

ILP Newsletter

JANUARY
2010



Stopping by Woods on a Snowy Evening by Robert Frost (1923)

Whose woods these
are I think I know.
His house is in the
village though;
He will not see me
stopping here
To watch his woods fill
up with snow.

My little horse must
think it queer
To stop without a
farmhouse near
Between the woods
and frozen lake
The darkest evening of
the year.

He gives his harness
bells a shake
To ask if there is some
mistake.

The only other sound's
the sweep
Of easy wind and
downy flake.

The woods are lovely,
dark and deep.
But I have promises to
keep,
And miles to go before
I sleep,
And miles to go before
I sleep.

College Time: Don't miss out on FREE money!

OSAC, Eapp, FAFSA,
grants, scholarships, loans,
Chafee, financial aid!

Do you know these terms? If
you are a senior, these are all
things you need to know about
to get money for college next
year and most deadlines are in
January - that's this month!

You can submit your FAFSA
anytime after January 1st - don't
wait! Allow extra time in case

there is a mistake or you are
missing some information.

Talk to your ILP worker today
to make sure you are on top of
all the required paperwork -
especially the OSAC.

ILP is here to help everyone
get money for college. We can
answer any questions you may
have and can help you get forms
you need. We can walk you
through each step - just ask!

NELA in Portland is another
great resource for learning all
about money for college. You
can read the information on their
website or just call them to talk
with a real person who will walk
you through every step! (Tell
them you are in foster care - you
get more money!)

www.nela.net 866-635-2669

Monday-Friday 1pm-5pm
(Check out their interactive
timeline; it's really helpful.)

Dust of Snow by Robert Frost (1923)

The way a crow
Shook down on me
The dust of snow
From a hemlock tree

Has given my heart
A change of mood
And saved some part
Of a day I had rued.

Tips for Making a New Habit Stick:

1. Do It for Yourself

Guilt is not going to keep you going. It needs to be important to you, you need to do it for yourself, not anyone else.

2. Why are you doing this?

Are you trying to avoid negative consequences? Is there something good you will get out of this? Make sure you know the good and bad consequences of succeeding or failing in your new habit - these can help keep you motivated.

3. Visualize

Every night before you fall asleep, picture yourself having this new habit and the benefits that go with it.

4. "But"-out negative thoughts

Negative thoughts popping into your head? Interrupt them with a "but".
"I'm too lazy, I can't do this . . . **BUT** I have done things in the past when I really worked hard, this will only take a minute, if (name a little kid) can do I sure can!"

5. Start Simple

Don't over do it. This is one small habit at a time. Pick a simple daily activity that you would like to make a habit.

6. 30 Days

If you can make yourself do the same activity for 30 days in a row, you will have a new habit!

Reward Yourself!

Everyone needs rewards and encouragement. Try creating a fun sticker chart for yourself - put up a new sticker each day to track your successes. You might even get a friend to create a habit at the same time so you can support each other.



Habits can help you stay healthy. Start one today!



Good habits take effort to create, but once they stick, you will do them without much thought at all - just like biting your nails!

How do you create a new habit?

Starting a new habit is easy! Sticking with it takes some work, but you've made it this far so you definitely have the personal strength in there somewhere! The important things to remember are:

1. Only work on developing ONE habit at a time.
2. A habit takes about 1 MONTH to stick.
3. You need to do your new habit every day.

A Healthy New Me!

I'm ready for a change. I am going to brush my teeth every day - morning and night, exercise every morning, and keep my room clean.

Those are all good ideas, but that's a pretty big list. Maybe start with one?

Hmmmm . . . exercise every morning I guess.

Great, do you have time to exercise before school every day?

Sure, I just need to get up at 5:00am

Are you usually up early?

Well, no. I like to sleep in.

OK, so try to set a realistic, simple goal for your new habit.

I could walk the track at lunchtime everyday during school.

That sounds like a goal you would have time for. Now, if it is snowing and cold, how will you stick with it?

I could get a few friends to do it with me! Then we can make each other go out there.

Now you have the idea! Just to keep yourself motivated, remind yourself every day why you are doing this.

I don't want to be obese and have all those health problems. I want to go sledding and be able to climb back up the hill!

You're going to do great! And remember, everyone has bad days and fails - just get up and start again!

