

# Independent Living

INDEPENDENT LIVING

MARCH 2008

## Franklin County DSS Independent Living

### Know Your Own Symptoms of Stress

#### Special points of interest:

- *YAC:*
- *IL Classes: March 22 11-2, April 19 11-2, May 3 11-2*
- *FAFSA application needs to be submitted online by 3/11/08*
- *Taxes are due 4/15/08*

#### You May Experience:

- Muscle Tightness
- Upset Stomach
- Migraine Headaches
- Jumpiness
- Pounding Heart
- Urinary and Digestive Tract Problems
- Fatigue, Insomnia
- Illness
- High Blood Pressure
- Inability to Concentrate
- Loss/Increased Appetite
- Dizziness/Weakness
- Impulsivity
- Irritability
- Lethargic
- Tense/Fearful
- Mood Swings
- Regression to Old Behaviors
- Increased Smoking, Alcohol, and Use of Medication



**Knowing that you are stressed allows you to take action to alleviate that stress.**

#### Inside this issue:

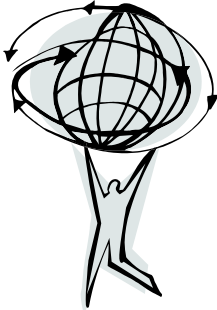
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### Ideas to Help You Relax

- Care for Yourself
- Set Realistic Goals
- Do the Same Thing Differently
- Break Away
- Take Things Less Personally
- Accentuate the Positive
- Know Yourself
- Rest and Relax
- Time Off
- Talk to Others
- Take a Long Walk
- Write a Poem
- Draw a Picture
- Color in a Coloring Book
- Blow Bubbles
- Go for a Run
- Spend Time with Animals
- Take a Long Hot Bath
- Yoga
- Deep Breathing
- Stretches
- Exercise
- Laugh
- Ask for Help

## Going Digital in 2009

After February 17, 2009, all television broadcasts will be digital. If you can't afford to purchase a digital television, a converter may be the right option for you. The converter is necessary if you use an antenna (outside or inside)



**Order your to-day**

or if there is ever a time you may need to use an antenna (cable outages, etc.). The federal government is offering 2 coupons per household toward the purchases of certain digital to analog converters. Call 1-800-DTV-2009 or visit [www.drv.gov](http://www.drv.gov) to apply. You will need to answer the following: your name, address, whether or not you have cable, and how many coupons you want.

Coupons are not due to be mailed out until sometime later this spring.

If you are in your own apartment or planning to do so soon, then you

should apply for a coupon. Converters are priced in the \$50 to \$75 range and the coupons are supposed to be for \$40 each. That is a big savings for you!

Questions? Call 1-800-DTV-2009 and ask!

## [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

**FAFSA IS HOW YOU GET MONEY FOR COLLEGE! GOING TO COLLEGE THIS FALL? FAFSA IS DUE 3/11/08 TO GUARANTEE MONEY FOR FALL 2008**

Documents you need in order to complete your FAFSA:

- Social Security #
- Driver's License
- W-2 form
- 2007 Tax Return
- Current Bank Statement
- Current Investment Information

**DO NOT MAIL THESE WITH YOUR FAFSA!**

These documents are needed to fill out the FAFSA, but copies do not need to be sent.

### Who is Eligible to Receive Financial Aid?

To receive federal student aid, you must meet certain requirements. You must:

- Be a U.S. citizen or eligible non-citizen
- Have a valid Social Security Number (unless you're from the Republic of the Marshall Islands, the Federated States of Micronesia, or the Republic of Palau).
- Register with Selective Service if you are male and 18 to 25 years of age (go to [www.sss.gov](http://www.sss.gov) for more information).
- Have a high school diploma or a

General Education Development (GED) Certificate or pass an exam approved by the U.S. Department of Education.

- Be enrolled or accepted for enrollment as a regular student working toward a degree or certificate in an eligible program at a school that participates in the federal student aid programs.
- Not have a [drug conviction](#) for an offense that occurred while you were receiving federal student aid (such as grants, loans, or work-study)

Also:

- You must not owe a refund on a federal grant or be in default on a federal

student loan.

- You must demonstrate financial need (except for unsubsidized Stafford Loans). Other requirements may apply. Contact your school's financial aid office for more information.

**America’s Best Colleges 2008  
(US News and World Report)**

- |  |  |                                       |
|--|--|---------------------------------------|
| 1. Princeton University (NJ)             | 10. University of Chicago              | 19. Vanderbilt University (TN)        |
| 2. Harvard University (MA)               | 11. Dartmouth College (NH)             | 20. University of Notre Dame (IN)     |
| 3. Yale University (CT)                  | 12. Washington University in St. Louis | 21. University of California Berkeley |
| 4. Stanford University (CA)              | 13. Cornell University (NY)            | 22. Carnegie Mellon University (PA)   |
| 5. University of Pennsylvania            | 14. Brown University (RI)              | 23. University of Virginia            |
| 6. California Institute of Technology    | 15. Northwestern University (IL)       |                                       |
| 7. Massachusetts Institute of Technology | 16. Johns Hopkins University (MD)      |                                       |
| 8. Duke University (NC)                  | 17. Rice University (TX)               |                                       |
| 9. Columbia University (NY)              | 18. Emory University (GA)              |                                       |
|  |  | 24. Georgetown University (DC)        |

What do Microsoft founder Bill Gates, Oracle CEO Larry Page, and other student loan sharks have in common? They all went to college. These industry leaders are so

**Great Pay, No Degree Required  
(Careerbuilder.com)**

8 of the 10 fastest growing careers by 2014 don’t require a bachelor’s degree. Some require vocational training or an associates degree. All of them require on the job training.

