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**April 2023**

**Issue  
Thirteen**

*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***

### ***Easter Eggstravaganza!***

The Heart Matters hosted our second annual  
**EASTER EGGSTRAVAGANZA**

On April 16, 2023 at Cal State San Bernardino.

Our youth and families were able to interact with many of our community partners and volunteers from various organizations while playing games and winning prizes.

Foster youth from the ages of 0 – 21 got the chance to hunt for **over 6,000 easter eggs** donated by our generous community partners!



**We would like to thank those who made this event possible either through donations or physical presence!**

In-N-Out, Monterey Pines Apartment Homes, BOLD Church, Beta Alpha Theta Zeta, Assistance League of Riverside, Family Assistance Program, For Goodness Cakes, Foster Love, Girl Scouts of San Gorgonio, THM Mental Health Team, Foundation of Grand Terrace, Youth Action Project, 4 Future Leaders of Tomorrow, PSG, Assistance League of Temecula Valley, Party Pets, Jam Haven, DJ Sassy B, Marlene's Painted Faces, Tyiesha C., Desi R., Jesse R., Bryan, Vanessa Z., and THM Transitional Housing

# Monthly Fundraisers!

**MENTAL HEALTH AWARENESS  
MONTH  
FUNDRAISER WITH  
ENDURING CREATIONZ!**



**THIS CUSTOM DESIGN WAS MADE BY  
OUR VERY OWN LIA ANDREWS!**



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All proceeds go towards  
The Heart Matters Foster Family Agency  
Our mission is to provide safe homes, healing and healthy  
environments, and encouraging youth empowerment.

*Please click the link in the description  
to place your order today!*



The Heart Matters Foster Family Agency is proud to announce our partnership with  
**ENDURING CREATIONZ!**

This wonderful company, lead by our own, Lia Andrews, has partnered with us to host  
fundraisers during awareness months, such as May for Mental Health Awareness  
Month.

100% of the proceeds go towards assisting foster youth throughout the Inland Empire.

You can get this shirt, or any of our past shirts, by visiting [www.enduringcreationz.com](http://www.enduringcreationz.com)  
and clicking "Shop" then "The Heart Matters Fundraiser."

# Agency Spotlight – Candy Grams!

This Valentine's Day,  
Our agency provided each of our youth with Valentine's Candy Grams.

Each Candy Gram was donated by a community organization or individual donor and came with a bag of candy and a special note for the youth.

Our youth absolutely loved getting this special gift and felt the love from their surrounding community.



## Donor Spotlight: Heart of a Hero

The Heart Matters would like to highlight one of our Heart of a Hero Donors:  
**Morongo Band of Mission Indians**

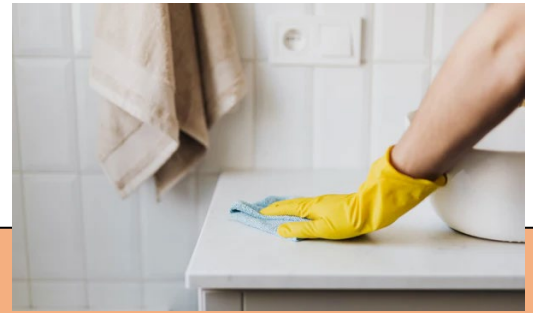
The Heart Matters Foster Family Agency is happy to announce our continued partnership with Morongo through their approval of grant funds for our Transitional Housing Program.

The funds provided by Morongo will help the youth entering this program purchase their first round of groceries. By being able to shop for these items, they not only get to purchase items they personally like but are able to begin their journey towards independence with a positive outlook on their future.

**Thank you, Morongo Band of Mission Indians, for helping empower our foster youth!**



# Tips for Parents



## 5 Science-Backed Ways to Spring Clean Your Parenting (Without Going Insane)

By ParentCo.

I know what you're thinking. "Oh no, another article telling me I need to be a better parent. I'm just dying to see what else I'm failing at." Well, you can rest easy and keep reading. There will be no guilt, no shaming, no list of 1000 activities you must do or foods you must never let your kids touch, and no over analysis of all child-rearing techniques here. The fact that you are reading this shows that you care and are trying, which is probably the best thing you can do as a parent. Chances are you're already spread thin by doing SO MUCH for your family.

