

The Senior Pride

The Peninsula Foster Grandparent Program Newsletter

Quarterly Edition

Oct/Nov/Dec2016

VISION STATEMENT:

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



**Share Today.
Shape Tomorrow.**

A Word from the Director

First, let me say I am honored and excited about taking on this opportunity to serve as the new director of the Peninsula Foster Grandparent Program. The words of encouragement, phone calls, cards and even recommendation letters fill my heart with gratitude.

This has been quite a transition. With the beginning of school, which is absolutely our busiest time in the office and the state monitoring visit at the same time, there were many days that I stayed in the office late, came in early and went home absolutely drained! I am grateful to report that the state monitoring visit went well and actually was a perfect opportunity to review our programs' strengths and weaknesses and prepare us for the upcoming year.

As a result of the state monitoring visit and the new policy manual from the Corporation for National and Community Service, you may see some changes in program operation. But I assure you that we will continue to strive for excellence in making this the best Foster Grandparent program in the nation!

Let me say before closing, that there is no way in the world I could have survived these past two months of holding down two job responsibilities, without my colleague, Doretta Glover. It is such a blessing to have her right beside me, helping me think things through, giving advice and always being in my corner. I am so grateful.

Again, thank you for all your support and I look forward to continuing to live up to our pledge to "share today, shape tomorrow and leave a positive footprint for the future of children and senior citizens throughout the Peninsula."

Most Sincerely,
Gina
Gina L. Lewis
Director

FGP Pledge:

As a Foster Grandparent I pledge to share today, shape tomorrow and leave a positive footprint for the future of children and senior citizens throughout the Peninsula.

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.

UPCOMING EVENTS

December 16th, 2016

Annual Winter Recognition Breakfast

Golden Corral
At 9:00am

*Don't Forget Your
Crazy Hat!!!*

January 12, 2017

9am – 1pm

13th Annual MLK, Jr. Senior
Informational & Educational Forum

Day of Service

are successfully underway.

Mark Your Calendar!!!

Did You Know?

*There are 12 new volunteers for the
Foster Grandparent Program.*

*The Peninsula Foster Grandparent
Program has been in existence since
1972.*

*We serve in Hampton, Newport News,
York, Williamsburg and James City
County.*

*The Foster Grandparent Program
served over 2,500
children last year.*

*We are accepting applications, so tell
your friends.*



**Happy Birthday! & Happy Belated Birthday To All Of The Foster
Grandparents Born In August, September and October!!!**

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 the applicant's household to contain a child under six, an aged or disabled individual.

The Application Season Has Started.

Applications will be accepted through November 14, 2016. 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.**

Foster Grandparents, We Need You!

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). If interested in attending a meeting, please call Gina or Diretta.

FREE FOR SENIORS

We all could use FREE items. Listed below are several offers especially for seniors. Some of these have expiration dates, so if you are interested, contact them soon!

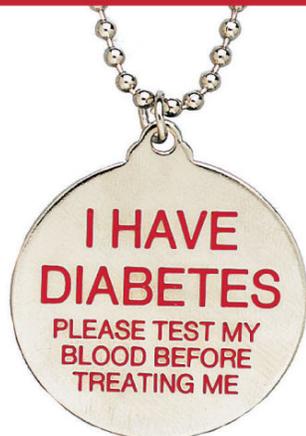
Free Internet Service

Many seniors who don't want all the technological "bells and whistles" enjoy free Internet service, especially if they only e-mail their grandchildren or go online occasionally. Juno.com is still one of the most reliable free Internet service providers available, but it's limited to 10 hours a month. Sign Up online or call 1-800-879-5866.

FREE Diabetes ID Necklace

The diabetes identification necklace reads "*I Have Diabetes, Please Test My Blood Before Treating Me.*" You can request the FREE Diabetes necklace by mailing a **self-addressed, stamped envelope along with the coupon below** (cut before sending) to the address on the coupon.

FREE



DIABETES MEDICAL EMERGENCY NECKLACE

In case of Emergency, the attending physician or paramedic needs to know you have diabetes.

Name

Address

City

State

Zip

Phone

Email

**SEND A SELF-ADDRESSED, STAMPED ENVELOPE TO:
FREE DIABETES NECKLACE**

Diabetes Research and Wellness Foundation™
P.O. Box 96046, Washington, DC 20090-6046



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.

**Next In-Service meeting is November 18th at
Northampton Community Center from 9am-1pm!**

**Peninsula Foster Grandparent Program
1320 LaSalle Avenue #136
Hampton, VA 23663**