Here are the top 25 jobs that don’t require a degree:

- |   |  |                               |
|---|--|-------------------------------|
| 1. Air Traffic Controller \$102,030                               | 11. Computer Specialist \$59,480   | tor \$53,990                  |
| 2. Funeral Director \$79,517                                      | 12. First-line, nonretail supervisors/managers \$59,300  | 25. Commercial Pilot \$53,870 |
| 3. Operations Manager \$77,839                                    | 13. Nuclear Technician \$59,200  |                               |
| 4. Industrial Production Manager \$73,000                         | 14. First-line supervisor/manager of fire fighting and prevention worker \$58,920                  |                               |
| 5. Transportation Manager \$72,662                                | 15. Real Estate Broker \$58,720  |                               |
| 6. Storage and Distribution Manager \$69,898                      | 16. Elevator Installer and Repairer \$58,710   |                               |
| 7. Computer Technical Support Specialist \$67,689                 | 17. Sales representative, wholesaler and manufacturing, technical and scientific products \$58,580 |                               |
| 8. Gaming Manager \$64,880  | 18. Dental Hygienist \$59,790  |                               |
| 9. First-line Supervisor/Manager of Police and Detective \$64,430 | 19. Radiation Therapist \$57,700   |                               |
| 10. Nuclear Power Reactor Operator \$64,090                       | 20. Nuclear Medicine Technologist \$56,450   |                               |
|   | 21. Power Plant Distributor and Dispatcher \$57,330  |                               |
|   | 22. Fashion Designer \$55,840  |                               |
|   | 23. Ship Engineer \$54,950   |                               |
|   | 24. Detective and Criminal Investigator  |                               |

## How to Write a Thank You Note (ehow.com)

You can fill even short thank you notes with appreciation, sincerity and meaning. A handwritten note of thanks should be sent via mail (not electronic mail) for gifts received, in appreciation of a favor, following a job interview. And although thank you notes should be sent promptly, "better late than never" does apply as the recipient will always enjoy your thanks.

1. Begin with a fresh sheet of note paper and a smooth pen. Thank-you notes are traditionally written in cursive, and are headed by the date and a salutation: "Dear Aunt Ruth," followed by a comma.
2. Thank the recipient for the gift, favor or entertainment given.
3. Write about the appropriateness of the gift or favor: "Your baby-sitting for my children has truly been a lifesaver in these difficult times." (You can describe a gift that didn't quite suit your taste as "a conversation piece" or "unique.")
4. Tie the appropriateness of the gift to the person who gave it to you: "You've always understood my taste in clothes."
5. Write about how you plan to use the gift (or substitute this step for step 3): "I have a picture of my parents that will look perfect in your frame." If you received a gift of money, mention how you will spend it.
6. Write about how you plan to use the gift (or substitute this step for step 3): "I have a picture of my parents that will look perfect in your frame." If you received a gift of money, mention how you will spend it.
7. Sign your thank-you note: "With thanks, Billy."

## How to Respect Family Members (ehow.com)

**THIS  
INCLUDES  
YOUR FOSTER  
PARENTS  
AND THEIR  
FAMILIES!**

Respect is something often extended to strangers, like politeness, but not used at [home](#). Showing respect for family members can require extra thought but

shows great character.

1. Extend courtesies. If basic politeness is good for strangers, it's good for home use, as well. Remember to say please and thank you, hello and good-bye, good morning and good evening. These are basic rules of etiquette that, when extended to family members, show your respect for them.
2. Defend the clan. There's no need to go out and stir up trouble on behalf of your family. But when you're in public, watch what you say about your family members. When confronted with criticism by others, defend your family. After all, their bad traits, when brought to light, reflect poorly on you also.
3. Leave them room to grow. Respect sometimes requires walking away, even at home. For example, respect your sister's choices in boyfriends, even when you don't approve, by allowing her space to make her own decisions and being there to support her when they don't turn out so well. Skip the "I-told-you-so" out of respect for your sister and your family connection.
4. Maintain contact. You don't have to agree with family members to show them respect. Disagree at will, but maintain contact. Respect a family member's opinion, although you don't agree with it, by continuing to interact with that person. Once you've said your piece, though, you may want to avoid the disagreeable subject.

Let your family know what they can do to respect you as well.

Ask your family what else you can do to show respect. Different cultures have different requirements for being respectful.

