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July 2022

**Issue
Ten**

Our Mission: To provide safe homes, healing and healthy environments and encouraging youth empowerment.

The Heartbeat

The Official Newsletter of The Heart Matters Foster Family Agency

Around the Agency

ConGRADulations to the Class of 2022!

The Heart Matters is proud to announce that 7 of our teens graduated this year. We are proud of what these young adults have accomplished and have high hopes for their futures.

Congratulations to:

Paul H.
Hannah J.
Jada K.
Vincent M.
Zaire H.
Max G.



We would like to thank the Assistance League of Riverside for their donation of gifts to our graduates and their assistance in hosting our Graduation gathering.

Their kindness and generosity helped each youth feel accomplished and supported.

Heart Matters Easter Eggstravaganza



The Heart Matters switched out our annual summer event for a beautiful springtime Easter Eggstravaganza this year! We were excited to see all our youth, families, and community organizations enjoy this amazing event and would like to thank all those who made it possible.

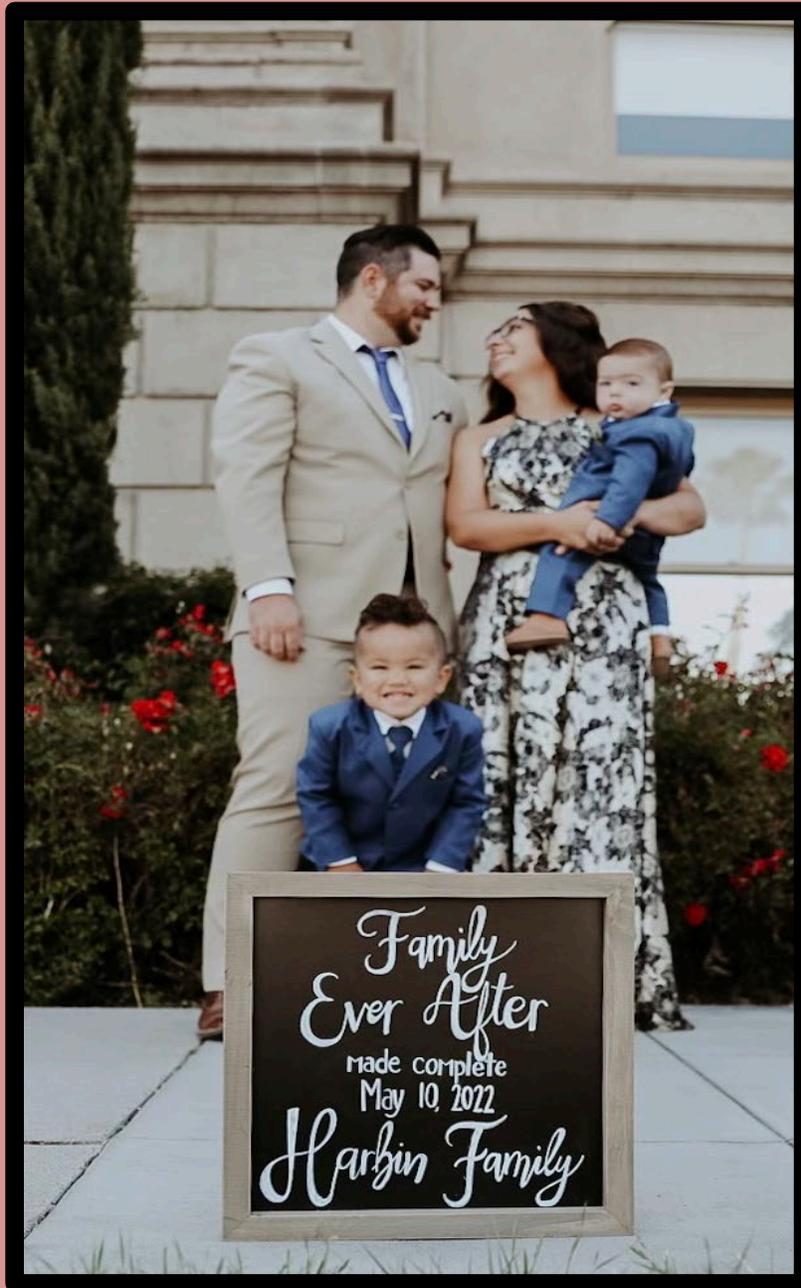
During the event, our agency provided lunch served by In-N-Out and hosted multiple games and easter egg hunts. Our amazing community organizations hosted game booths with various prizes as well, which included photos with the Easter Bunny, Skateboards, Gift Cards, Cookie decorating, ring toss, and more!

