

# A Child's Hope Journal

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## Welcome to *A Child's Hope*

*A Child's Hope* is a movement that will transform the lives of thousands of children who are in care in Alberta. The program takes a grassroots approach to empower and enable ordinary people to transform the lives of children and youth in need through fostering, adoption or mentoring.

The children who are part of *A Child's Hope* need nothing more than a family to love and care for them; a family they will belong to forever. *A Child's Hope* will inform and inspire Albertans to step up and give those children a hopeful future.

## Help spread the word!

Word of mouth is the best means of inspiring others to become foster or adoptive parents. If you are a current foster parent and refer someone, who becomes a licensed foster home, you get \$250. It's a win-win situation so start spreading the word!

Tell others to call a foster parent agency directly (go to [www.achildshope.alberta.ca](http://www.achildshope.alberta.ca) for the list) or attend a no-obligation information session to learn more. Sessions are held 6:30-8:30 pm. Upcoming dates are: August 17, September 1 & 20, October 5 & 19, November 9 & 24, and December 6. Call 780-422-3333 or email [region6.caregiver@gov.ab.ca](mailto:region6.caregiver@gov.ab.ca) to register and get location details.

*A Child's Hope* ambassadors have been spreading the word at events in the Edmonton region. If you know where we could present (e.g. organization, church, club, etc.), or have a newsletter where we could submit a short article, let us know! Call 780-422-3333 and ask for Merna.



## Teaching Kids Compassion

It's important to teach children that they can make a difference in the world. It's a critical time to help them develop empathy and when they realize they have impact and can shape their world, it builds their self-esteem and makes them more productive leaders. Here are some simple ideas to get started.



### Collect Litter...

Go for a walk with your children. Give each person a bag, gloves and see how much litter can be collected on the way.

## Did You Know?

Edmonton has 4 outdoor swimming pools that are open daily 11 am–7 pm until August 31, 2010 (longer if weather permits):

- Mill Creek Pool (9555–84 Avenue)
- Borden Park Pool (11200–74 Street)
- Oliver Pool (10315–119 Street)
- Fred Broadstock Pool (15720–105 Avenue)
- Queen Elizabeth Pool (9100 Walterdale Hill) will re-open 2011

There are dozens of free wading pools. For locations go to [http://www.edmonton.ca/attractions\\_recreation/sport\\_recreation/wading-pools.aspx](http://www.edmonton.ca/attractions_recreation/sport_recreation/wading-pools.aspx) or call 311.

Sign up for the Find Your Fun eNewsletter and get a FREE admission to City facilities with a paid admission. <http://www.edmonton.ca/find-your-fun.aspx>

### Talk about all the ways we can help...

Talk about all the ways we can help another person and when you're out, see how many actions can be taken. Try holding a door open for someone, helping a neighbour carry in groceries, raking leaves on a neighbour's lawn or shoveling their walk.

### Donate to the Salvation Army...

Have children go through their toys and clothes, picking items that they are willing to give to others.

### Volunteer Together...

Help serve a meal at a homeless shelter, go to the nearest nursing home and read to the elderly or just spend time visiting with them. Participate in a fundraising walk or run as a family, or work on the sidelines.

### Sponsor a Child...

Have a money jar where everyone in the family puts their loose change or whatever they would like to contribute each month. Sponsor a child overseas for \$35/month through World Vision (<http://www.worldvision.ca>) or Cause Canada (<http://www.causekids.ca>) or Plan Canada (<http://plancanada.ca>). With all of these organizations, you receive a photograph and biography of the child and can exchange letters with them. If you do not want to commit to monthly sponsorship, donate the money to a worthy organization that means something to you.

### Ask your kids...

No matter how trivial or how big their answer, help your kids make it happen. Maybe its baking cookies for a neighbour, or having a lemonade stand to help the Haitian earthquake survivors, or maybe it's handing out candy canes to everyone in their school at Christmas time. If they have ideas of their own, spend time talking about it and surfing the Internet for ideas.

## New CEO at Edmonton and Area Child and Family Services

On April 26/10, Carole Anne Patenaude became the Acting Chief Executive Officer (CEO) of the Edmonton and Area Child and Family Services Authority (CFSA) Region 6. Previously she was the CEO of the Northwest Alberta CFSA Region 8.

## Did You Know?

Watermelon is summer's best dessert! With 92% of its weight being water, it's also a favourite thirst quencher. And it's nutritious – watermelon contains higher levels of lycopene than any other fresh fruit or vegetable: the red pigment lycopene has antioxidant properties that may help fight chronic disease. Watermelon also contains Vitamin A, C, B6, and potassium.

Source: National Watermelon Promotion Board.  
[www.watermelon.org](http://www.watermelon.org)

## Mark Your Calendars



### Movies on the Square

**What:** Come early to grab a seat and some snacks, and enjoy pre-movie entertainment including a fabulous balloon artist, dancing, prizes and much more! Then stick around for a block-buster hit that will be playing on a 3-storey high inflatable screen.

**When:** Fridays & Saturdays: August 20/21,  
September 3/4, October 8/9

**Movie Time:** 9:00 pm (Aug.), 8:30 pm (Sept.),  
7:00 pm (Oct.)

**Where:** Sir Winston Churchill Square

**Cost:** Free admission

**Website:** [http://www.edmonton.ca/attractions\\_recreation/attractions/downtown/movies-on-the-square.aspx](http://www.edmonton.ca/attractions_recreation/attractions/downtown/movies-on-the-square.aspx)

## More Family Friendly Online Resources

<http://edmontonkids.com>

<http://familyedmonton.com>

<http://www.malmopreschool.com/links.html>

<http://mpt.edmontonshows.com>

## Summer Recipe Idea

### Vanilla-Orange Freezer Pops

Makes about 10 (3-ounce) freezer pops

**Active Time:** 10 minutes

**Total Time:** 6 hours 10 minutes

#### Ingredients:

- 1 1/2 cups orange juice
- 1 1/2 cups low-fat vanilla yogurt
- 1-2 tablespoons sugar
- 1/2 teaspoon vanilla extract

Add a couple of drops each of yellow and red natural food dye to give them a more vivid orange color.

