

### Kinship Bill Requires Notification

State Representative Marian Harris (D-Columbus) has introduced legislation which would require children services agencies to locate and notify the adult relatives of any child for whom they receive temporary custody. H.B. 197 also encourages public children services agencies that obtain custody of a child as part of a sibling group to make reasonable efforts to place the siblings together or, if siblings are not placed together, to ensure the siblings maintain frequent contact, unless such contact is contrary to the siblings' placement or well-being. For more information, go to: [www.legislature.state.oh.us/bills.cfm?](http://www.legislature.state.oh.us/bills.cfm?)

### Taking Care of Yourself

On an airplane, an oxygen mask descends in front of you. What do you do? You put on your own mask before you assist anyone else. Caring for yourself is one of the most important things you can do as a caregiver. When *your* needs are taken care of, the person you care for will benefit, too. Here are some important self care tips.

- Learn and use stress-reduction techniques.
- Attend to your own healthcare needs.
- Get proper rest and nutrition.
- Exercise regularly.
- Take time off without feeling guilty.
- Participate in pleasant, nurturing activities.
- Seek and accept the support of others.
- Talk to a trusted counselor or friend.
- Identify and acknowledge your feelings.
- Change the negative ways you view situations.

For more information, go to: [http://caregiver.org/caregiver/jsp/content\\_node.jsp?nodeid=847](http://caregiver.org/caregiver/jsp/content_node.jsp?nodeid=847)

Source: Family Caregiver Alliance.

### November is Adoption Awareness Month

Help OFCA celebrate National Adoption Awareness Month by joining us on **November 6th from noon—1:00 on the west steps of the Ohio Statehouse**. Adoption advocates from throughout Ohio have come together to plan an event at the Statehouse to promote adoption awareness for waiting children. The theme of the event is "*Filling Family Portraits*". During the program, hundreds of empty frames will be displayed on the steps to represent Ohio's children waiting for a family. Speakers will include youth, families and legislators as they highlight the need for families and services for Ohio's children. After the remarks, volunteers will distribute a frame with the photo of a waiting child to each legislator.

### Ohio's Angles in Adoption



Ohio's Angels in Adoption, Angela (center) and Peter Schoepflin met with U.S. Senator Mary Landrieu (D-LA) in Washington, D.C. Peter and Angela, who were nominated by OFCA, received the Angel's in Adoption Award by the Congressional Coalition on Adoption Institute. (See related story in the September issue of OFCA E-News.)

### FREE OFCA MEMBERSHIP OPPORTUNITY—LIMITED TIME ONLY

Are you a member of the Ohio Family Care Association? For the month of November, OFCA is offering a free membership to adoptive, foster care, kinship and respite caregivers and child advocates. To take advantage of this offer, please send your name, address and e-mail address to us at [office@ofcaonline.org](mailto:office@ofcaonline.org).