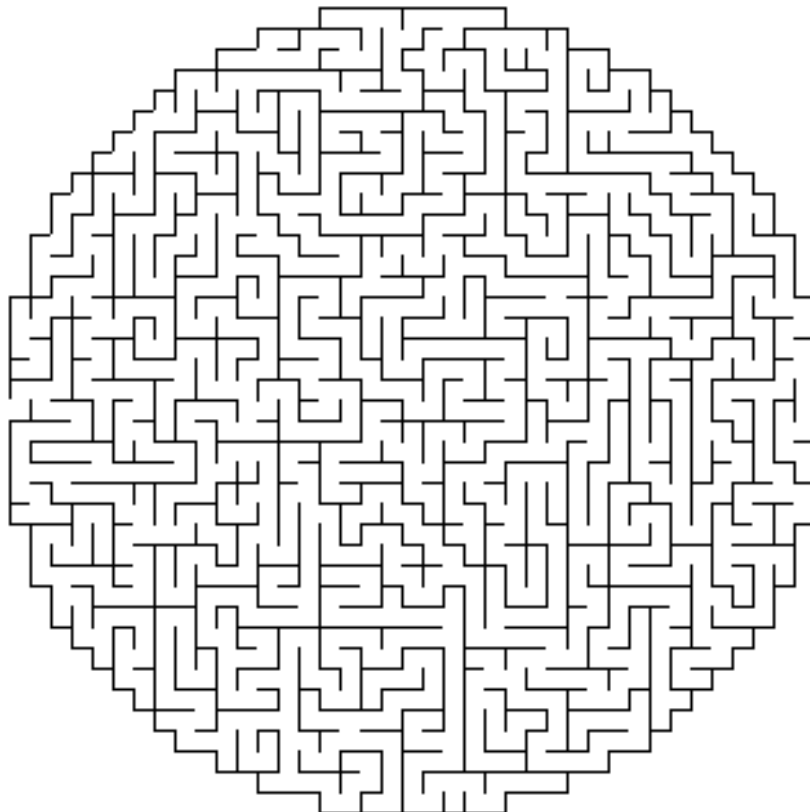
Puzzle Pages!

Hygiene Word Search

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

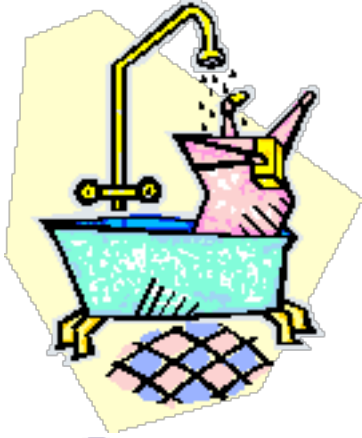
BATH
CLEAN
FRESH
GREASY
HAIR
NAILS
PLAQUE
SHOWER
SOAP
STINKY
SWEATY
TEETH
WASH

Winter Maze





Use me everyday!
I can wash your hands, your face -
even between your toes!



Bodies get dirty - even when sitting around
doing nothing - they collect dust and oils
and become sticky and stinky!
Take care of yours and wash it with your
friendly bar of soap every day!
Don't forget your hair, it wants to be friends
with the soap too!



Did you know that your teeth effect your whole
body? If your teeth aren't clean and healthy,
they can make the rest of your body sick. They
are so powerful, they can even effect your
mental health! (Seriously!)

So brush them morning and night. Floss them
every day. And brush them extra whenever you
can!



Yoga - good for the mind
and body.

Yoga is a great workout! It
strengthens your muscles,
improves your balance, and
helps you gain control over
your mind and emotions.



Get outside!
Try to spend time
outdoors everyday.

Be active, try something
new!



How much exercise do I need?

Most people need at least 30
minutes of moderate to vigorous
activity every day. 30 minutes is
the absolute minimum, 60 minutes
daily is better.

What counts?

Running, jogging, speed walking,
hiking, dancing, biking, weight
lifting, aerobics, swimming,
chopping wood, competitive
basketball.
These are some examples,
anything that gets your heart
pumping counts.

What doesn't count?

Activities that do not increase your
heart rate, for example: light
housework, walking slowly, or
grocery shopping.

www.mypyramid.gov

Menstrual Cramps?

Here are some tips from a
doctor on reducing them,
but you have to start early!

1. Exercise

Get regular exercise. Cardio is
most helpful - this means getting
your heart rate up. Walking
slowly is not enough.

2. Water

Drink plenty of water everyday.
Stay very hydrated.

3. Healthy Foods

Eat healthy foods and cut back on
things like chips, cookies, and
foods high in carbs (things made
with white flour).

4. Help Now!

A hot bath can sometimes help
relieve cramps.



January Activities

Cooking Class:
January 19th
4:30pm

Limited Spaces
Call Today!

Fun Day!
Saturday,
January 30th

Save the date,
details soon!

Topic of the
Month:

Health and
Hygiene

ILP Holiday Party

Santa
Bill handed
out gifts



Presents
for everyone

ILP had a great
Holiday Party with
homecooked food,
presents, a tree,
and friends!



Tree and Gifts

Photo by Lacey

Independence

NEXT DOOR
1005 W. 6TH STREET
THE DALLES, OR 97058



To: