



**Benchmark Family Services**  
Therapeutic Foster Care



*“And since all this loveliness cannot be Heaven,  
I know in my heart it is June.”*

– Abba Woolson

It's time to celebrate our amazing dads this month! Father's Day is this weekend on June 18th, just before the start of summer on the 21st. Let's give a big shout-out to all the fantastic fathers out there!

To all the dads in our foster care community, we want to show our heartfelt appreciation. Your unwavering support means the world. So, get ready for some sunny fun and create lasting memories with your family.

Stay tuned for an exciting list of activity ideas in the next section of this newsletter. Let's make this Father's Day a blast for everyone!

Thank you, dads, for being absolute superheroes in our lives. Happy Father's Day and enjoy an incredible summer with your loved ones!

[Visit Our Website](#)

## Celebrating Father's Day: Exciting Activities for Foster Families



**Father's Day is a meaningful opportunity to show appreciation for the remarkable fathers and father figures who make a significant impact in the lives of foster children. It's a time to celebrate their care, support, and dedication. To make this Father's Day extra special for foster families, we have curated a list of enjoyable activities that everyone can partake in. Let's dive into these fantastic ideas!**

**Picnic in the Park:** Gather the family and head to a local park for a delightful picnic. Pack Dad's favorite snacks and sandwiches, bring along outdoor games, and spend quality time bonding amidst the beauty of nature. Don't forget to toss a frisbee, kick a soccer ball, or play catch to add an extra dose of fun!

**DIY Father's Day Cards:** Get crafty and demonstrate appreciation by creating personalized Father's Day cards. Provide art supplies like colorful papers, markers, and stickers, and let the kids unleash their creativity. Encourage them to express their gratitude through heartfelt messages and creative drawings.

**Family Movie Night:** Create a cozy and inviting space at home for a family movie night. Let Dad choose his favorite films, prepare popcorn, and snuggle up together on the couch. It's a perfect opportunity to relax, laugh, and enjoy each other's company.

**Outdoor Adventure:** Embark on an exciting outdoor adventure with the whole family. Visit a local nature reserve, explore hiking trails, or spend the day at a nearby beach. Engage in nature-themed activities such as bird watching, building sandcastles, or organizing a scavenger hunt. It's a fantastic way to bond and create lasting memories.

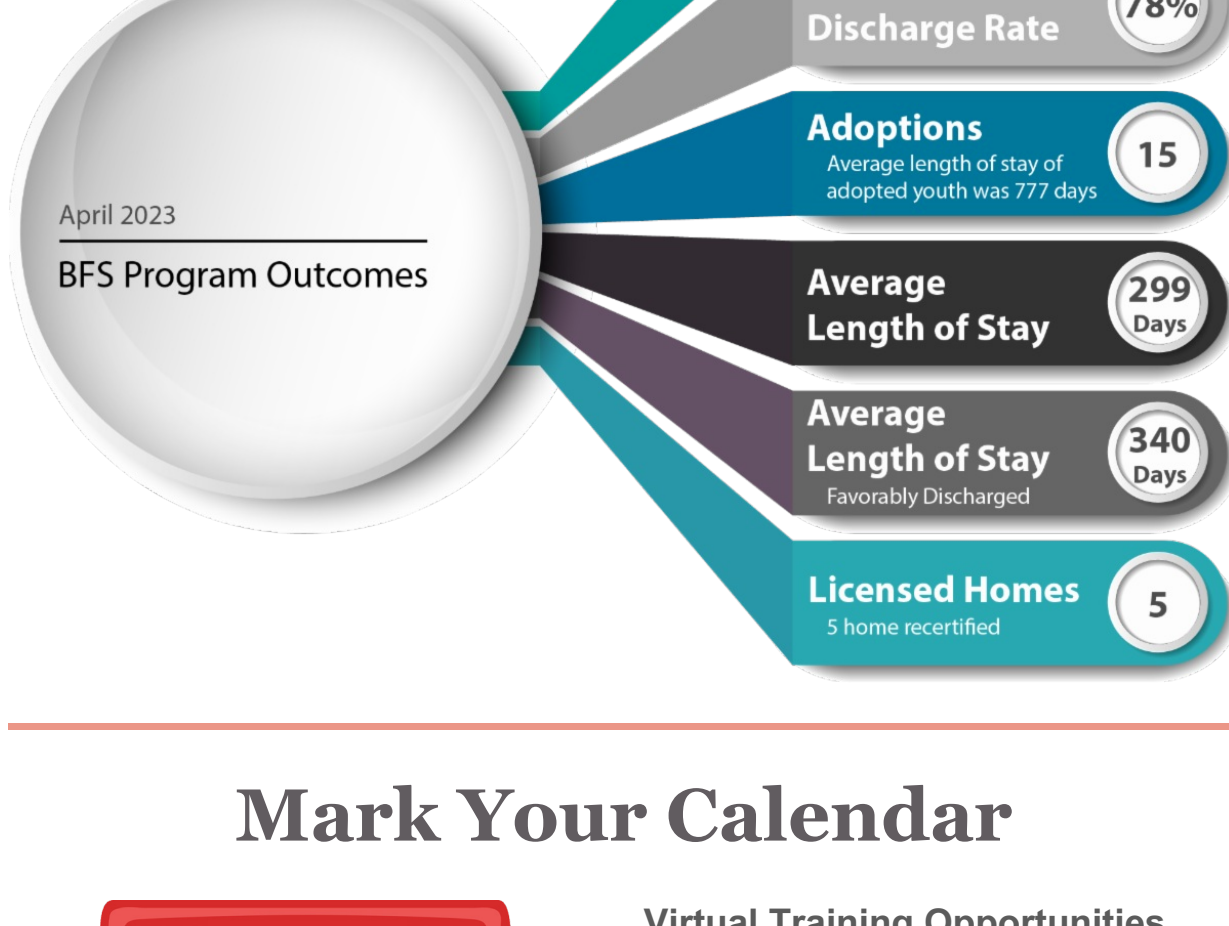
**Cook Dad's Favorite Meal:** Surprise Dad with a homemade meal prepared with care. Involve the kids in the kitchen by assigning simple tasks like stirring, measuring ingredients, or decorating the table. Whether it's breakfast in bed, a scrumptious BBQ feast, or a special dinner, the thoughtfulness and effort will make it an unforgettable experience.

