

---

# Independent Living

---

## Franklin County DSS

### Samantha's Story...

My experience in Independent Living was probably one of the best in my life. I was so excited to be 17. Having my own IL apartment came along with group meetings and activities. I learned about money management and how the business world worked and what to expect when I was actually out on my own.

Even though I had my own apartment it came with rules and on site staff. After being in my apartment for a while I started not to care about the meetings, school, or rules. I paid for it. After a while I finally got kicked out of social services and I lost my apartment. It was probably one of the worst times I've been through.

Life on my own hasn't been easy.

I haven't been stable since social services. I have bounced from place to place, lost belongings and struggled for money. If I would have listened and followed the rules my life would be a lot easier.

If I could give any foster kid going into IL any advice, it would be to STAY THERE!

Take in everything they have to offer, because at the end of the day they are there to make your life better and prepare you for your future.



*If you won't listen to your workers, at least listen to each other!*

~Samantha Rhodes

Former Franklin County Foster Child

October 2007

---

#### Special points of interest:

- *Director Little is retiring in December. If you want your learner's permit, you better schedule your meeting with her for October or November!*
- *Angel McGuire has transferred to CPS as of this month. She is still helping out in foster care a little bit.*
- *Christmas Wish Lists should be out soon. Do you know what you'll ask for?*

#### Inside this issue:

<i>What is Counseling?</i>	2
<i>Sleeping Enough?</i>	2
<i>Household Tips</i>	3
<i>15-Minute Salmon</i>	4
<i>All I Really Need to Know I Learned in Kindergarten</i>	4

### Food Stamps for Apartment Youth?

Any able-bodied, non-exempt person who is 18 to 50 years of age can only receive food stamps for three months out of a 36 month period without working 20 hours or more weekly, averaged monthly. To be exempt the person must have a medically certi-

fied mental or physical disability, have a child under the age of 18 years old in their home, be pregnant, be less than 18 years old or be over 50 years old. The gross income level as of October 1, 2007 is \$1,107 for a one person household.

Does receiving an IL stipend making getting food stamps impossible?

No, it is not impossible. Restrictions that apply to foster children in placement do not necessarily apply to those in their own apartments.

## What is Therapy or Counseling?

### Youth Communication Publication:

Counseling is a process where people explore their feelings, behavior, and what's going on in their lives. People go to counseling because they want to find ways to feel better and be more effective in their lives. If you get into formal counseling or therapy, you'll probably experience individual counseling, group counseling, or family counseling, or perhaps all of them. If your problems are severe, you may be hospitalized.

**Individual Counseling:** In individual counseling, you meet one-on-one with a counselor, usually at his or her office. You usually meet regularly, at least once a week, for anywhere from a few months to a year or longer, depending on the issues you're working on. You play an active role in defining the goals of your therapy with your counselor.

**Group Counseling:** In group counseling, a group of people who share common problems, concerns and questions meet regularly to discuss feelings, and to listen and support each other. Peer self-help groups are one kind of group counseling, and they exist for many, many issues. Al-A-Teen is a peer self-help group for teens who have family members with alcohol problems. There are peer groups for teen parents, teens with eating problems, teens who've lost a loved one, and for teens with many other issues.

**Family Counseling:** In family counseling, two or more members of a family will meet together and separately with a counselor to discuss conflicts, issues, and communication in the family. The counselor helps the family members deal with important issues without taking sides.

**Hospitalization:** If you have severe emotional or mental health problems, such as strong feelings of hopelessness or that you may hurt yourself or someone else, or that you're losing control or that you cannot quit drugs without more structure and support, you may want to be hospitalized or referred to a drug rehab center. Hospitalization (which is also called "in-patient" treatment because you stay in the hospital) gives you a chance to get intensive services. For example, you may participate in individual, group, family, or peer counseling every day, as well as be given medication, to see what helps you most.

Depression is the name people use to describe everything from occasional sad moods to a serious disease requiring medical treatment.

Depression can be caused by chemical imbalances in your brain, or by traumatic events in your life, such as abuse, loss of someone dear to you, or conflict with parents, teachers, or friends. People who are depressed can feel sad, discouraged, and hopeless. They can feel irritable, lose interest and pleasure in daily activities, and feel worthless and alone. If you have those kinds of feelings for weeks or months on end, you need to seek professional therapy from an adult.

