



Connections - November 30, 2022



CCKids volunteers are getting things ready for this season's series of holiday parades. The CCKids float will feature a "Storybook Christmas" theme, complete with giant books (one being created by Mike Kaiser in the picture above) and more than 1,000 lights. It will be pulled by the CCKids car in the Stuart and Port St. Lucie parades. If you or your family would like to walk with us, please contact Christina.Kaiser@cckids.net today to sign up.

Lead Agency Has Been Making Christmas Bright for Children in Foster Care for More than 20 years

By Christina Kaiser - More than 50 local businesses and community groups are coming together this holiday season to provide gifts to the more than 1,000 children in CCKids' child welfare community of care.



None of it would be possible without Guardians for New Futures, the drive's largest contributor and CCKids' partner in the 2022 holiday toy drive.

"The Guardians organize the project, provide volunteers and fulfill any outstanding gift requests for children in Indian River, Martin, Okeechobee and St. Lucie counties," said Christina Kaiser, CCKids director of community relations.

Most of the nearly 1,100 children receiving services from the child-welfare system will receive 2-3 gifts each, Kaiser said.

The oldest sponsors include St. Andrew's Episcopal Church and the Retired Educators of St. Lucie County, which began collecting gifts for children in foster care when the project was still under the umbrella of the local Department of Children and Families.

New sponsors this year include Bright Futures Lab and Hometown News, which has helped advertised the project for nearly 20 years.

Other sponsors this year include: Translations USA, Kappa Kappa Iota, St. Andrew's Lutheran, Berry Fresh, First Presbyterian Church of Port St. Lucie,

The Grove Church, Pursuit Boats, Clark Advanced Learning, First United Methodist, La Buona Vita, Unity of Fort Pierce, Unity of Jensen Beach, Seacoast Bank, Treasure Coast Builders Association, Port St. Lucie High School JROTC, Sungrove Montessori, and Florida Highway Patrol.

We are still in need of toys for children of all ages. If you belong to a group interested in donating collected toys, please see the flyer below and contact Jordan.Bebout@CCKids.net.



COMMUNITIES CONNECTED FOR KIDS

In Coordination with Guardians for New Futures & the Angel Tree Project



Toy Drive

Be a Collection Site!

You collect the toys, we pick them up

We're seeking companies, churches and social groups to coordinate individual toy drives for children in the foster care system.

Pick Up: The week of
December 4

(772) 528-0362

Foster Care Community Brings Family Thanksgiving Meal to Teens and Young Adults

Local foster and adoptive mom Kristin West wanted to ensure that young adults and older teens in foster care had a place to spend Thanksgiving.



So she gathered all her friends and family and organized a special meal last week that paired young people in foster care with families in the community. Altogether, the event boasted four sponsors, 17 volunteers seven families and 11 teens and young adults.

"The youth came and spent Thanksgiving with seven families," West said. "We also sent them home with baskets of necessities like laundry detergent, cleaning supplies, groceries and other essentials."

The event was held at Covenant Fellowship Church, in Stuart, while Small Cakes donated cupcakes and the Junior League of Martin County provided the baskets.

In the picture above, guests build centerpieces together.

Shoo the Flu - In Today's *In the Clinic*

By Lisa McBride, RN, BSN
CCKids Nurse Care Coordinator

Get your Flu Shot Now! The recommendation from the CDC is that all individuals, six months of age and older, receive a yearly flu shot. Today, there are many flu vaccine options available. If you have any concerns or chronic health conditions, speak to your primary care physician or pharmacist to help decide which option would work best for you.



Pediatricians and local community health centers can give the shot to those younger than 18. If you are over 18, vaccines from local grocery pharmacists, CVS, Walmart and Walgreens are also available.

The Flu is spread by droplets in the air or on surfaces after someone infected sneezes or coughs. People infected with the flu can spread it to others one day before symptoms appear and up to seven days after becoming sick.

Some prevention methods include hand washing, using a tissue to sneeze or cough in, staying away from sick people, cleaning and disinfecting surfaces. You should also stay home if you're sick and for at least 24 hours after your fever subsides.

Finally, see the following flu tip and family activity sheets for more information at your (hopefully) germ-free fingertips.

Flu Information for Parents

What is flu?

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu viruses cause illness, hospital stays, and deaths in the United States each year.

How serious is flu?

Flu illness can vary from mild to severe. While flu can be serious even in kids who are healthy, it can be especially dangerous for young children and children of any age who have certain chronic health conditions. Children younger than 5 years old—especially those younger than 2—are at higher risk of developing serious flu-related complications. Children of any age with certain chronic health conditions like asthma and diabetes are also at higher risk.

