

The STAR Newsletter

Adult Issue

A newsletter for licensed adult foster care providers of Washington County.

Summer 2023

Inside This Issue

- Reminder: Staffing Patterns
- Provider Spotlight
- Welcome New Providers
- Home Phone Number Reminder
- New Contact Information
- Recognizing Juneteenth
- Room and Board Payments
- Training Opportunity
- Summer Safety
- Recognition Event Survey
- Free Admission Days

Adult Foster Care Licensing Team's Mission

To enrich the lives of adults by promoting safe and quality licensed care.



Community Services
Adult Foster Care
Licensing
14949 62nd Street N.
Stillwater, MN 55082
[Adult Foster Care
Licensing Website](#)

Reminder: Staffing Patterns

The Adult Foster Care (AFC) team hosted a staffing pattern training on May 2 and we had a great turn out! Thank you to all the providers who attended. The training covered how to create both a weekly and daily staffing pattern, as well as correlating documents like the supplemental application that is required to complete at relicensing.

If you were unable to attend, please note that we sent a follow-up email to all providers on May 8. This email includes both staffing pattern templates and examples to help guide you in creating your own pattern. *You are not required to use the templates we supplied, but you must submit a staffing pattern that clearly lists the hours that you and caregivers are providing services to your residents.* The hours should reflect the needs of your residents and meet their service plan agreements.

In addition, please inform your licensor when a caregiver has left your program so they can be removed from your NETStudy roster. Caregivers who have been absent for 120 or more days must complete a new background study (245C.04, Subd. 1).

We are asking for all staffing patterns to be returned by June 15. If you have questions regarding staffing patterns, please contact your licensor directly.

Provider Spotlight

Meet **Corrine and Dennis Schmidt**, Washington County Adult Foster Care Providers.



From left to right: David, Corrine, and Dennis enjoying a vacation in Cabo.

You may recognize their names and faces from provider meetings and other licensing trainings. We feel like it's important to acknowledge our foster care providers' hard work in caring for vulnerable adults in this county every single day. Providers have a wealth of knowledge to share with both us as licensors, as well as other foster care providers. Read more about Corrine and Dennis' foster care experience on the following page.

Continued on page 2



New Providers!

April 2023

- **Hawi Geleta**
Oakdale

Home Phone Number Reminder

A friendly reminder:
All adult foster care homes are required to have an accessible and operable home phone for everyone to use.

There should always be a permanent phone on site. We expect to be able to get a hold of someone if we call the number listed as your home phone.

New Contact Information



Please keep us informed of any changes to your email address and home/cell phone numbers. Contact your licenser directly with updates.

Continued from Provider Spotlight on page 1

How long have you been licensed?

We have been licensed providers since 1996, but Dave has actually lived with us since July 1995.

What made you want to begin adult foster care?

It was never in our plan to become foster care providers; it just happened. David came to stay with us in July a few months after his mother died. Dave's case manager reached out to me to see if Northeast Residence (where I was working at the time) had any openings. He explained that Dave's dad was taken by ambulance in the morning, and he needed help because he did not want Dave to be home alone. I told Andy we had no openings at Northeast at the time but that I would ask about having David stay with us for a couple of days. Denny had never met Dave, but I explained the situation to Denny, and I asked him if he would mind helping this family out for a few days. I told him the little bit I knew of Dave and he said that would be fine. Dave's dad had only been widowed a few months. As it turned out, being a single father at his age and not in good health was more difficult than he thought it would be. When the few days had passed, Dave's dad told us that he did not think he could have Dave move back home. We told him Dave was fine where he was, at least for the time being. In September 1996, the county approached us and told us that if we planned to continue to keep Dave living with us, we would need to apply for a foster care license. So we did, and the rest is history.

What are your favorite aspects of adult foster care?

Dave is a part of our family. We were empty nesters when he came into our lives. He brings us a lot of joy, a sense of purpose, and we love his family!

What are some challenges of adult foster care?

