

Provider Spotlights



Cleburne County is pleased to spotlight Lori Chappell. Lori is a dedicated caregiver with a heart for children and families. She has a 4 month old grandchild, whom she helps care for as well as her nephew whenever needed. Lori's hobbies center around what she loves most babies and family time. Her service extends beyond her family. She was a volunteer at Hearts and served on the board for Feeding

America. Lori shared that the Kids and Kin Program is "an amazing program that can help you in many ways. We are always laughing and finding ways to enrich our lives," she says, "I highly recommend giving the program a try you won't regret it!" Cleburne County is proud to welcome Lori Chappell to the Kids and Kin family and looks forward to the many ways she will make a positive impact in our community.



The Spotlight in Tuscaloosa County is on Dorise Walker. Dorise is a dedicated and compassionate individual who views her life through the lens of faith, purpose, and service. She is a loving mother of 3 and the adoring grandmother of 7, whose ages range from 4 to 21. Her family is the cornerstone of her life and she cherishes every moment spent with them. She retired after 28 years of loyal service in the Tuscaloosa City School System, where she made a lasting impact

through her work with the Child Nutrition Program. Outside her career, Dorise has a deep love for traveling, dining out, and enjoying classic western movies. But perhaps her greatest passion is giving back. She is deeply committed to helping the homeless and supporting her community in meaningful ways. In 2023, Dorise joined the Kids and Kin Program. She said she has gained invaluable in-

sights into the challenges children face and has learned how to navigate complex situations with greater understanding and empathy. Above all, she finds joy in helping children and meeting individuals from all walks of life. Her journey continues to be one of faith, service, and growth, with her heart always open to learning and giving.



Cullman County is honored to spotlight June McGriff. June has been attending the Kids & Kin Program for 3 years. She has 2 daughters and 7 grandchildren. June said, "I enjoy coming to the Kids & Kin Program, all the topics are very educational. I have met a lot of great people, from the trainers to other relative care providers." About the summer program, she said, "I enjoy the summer program. I bring my grandchildren to that. My 6 year old grandson keeps me on my toes but he loves doing crafts!"

In her free time, she enjoys reading, being outside and helping her neighbors with whatever they may need. June encourages every one that helps take care of their grandchildren to come to a class. "It is worth the time," she said.



The Coffee County Spotlight shines on Roberta Gideon. Ms. Gideon has been an active member of the Kids and Kin Program since 2017. She has been married for 41 years to her husband, Troy, and has 3 children, 9 grandchildren, and 2 great-grandchildren. She also raised 2 of her nephews. She enjoys cooking and crafting. Making holiday and birthday cards is one of her favorite hobbies. Ms. Gideon works part time at the Elba Senior Center. Her dream vacation is going with family to

the mountains. Ms. Gideon enjoys being a part of the Kids and Kin Program because she finds the information very useful and helpful with and for her young grandchildren and great-grandchildren. Thank you for being a valuable part of the Kids and Kin family in Coffee County.

Safety Tips for a Happy and Safe Halloween

Kids love Halloween. By following these essential safety tips from the National Safety Council (www.nsc.org) we can help ensure a safe and enjoyable Halloween.

Safety tips for children:

- ⇒ Visibility is key. Children are more than twice as likely to be hit by a car on Halloween than on any other day. Ensure kids carry glow sticks, flashlights, reflective tape on their costumes and choose light-colored clothing to enhance visibility.
- ⇒ Supervise young children. Accompany children under age 12 while trick-or-treating. Always cross streets at corners or crosswalks and remain alert for excited kids who may dart into the street.
- ⇒ Costume safety. choose costumes that fit well to prevent trips and falls. Opt for nontoxic face paint instead of masks to ensure better visibility. All costumes, wigs and accessories should be fire-resistant.
- ⇒ Candy safety. Inspect all candy before allowing children to eat it. Ensure children do not enter the homes of strangers.

Safety tips for older children:

- ⇒ Older children may trick-or-treat alone, plan and review the route acceptable to you.
- ⇒ Agree on a specific time children should arrive back home.
- ⇒ Teach your children never to enter a stranger's home or car.
- ⇒ Instruct children to travel only in familiar, well-lit areas and stick with their friends.
- ⇒ Tell your children not to eat any treats until they return home and have an adult inspect the candy.

Safety tips for motorists:

- ⇒ Watch for children walking on roadways, medians and curbs.
- ⇒ Enter and exit driveways or alleys carefully.
- ⇒ At twilight or later in the evening, watch for children in dark clothing.
- ⇒ Discourage new, inexperienced drivers from driving on Halloween.