We would like to also thank our volunteers who came and assisted in making this a wonderful event for all. They not only helped set up and break down the event, but they helped each booth set up, served snow cones, and hosted games.

****Adoption Spotlight****

*Our hearts are full of joy as we proudly announce
our recently adopted children!!!*

*"A family isn't made from blood; it's made from love."
-Unknown*



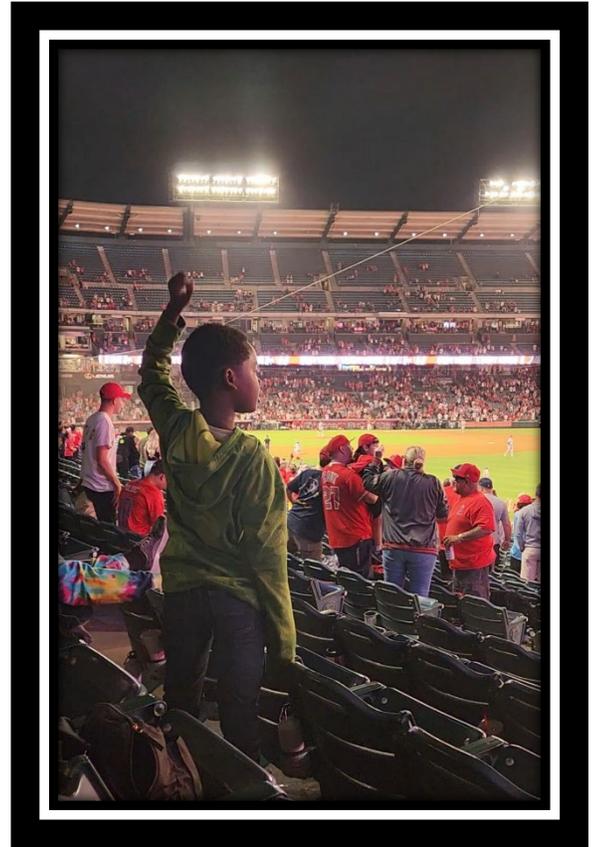
Alex Harbin
Adopted by The Harbin Family

Agency Spotlight – Let's Go Angels!

On June 21, 2022, our foster youth attended an Angels Baseball game for the first time this season. The Heart Matters has worked with Angels Baseball for the last few years to provide this opportunity to our youth. This outing was a first for many youth, at a live, professional sporting event and they loved every second of it.

Our agency has found that providing opportunities such as this one help not only strengthen the bonds within our foster families, but helps our children create and progress towards their goals.

We hope to continue to work with Angels Baseball and other sports teams to help bring joy to our foster youth all year long.



Donor Spotlight: Heart of a Superhero

The Heart Matters would like to recognize the Assistance Leagues of Riverside and Temecula Valley for the support they have provided to our youth throughout this year. We have worked with these amazing organizations since the beginning of our agency and while they have always provided great assistance in meeting the needs of our children, the support they have provided over these last months has been tremendous.

The Assistance League of Riverside has not only assisted in celebrating our graduates, but helped with our Easter Eggstravaganza, Back to School, Transitional Housing Program, and has donated essential items to our foster youth.

The Assistance League of Temecula Valley has supported youth who have entered our care with nothing of their own, provided essential supplies and items to our Mental Health Center, supported youth within our Transitional Housing Program, and provided shoes for many of our youth.

Tips for Parents



Credit: <https://www.popsugar.com/family/Summer-Bucket-List-Kids-41377379>

6 Practical Tips for Summer Parenting

“I’m bored.” The dreaded and inevitable words most parents hear at some point during the summer break. Children have a lot of free time on their hands, and it can be overwhelming to maintain their day-to-day activities. So how can parents keep their children structured, organized and active in the summer months?

