



National Edition 13

# Wellness is for Everyone

October 2023

[Haga clic aquí para español](#)



Welcome to iFoster's October Newsletter focused on Health and Wellness. This newsletter has some of our top resources and information to strengthen both physical and mental health. An opportunity to complete this year's Voice of the Community survey and be entered into a raffle for \$500, and two exciting opportunities coming next month!

## IMPACT OF OUR 1ST NEWSLETTER



### Get Your Dazzling Smile with Smiles Change Lives'

Smiles Change Lives offers free orthodontic treatment to those in need. Through the generous donation of time by orthodontic doctors, braces are available at a cost that is less than 20% of the typical price. The total cost for the service is \$650, which includes a \$30 application fee. This is significantly lower compared to the usual cost of \$6,000. The fee covers all traditional orthodontic treatments until the teeth are corrected, regardless of the duration.



### GET 60% OFF Healthcare with US Pharmacy Card!

The US Pharmacy Card offers discounts on over 60,000 brand name prescription drugs, along with dental, vision, and hearing products, as well as lab and imaging services. The nationwide discount averages over 50%, resulting in an average prescription savings of \$24. In addition, cardholders can receive up to 60% off their dental, vision, and hearing needs.



### Unlock Your Potential: iFoster's Life Coach Support

Foster offers a Life Coach program that provides support for transition-age foster youth. Our Life Coaches are available to communicate with you through speaking, texting, and email during business hours. They are here to assist you in developing and achieving your self-sufficiency goals. Additionally, if you are in need of a mental health therapist, we can help you find resources in your local area.

Smile bright!

Save on meds now

Learn more



### Enhancing Mental Well-being through Mind Training

iFoster has self-directed training programs that cover all the life skills needed for youth to become self-sufficient. Our Healthy Mind Training focuses on understanding emotional wellness, recognizing its importance, identifying signs of emotional distress, and developing a plan for self-care.

### Transform Your Health!

A new training program has been added to complement "Healthy Mind is Healthy Body." This program focuses on improving physical health and covers topics such as understanding physical health, self-care practices, recognizing symptoms of illness and appropriate ways to take care of oneself, and creating a holistic health plan for overall well-being. In addition, the training will soon offer self-directed learning modules with quizzes and certification available through the portal.

Embrace Mental Health

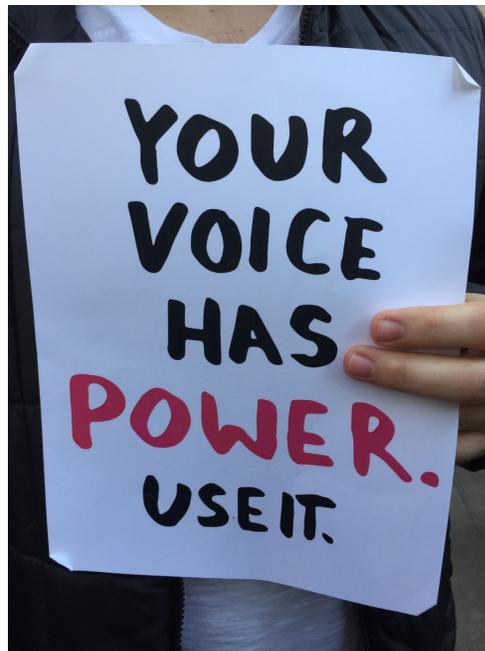
Learn more

### Voice of the Community Survey- *Only a month left to share your Voice*

Thirty days left to **win \$500** and help improve foster care. It only takes a few minutes to have your voice heard!

**Make your voice heard, and continue to make an impact!**

Click here to have your voice heard





## What is Mental Health by Our TAY AmeriCorps Ambassadors

Asking for help is not always easy, but it's a crucial step toward building a healthy mind and a thriving life. The most successful people in life know when to reach out to professionals for guidance, support, and resources to overcome life's challenges.

Finding the right therapist can seem like a daunting task, but it doesn't need to be. With the right resources, referrals, and initial consultations, you can find a therapist that suits your specific needs and preferences. It's important to remember that a therapist is not a one-size-fits-all solution, and it may take time to find the right fit for you.