Full-time caregiving is not what we expected to be doing as senior citizens. Additionally, I have to admit that we are all human, and as much as we love and care about one another, we do have our moments. Living 24/7 with someone with special needs comes with challenges; just as it does for all of us. I think the difference is that sometimes, the ability to process the, "why" is more challenging. This is neither right or wrong, but certainly learning to step back and telling ourselves, "Ya, what difference does it make in the whole scheme of things," is something we have continually worked on, even after all these years. Life-long learning is a process and there is no better way of learning that than through fostering.

How do you practice self-care as an adult foster care provider?

Dave has an amazing family! They have always been a great support system for us; sometimes to just let us process things or to help with caregiving in an emergency. Now that all but his stepmom live out-of-state, they keep in contact by phone on a regular basis. This is huge for David. Dave also has a very close friend of ours who spends time with him for a few hours twice a week, and this is huge now that he has retired. He really values the friendship they share. This also gives us an opportunity to do things together; just the two of us. Our niece and nephews are also a huge help! David likes it when they spend time with him when we want to get away for a couple of days. We only hire people who have known Dave for a very long time and those we have known for many years. In doing this, we can trust David is in good hands and is safe. Time to ourselves is paramount. We don't need much, but we do need some. Each person/family needs to take some time away to

Continued on page 3

Continued from Provider Spotlight on page 2

focus on themselves and their own well-being.

Do you have any words of encouragement for other adult foster care providers?

David has told us that he knows why God brought him into this world; it is because he was sent here to make us happy. I think of these words, and they still remind me how blessed we are to have David in our lives. We have had to learn to accept that there are things we need to let go of. If we expect everything to always be the way we

want it to be, we will not survive living with someone with special needs. The quirky things are what we love most about Dave and are also the things that drive us crazy sometimes. We also know that it is okay to get frustrated at times; it works both ways. But when all is said and done, we would not want Dave any other way. We love him just the way he is, and we think he feels the same way about us.

Recognizing Juneteenth

Juneteenth, also known as Freedom Day, is a federal holiday observed on June 19 as a day to celebrate the emancipation of enslaved people. Juneteenth's name comes from a combination of June and nineteenth, as June 19, 1865 is the day that Major General Gordon Granger arrived in Galveston, Texas to deliver the news of freedom for slaves there (National Public Radio [NPR]). This announcement came long after President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863 which freed more than 3.5 million African American slaves in secessionist Confederate states. Enforcement of the Proclamation came from Union troops who had a low presence in Texas as the American Civil War ended due to the state's remote location. Enforcement there had been slow and inconsistent before Granger's order.

It is important to note that not all slaves were freed immediately when the Proclamation was issued or even when this news reached Texas. Many slave owners did not tell their slaves about the Proclamation and did not honor it. Some slave owners refused to give up their free slave labor until they were forced to by the government. Many slaves who attempted to get freed during this time were met with violence or even killed. Also, the Emancipation Proclamation did not include slaves in border states that did not join the Confederacy. The Thirteenth Amendment, which abolished slavery in the United States, was not officially proclaimed until December of 1865 (National Geographic).

Now, Juneteenth celebrations commonly involve cookouts, parades, church services, musical performances,

and other public events. It is a day to recognize the hardships endured by African Americans. Juneteenth symbolizes empowerment and hopefulness for the future. There are many Juneteenth events going on in the Twin Cities that we've listed below. These events are free and open to all as a day of acknowledgment and celebration.

Juneteenth Events in the Twin Cities:

- [Woodbury Juneteenth Celebration](#)
Spend the day in reflection of how far we've come and how far we still need to go. Featuring speakers, live performances, music, food, kids' activities, etc. Hosted by Woodbury for Justice & Equality (W4J&E).

Saturday, June 17 • 11 a.m.-3 p.m.
Ojibway Park, Woodbury
- [U of M 2023 Juneteenth Celebration: The Art of Freedom](#)
This free event – centering on the theme of The Art of Freedom: Joy. Resistance. Rest. – will feature Black vendors, speakers, workshops, poster showcases, storytellers, musicians, performers, DJs, roller skating, books, free food, free haircuts, art-making, a bouncy house, a petting zoo, and more.

