

Foster Parents Give Back

Meet husband and wife team, Kadi and Chuy – founders and owners of The Good Seed Food Company, a restaurant established in 2017, which uses local ingredients and donates a portion of all proceeds to build community gardens. The name is a combination of Kadi's last name (Goodheart) and a biblical parable about planting seeds, hence their support of local gardens.

The Good Seed Food Company is one of 24 local businesses participating in this month's 2nd Annual *Foodies 4 Foster Kids* campaign. Upon seeing a social media post about our campaign, they immediately reached out and wanted to get involved.

"As individuals, we are all about giving back to the community. What ever supports our foster kids, we support. We want to raise awareness about foster care," said Kadi.

Their journey began by wanting to adopt. Foster care wasn't something that they initially considered, but after their first training session and learning about the many children who need a safe place to live, they knew that this was their calling. Providing a safe and loving home to foster children and showing them what a healthy family should be is a must. They worry about getting attached but as adults, they know that they can handle the heartache. They understand that being foster parents can be difficult and hurts after being separated, but that it is all worth it.

"The best part about being foster parents is building relationships with kids and watching them blossom. All they need is love and safety", said Chuy.

Kadi and Chuy have been foster parents for three years and became official parents to their two year old daughter Diamora, who was born on their anniversary. At only three days old, they picked her up from the hospital and brought her to what is now her forever home.



The Good Seed Food Company is more than just good people who provide good food. They show us that while you can take care of yourself, there is always a way to help take care of those in your community too. Nourishment begins by feeding an empty stomach, but more importantly, it's about feeding the soul.

The world needs more people like Kadi and Chuy. They are selfless individuals who saw a need and with little knowledge about foster care, stepped up to show foster children that there are people who truly care. They show foster children what it means to be genuinely cared for, protected and above all else, that they are worthy of being loved.

Stop by, say hello and support them by grabbing a bite to eat at their restaurant! In honor of National Foster Care month, they are donating \$3 from every Cheeseburger Pizza to help San Diego foster children.

Message from the CEO



There are few things in life better than spending time and sharing a good meal with people you care about. At Promises2Kids, we make sure youth who didn't grow up with these memories have the opportunity to experience it with their peers, their mentors, and us.

Throughout the year, we host dinners for our Men's and Women's Leadership Groups, for our Junior and post-secondary Guardian Scholars, and for our staff and supporters, to provide fun social gatherings that help us all make a deeper connection.

In the month of May, we're inviting you to share in this concept, through our *Foodies 4 Foster Kids* campaign that you will read about in this newsletter. For me, it's an excuse to eat out as often as possible so that we can support these amazing restaurants, as they are supporting kids in foster care! It is truly humbling to see the community step up in this way, and I hope you will reward these establishments by visiting them early and often.

May is also National Foster Care Month, and a good time to remember that with the onset of summer break, a lot of former foster youth can find themselves without food, or sometimes even a place to live -- many going to college don't have a family home to return to while dorms are closed. Those still in junior high and high school too often have to sit on the sidelines while their peers engage in transformative extra-curricular activities, or attend summer camp, because they don't have the funds to pay for such activities. From food to shelter to just being able to be a kid for a while, we design our programs to ensure all foster youth have the opportunity to flourish and grow into a healthy adult.

As always, thank you for helping us meet this need, and we'll hope to see you across the table soon!

Tonya Torosian, MSW, CFRE
Chief Executive Officer
Promises2Kids

Promises2Kids continues to provide comfort and hope to more than 3,000 foster children in San Diego who cannot live safely at home. Each day we strive to create a brighter future for foster children in San Diego.

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Meet Guardian Scholar, Tiffani!