Since the cause of depression can be complicated, it's often important to have more than one form of treatment.

Even mild depression can lead to thoughts of suicide and suicide attempts. Many people have occasional thoughts of suicide when they are very upset, such as after breaking up with a boyfriend or girlfriend. But if you are feeling depressed and continue to think about hurting yourself and planning ways to end your life, you must tell someone and get professional help. If you won't tell an adult, tell a



*Counseling comes in many different forms.*

## How Much Sleep Do You Need?

Most teenagers need 8 1/2 to 9 hours of sleep a night. It is important to get enough sleep so that you can do well on tests and in sports. The problem? Most teenagers don't get enough sleep due to the teenage body being programmed differently than that of an adult or a child. A teenager's body tells them to go to sleep late and wake up late. Unfortunately, a teen's schedule for school does not fit that pattern and teens need to get up early even after going to sleep late. Sleep deficit impacts

your ability to pay attention, your mood, and your ability to do well in sports. 20% of teens fall asleep in class which leads to poor grades. Sleep deprivation also affects your ability to drive. More than half of the accidents caused by people who were too tired to drive were of those people under the age of 26. Sleep deprivation has been linked to emotional troubles like sadness and depression.

Are you getting enough sleep? Ways to know that you're not: 1. difficulty waking up in the

morning, 2. inability to concentrate, 3. falling asleep during classes, 4. feelings of moodiness and depression.

How can I get more sleep? 1. Set a regular bedtime, 2. Exercise regularly, 3. Avoid stimulants, 4. Relax your mind, 5. Unwind by keeping the lights low, 6. Don't nap too much, 7. Avoid all-nighters, 8. Create the right sleeping environment (dark, cool room, and quiet room), 9. Wake up with bright light.

