

February 2019

Volume 1, Issue 4



What Are Some Interesting Facts About Black History?

Black History Facts

Black history in the United States includes leaders in the fields of politics, civil rights, entertainment and sports. The month of February has been Black History month since 1976, coinciding with the birth month of abolitionist leader Fredrick Douglas.

In 1908 the NAACP started and it became the most important civil rights organization in the country. Civil rights leaders such as Rosa Parks, Jesse Jackson and Martin Luther King, Jr., helped give the NAACP an influential voice.

The first African-American justice on the Supreme Court was Thurgood Marshall. President Lyndon B. Johnson appointed Marshall in 1967. Marshall served on the court for 24 years.

In 1940, Hattie McDaniel won the Academy Award for Best Actress in a Supporting Role for her role as Mammy in *Gone With the Wind*. Ironically she portrayed a slave governess.

The first African-American baseball player to play in Major League Baseball with white players was Jackie Robinson. He signed with the Brooklyn Dodgers in 1947, and he won Rookie of the Year that same season.

In 2008, Barack Hussein Obama became the first African-American president of the United States. He previously served as the junior senator from Illinois as a member of the Democratic Party.

Contents

Special Interest

Articles Black History Facts	1
Keeping Kids with food allergies safe on Valentine's Day	2
Foster Parent Training	3

Individual Highlights

Cooking Corner	2
Birthdays of the Month	3
HOH Mission Statement	4



Cooking Corner

This is a recipe for you and your children to prepare together. It is not designed for children to make on their own. Supervision and assistance from an adult is required. Getting your children involved in food preparation will go a long way in encouraging them to try new foods and enjoying eating.



Baked Broccoli and Chicken Casserole

Total Time: 50 min

Servings: 6-8

Ingredients

- butter
- 2 large eggs
- 1 c. sour cream
- ½ c. mayonnaise
- 1 can condensed cream of mushroom soup
- black pepper
- ¼ sweet onion
- 8 oz. sharp Cheddar
- 3 c. shredded cooked chicken
- 2 c. leftover cooked rice
- 1 package frozen chopped broccoli
- ½ c. Potato chips (optional)

Directions

1. Heat oven to 375 degrees F. Butter a shallow 2-quart or 9- by 13-inch broiler-proof baking dish.
2. In a large bowl, whisk together the eggs, sour cream, mayonnaise, soup, and 1/2 teaspoon pepper; stir in the onion and all but 1/4 cup cheese. Fold in the chicken, rice, and then the broccoli.
3. Transfer the mixture to the prepared dish, cover with nonstick foil and bake for 30 minutes. Remove from the oven and heat the broiler.
4. In a small bowl, combine the potato chips and the remaining cheese. Sprinkle over the casserole and broil until golden brown, 3 to 4 minutes.



Keeping kids with food allergies safe on Valentine's Day



25 NON-CANDY

Valentines

for the Allergy-Friendly Classroom



Valentine's Day usually means celebrations and exchanges with chocolate and other treats and marks a popular time for parties and dates involving food. While it's tempting to just dig in, children and teens with food allergies need to be aware that many of these foods contain common allergens.

What can families do to keep their children safe?

1. **No sharing:** For Valentine's Day, teach your child to never share food or accept candy or treats unless a parent or responsible adult has read the ingredient label and determined that it is safe for the child to eat.
2. **Get Involved:** Parents can also get involved in party planning to take the emphasis off foods - instead suggest activities, or exchanging food free treats like heart stickers, pencils or other items with a holiday theme.
3. **Offer safe solutions:** If food must be served, offer some safe alternative choices so all of the children in the classroom can safely be included.
4. **If you can't read it, don't eat it:** Be sure to check all Valentine's cards that come from home and remove any candy or treats that are not properly labeled with ingredient statements.



February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12 	13	14 CPI & Restraint 10 Am	15 CPR & First	16 Trauma Informed Communicable Diseases, Medication
17	18	19	20	21	22	23
24	25	26	27	28		

Training Corner

Foster Parents and Kinship Caregivers are required to complete annual trainings to remain in compliance with Residential Child Care Licensing and state Minimum Standard requirements throughout the year. Hands of Healing’s training schedule is for the months of May, July, September, and November. Of course, we will hold trainings during other months, as well. Verify with your Foster Home Developer or another member of our staff, if there are trainings you need to attend – or would like to attend. Hands of Healing offers face-to-face trainings for all our active caregivers as well as prospective caregivers. Look at our upcoming training schedule included in our monthly newsletter.

DFPS Training Links:

Reporting Abuse and Neglect Training- <https://www.dfps.state.tx.us/Training/Reporting>

Medical Consent Training- https://www.dfps.state.tx.us/Training/Medical_Consent/page01.asp

Trauma Informed Care Training- https://dfps.state.tx.us/training/truma_informed_care/

Psychotropic Medication Training- https://dfps.state.tx.us/Training/Psychotropic_Medication/

Normalcy Training - <https://www.dfps.state.tx.us/Training/Normalcy/index.html>

FosterparentingTraining.com

Ce4less.com

fosterparentingcollege.com

Hands of Healing

525 N. Sam Houston Pkwy East,
Suite 595
Houston, TX 77060
832-328-0104
888-367-9329

*Seeding Health, Happiness, And
Hope In The Lives of Families and
Youth One Home At A Time!*

Find us on the Web:
www.handsofhealing.org



Our Mission...

To strengthen the bonds of the family unit by partnering with, preparing, and credentialing individuals with great desire to be parents, with the goal of placing Foster Children in need of a **HOME**, in need of **LOVE**, and in need of **STRUCTURE**. We do this by sowing seeds of *Health, Happiness, and Hope* in the lives of the children and families, one home at a time.

Our Philosophy...

We strongly believe that youth belong at home with their families and that youth are most effectively served in their own communities. Our expert staff takes pride in providing high-risk adolescents with the educational and emotional support, structured supervision, and guidance needed to empower youth to make positive changes in their lives.