

Independent Living

Franklin County DSS

Local IL Updates

IMPORTANT UPDATE: THE INDEPENDENT LIVING PICNIC IS MAY 30TH (NOT MAY 23RD) FROM 10-2 AT THE RECREATION PARK ON 619. PLEASE RSVP!

2009-2010 Demonstration Project will assist with the purchase of a car up to \$500. The youth must have \$500 as well at that same time to put towards a car.

FosterClub.com

FosterClub is the national network for young people in foster care.

Every two minutes, a child's life changes as they enter the foster care system. Currently, there are over 513,000 young people in foster care in across America. FosterClub is their club — a place to turn for advice, information, and hope.

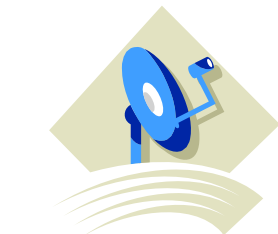
FosterClub helps open the way for these young people to transform their lives and provides a forum to raise their voice. Our members engage with peers and regain control over their situation through

Jodi Leffue is no longer with the agency. Her cases are being reassigned. If you have any questions as to whom your social worker is, please contact the foster care supervisor (Debby Jones) at 540-483-6852.

Amanda Silva recently joined the foster care unit. Please make her feel welcome when you meet her!

support, skill building, and healing opportunities. FosterClub's young leaders achieve impressive levels of success as they demonstrate remarkable resilience. Here they have real life opportunities to become true heroes as they reach back to improve the foster care system for their younger peers.

The members of FosterClub are resilient young people determined to build a better future for themselves and for other kids coming up through the system behind them. Their success depends on the



May is National Foster Care Month!

generosity of concerned individuals and collaborations with partner organizations. If you would like to learn more about FosterClub or how you can support young people in foster care. call 503-717-1552.

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Mark Your Calendars:

- Foster Care and IL Picnic: May 30th from 10-2 at 619 Recreation Park
- Youth Advisory is in Roanoke from June 12th- June 14th

Mandatory Classes:

- Virginia Western Community College Tour: June 18th
- Foodies in Roanoke: July 30th
- Patrick Henry Community College Tour: August 11th

Virginia Prepares for the Swine Flu

Governor Kaine advised anyone with influenza like illness to protect themselves, their families and their fellow Virginians by following these standard guidelines:

If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

If you feel you need medical attention, call ahead first so health care providers can

take necessary infection control measures.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Try to avoid close contact with sick people.

Avoid touching your eyes, nose, or mouth to prevent the spread of germs.

Virginians can monitor any developments regarding the swine flu on the Web sites of the CDC and VDH.

How to Find a Reliable, Sane Roommate

“Are you looking for a buddy? Do you mind if your roommate’s girlfriend practically lives there?”

Know Your Limits: Do you want a quiet atmosphere at home, or are you looking to have one foot back in the frat house? Do you mind if a roommate has his girlfriend spend the night several nights a week? Are you looking for a buddy or do you prefer more privacy? How will you handle drinking or drug use?

Screen for Reliability: Run a credit check if you’ve already got a place and are looking for a roommate. Try to substantiate their job and title by calling their current employer. Ask for the names and numbers of former roommates who can serve as a reference. Do an Internet search for your potential roommates’ name and e-mail address. This can turn up scams or warn you about distasteful or dangerous things they do in their spare time. Likewise, check out

their MySpace and Facebook pages. If they seem too good to be true, it will probably be revealed here.

Agree on the Big Stuff

Before You Sign: Rent: What is everyone’s share? Who will write the rent check if the landlord will accept only one check? **Space:** Who will occupy which bedrooms?

Household chores: Who’s responsible for cleaning, and on what schedule?

Food sharing: Will food, shopping and cooking responsibilities be shared? How will you split the costs and work?

Noise: When should stereos or TVs be turned off or down low?

Overnight guests: Is it OK for boyfriends/girlfriends to stay over every night?

Moving out: If one of you decides to move, how much notice must be given? Must the departing tenant find an

acceptable substitute?

How can you protect yourself?

Once these questions are answered to your satisfaction, you should spell them out in a roommate agreement letter that is signed by both (or all) of you sharing the house.

Will both names be on the lease?

Who will have the utilities in their name? How will you divide them? What is one of you runs up the electric bill or long distance bill?

Think about installing key locks on each bedroom to keep down the accusations of someone being in someone else’s room.

High School Diploma vs GED—Do Employers Care?