These tips might actually make your job easier and don't take a ton of effort. Furthermore, you can be assured that science confirms you are doing the right thing.

- 1. Fill Your Own Cup First:** As a parent, you are always taking care of other people. The whirlwind of worry, cooking, feeding, diaper changing, snotty nose wiping, cleaning, scheduling, shopping, working, and sleepless nights leaves you feeling frazzled and drained. The cycle of constantly tending to others' needs leaves no time for your own, but you can't pour from an empty cup. Running yourself ragged all the time contributes to increased stress, sick time, and health problems and hinders your ability to function overall. In reality, serving yourself first will allow you to best serve others. It is not selfish, it's just basic self-respect. Something you want your kids to learn, right? So find a way to make self-care a priority. The world can wait while you take a little break to go for a walk, read a book, pursue a hobby you enjoy, do some yoga, prep healthy meals, or even take a freaking fantastic nap.
- 2. Get Moving:** One of the single most important ways to implement self-care is to exercise. I know, I know, you've heard this one a million times. "But I don't have the energy or time, it's hard, it's boring." Blah, blah, blah. Stop overcomplicating it. You don't have to spend hours a day, buy expensive equipment, join a class, kill yourself boot camp-style, or even go to the gym (unless that's your thing, of course). Just get your body moving. Find something that you actually enjoy. Walk, dance, or follow a simple at-home workout plan in your living room. You'll find it invigorating and will be surprised at all the wonderful things it will do in your life, like boost energy and immunity, improve your sleep, and even help you think more clearly. Not to mention you'll be setting a great example for your kids to follow, double win!
- 3. Let Boredom Ring:** "I'm bored." Two little words every parent dreads hearing. That phrase sends us into a frenzy of googling activities to do, Pinterest-y snacks to make, local events to go to, and crafts to make out of toilet paper tubes. Then, when our youth decide none of this stuff is acceptable, we throw up our hands and just give them another hour of screen time. Why do we think we need to entertain our kids at all times? LET THEM BE BORED. There are actually all kinds of benefits to getting bored. Boredom fosters creativity. When a kid hits that state of nothing left to do, their brain starts really firing. Bored thoughts lead to innovative thoughts, which are a good thing. (Well, usually) They will come up with something to do, no matter how much whining happens first. If they really need help, create a list with them that they can always go back to. If that doesn't work, you can always make a list of chores or ask them to help you clean. Suddenly anything else becomes oh-so-fun! Furthermore, learning to amuse themselves helps develop problem-solving skills, motivation, and interests of their own - all contributing to healthy psychological development and a clear sense of self.

To read more tips on "Spring Cleaning your Parenting, visit:

<https://www.parent.com/blogs/conversations/5-science-backed-ways-spring-clean-parenting-without-going-insane>

# *Carrie's Corner*

*A letter from our  
Executive Director*



*Carrie Mathews, MPA  
Executive Director*

Greetings Families!

I hope your year is off to a great start. We had a wonderful holiday season and were blessed to have so many amazing community partners who sponsored the holiday gifts for our youth, we hope they enjoyed everything.

I believe a new year is a great time to reflect on the lessons learned from last year and set new goals in order to do better this year. Take the time to consider what you want to achieve this year, for yourself and for your families. Remember that everything you do for our youth makes an impact on their lives and although they may not say it all the time, they appreciate you more than you know. It is a new year and a perfect time to remind you how important you are to our agency and thank you from the bottom of my heart for all the things you do. You truly make a difference in the lives of your youth and although times can be challenging, they are grateful for your love and consistency.

I know it is said all the time, but I really believe I am blessed, and our agency is so fortunate to have parents like you caring for our youth and I can never thank you enough.

*With Love,  
Carrie*  
♥♥♥

## Recipe of the Month

# Slow-Cooker Grape Jelly Meatballs by Makinze Gore on Delish.com



### Ingredients

- 2 pounds frozen meatballs
- 2 cups of BBQ Sauce
- 1 (12 ounce) jar grape jelly
- 1/4 cup Sriracha

### DIRECTIONS

1. Place meatballs in bowl of a slow cooker and pour BBQ sauce, grape jelly, and sriracha over. Stir to coat meatballs.
2. Cook on low for 3 to 4 hours. Stir meatballs before serving.



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