## Household Tips from Nana...

1. **Re-heat Pizza:** heat up leftover pizza in a non-stick skillet on top of the stove, set the heat to medium-low and heat until warm. This keeps the crust crispy. No soggy microwave pizza.
2. **Easy Deviled Eggs:** Put cooked egg yolks in a Ziploc bag. Seal, then mash until they are all broken up. Add remainder of ingredients, reseal, keep mashing it until it is mixed up thoroughly, cut the tip of the baggy, squeeze mixture into the egg. Just throw the bag away when done.
3. **Expanding Frosting:** when you buy a container of cake frosting from the grocery store, whip it with a mixer for a few minutes. You can double it in size. It also decreases the amount of sugar and calories per serving.
4. **Reheating Refrigerated Bread:** to warm biscuits, pancakes, or muffins that were refrigerated, place them in the microwave with a cup of water. The increased moisture will help keep it moist and help it reheat faster.
5. **Newspaper Weeds Away:** start putting your plants in, work the nutrients in the soil. Wet newspapers, put layers of it around your plants as you go. Cover with mulch and forget about weeds. Weeds can get through some gardening plastic, but they can't get through wet newspaper.
6. **Broken Glass:** use a wet cotton ball or Q-tip to pick up the small shards of glass you can't see easily.
7. **No More Mosquitoes:** Place a dryer sheet in your pocket. It will keep the mosquitoes away.
8. **Squirrel Away:** to keep squirrels from eating your plants sprinkle your plants with cayenne pepper. The pepper doesn't hurt the plants and the squirrels won't come near it.
9. **Flexible Vacuum:** to get something out of a heat register or under the fridge, add an empty paper towel roll or wrapping paper roll to your vacuum hose. It can be bent or flattened to get into narrow places.
10. **Reducing Static Cling:** pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with pants that cling when wearing panty hose. Place a pin in the seam of the pants and it will get rid of the cling!
11. **Measuring Cups:** before you pour sticky substances into a measuring cup, fill it with hot water. Dump out the hot water, but don't dry the cup. Next add your ingredient such as peanut butter and watch how easily it comes right out.
12. **Foggy Windshield:** hate foggy windshields? Purchase a chalkboard eraser and keep it in the glove compartment of your car. When the window fogs up rub it with the eraser—works better than cloth.
13. **Re-opening Envelope:** If you seal an envelope and then realize you forgot to include something inside, just place your sealed envelope in the freezer for an hour or two. It unseals easily!
14. **Conditioner:** use your hair conditioner to shave your legs. It is a lot cheaper than shaving cream and leaves your legs feeling smooth. It's also a great way to use the conditioner you bought that doesn't work well on your hair!
15. **Goodbye Fruit Flies:** To get rid of pesky fruit flies take a small glass and fill it 1/2 inch with apple cider vinegar and 2 drops of dish soap, mix well. You will find those fruit flies drawn to the cup and gone forever.
16. **Get Rid of Ants:** put small piles of corn-meal wherever you see ants. They eat it, take it home, can't digest it, so it kills them. It may take a week or so especially if it rains, but it works & you don't have the worry of small children or pets being harmed.
17. **Information About Clothes Dryers:** the heating unit went out on my dryer. The gentleman that fixes things around the house for us told us that he wanted to show us something. He went over to the dryer and pulled out the lint filter. It was clean (you clean this out after EVERY load of laundry). He told us that he wanted to show us something. He took the filter over to the sink and ran it under hot water. The lint filter is made of a mesh material. Well, the hot water just sat on the mesh material. It didn't go through it at all. Dryer sheets cause a film over the mesh which can lead to burning out the heating element. You can't see the film, but it is there. To keep your dryer working longer and to help prevent a dryer fire, clean the lint trap AT LEAST every 6 months with hot soapy water and an old toothbrush.
18. **Catching Mice:** You've heard about baiting a mouse with cheese and peanut butter, but I have found that chocolate works best, Hershey Kisses actually. I had a mouse eat through my unopened bag of kisses which is what gave me the idea. I catch more mice with that kind of bait than any other.
19. **Keep Flies Out:** Place a Ziploc bag with water on your glass door to your home. It creates some type of prism with the natural light and it keeps flies out of your house.
20. **Blood on Your Clothes:** for girls this can happen at least once a month, but you could also get blood on your sleeve after cutting your finger on paper. Pour rubbing alcohol on the spot of blood and it will break up the blood and it will wash out. This doesn't work for animal blood and may not work where large quantities of blood are on your clothing.
21. **Cleaning Your George Foreman Grill:** Sometimes these can be difficult to clean due to their size or the fact that their grilling surface doesn't come off of the appliance. Spray it with non-stick spray before you cook and right AFTER you cook. It helps to break up the grease and makes it easier to clean.

## Franklin County DSS

453 South Main St.  
Rocky Mount, VA 24151  
Phone: 540-483-6850  
Fax: 540-483-6851  
E-mail: pav067@piedmont.dss.state.va.us



**Coming  
Soon to the  
Web!**

### *15-Minute Salmon:*

*2 6 ounce Salmon Steaks*

*Butter or Vegetable Oil Cooking Spray*

- 1. Preheat the broiler and cover broiler pan with aluminum foil and lightly grease the pan with butter or cooking spray.*
- 2. Place the steaks on the pan and broil for 5 minutes. Turn the steaks and broil for 4-5 minutes. Fish is ready when it is firm, but still springy, and a bit translucent in the center.*
- 3. Serve immediately with sauce of your choice.*

### *Nutritional Analysis:*

*350 calories*

*34g protein*

*20g fat*

*114mg sodium*

*0mg calcium*

## All I Really Need to Know I Learned in Kindergarten

by Robert Fulghum

*Share Everything*

*Play Fair*

*Don't hit people*

*Put things back where you found them*

*Clean up your own mess*

*Don't take things that aren't yours*

*Say you're sorry when you hurt somebody*

*Wash your hands before you eat*

*Flush*

*Warm cookies and milk are good for you*

*Live a balanced life—learn some and think some and draw some and paint*

*and sing and dance and play and work every day some*

*Take a nap every afternoon*

*When you go out into the world, watch for traffic, hold hands and stick together*

*Be aware of wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.*

*Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup—they all die. So do we.*

*And remember the Dick-and-Jane books and the first word you learned—the biggest word of all—LOOK.*