Saturday, June 17 • Noon-6 p.m.
U of M Urban Research and Outreach Engagement Center (UROC), Minneapolis

Continued on page 4

Continued from Recognizing Juneteenth on page 3

- [Juneteenth Minnesota — A Family Celebration!](#)

Free and open to the public:

- Community Griot Awards
- Scholarship awards
- 50 years of Hip Hop!
- Kids fun zone!
- Delicious food from throughout the African Diaspora!
- Art and history exhibits
- Performances!
- Marketplace
- Wellness resources
- Economic empowerment...and more!

Saturday, June 17 • Noon-4 p.m.

Allianz Field, St. Paul

- [Soul of the Southside Juneteenth Festival](#)

Soul of the Southside is a free, open street festival that celebrates black culture and the healing power of community. Taking place at The Hook and Ladder in South Minneapolis on Juneteenth, this vibrant event will feature music, art, food, and entertainment that will nourish the soul and empower the people.

Monday, June 19 • Noon-8 p.m.

The Hook and Ladder Theater, Minneapolis

Required [online RSVP](#) for guaranteed admission.

Sources:

- [Meet Minneapolis—City by Nature’s website](#)
- [National Geographic’s Education website](#)
- [NPR’s website](#)

Room and Board Payments

Rate Change, Housing Support Contracts, and Overpayments

The Housing Support (room and board – formerly Group Residential Housing [GRH]) rate is going up to \$1,135 starting July 1, 2023. This rate is set each year by the state. These state funds help cover the cost of rent, food, utilities, household supplies, maintenance, cleaning, and trash collection. Individuals in placement are eligible for this support based on their income and assets.

Providers must have a contract with the county in order to receive housing support funding. New contracts for 2023 to 2024 will go out within the next month. *If you have a person who is eligible for housing support, you must complete and return the contract.* Housing Support payments may stop if you fail to return the contract when due.

It is very important that providers track all funds they receive for the services they provide. You should be aware of how much you are being paid for waived services and room and board and where the money should be coming from. **You need to make sure you are not being overpaid or underpaid.** The amounts you receive from housing support can change based on the person’s income (work, Supplemental Security Income [SSI], Retirement, Survivors, Disability Insurance [RSDI], Social Security Disability Insurance [SSDI], etc.) as well as when the rate

changes. There have been instances of providers being overpaid or underpaid by thousands of dollars because the error was not caught immediately. It is easier to correct these errors if they are caught right away.

A common area of overpayment of room and board/housing support occurs when a person leaves adult foster care (AFC) before the end of the month. This happens because most room and board payments are made at the beginning of the month for the entire month. If you receive too much housing support you will receive a notice from the Collections Unit of the county’s Accounting and Finance Department. *You need to make sure you pay back any funds owed to the county as soon as possible.* If the person pays part of their income toward their room and board, you may also owe them a refund. You may be able to avoid this overpayment by checking with the financial worker about whether you can be paid at the end of the month instead of the beginning.

Training Opportunity

If you're looking for some training hours, consider watching the movie *Crip Camp: A Disability Revolution*.

This movie is available on streaming platforms. It is directed by James Lebrecht, a disability rights activist who was born with spina bifida. The movie focuses on a summer camp for teenagers with disabilities and the events leading to the disability revolution and creation

of The Americans with Disabilities Act (ADA). The run time is an hour and 46 minutes. This is an important story to understand how far we have come and how far we still need to go regarding disability rights.

For more information and to watch the movie trailer, visit the [Crip Camp website](#).

Summer Safety

After a long winter, most Minnesotans are excited for the warm summer days ahead. Whether you're planning a summer vacation or enjoying the outdoors, it's important to keep in mind some summer safety tips for yourself and your residents.



