



**HELP  
ONE CHILD**

# Dividends

Mission to Children at Risk

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1-888-KID-HOPE

www.HelpOneChild.org

## Families Make Merry at 2004 Christmas Party

Help One Child staff and volunteers wanted to leave no doubt in children's minds that Christmas was a special time for them at the annual Christmas party for foster and foster-adopt families on December 11, 2004. The festive affair created a sense of belonging and happy memories for 165 children and 74 parents.

Toddlers through teenagers tried their hand at ring tosses, indoor bowling and Nerf archery while other children painted picture frames and decorated wreaths. Completing an activity earned children fake dollars, which they could use to "do their Christmas shopping" from a room stocked with Barbies, stuffed animals and tennis rackets.

Each child sat on Santa Claus's lap and received special personal attention as well as a gift certificate.

"It's not just about the toys," said volunteer Patricia Afshar. "There's a real sense of belonging."

Carol Agalotis, who adopted three children, became the legal guardian for two and a foster parent for two more, says, "It's such a welcoming, warm, child-friendly program that really has as its focus the happiness of each child there. My kids are always asking me when the Help One Child party is going to be."

She adds that it's not just the children who have a ball. The parents have a chance to relax while volunteers shepherd their children to different activities and fit them in costume for the Christmas pageant.

"The people at Help One Child bend over backwards to put something around every corner and make sure the kids are always happy," Agalotis says.

And cementing that family bond is what the party is all about. Strong families and permanent, loving homes are on Help One Child Director Mark Morris's wish list for these children.

"Our wish is that all of these kids could find permanent, loving homes and that is our mission at Help One Child," Morris says.



**Shanice helps her younger cousin Vaeshia shop at the Christmas store at the Help One Child Christmas party**



## Kids Who Wait

*If you are interested in foster parenting or adopting any of these children, call Judy Holmes at 650-917-1210 to be referred to the appropriate person at DFCS.*

A **13-month-old Caucasian/African American boy** born positive tox for a number of prescription pain medications needs an adoptive home. The boy has a happy disposition.

An **8-year-old articulate, bilingual Latino boy** needs a long term home capable of working with a child who is charming, active and funny sometimes and filled with fear, anxiety and lack of self control at other times.

An **11-year-old bilingual Latina girl** was removed from her home for physical abuse from her mom in August. Ideally she would like to stay in the Oak Grove school district in San Jose. She likes sports and crafts.

An **11-year-old Latina girl** has moved several times since she first came into foster care at 8 years old. She has been defiant and difficult at times and needs another chance at living in a long term foster home. She likes arts and crafts, soccer, and cheerleading.

A **13-year-old Caucasian boy and his 14-year-old sister** would like a home together. Their mother is incarcerated and has visits with the children. The girl is outspoken, and likes quilting and crafts. The boy does well in school and also likes art projects.

A **14-year-old African-American boy and his 10-year-old sister** have never been in foster care, but their family is breaking up. They would like to stay in Palo Alto schools. The boy enjoys playing basketball and the girl likes reading and soccer.

A **16-year-old boy**, who has a close relationship with his grandmother, needs a home with good structure and boundaries for the youth. He has experimented with drugs in the past and has a history of running away. He likes skateboarding, biking and movies.

# Nancy Thomas Is Coming March 4-5!

If you've seen or heard Nancy before, you'll know that this is an opportunity not to be missed! She comes to Help One Child's RAD camp each August, but it's been almost four years since we've had her speak to a general audience.

Nancy is a parenting specialist and author with 30 years of experience training families and children, nationally and internationally, how to work with difficult behaviors and attachment issues. She will present her practical therapeutic parenting model which trains children to be respectful, responsible and fun to be around. Nancy will also share new research on childhood brain development and nutrition. Joining Nancy is her 22-year-old daughter Beth Thomas, a survivor of RAD who was featured on an HBO special "Child of Rage" in 1990.

The seminar is open to the public as well as to Help One Child foster and adoptive families. It will be held on March 4 and 5, 9 AM to 4:30 PM. It will take place at 858 University Ave., Los Altos. The cost is \$120 per person or \$150 per couple. CEU units available for additional \$60. Call Judy at 650-917-1210 to sign up or email [jholmes@helponechild.org](mailto:jholmes@helponechild.org).

## Easter Eggstravaganza

All foster families are invited to come and hear the Resurrection story and participate in an Easter egg hunt on March 26, 10AM to 11:30AM. The event takes place at Help One Child, 858 University Ave., Los Altos. Bring a bag of candy to share.

## Come and Play on Father's Day!

All foster families from FFAs and the county are invited to spend June 17-19 together at Mt. Cross Camp in the Santa Cruz Mountains near Felton. Join us for swimming, hiking and fun in the redwoods. Stay overnight Friday and Saturday. Camp counselors will lead your children in different activities and families can spend quality time together. Call Judy if interested: 650-917-1210. Send a check to Help One Child for \$250 per family, which includes lodging, food and activities, to reserve your spot. Enjoy a family vacation—with other foster families!



# We're on the Air!

If you've been listening to country music or local news, you might have heard us on the radio! Country music station KRTY 95.3 and Silicon Valley news station KLIV 1590 AM began airing our promotion for foster parenting in early February. Help One Child staff members Beth Walker and Julie Gannaway wrote two radio spots to get people interested in being a foster parent or volunteering. With the help of friend Bob Brown, they went into the studio to record a public service announcement. Another friend Gina Grinis and her two children, Sam and Maria, volunteered to be voice actors. Listen for us on these stations or hear the PSA by downloading it from our website at [www.helponechild.org/PSA.html](http://www.helponechild.org/PSA.html).

