

In this issue

Around the Agency
Valentine's Day Candy Grams
Agency/Donor Spotlight
Tips for Parents
2023 Events
Carrie's Corner
Recipe of the Month



January 2023

**Issue
Twelve**

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

Happy Holidays!

The Heart Matters is proud to announce that over the holiday season, we were able to grant the wishes of

over 160 foster youth!

We could not have done this without our amazing donors and those who hosted Toy Drives throughout the Inland Empire. Thank you so much to everyone who participated in making this a special holiday season for foster youth.

Our youth received their gift from Santa and his elves during our Family Holiday Event hosted at the Fox Event Center in Redlands, CA. During this event, our youth and families had the chance to participate in various activities, eat dinner with others in the foster care community, and dance to fun music. They had a blast and were extremely grateful for everyone involved in making this night happen.



Valentine's Candy Grams!



Candy Grams

*Making Valentine's Day
Sweet
for our Foster Youth!*



*Help our Foster Youth feel special this Valentine's Day
by purchasing a Candy Gram made with love just for them!
Each Candy Gram comes with a personalized note & a sweet treat!
Please email madeline@thmffa.org to sponsor our youth today!*

This Valentine's Day we will be providing personalized Candy Grams to our youth to ensure they feel loved on this special day.

Each Candy Gram will have a personalized note and sweet treat for the youth.

You can be part of this day by purchasing a candy gram for a youth for just \$5!

To donate, please email Madeline at madeline@thmffa.org.
All personalized notes and funds for candy grams are needed by February 10th.

Agency Spotlight – Gobble, Gobble!

On November 16, 2022,
Our agency was blessed to be one of the few non-profits to receive Thanksgiving Turkeys from Morongo Band of Mission Indians to provide to our foster families.

It was great to see how excited our families were to receive such amazing assistance. Our team was able to distribute 60 turkeys to families throughout the Inland Empire!

This gift allowed our families to provide special holiday dinners for the youth in their home. Our youth were grateful to be able to share this holiday with their foster families and want to give a special thank you to
Morongo Band of Mission Indians
for making this possible.



Donor Spotlight: Heart of a Superhero

The Heart Matters would like to highlight one of our Heart of a Superhero Donors:
Diana Hart

The Heart Matters Foster Family Agency has had the pleasure of working with Mrs. Hart for many years. She has helped provide brand new shoes for youth, essential items, school supplies, and much more.

Diana has always participated in The Heart Matters holidays by sponsoring many youth and all 3 of their wishes. This holiday season, we had 5 siblings placed 4 days before Christmas and wanted to make sure they knew they were not forgotten. When we told Diana this story she sprung into action. Diana did not only donate funds to assist in purchasing gifts for the youth, but she gathered friends and family to help as well. With Diana's help, along with a couple other amazing donors, we were able to fill each youth's gift bag and deliver it to their home just in time for Christmas.

Tips for Parents



Let's Turn Sibling Conflicts into Growth Opportunities

By Joe DeProspero

When our children fight with one another, our instinct usually is to diffuse the situation and separate them until they calm down, apologize, or a combination of the two. But what if instead of separation, we encouraged communication, resolution, a more thorough understanding of someone else's perspective? It can yield results that help mold our children into more fair and balanced adults.

"Children can benefit from learning how to resolve conflicts as long as it is in their developmentally appropriate range," says Michael Zito, Ph.D., a psychologist who specializes in clinical and sports psychology. "For example, a 6-year-old may not have the capability of dealing with a chronic bully but could learn to negotiate sharing conflicts with a sibling."

For most of us, that's where the vast majority of conflict manifests—at home amongst brothers and sisters. If what Dr. Zito says is accurate, we'd all have a golden opportunity to teach conflict resolution practically every day. And there would be no shortage of chances to test it out. Regarding how best to implement this strategy, Dr. Zito suggests, "Parents can guide their children through conflict management by using facilitative questioning. This means the parent can ask questions to promote conflict resolution." The general idea is to divert the child's attention away from his own anger and redirect it toward examining the root of that anger, while also developing a deeper understanding of his current adversary's perspective.