Being a former foster youth, I am all too familiar with the disadvantages our community faces. Growing up in a place that is not yours and constantly adapting to new environments, while also carrying the emotional toll of being part of a broken family. People often refer to foster youth as the invisible children because they are the ones most people forget about. There were times growing up that I did feel invisible. I did not have a voice to be heard. I was a child facing adult problems, but there was no way I could solve them on my own. I felt helpless and desperately wanted answers. It wasn't until I heard about Promises2Kids that I discovered there were resources for foster youth. They showed me that things could be different. In the foster care system, there are a variety of protocols that adults have to follow, which I couldn't understand at the time, but really invalidated me. My favorite part of Promises2Kids is that

they pair you with a staff member who meets with you monthly, goes over everything and sees if there is anything they can help with. It is rare for a foster child to have an active adult present in their life who wants to help them succeed, which is why Guardian Scholars are paired with mentors. My mentor has been incredibly active in my life. I did not realize how much I needed a responsible adult present whom I could trust until I was paired with my Promises2Kids staff, Rashida and Mentor - Gita. Both have been influential to me in my adult life and I am not sure how I would have survived my new life as a college student without them. The support is not only generous, it is necessary. This kind of support has been life changing for me; someone who has always had to defy the odds.

— BE A — PROMISE MAKER — BE THE — HOPE IN A FOSTER CHILD'S LIFE

With a monthly gift, **YOU CAN CHANGE A LIFE... FOREVER.** Every bit counts.

PROMISE MAKERS LET FOSTER YOUTH
KNOW SOMEONE CARES.

Will you be that someone?



PROMISES2KIDS

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LUKE'S STORY

Luke thought his name was "Idiot"...

That's because it was the only name his parents ever called him. When Luke was rescued by police at age 4, he was scarred and bruised all over his little body. His parents had beat him, tied him down, and left him for days without food.

As a Promise Maker, you will ensure that children like Luke are safe and receive the critical support they need immediately.

Changing Lives One Meal at a Time

You can make a difference and change a foster child's life for the better by doing something that you already do... eating out! It's that simple! 24 local businesses have made it easy for you to support local foster children, in order to raise awareness and funds!

This month marks the 2nd Annual *Foodies 4 Foster Kids* campaign and proceeds from select menu items will directly benefit foster children right here in our very own community. By supporting these local businesses, you can ensure that a child feels safe again, that separated siblings in foster care are reunited, that a student has the opportunity to go to college and that a foster child can fulfill their dreams of playing their favorite sport.

Celebrate May, National Foster Care Month through



"Being a family-friendly restaurant, we realize the importance of supporting children, especially those needing a little extra help."

Jeff Kiyama, Working Class

"My father, who's a vital part of my life, was adopted, so this is a way for me and for Masters Kitchen and Cocktail to pay it forward to children."

Ryan Jubela,
Masters Kitchen and Cocktail

"We are proud to take part in Foodies 4 Foster Kids because we believe Promises2Kids' programs are desperately needed and positively impact the lives of so many foster youth." — Emily Hester, Jojo's Creamery

"We strive to make a meaningful difference and be an integrated part of our communities. Teaming up with Promises2Kids allows us and our guests to make a positive change in children's lives, just by enjoying a milkshake." — The Crack Shack Team

Thank you to our generous partners, our Media Sponsor—Ranch & Coast Magazine and YOU, for the continued support. For more information, visit Promises2Kids.org.



FOODIES



4FosterKids



SHOW YOU CARE Dine Where It Matters

YOUR SUPPORT MAKES A DIFFERENCE for San Diego foster children through Guardian Scholars, Camp Connect, Foster Funds & the A.B. and Jessie Polinsky Children's Center

MAY is NATIONAL FOSTER CARE MONTH

YOU can help the 3,000 children in foster care

VISIT OUR GENEROUS PARTNERS MAY 1-31



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#FOODIES4FOSTERKIDS

Volunteer Spotlight: Sherman Kwan!



Sherman first learned about Promises2Kids through a news story in 2014, looking for male volunteers to help at our annual summer camp in Julian. Family is incredibly important to him, so seeing the opportunity to help reunite siblings who are separated in foster care immediately caught his attention.