(www.careerbuilders.com)

For most Americans, school is a large part of your life. From the time you turn five until the time you're 18, you've probably spent thousands of hours in a classroom. Although the common path is to move from elementary school to high school and then decide what to do next, many students take a different route.

As anyone knows, life often has its own idea about how your plans should go. Some students leave school because they need to help with the bills, they start a family or school doesn't seem like the right option for them at the time. Whatever the case, they can always return to high school or they can earn their GED®, which stands for General Educational Development.

According to the U.S. Census Bureau, 12.8 million people over 15 have a GED, which proves that a significant amount of people are opting to take a different path. This large number of people with GEDs also means that more employers are faced with job seekers with backgrounds that don't fit the traditional model. Still, plenty of people are left wondering whether or not their decision to opt for a GED will come back to haunt them.

How can a GED impact your career?

Brett Yardley, a [marketing and communications specialist](#) for MAU Workforce Solutions, has helped recruit many job seekers, including many who

have GEDs. In his experience, many employers focus on whether or not you made the effort to complete your education at all.

"The biggest difference is degree -- GED or high school diploma -- versus no degree," Yardley explains. Employers want to know they're hiring someone who can complete a goal they've set for themselves. "In our experience with trade skills and labor positions, GEDs are typically considered an equivalent of a high school diploma and rarely have any impact on job seekers. Years of relevant experience or technical skills usually become the deciding factor. Proof of the degree is all that's required. It's when a job seeker doesn't have a GED or a high school diploma that employers move on to the next applicant."

The case isn't quite the same when you move from the labor positions into specialty areas.

"Job seekers for professional [or] specialty positions rarely, if ever, show GEDs," Yardley says. "A GED may raise questions in the mind of hiring managers for this type of work due to the perceived stigma that GEDs are somehow less than high school diplomas," Yardley explains. "In our experience, if individuals with GEDs are applying for professional type work, they leave any references to their GED off their résumé. At this level,

bachelor degrees and above are typically the deciding factors, with high school diplomas and GEDs as more of an afterthought."

The good and bad of a GED

A GED can mean two different things to employers, depending on the context, says Maya Frost, author of "The New Global Student: Skip the SAT, Save Thousands on Tuition, and Get a Truly International Education."

"What matters most is not whether you earn a GED or high school diploma but whether you use the GED as a way to advance or to catch up," Frost says. "The GED can be a very powerful tool as part of a strategy to begin college early. For those who want to blast forward, veering off the SAT/AP/GPA path and taking the GED at 16 may be the smartest move they can make."

"[Workers] who earn a GED after the age of 18 are viewed far less favorably by employers. Unless you have a few college courses or exceptionally relevant experience under your belt, a GED may be seen as an indication of a lack of ability or follow-through," Frost warns.

Therein lies the trick for anyone with a GED. If you can continue your education in any capacity, you'll have the ability to frame your educational narrative and not let employers make their own assumptions.



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www.franklincountyva.org/ss-independent-living

You're growing up and getting older. You're spreading your wings and getting ready to fly. You're reaching your limits. You're figuring out what life means to you. And we're here to help you along your journey to independence and adulthood. Reaching independence gives you rights and responsibilities that you've never had before and both are a lot to deal with. Getting ready for independence can be a lot of work, but it can be fun as well. Are you getting ready to go to college? Let us help you by taking you on a campus tour, assisting with financial aid applications, and applying for college. Are you heading for the workforce? We'll help with the resumes and practice the job interview with you. Come make new friends. Learn more about what's waiting for you in the real world. Pick up some helpful skills before you're on your own.

The Independent Living Program is a locally administered program for foster children and other at risk youth in Franklin County. Participants are identified by their social workers or case workers and referred for the services. The program is open to youth 14 to 21. The program includes trainings, mailings, and one-on-one services to assist youth in planning for their futures and becoming successful adults.

Mexican Hot Dogs

Just a slightly different hot dog that the kids & adults love. Adjust the hotness to your liking
by [Bergy](#)

20 min | 10 min prep

12 Hotdog rollups

- 12 [flour tortillas](#)
- 12 hot dogs
- 1 cup refried beans (check out Di's recipe)
- 1/2 cup goat cheese ("or" your favorite)
- 1/2 cup your favorite [salsa](#)

1. Spread the heated beans on a warm tortilla.
2. Place a frankfurter on top.
3. Sprinkle with cheese and roll up the tortilla.
4. Microwave for 2 minutes or place in preheated 350°F oven for about 10 minutes.
5. Serve with the salsa of your choice.