## How to Prepare for Adulthood (ehow.com)

1. It is up to decide whether or not to let people know that you are a foster child.
2. Enroll in independent living classes.
3. Talk with your worker about what steps need to be taken before you age out.
4. Make sure that you or your social worker has your original birth certificate and social security card.
5. Make sure that you have a state issued ID.
6. Choose some extracurricular activities. These help you decide what you might want to do with your life.
7. Follow the rules and do your chores—this is good practice for being an adult when you'll have even more rules and chores.
8. Figure out what your mode of transportation will be—bus? Car?
9. If you plan on driving, you'll need your learner's permit, driver's education, and a car.
10. Look into where you will live—an apartment? In a dorm? You'll need furniture and household items. DSS can usually help with some of this, so ask!

## How to Create a Lifebook (ehow.com)

1. Write the purpose of your book..."this is my story" or "the story of me". Maybe start with a baby picture if you have one.
2. Birth Page: birth certificate copy, statement of the circumstances surrounding your birth, birth weight, length, time, etc.
3. Parents: write about your parents. Include some pictures of them.
4. Foster Care: write down where you lived, include a page for each home with pictures. If you don't have pictures, describe the family, draw a picture, what school did you go to in that home, who was your best friend, did they have pets, when were you there, etc.
5. Any significant occurrences in foster care or out of foster care: termination of your parents' rights, birth of a sibling, graduation, vacations.
6. Friends: pictures of friends, descriptions, who was your best

**A LIFEBOOK IS IMPORTANT  
FOR ALL PEOPLE TO HAVE, NOT  
JUST FOSTER CHILDREN**

friend.

7. Social Worker and Counselors: you might have one you want to remember!

## How to Survive Being Homeless

It's not easy being homeless, but you never know when the possibility would be there. Losing your job, natural disasters - the opportunity might present itself at any time. Here are some tips in case you find yourself in this situation.

When you learn of your fate, it's best to try and get rid of everything you have and earn some cash. That cash would be useful in the long run. If you get kicked out of [home](#) and you're a teenager, then try to pack as many clothes as you can with you. If you live in a wintery state, then definitely bring a reliable winter jacket with you.

Try to find food resources. There are various soup kitchens in any city. True that the food won't be palatable, but when you're roaming the streets hungry, you can eat anything. It

won't be easy at first, but you'll get used to it.

Find a shelter. There's usually a covenant [house](#), or a homeless shelter. They try to keep things sanitary for everyone. Be nice to everyone you meet, for it is not only you who are suffering.

Try looking for a job. There are always places willing to hire the homeless, as long as you're presentable. So keep yourself clean and showered, smelling good. Don't ever abandon your personal grooming skills.

Talk to a counselor. You will be presented with the opportunity to speak with one. In which case, do not turn it down. They can help you through this

difficult moment. You don't have to go through it alone.

Have faith. There will always be a brighter day. Someone might lend you a helping hand one day. In which case, let go of your pride, and take it. You will learn to appreciate it and someday you might be able to help others as well.

Be strong. Try not to lament your life away.

Be strong. Try not to lament your life away.

## Franklin County DSS Independent Living

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WWW.FRANKLINCOUNTYVA.  
ORG/  
INDEPENDENT\_LIVING.HTM

### Yes You Can by Donnie McClurkin

Listen, gather 'round I found something that you can use  
And if you listen, well, I'm here to tell you, you cannot lose  
A simple song, simple melody, to remind you that you can be  
The greatest ever, defeated never, even though sometimes you may lose  
Yes you can, you can do anything if you try, just try  
Yes you can, but you have to believe and rely on what you have inside  
You can make it through your trials, for your trials will just make you strong  
You can do anything, yes you can  
Teach your children well, it's time to tell them just who they are  
Train them as they go to let them know that they can go far  
Oh my brother why do you wait  
Tomorrow might just be too late  
For God gave the provision, made the decision  
You can do all things through your faith  
I can, I can, yes I can do anything  
No matter what it if you can just conceive it  
If you believe it, then you can achieve it.

## How to Leave an Effective Phone Message (ehow.com)

You'll learn 3 secrets to leaving an effective phone message that will enhance your chance of getting a call back. Learn the main mistakes even the "pros" make.



1. Leave

**If you want someone to call you back you need to know how to leave a message!**

- your phone number at the beginning of the message. In the event your target doesn't get your number the first time they hear it, they don't have to listen back through your whole boring message to get it.
- Here's the biggy to ensure your number is understandable. While you say your number — write it ... neatly. Say your number **NO FASTER** than you can write it. Then repeat it. If you have no writing utensil, pretend to write it in the air.
- Leave your number, your name, and the nature of your call. Speak clearly.
- Practice. Record yourself some day when you're busy returning phone calls, making calls and leaving messages. Or, call yourself and leave a message. Then critique it. Then have a friend critique it.

#### Tips:

It should take you between 8 and 10 seconds to say the number so that it is understandable. 16 to 20 seconds to say it twice.