What are the signs and symptoms of flu?

Symptoms of flu can include:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

Protect your child

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

Ask your health care provider which flu vaccine is right for your child.

- Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible.
- Children 6 months through 8 years of age may need 2 doses of vaccine.
- Children younger than 6 months are at higher risk of serious flu illness, but are too young to be vaccinated. Parents, siblings, and people who care for infants should be vaccinated in order to help protect younger children you cannot be vaccinated.

In addition to getting a flu vaccine, you and your child should take everyday actions to help prevent the spread of germs.

- Stay away from people who are sick, cover your coughs and sneezes, wash your hands often with soap and water, do not touch your eyes, nose, and mouth.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor right away if you are worried about your child's illness.

- Make sure your child gets plenty of rest and drinks enough fluids. If your child is at higher risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.
- If your child becomes sick with flu illness, CDC recommends that they stay home for at least 24 hours after their fever is gone and their symptoms have improved or resolved. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C)* or higher.

*Many authorities use either 100 (37.8 degrees Celsius) or 100.4 F (38.0 degrees Celsius) as a cut-off for fever, but this number can vary depending on factors such as the method of measurement and the age of the person.

Is there medicine to treat flu?

Yes. Antiviral drugs are prescription medicines that can be used to treat flu illness. They can shorten your illness and make it milder, and they can prevent serious complications that could result in a hospital stay. Antiviral treatment of the flu works best when given as soon as possible, ideally 1-2 days after flu symptoms develop. Antiviral drugs are recommended to treat flu in people who are very sick (for example, people who are in the hospital) or people who are at higher risk of serious flu complications who get flu symptoms. Antivirals can be given to most children and pregnant people.



For more information, visit

www.cdc.gov/flu/protect/children.htm
or call 800-CDC-INFO



**U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention**

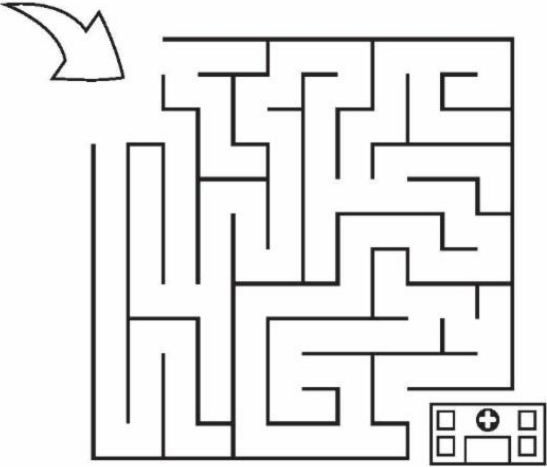
#FIGHT FLU

FIGHT FLU

People most often get flu in the fall and winter. Getting your flu vaccine is the best way to protect yourself from getting sick. Learn more about flu with the activities below.

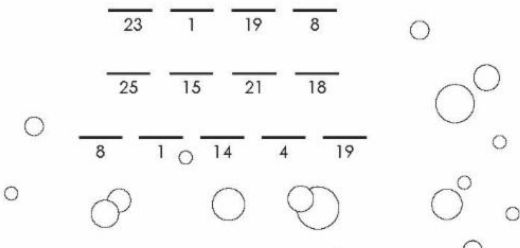
Doctor Office Maze

Follow the maze to get to the doctor's office.

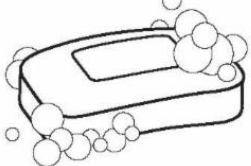


Secret Message

Decode the secret message for one step to take to help prevent flu.



KEY	7-G	14-N	21-U	
	1-A	8-H	15-O	22-V
	2-B	9-I	16-P	23-W
	3-C	10-J	17-Q	24-X
	4-D	11-K	18-R	25-Y
	5-E	12-L	19-S	26-Z
	6-F	13-M	20-T	



Flu Word Search

Find all of flu words below. The words can be across, down, or even diagonal.

B K I R W S H O T K S M V
 Z E V C R G K U D I W W J
 K K O H I Q E H Y Z F L U
 C H H P C C G H A R F M V
 W E J S T U F F Y U E L C
 V A M F O F Z U C V P S P
 M D O C B T F O G E P H T
 Q A H Z P S N E E Z E T D
 U C P S C J V T V G A K L
 Q H N I I R I V P E U F J
 H E Q X D C E E W B R V V
 J P K E L D K M K K O A M
 T Y P V G E R M S I F M T

COUGH	FEVER	FLU
GERMS	HEADACHE	REST
SHOT	SICK	SNEEZE
STUFFY		

Connect the dots

Connect the dots to find a tissue box.