He began volunteering that summer and has since, selflessly dedicated over 400 hours of his time at SeaWorld, Legoland, the USS Midway Museum, our *Dream On* Concert Gala and his favorite of all – our annual summer camp, to name a few. Seeing foster children reconnect at this particular event has greatly impacted him. He knew very little about foster care coming in and didn't realize the number of foster children in San Diego.

Sherman enjoys experiencing new and different activities that he wouldn't have otherwise experienced if it weren't through volunteering. Most importantly, he continues to volunteer because of the amazing people he has crossed paths with – staff, fellow volunteers and foster children. Not only has it been fun and rewarding, but he is happy that he can give back to his community.

Sherman, your passion and your commitment do not go unnoticed. You are the reason that we can continue brightening lives. Your support shows foster children that there are people who genuinely care about them. You have left a positive impression on so many and are a true inspiration. With every interaction, you make a difference. Thank you for all that you do!

To become a volunteer, visit Promises2Kids.org or email Clifton@Promises2Kids.org.



Dining With A Purpose

On March 25th, Jolene Perry and Executive Chef and Owner Jeffrey Strauss of Pamplemousse Grille hosted the 2nd Annual Winemaker Dinner. Both are longtime supporters of Promises2Kids. Jeffrey is on the Board of Directors and Jolene is once again co-chairing this year's *Dream On* Concert Gala.

Nearly 90 guests were treated to an exquisite four-course dinner, accompanied by exclusive wines from Paul Lato Wines and Vineyard 29; each course perfectly paired with a signature wine.

Thanks to those in the community who attended this unforgettable event! Funds raised will directly benefit local foster children through our programs. We couldn't do what we do without you!

WELCOME

to our new Board Member



Paul Zamora

Senior Vice President of
Workers' Compensation
ICW Group Insurance Companies

Something Special Expands!

Promises2Kids recently received a large gift from the Change a Life Foundation that allowed us to significantly expand our Something Special program to provide larger gifts to more youth in care. Something Special is the fund that helps youth pursue an extra-curricular activity, invest in academic enhancement, develop a hobby or skill, or simply afford their graduation-related activities.

Since we launched the expansion, requests have tripled! One we recently granted came from 9-year-old Ryan, who along with his siblings, was brought into care when his parents were arrested for drug use, then placed with their grandparents. None of the children ever visited the ocean or other bodies of water, and never learned to swim. Their Social Workers applied for Something Special and enrolled all of the youth in swimming lessons to build their self-esteem, stay active and spend time with one another. For the last several months, they have been attending swimming lessons together and having a great time. Ryan is determined to learn how to swim so when he sees his parents again, he can show them his new skills and maybe even show them how to swim. Today, Ryan and his siblings are becoming more confident, healthier and enjoying their time together because of Something Special.



A Glimpse At Creative Career Paths

High school foster youth recently had the opportunity to explore different careers over multiple series. Students gained firsthand experience on the skills needed to obtain the highlighted professions.

During the first series, foster youth learned about culinary art careers. They were introduced to chefs who discussed restaurant management while the group created a three-course meal. Next, they learned about chocolatiers and how to transform chocolate into a luxurious dessert. Completing the series, students celebrated their success at the exclusive Whisknadle restaurant in La Jolla. They saw how meals were arranged and served, then enjoyed a farm to table lunch.

In partnership with Microsoft Office, a second series was offered focusing on small businesses and the fundamentals of digital arts with fresh paint, digital photography. To combine all aspects, foster youth learned how to creatively advertise their art and drafted business plans on how to make ideas of becoming their own boss a reality.

These experiences offer students opportunities to learn about careers they may wish to pursue after high school graduation, as they enter the Guardian Scholars program to complete their post-secondary education and enter the workforce.



Dream On

2019 CONCERT GALA

Presented by Kevin and Raegan Prior



Join Promises2Kids on June 3, 2019

A Private Benefit Dinner & Concert to Support Foster Children

Featuring **DON FELDER**, Formerly of the Eagles

HOSTED AT THE FOXHILL ESTATE OF PAPA DOUG AND GENIYA MANCHESTER

To sponsor or reserve a table contact Lauren@Promises2Kids.org



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