Thank You Yolanda Foy for 25 Years of Service!

If you've ever been to one of our Kids and Kin events and left feeling seen, heard, and supported, chances are you've met Yolanda Foy, passionate Relative Care Specialist serving Jefferson, Shelby and St. Clair Counties. She began this journey with Voices for Alabama's Children then transitioned with The Kids and Kin Program to Family Guidance Center in 2003. "This has been an enjoyable journey serving the community by God's grace with compassion and excellence. We've learned, laughed, loved, stretched, and mourned together. It has been my honor to serve you. Thank you for continuing to spread the word, invite others, and show up. You make the journey worth it." Married and blessed with 4 children and 6 energetic, always-surprising grandchildren,

she balances work and life with humor and heart. Outside of this role, she teaches in Children's Church, is Apple certified, a CPR/First Aid instructor and she leads Bible Life Groups. Her personal motto?

"Keep learning, and you will continue growing. I believe my best years are still ahead!"

Thanksgiving Celebrations Around the World

Thanksgiving in the United States, celebrated on the fourth Thursday of November, is a national holiday marked by gatherings with family and friends to give thanks and enjoy a traditional meal featuring turkey, stuffing, cranberry sauce, and pumpkin pie. But the United States isn't the only nation with a holiday dedicated to gratitude. Here are a few different variations of the Thanksgiving tradition in other countries.

Canada's first Thanksgiving celebration predates America's by more than 40 years! In 1578, an expedition led by the English navigator Martin Frobisher held a ceremony in what is now Nunavut, giving thanks for the safety of their fleet. The date is the second Monday in October. Their traditions look similar to American ones, including turkey and football!

Germany's equivalent of Thanksgiving is Erntedankfest (harvest festival of thanks.) This religious holiday takes place on the first Sunday in October. Celebrants may carry an Erntekrone (harvest crown) of grains, fruits and flowers to the church in a solemn procession.

Japan's variation of Thanksgiving, Kinro Kansha no Hi (Labor Thanksgiving Day) evolved from an ancient rice harvest festival. It is observed as a national holiday, but with none of the huge feasting you see on the American holiday. Instead, labor organizations lead events for citizens to celebrate the principles of hard work and community involvement. To mark the occasion, children often make thank you cards for policemen, firefighters or other municipal workers.

In Liberia, Thanksgiving started in the 1800s as a celebration of the colonization of freed African Americans. In the Netherlands, Thanksgiving is celebrated in honor of the Pilgrims that lived in the city of Leiden before heading to the New World.



Peppermint Puff Pastry Sticks

Are you looking for a fun recipe for the holidays? These flaky, chocolaty pastries melt in your mouth! With only 3 ingredients they are easy to make and more fun to eat!

Ingredients:

- 1 sheet frozen puff pastry
- 1 1/2 cups crushed peppermint candies
- 10 oz. chocolate candy coating, coarsely chopped

Directions:

- Preheat oven to 400 degrees.
- Unfold pastry sheet. Cut in half to form 2 rectangles.
- Cut each rectangle crosswise into 18 strips, about 1/2 inch wide.
- Place on ungreased baking sheets. Bake until golden brown, 12-15 minutes.
- Remove from pans to wire racks until completely cool.
- Place crushed candies in a shallow bowl.
- In a microwave, melt candy coating; stir until smooth.
- Dip each cookie halfway in the chocolate coating; allow excess to drip off.
- Sprinkle with peppermint candies.
- Place on waxed paper; let stand until set. Store in an airtight container.





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The Kids and Kin Program Offers Free Statewide Evening Virtual Trainings

Would you like to attend a Kids and Kin training but work during the day or don't have transportation? The Kids and Kin Program offers statewide virtual evening classes through Zoom twice each month. Below are the dates and times of our upcoming online trainings. See the enclosed calendar for the Relative Care Specialist's name and phone number that serves your county and they will walk you through the sign-up process. We look forward to seeing you online!

Monday	October 6th	6:00 p.m.	Sexual Behaviors in Young Children: What's Normal, What's Not?
Monday	October 20th	6:00 p.m.	Quick Guide to Enuresis (Bedwetting)
Monday	November 10th	6:00 p.m.	What are Learning and Thinking Differences?
Monday	November 17th	6:00 p.m.	Understanding a Child's Temperament and Why It's Important
Monday	December 8th	6:00 p.m.	APT: The Connection Between Math & Art
Monday	December 15th	6:00 p.m.	What it Means to be a Good Citizen

For more information, email kidsandkininfo@familyguidancecenter.org

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