**Sports Day:** Organize a fun-filled sports day in the backyard or a local park. Set up different game stations like relay races, three-legged races, and sack races. Encourage friendly competition, teamwork, and lots of laughter. It's an excellent way to stay active and create a lively atmosphere.

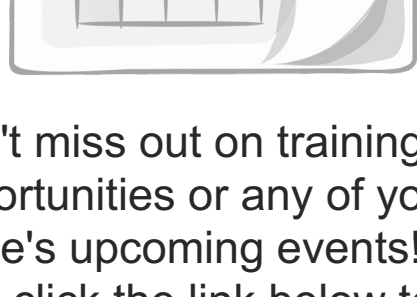
**Family Storytelling:** Gather around in a cozy corner of your home and have a storytelling session. Encourage each family member to share their favorite stories, cherished memories, or even create imaginative tales together. This activity not only fosters a sense of togetherness but also allows everyone to celebrate their unique experiences.

**Father's Day is an occasion to celebrate and honor the extraordinary fathers and father figures who positively impact the lives of foster children. These activities are designed to bring joy, laughter, and meaningful connections within foster families. Whether it's a picnic in the park, crafting heartfelt cards, or sharing stories, these activities will create lasting memories for everyone involved. Let's cherish this Father's Day and express our gratitude for the special fathers in our foster care community. Happy Father's Day to all the amazing fathers out there!**

## Program Outcomes



## Mark Your Calendar



### Virtual Training Opportunities

Our virtual training sessions are live webinars, and count toward your face-to-face training hours for the year. We added all virtual training opportunities for the year to our website. **Click here** to easily find and sign up for the courses that are most convenient for you!

Don't miss out on training opportunities or any of your office's upcoming events! Just click the link below to go to our website and find your local office!

[View Calendar](#)

**June 8th:** Appropriate Discipline  
**June 17th:** First 30 Days of Placement  
**June 22nd:** Trauma and the Brain

**July 6th:** Transracial Fostering  
**July 15th:** Common Behaviors and Diagnoses  
**July 25th:** Learning Disabilities



## Budget-Friendly Fun: 10 Activities for Summer

**Neighborhood Scavenger Hunt:** Create a fun scavenger hunt around your neighborhood or local park. Make a list of items or landmarks for the children to find, such as a red mailbox, a pinecone, or a certain type of flower. It encourages exploration and teamwork.

**DIY Water Play:** Set up a backyard water park using items you already have. Use a hose, buckets, sponges, and water balloons for a day of wet and wild fun. Create a homemade slip and slide using a tarp and some dish soap for added excitement.

**Nature Walks and Hiking:** Take advantage of local nature trails and parks. Explore the great outdoors, discover new trails, and observe the flora and fauna. It's a great way to connect with nature and engage in physical activity.