#### Directions:

1. Whisk orange juice, yogurt, sugar to taste and vanilla in a medium bowl.
2. Divide the mixture among freezer-pop molds. Insert the sticks and freeze until completely firm, about 6 hours. Dip the molds briefly in hot water before unmolding.

#### Make Ahead Tip:

- Freeze for up to 3 weeks.
- Equipment: Ten 3-ounce (or similar-size) freezer-pop molds

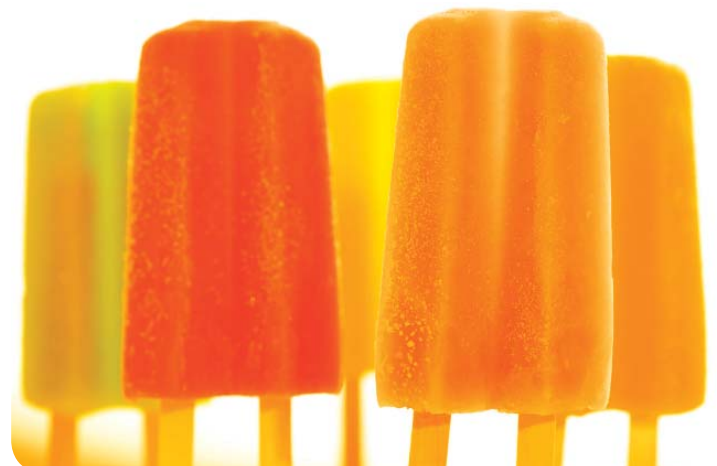
#### Nutrition per Serving:

53 calories; 1 g fat (0 g sat, 0 g mono); 2 mg cholesterol; 10 g carbohydrates; 2 g protein; 0 g fiber; 25 mg sodium; 155 mg potassium.

#### Nutrition Bonus:

- Vitamin C (32% daily value)

**Source:** Eating Well. [www.eatingwell.com](http://www.eatingwell.com)



## Adoptive Profile: A Forever Home Needed for Lorenda



Lorenda is a 13 year old girl.

Lorenda, born in 1997, is a pretty young girl with dark blonde-colored hair, green eyes and a petite build. She is quiet and friendly with a bright smile. A cheerful and fun-loving child, Lorenda likes to be helpful and physically active. She especially enjoys reading, baking, horses, swimming, movies, music, dancing and dolls.

Lorenda is doing well in a regular school program with extra assistance. She is working hard at school and at making friends.

Lorenda would do best as either the youngest or only child within a female single parent or two parent family. This sweet girl will thrive in a loving environment with parents who are able to continue to access resources in the community in order to help her to meet her maximum potential.



## Books on Adoption and Fostering

Adoption Options has a wonderful collection of books for both children and adults that you can purchase or borrow. Some of the subjects covered include:

- parenting
- adoption issues
- fostering
- special needs
- older children adoption
- cross-cultural adoption
- permanency planning

A booklist will be sent out upon request. A small shipping and handling charge will be added to book orders mailed out.



### To borrow or purchase books, contact:

Adoption Options  
304, 10109 - 106 Street  
Edmonton, Alberta T5J 3L7  
Email: [aoedm@adoptionoptions.com](mailto:aoedm@adoptionoptions.com)  
Phone: 780-433-5656

### Wondering what it might be like to foster?

Have you ever wondered what it might be like to be a foster parent? Three families share their stories in an article by Anne Bokmal (Canadian Living, April 2007): [http://www.canadianliving.com/relationships/friends\\_and\\_family/being\\_a\\_foster\\_care\\_family.php](http://www.canadianliving.com/relationships/friends_and_family/being_a_foster_care_family.php)

## What's In It For You?

If you know or meet someone who could give a Child Hope, you can get a \$250 thank you in your pocket if he or she ends up becoming a foster or adoptive parent.

We're always looking for people to join us and help children and youth in need and we need you to keep an eye out for the perfect people. When you find them, share your story, give them the website so they can find out more, and encourage them to call us.

Tell them to mention your name and, if it all works out, you will qualify for our \$250 referral bonus.

Call 780-422-3333 to find out more!



## Have A Story Idea for *A Child's Hope Journal?*

Feel free to send your comments and story ideas to [region6.caregiver@gov.ab.ca](mailto:region6.caregiver@gov.ab.ca).

## Ambassador Feature: Kathy Kruisselbrink

My name is Kathy Kruisselbrink and I am a foster parent with Crossroads Family Services. We started the fostering process about 11 years ago and have fostered on and off throughout that time for various reasons. We have fostered with the department and through an agency. Our first fostering experience was a challenging one, and we left fostering at that time thinking we would never do it again!

But fostering is something we always wanted to do because we had seen my husband's parents do it and always felt that it was what we were meant to do. The pull of fostering drew us back and we began fostering again in 2003.

We have now adopted one child and are in the process of adopting another. Although fostering comes with unique challenges, there are also many rewards. We have seen that making an intentional investment into a child's life can change their lives forever. This is why we continue to foster in the easy times and through the difficult ones too.

### **Kathy Kruisselbrink**

Foster Parent

Crossroads Family Services