Schedule fun. Together with your children, come up with your summer “bucket list” or list of activities the family wants and can afford to do this summer—trip to the zoo, beach vacation, backyard camping adventure, etc. Next, map out the activities on a calendar so the children know exactly when their adventures will take place. This will give them something to look forward to.

Resist the urge to overschedule. During the school year, parents know exactly when and where their kids will be each day. When it comes to the summer, parents often feel a need to schedule every minute of the day from drama camp to soccer practice to carpools to the park. While having a consistent routine is important, it’s also imperative to allow time for unstructured downtime.

Set aside time each day. Your child doesn’t need a Martha Stewart or Pinterest worthy activity, all they need is a loving connection with you. So, whether it’s running through the sprinkler together, roasting marshmallows in the backyard or even just counting the stars on a blanket before bedtime, do at least one thing a day to connect and have fun.

Encourage your child to try something new this summer. There’s no time like the summer to encourage your child to try a new activity. Maybe he wants to take swimming lessons, or a painting class, take-up a new sport or attend a summer camp. New activities encourage brain development and build your child’s focus and creativity. But remember, don’t go overboard in the scheduling of activities!

Limit technology. When it’s hot outside and kids are bored, screen time has a way to swallowing up all of their time. Parents can easily fall into the trap of technology becoming the babysitter. Replace that screen time with daily reading and regular trips to the library. Books open the imagination and creativity in every child.

Create structure and set boundaries. Summer routines are sure to be different than school routines, but it’s important to remember the necessity of routines. Children need to be freed of the tight structure of the school year, but they also need the security of knowing that some things will remain the same. Keep the same bedtime, maintain the same chore schedule, etc. You can easily discourage behavioral problems by ensuring a structured environment.

<https://www.parentingacrossscotland.org/publications/top-ten-tips/parenting-teenagers/>

We are looking forward to...



SAVE THE DATE

TRUNK OR TREAT

VENDORS NEEDED!!

OCTOBER 22ND, SATURDAY EVENING

FROM 6:00 PM TO 10:00 PM

THE HEART MATTERS FFA
21935 VAN BUREN ST.
GRAND TERRACE, CA 92313

Made with PosterMyWall.com



Carrie Mathews, MPA
Executive Director

Dear Amazing Families, Partners, and Staff,

I cannot believe we are already in the second half of the year! Our agency has had quite a year so far and has enjoyed providing special opportunities for our children. From delivering specialized Valentine's Candy Grams to attending our Easter Eggstravaganza, our staff and community has had a blast seeing all of you laugh, play, and make new connections. At each of these events, you help our children build lasting memories and bonds for life.

As exciting as this year has been, we have more excitement to come. Our staff is in high gear preparing for the back to school and upcoming holiday seasons. As always, we are prepping everything for the Back-to-School Giveaway where our youth will receive school supplies and brand-new shoes to start the school year off on the right path. This year will also be the first that The Heart Matters hosts a community Trunk or Treat. We are excited to host this event and have other community organizations join in the fun of dressing up and celebrating the fall season.

Our staff is also excited to get started on planning everything that goes into our holiday season, including our annual toy drive and family event. The amount of time, effort, and care put into this season never ceases to amaze me. The way our community comes together to bring joy to our youth brings tears to my eyes each year. The Heart Matters looks forward to connecting with current and new donors to help make this season extra special.

Please keep an eye out on our social media pages and during our monthly training updates for more information on all upcoming events and happenings here at The Heart Matters Foster Family Agency.

I look forward to seeing you all.

With Love,
Carrie
♥♥♥

Recipe of the Month

Ice Cream in a Bag By Delish



Ingredients

1 Cup half-and-half
2 tbsp granulated sugar
1/2 tsp pure vanilla extract
3 Cups ice
1/3 cup kosher salt

Toppings of your choice

Serves 1

Prep Time 5 Minutes
Cooking Time 15 hours

DIRECTIONS

1. In a small resealable plastic bag, combine half-and-half, sugar, and vanilla. Push out excess air and seal.
2. Into a large resealable plastic bag, combine ice and salt. Place small bag inside the bigger bag and shake vigorously, 7 to 10 minutes, until ice cream has hardened.
3. Remove from bag and enjoy with your favorite ice cream toppings.



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