Oregonians to respond. 2. When goods and services are offered, My NeighbOR will either use pre-screened drivers to deliver or invite community members to drop goods designated "Community Anchor Sites," which are highly local, public locations where items can be dropped off and picked up.

"The welfare of children, youth, and families is the responsibility of our entire community. This My NeighbOR collaboration is the perfect demonstration that partnerships, shared resources, and collective efforts are needed to best support children and families. This will be a shining example of how Oregonians support each other when in need," says Rebecca Jones Gaston, DHS Child Welfare Director..

If you are an Oregon foster family or a youth in foster care, share your need at <https://everychildoregon.org/need/>

If you want to meet a need for foster families, visit <https://everychildoregon.org/myneighbor/>



REFERRALS FOR CAMP TO BELONG OREGON ARE NOW OPEN!

Camp To Belong Oregon is a five day residential camp for youth aged 8-18+. Camp To Belong is dedicated to providing siblings living in separate homes with fun, emotional empowerment and sibling connection to create lifetime memories. Camp To Belong is a place where siblings can leave the cares of the world and connect with each other!

This year, we are offering 1 session of Camp To Belong Oregon held June 21st-June 26th, 2020. We will be piloting a new sibling camp experience called Camp KINnect. Camp KINnect will be held from August 17th-19th, 2020. This referral form is for consideration for both Camp To Belong Oregon and Camp KINnect.

REFERRALS ARE DUE BY APRIL 23, 2020.

The referral information is critical to the selection process. A selection committee has only the information you provide to determine the best candidates for camp. It is helpful if you provide specific information to help us understand the needs and behaviors of the child(ren). The referral information listed below is needed **FOR EACH CHILD.**

Click on this link and answer all questions completely:

<https://forms.gle/mpeKChe2kzvRhc5w7>

IF APPROVED. You will be contacted, then directed to an on-line camper application/registration form.

If you want to learn more about Camp To Belong Oregon, please visit our website at: <https://kindredmatters.org/programs/camp-to-belong/> or follow us on Facebook.

Any questions about the registration/application process can be directed to Julea at registerctb@gmail.com.

AFFIRMATION

The action or process of affirming something. To encourage or provide emotional support.

The last few weeks have brought on many moments of stress and uncertainty, but it has also brought on moments for reflection and appreciation for that we have and all that we miss. We always appreciate the work and dedication of our foster parents, but in moments like this, we really recognize the true beauty of the sacrifice you and your family make every day for our children. Thank you for caring for them, comforting them, and protecting them. Wishing you and all you love, health and happiness.

- Sonya Villaseñor, Certification Supervisor, DHS Child Welfare - Marion County

Dear amazing and inspiring foster parents, We are always grateful for all that you do for the children and families of our community and what amazing partners you are. And we are especially grateful now, as we know what a difficult time this is to be a parent. Please let us know if there is anything we can do for you. Take care and be well,

- Stacy Lake, District Manager for Self-Sufficiency & Child Welfare programs - Marion, Polk and Yamhill Counties - 503-373-1758

Today and everyday I watch in awe as you open your hearts and homes to our kids. You are doing amazing work, and demonstrating such grace, patience, and flexibility during these uncertain times. While we don't know what tomorrow brings, we will continue to walk along side of you as we get through to the other side of this crisis. Thank you for everything you have done and continue to do. Sending you wishes of health, happiness, and comfort!

- Jamie Carpenter, Certification Supervisor, DHS Child Welfare - Marion County

A **HUGE THANK YOU** to the following people and businesses who **PARTNER** with Marion County DHS Child Welfare by providing Donations, Tangible Needs, Monetary Support, and Activities for Foster Families. **It takes a Village!**

For The Love of Pete

Wake The World

Dominate The Dunes

Deborah Loy

Olson Florist

Pemberton's Florist

FPNO – Salem Heights Church

FPNO – Our Savior's Lutheran

First Baptist Church

Osborne Books – Katie Black

AAA

Garrett Hemann Robertson P.C.

Trinity Lutheran Church Mt. Angel

Rachel Wilis

Thirty-One Danielle Abbott

Cross Hill Christian School

Northern Lights Theatre

Mia Bella Salon

Our Saviors Christian School

YMCA

Action Group International

Morning Star Church

Court Street Christian

Home Depot

Deborah Loy

LDS Church

Debbie Jensen Book Club

Mary Cox

Edward Willits Family

Microplant Nurseries

CASA of Marion County

Every Child of Marion County

Girl Scout Troop 12010

Salem Pediatric Clinic

Northbank Surgery Center

Witham Family and Friends

Blue Ribbon Brigade

Willamette Valley Fruit Company

Donna Cheever

Kroc Center

Salvation Army

Mission Salem

Expresso Roads Coffee

Boys & Girls Club

Lewetag Family & Friends

Donna Feldman

Lowe's

Kroc

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Keizer Florist

Gilbert House

Family Life Church Salem

The Confederated Tribes of Grand Ronde

Salem Leadership Foundations

Ike Box

Stayton Flower

Enchanted Forrest

Horses of Hope Oregon

Lollypops & Roses

Sassy Onion

WE are **EXCITED** to continue to **fill this page** with all those who are coming along side to say **YES** in a variety of ways!!



Reception: 503.378.6800
marionfosteroradopt.com

Visitation: 503.378.8021
fosteroradopt.com

Child Abuse Hotline: 855.503.7233
4600 25th Ave Ste 110 Salem, OR 97301