Self-esteem is often overlooked, but it's one of the most important factors contributing to a healthy and happy life. Building self-esteem is not a quick fix but rather a lifelong journey of self-discovery and self-care. Setting realistic goals, practicing self-compassion, surrounding yourself with positive influences, celebrating your achievements, and prioritizing self-care activities are all critical components of building a healthy self-image and a strong sense of self-worth.

Remember, your mental health is just as important as your physical health. Take the time and effort to cultivate a healthy mind, seek help when you need it, and watch as your life transforms into one filled with joy, success, and resilience.

---

## Celebrating Another Year of Excellence



2023  
Excellence Award  
Inclusion Service



**AmeriCorps**

## Celebrating Another Year of Excellence

We are thrilled to announce that iFoster has been selected as this year's AmeriCorps Excellence Inclusive Service Award. This November, we will be receiving recognition for our innovative programs and exceptional service that help foster youth to thrive. From educational support and mentorship to life skills training and employment opportunities, our Ambassadors provide foster youth with the tools and resources they need to succeed.

With a team of dedicated AmeriCorps members, iFoster builds personal relationships with program participants, offering guidance, advocacy, and a listening ear. Together, they work towards creating a brighter future for foster youth, helping them overcome challenges and achieve their full potential.

---

## Did You Know?

### In Crisis? Help is available by dialing 988.

Did you know if you or someone you know is ever experiencing a mental health crisis, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org) for the suicide & crisis Lifeline. Available 24/7. Provides free and confidential support for people in distress - provides prevention and crisis resources.

### Free health insurance for foster youth.

If you were in foster care at the age of 18, the Affordable Care Act (ACA) provides FREE health insurance through Medicaid until the age of 26.

It is important to have insurance to help keep you physically and mentally well. Click [HERE](#) for more information.

### FAFSA applications are now open.

Did you know that in order to receive financial aid for college, you need to fill out a FAFSA? If you plan to attend college during the 2023-2024 school year, the FAFSA is available as of Oct 1st. The sooner you fill it out, the better! Work with your guidance counselor or contact iFoster for help. iFoster members can check out tips and tricks in the How Do I's section in the iFoster portal or watch a how-to do your financial aid video [HERE](#).

### Secure your future with Smooth Transitions with iFoster

Exciting news for California residents! Starting in November, eligible individuals will have the opportunity to apply for California's Guaranteed Income (GI) Project for foster youth as one of iFoster's resources for youth. This pilot program offers monthly financial support to individuals aged 20 years and above who are residents of California and in extended foster care, with a small stipend available even if you are not selected for the program. Participants can receive \$750/month for the first year and a half after exiting extended foster care, with an aim to address the financial struggles that often impact our community. In addition to financial support, participants can contribute to valuable research that may inform the need for GI for foster youth. Don't miss your chance to secure your future and be a part of this groundbreaking initiative. Learn more and by clicking the button below.

[Learn About All Our Smooth Transitions Services and GI](#)

## Coming Soon!

### Call LA County Residents: Unlocking Health Careers with PHA TAY AmeriCorps

Attention LA County residents! We are excited to announce that applications for the PHA Tay AmeriCorps program will be opening in November. This incredible opportunity is exclusively available to individuals residing in LA County. The program offers job placement, professional skills training, and paid work experience to foster youth while addressing the shortage of healthcare workers. Participants will receive essential job skills training, professional development, and hands-on experience at a patient call center and clinic site. Don't miss your chance to embark on a rewarding career in the public health sector. Stay tuned for more information on how to apply!



Share This Email



Share This Email



Share This Email

For more information, please contact: iFoster Support at 855-936-7837 / text 530-550-8001/ [support@ifoster.org](mailto:support@ifoster.org)  
Must be an iFoster Member/ Register at [www.ifoster.org](http://www.ifoster.org), it's free!

iFoster | PO Box 159, Truckee, CA 96160

[Unsubscribe serita@ifoster.org](mailto:Unsubscribe_serita@ifoster.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [support@ifoster.org](mailto:support@ifoster.org) powered by



Try email marketing for free today!