As a provider, it's helpful to prepare your residents for hot days outdoors, especially people who have a limited understanding of water safety and sun exposure risks. Heat exhaustion, sunstroke, extensive second and third degree burns, and burns for which complications are present are all incidents which require a serious injury report to the Ombudsman for Mental Health and Developmental Disabilities. We recommend training yourself, caregivers, and residents to know seasonal risks. Review your residents' individual abuse prevention plans and be aware of any vulnerabilities your people may have, such as wearing inappropriate clothing or not drinking enough water. To avoid summer injuries, read recommendations from the Ombudsman Office below:

Sun Exposure

- Some medications, such as neuroleptics and antibiotics, put clients at a higher risk for sunburn.
- Reduce exposure to the sun with umbrellas, hats, long-sleeved, light weight summer clothing, etc.
- Protect eyes with sunglasses that are labeled to block out 99-100% of both UVA and UVB radiation.
- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.
- Use broad spectrum sunscreens with SPF values of 15 or higher regularly and as directed even when it is cloudy.

Tips for applying sunscreen:

- Apply the recommended amount – a golf-ball sized amount or about one ounce – evenly to all uncovered skin, especially your lips, nose, ears, neck, hands, and feet.
- Apply sunscreen 15 minutes before going out in the sun.
- If you don't have much hair, apply sunscreen to the top of your head or wear a hat.
- Reapply at least every two hours, more often if you're sweating or jumping in and out of the water.

In the event that a person you're serving does get a sun burn, observe the affected area. If the burn is severe or results in complications, immediately inform their primary physician. *A serious injury report may also be required in this case.* Otherwise, make sure the person remains out of the sun and stays hydrated. Over the counter pain relievers or gels, like aloe vera, may be helpful to soothe the skin and reduce discomfort as well.

Continued on page 6

Continued from Summer Safety on page 5

Water Safety

- Develop policies based on [water safety rules from the American Red Cross](#).
- Provide training on policies for all staff prior to the swimming season.
- Know what hazards to look for in the specific water environments you'll be in, whether it's the beach, water park, pool, river, or lake.
- Know each individual's vulnerabilities and provide adequate supervision to ensure the safety of everyone.

Insects

- Check buildings for holes in screens and other spots where insects can get in.
- Apply insect repellents, when possible, before going outside.
- Wear long-sleeved shirts, long pants tucked into socks, and closed shoes when in wooded or grassy areas.
- Check for ticks after being outdoors.
- Shower as soon as possible after coming indoors. Ticks take several hours to attach themselves to the skin; in the meantime, they can be washed away.

Summer Fire Safety

- Attend public fireworks displays and leave the fireworks to the professionals.
- Make sure your grill is in good working condition and make sure you use it safely.
 - Only use your grill outside. Always open the grill lid before lighting.
 - Do not add lighter fluid to an already lit fire.
 - Keep a three-foot safety zone around the grill.
 - Use long-handled utensils to keep your hands and arms away from the heat.
- Keep an eye on your grill, fire pit, or patio torches.
 - Never leave any of them unattended.
- Place the coals from your grill in a metal can with a lid after they have cooled.
- Build campfires at least 15 feet away from tent walls, shrubs, or other materials that burn.

Recognition Event Survey

A short survey will be sent out to foster care providers in the coming weeks. This survey will be used to gauge interest in returning to a foster care recognition event. Previous recognition events were held annually before the COVID-19 pandemic as a time to acknowledge the important work our providers do every day. Once it comes to your email, we ask that you complete it so we can use your feedback to decide the best way to celebrate providers, whether that is an event or another form of recognition.

Free Admission Days in the Parks

Explore Washington County Parks for free on the first Tuesday (non-holiday) of every month. *No vehicle permit required.* This summer's free Tuesday dates fall on July 11 and August 1.

Visit the [Washington County Parks website](#) for more information.

County Adult Foster Care Licensing Staff

Robbin Ann Rosén

Licenser

651-430-4169

[Email Robbin](#)

Tanika Gockowski

Licenser

651-430-6550

[Email Tanika](#)

Hannah Thompson

Licenser

651-275-7718

[Email Hannah](#)

Rebecca Kimbell

Case Aide

651-430-8307

[Email Rebecca](#)

Sarah Tripple

Supervisor

651-430-6480

[Email Sarah](#)

Adult Foster Care Licensing Email:

[Email Adult Foster Care Licensing](#)

Visit our website:

[Adult Foster Care Licensing website](#)