

The Senior Pride

The Peninsula Foster Grandparent Program Newsletter

"Leaving A Positive Footprint for the Future of Children and Seniors!"

Oct/Nov/Dec2013



Share Today. Shape Tomorrow.

On behalf of the FGP staff, I would like to say welcome back to all FGP volunteers, elementary schools, head start centers and day care centers site supervisors. I am so excited about the new school year and am looking forward to an outstanding year where all of our children will be successful.

With your permission, I would like to share a thought with you about commitment as it relates to the reason why we serve. The driving force behind all service by individuals is having the commitment to a cause beyond our self-interest; thus a dedication to serve. Dr. Martin Luther King, Jr. had a daily prayer that went like this, and I paraphrase; *"Use me, God. Show me how to take who I am, who I want to be, what I can be, and what I can do, and use it for a purpose greater than myself."* In other words, our real legacy is the imprint we make on the lives of others we serve.

DID YOU KNOW?...

OCTOBER 26TH IS
NATIONAL "MAKE A DIFFERENCE"
DAY.

Happy Birthday!!!!

&

Happy Belated Birthday!!!!

August

Josephine Carter, Bessie Chamblee, Connie Chavers, Annie Clark, Barbara Lane, and Allene Stanley

September

Sarah Adams, Doris Bailey, Earlene Banks, Josephine Clark, Cora Drew, Joannette Gholston, Daisy Hart, Mary Hines, LaVerne Massey, Constance McCown, Dianne Person-Santiago, Betty Robinson, Warren Robinson, Mollie Slade, Annetta Taylor, Inez Tilton, Claudia Waller, and Josephine White

October

Evelyn Freeman, Bernice Pearsall, Bertha Davis, Margaret Taswell, Nathaniel Parker, Barbara Richardson, Nemesia Paloma,



UPCOMING EVENTS

December 13th, 2013

Annual Winter

Recognition Breakfast

Golden Corral in Newport News

At 9:00am

Don't Forget Your

Crazy Hat!!!

January 16, 2014

8am – 1pm

10th Annual MLK, Jr.

Day of Service

are successfully underway.

Mark Your Calendar!!!

FGP OFFICE HOURS

The hours of the office staff are from
8am-5pm daily.

The Director, Jason Samuels can be
reached until 5:30pm on Mon-Thurs
and on Fridays until 12:00pm.

*We would like to be attentive to your
needs when you visit us, however
due to tight deadlines, agency-wide or
other meetings, we may not be able to
assist those who stop by without an
appointment.*

*Please feel free to call ahead at anytime
to schedule an appointment for your
visit.*

Thank you.

FALL IDEAS

Day Spa Apple Cinnamon Water Recipe

INGREDIENTS:

1 Apple thinly sliced

1 Cinnamon Stick (buy from Dollar Tree)

DIRECTIONS:

Drop apple slices in the bottom of the pitcher (save a few to drop in your glass later) and then the cinnamon stick, cover with ice about 1/2 way through then with water. Place in the fridge for 1 hour before serving.

**LASTS FOR 24 HOURS IN THE
FRIDGE.**



Zero Calories!!!!!!

**Variation: Boil or microwave the Apple
Cinnamon Water for a nice hot tea-like
beverage.**

Recipe courtesy of www.tonetiki.com

Health Care Day

All are invited to attend from 9:30am to 2:00pm on Tuesday, October 15 at South Morrison Family Education Center, 746 Adams Drive in Newport News. Blood Pressure Checks, Diabetes Alert Screenings, maternal-child health unit, ASQ screenings (bring your 3 months to 5 year olds for a FREE evaluation), dental, car seat safety, fire safety information and more. For More Information call 369-6807 or 594-7259.

Community Health Fair

Free Health Screenings and health education will be provided at the Greater Hampton Roads Boys and Girls Club, 629 Hampton Avenue in Newport News on October 26 from 9:00 am to 1:00 pm.