## Back on Track: Camp Reunion

Families who have attended RAD camp in the past gathered for an all-day reunion and refresher course on January 8 at the Help One Child facility in Los Altos, under the guidance of Dr. Don Williams.

Fourteen families compared notes, encouraged and motivated one another to continue using therapeutic parenting techniques. While the children participated in structured crafts and game activities, Dr. Don Williams reviewed the effects of stress on the nervous system, helping parents recognize how stress influences their parenting as well as their child's behavior.

"This helps people get on track for the New Year," said JoAnne Morris.

## Help One Child Offers Continuing Education Units

Help One Child parenting classes have continually had leading experts in the area of parenting adopted children and others with attachment issues. In January 2005, the California Board of Behavioral Sciences accredited our educational curriculum. We now can give Continuing Education Units (CEU) to therapists and social workers that need them for their credentials.

## Needs

Donated vehicles for emancipated foster youth  
Prayer chain—Join our email prayer list and pray for foster families' needs. Email [jholmes@helponechild.org](mailto:jholmes@helponechild.org)  
Photographer for Eggstravaganza, March 26  
Office help volunteer: several hours/week

# Ministry Growth in South County

Help One Child chose to focus their recruiting in January on finding good homes and volunteer helpers for the growing number of foster children in South County.

"With the high mobility and growth of the Gilroy and Morgan Hill area, it's not surprising there's a higher rate of foster care cases," said Help One Child Director Mark Morris.

As part of a strategy to improve recruiting, Help One Child has been doing regional recruiting and doing local orientations with TB testing and CPR classes.

Beth Walker, a recent employee of Help One Child, has orientations scheduled for 2005 in Gilroy, South San Jose, Foster City and Cupertino.

With the help of foster parents Margaret Fiala and Mary Williams who spoke at churches, Help One Child was able to make personal appeals at six different congregations: Gilroy Presbyterian, St. Mary Parish, Good Shepherd Lutheran, St. Catherine Parish, Morgan Hill United Methodist and Advent Lutheran. Six other churches put up posters and distributed notices inviting people to the Gilroy orientation.

Volunteer and former foster parent Olivia Holguin made church announcements in Spanish and translated for the January 26 orientation at St. Mary Parish, Gilroy.

*The Gilroy Dispatch* and *Morgan Hill Times* also ran front-page articles about the recruiting campaign.

Help One Child staff's expectations were exceeded when 35 people came to learn more about foster care or how they could help as a volunteer in the Help One Child network. Eleven people participated in the CPR/1st Aid class held at Gilroy United Methodist Church. Welcome to the new families and volunteers!

## Thank You to Donors

With the generosity individuals and churches have shown we look forward to an active year of serving foster families and their children. Please keep us in mind if you are able to donate or consider asking your church to make us one of the ministries they support. We are a nonprofit Christian ministry.

## Run the San Francisco Marathon or Half Marathon

Run the San Francisco Marathon or Half Marathon for Help One Child on July 31st with Director Mark Morris and IT Manager Julie Gannaway—call or see website for details.

# Our Three Angels

By Patricia Goates

Thank you to Help One Child for our three angels. We have been so blessed with the women who come to babysit for my husband and me. It turns out that our three angels not only help us out, but have also truly touched our children's lives. I know the ladies love the greetings they get when they walk through our door.

Our family began with the adoption of a 3-month-old five years ago. She was a godsend for sure, a joy and a lot of work. More than we could imagine! While moving through her adoption, we found out we were going to have our own child. Our daughter was born just nine and a half months after our adopted child's birth! Then three years later we had the opportunity to add our son to the family.

We have found ourselves overwhelmed with the love of our children. It's been a great feeling to have your dream come true of building a family, but we have also really needed some time off to recuperate and recharge. With neither one of us having family close by it has been a hard task to get some "couple time." That's where Help One Child has joined our family.

At the Help One Child CPR class we needed for our son's adoption, we found out that they could help us in other ways. The people there, including Judy, went to work not only to find us one respite care person, but they said



Three women who babysit for the Goates and have become part of the family: Bridgette Chatellier, Muffy Foster and Mary Marsh

they were going to find us three of them. I remember telling my husband there is no way they are going to find a sitter willing to watch three young, active children just so that we can have a break. Little did I know the love of giving people.

Within a short time Judy called to tell us about several women who were interested in helping our family. We met them and let the kids meet them. Somehow, through God's good grace, we had three beautiful women who have not only given us nights off but have become part of our family. They have come to our kids birthday parties, given us advice, their time, love and their support.

We wish that you too will have beautiful angels waiting in the wings for you.

## Upcoming events

### Orientations & CPR / 1st Aid

	Orientations		CPR & First Aid
	7 PM Wednesday	9 AM Saturday	8:30 AM Saturday
March	16	19	19
April	20	23	23
May	18	21	21
June	22	25	25
July	20	23	23
Aug	17	20	20

Orientations 2 hours • CPR & First Aid 5 hours  
Call for Childcare: 650-917-1210

### RAD Support Group

The support group meets the third Thursday of every month from 6:30 PM to 8:30 PM - No meeting in August



March 4-5  
Nancy Thomas Training

March 26  
Easter Eggstravaganza



April 13 & 16  
Foster City Orientation and CPR/  
1st Aid Class

June 17-19  
Foster Family Weekend Camp @ Mt. Cross

July 31  
San Francisco Marathon  
and Half Marathon