**Movie Marathons:** Host a movie marathon day at home. Create a cozy atmosphere with blankets, pillows, and snacks. Let the children take turns choosing their favorite movies or watch a series of family-friendly films.

**Arts and Crafts with Recycled Materials:** Encourage creativity using recycled materials. Collect empty cardboard boxes, paper rolls, magazines, and other items that can be repurposed. Foster children can create unique crafts such as paper tube animals, cardboard forts, or collages.

**Library Adventures:** Visit your local library for free books, storytelling events, and workshops. Allow foster children to choose their own books and spend time reading together. Many libraries also offer summer reading programs with incentives and rewards.

**Campfire Stories and S'mores:** Gather around a backyard fire pit or create a safe indoor campfire experience using LED candles. Share stories, sing campfire songs, and make delicious s'mores using graham crackers, chocolate, and marshmallows.

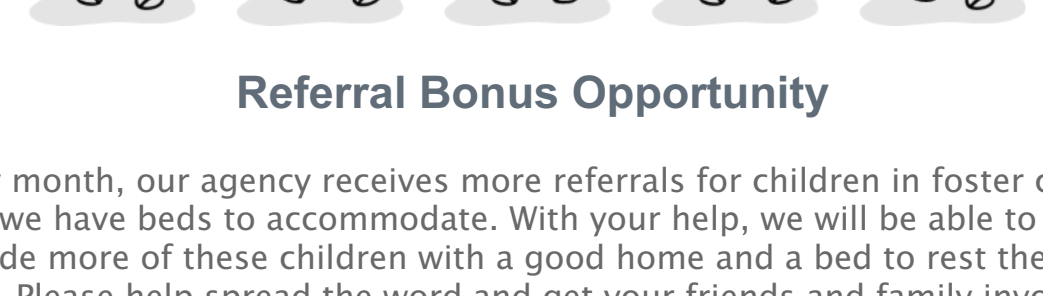
**Science Experiments:** Conduct simple and captivating science experiments at home. Explore chemical reactions with baking soda and vinegar volcanoes, make homemade slime, or grow plants from seeds. Online resources provide a wealth of easy and budget-friendly experiment ideas.

**Cultural Potluck:** Host a cultural potluck where each family member can prepare a dish from their heritage or a cuisine they find interesting. Encourage foster children to research and learn about different cultures while enjoying a diverse and tasty meal together.

**DIY Obstacle Course:** Create a backyard obstacle course using everyday items such as hula hoops, jump ropes, cones, and old tires. Foster children can challenge themselves by crawling under objects, jumping over obstacles, and completing timed activities.

Together, the most important aspects of these activities is spending quality time together, fostering positive relationships, and creating lasting memories. With a little creativity and resourcefulness, you can provide engaging and enjoyable experiences for foster children without breaking the bank.

**TOGETHER WE CAN MAKE A DIFFERENCE**



## Referral Bonus Opportunity

Every month, our agency receives more referrals for children in foster care than we have beds to accommodate. With your help, we will be able to provide more of these children with a good home and a bed to rest their head. Please help spread the word and get your friends and family involved in our mission. Remember, if you are currently a foster parent with us and you successfully refer a new foster parent to our agency, you will receive a referral bonus. Please reach out to your regional office for more information!

## Employee of the Month

**Kentucky:** Rachel Smiddy,  
TSS Supervisor,  
Corbin Office

Rachel always makes herself readily available to her TSSs to answer any questions they may have, guide and assist with day to day duties, and provide excellent advice and oversight during crisis situations. Rachel is one of the first to volunteer when help is needed in Corbin, but even goes so far to making herself available to assist other BFS offices as often as possible. Rachel maintains a positive and strong relationship with all of our foster families, and they know that they can call her for help in the midst of crisis situations and they know that when they call her, they will be heard and understood. Rachel is an excellent and strong leader and leads by example as it is easy to see the hard work she does and the dedication she has to her position, co-workers, and families that we serve.

**Indiana:** Brandy Pollock,  
Regional Director,  
French Lick Office

Brandy has been the Regional Director in the French Lick Office since the office opened in 2021. During her time with Benchmark, she has worn many different hats to grow the region from licensing all the new homes herself, covering all the casework and ensuring that recruitment never slows down. Brandy has demonstrated a high-quality work ethic and has exhibited an extreme amount of diligent work and effort daily. Brandy follows the policies and procedures very well and ensures that all work is completed by the required deadlines. Brandy goes above and beyond in her leadership role and has been assisting with other offices when needed. Brandy has built positive rapport with the Indiana Benchmark Team. We are excited to see what the future holds for Brandy and the French Lick region! Thank you Brandy, for all that you do!