Nutritionist and Healthy Breakfast starts at 8:30 am. For more information contact Hakima Muhammad (757) 715-3050, Theresa Parker (757) 256-2559 or Frank Muhammad (757) 325-7348.

THE FOSTER GRANDPARENT ADVISORY COUNCIL

The purpose of the advisory council is to promote community support, conduct regular program evaluations and provide recognition for the Foster Grandparents Program (FGP). We are accepting new council members. If interested, please contact Jason Samuels at 727-1858 for more information.

Members:

Myrtle Prater ~ President.
Minnie Sippio ~ York Senior Center
Annie Clark ~ FGP Volunteer
Sarah Adams ~ FGP Volunteer
Maxine Moody-FGP Volunteer
Carol Morgan ~ FGP Volunteer
Nathaniel Parker ~ FGP Volunteer
Gina Lewis ~ Staff, FGP
Diretta Glover ~ Marketing, FGP
Barbara Stewart ~ Adult Services Program Manager
Jason Samuels ~ Director, FGP

VISION STATEMENT:

To leave a positive footprint for the future of children and seniors.

MISSION STATEMENT:

- Partnering with schools early childhood intervention programs and the faith-based community to provide volunteer services that addresses community needs.
- Ensuring that meaningful relationships with children are being met by providing love, encouragement, learning and companionship.
- Providing children the opportunity to be mentored by seniors who offer compassion, leadership, tutoring, and self-esteem in a selfless manner.
- To empower each child and senior citizen with a sense of accomplishment and self-worth.
- To work using collaborative efforts with local communities and agencies to provide a better future for senior citizens and children.

For Your Information

Heating Assistance

The purpose of the Heating Fuel Assistance Component is to assist low-income households pay a portion of their primary heating bill. The Program does not require that applicant household contain a child under six, an aged or disabled individual.

The Walk in Application Season starts in October. Applications will be accepted through November. For more information, please call:

Hampton Department of Human Services

*1320 LaSalle Ave.
Hampton, VA 23669
(757) 727-1800
(757) 727-1835 (FAX)*

Newport News Department of Human Services

*Rouse Tower
6060 Jefferson Ave.
Newport News, VA 23605
(757) 926-6300
(757) 926-6118 (FAX)*

James City County Department of Social Services

*5249 Old Towne Road
Williamsburg, VA 23188
(757) 259-3100
(757) 259-3188 (FAX)*

Williamsburg Social Service Bureau

*401 Lafayette St.
Williamsburg, VA 23185
(757) 220-6161
(757) 220-6113 (FAX)*

York/Poquoson Social Services

*301 Goodwin Neck Road
Yorktown, VA 23692-0917
(757) 890-3787
(757) 890-3934 (FAX)*

**Eligible households will receive notification of benefit amounts in the middle of December.
(They need to continue to pay their bills until notified).**

**Face to face interviews are not required for fuel assistance;
therefore all applications can be dropped off.**



OVERNIGHT CROCKPOT OATMEAL

It cooks while you are sleeping, so you can wake up to a piping, hot and filling breakfast!

- 2 apples, sliced**
- 1/3 c brown sugar**
- 1 tsp cinnamon**
- 2 c STEEL CUT oatmeal**
- 4 c water**

~ Place the sliced apples, brown sugar and cinnamon in the bottom of the crock pot.

~ Pour 2 cups of oatmeal and 4 cups of water on top. Do not stir.

~Cook overnight for 8 - 9 hours on low.

~Add your sweetener, butter and cream. Serve and enjoy!

The FGP Senior Pride is a quarterly newsletter designed for Foster Grandparent volunteers to entertain and to provide with up-to-date information about program events and general topics.

*Quarterly Circulation Schedule
January, April, July, October*

If you would like to contribute information to the newsletter, please contact Directta Glover for more information.

How To Contact Us

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**Peninsula Foster Grandparent Program
1320 LaSalle Avenue #136
Hampton, VA 23669**