I've personally tried this in my own house. My two sons (ages 5 and 7) were used to being yelled at and promptly sent to their rooms whenever they went at each other. So, when I would try to reason with them, they'd simply take that opportunity to take a few more swings at each other. But after a few failed attempts, they started to notice something—I wasn't screaming at them and sending them to their rooms. I was asking them questions. I asked questions that forced them to consider how the other might feel. "Would you like it if someone knocked down your Lego tower?" But I also asked questions that were a bit more self-serving. "Honey, if you want your brother to share his new water gun, don't you think you ought to be nicer to him?" That's a strategy I like to call "dangling the incentive." If it works, it works. Right?

While I'd like to report that this tactic has transformed my household into a utopian paradise, that simply isn't the case. My kids, like any, get into irrational, silly fights about things like which boy got to pick the last TV show, who is sitting on the wrong couch, or who stared at who for too many seconds. But when I was a kid, practically every scuffle with my sister resulted in being sent to our rooms until we apologized for whatever hell we'd raised. Half the time I didn't truly understand what I was apologizing for. I just understood it as my ticket to freedom. My sister and I were never encouraged to talk through the issue, but rather stay away from each other until our tempers cooled. It might explain to this day why I tend to flee from conflict and avoid confrontation at all costs.

Dr. Zito believes "conflict is an opportunity to develop life skills." And that's really what this is about. We want to teach our children that, while conflict is inevitable, it can yield something other than just hurt feelings. It can help build a foundation for a life that will involve countless opportunities to practice conflict resolution skills.

<https://www.parents.com/parenting/dynamics/sibling-rivalry/lets-turn-sibling-conflicts-into-growth-opportunities/>

Credit: <https://www.istockphoto.com/photos/fall-festival-kids>

We are looking forward to 2023!



SPRING EGGSTRAVAGANZA

APRIL 15TH

Come celebrate spring with our youth and families.

Egg hunt, In-N-Out, Games, Prizes, Music, & More!

Opportunities Available: Sponsorship, Host a Booth, Co-Host,
Volunteer, In-Kind Donations

MOTHER'S DAY EVENT

MAY 20TH

Help us celebrate our foster moms.

Moms are provided a day of pampering & receive:

Flowers, Food, a Facial, a Massage, and Gifts .

Opportunities Available: Sponsor a mom, In-Kind Donations

BACK TO SCHOOL

AUGUST 3RD

Help ensure each youth is ready and confident going into the
new school year.

Each youth receives: Backpack, School Supplies, New Shoes.

Opportunities Available: Sponsor a youth, In-Kind Donations

END OF YEAR HOLIDAY EVENT

DECEMBER 16TH

Help celebrate the holidays with our youth and families.

Brunch, Music, Dancing, Games, Fun, & More!

Opportunities Available: Sponsorship, Host a Booth, Volunteer,
and Toy Drive Donations.

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

Ravioli Casserole by Taste of Home



Ingredients

- 1 package (20 oz) refrigerated cheese ravioli
- 3.5 cups pasta sauce
- 2 cups small-curd 4% cottage cheese
- 4 cups shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- Minced fresh parsley, optional

Makes 8 servings
Prep time: 10 min
Bake

DIRECTIONS

1. Preheat the oven to 350 degrees. Prepare ravioli according to package directions; drain.
2. Spread 1 cup pasta sauce in an ungreased 13x9 inch baking dish.
3. Layer with half the ravioli, 1 1/4 cups sauce, 1 cup cottage cheese and 2 cups mozzarella cheese. Repeat layers
4. Sprinkle with parmesan cheese.
5. Bake, uncovered, until bubbly, 30-40 minutes. Let stand 5 – 10 minutes before serving. If desired, sprinkle with parsley



The Heart Matters Foster Family Agency
21935 Van Buren St, Suite A-1
Grand Terrace, CA 92313
909-906-1023

www.heartmattersffa.org

Lic.#366427925

