

Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

Volume 7, Number 5

About SaySo, Inc.

SaySo is a statewide association of youth aged 14 to 24 who are or have been in North Carolina's out-of-home care system. This includes all types of substitute care, including foster care, group homes, and mental health placements.

Our mission is to work to improve the substitute care system by educating the community, speaking out about needed changes, and providing support to youth who are or have been in substitute care.

Become a Member!

If you are interested in joining **SaySo**, let us know! E-mail or write us with the following information: your name, age, and address (including e-mail), region and the kind of out-of-home placement you are or have been in.

Contact Information

SaySo, Inc.
c/o ILR, Inc.
411 Andrews Rd., Ste. 230
Durham NC 27705
Phone: 800/820-0001
Fax: 919/384-0338
Web Site: www.saysoinc.org
Email: sayso@ilrinc.com

Officers

Co-chairs: Curtina K. and
Cherish C.
Secretary: Julia S.
Treasurer: Britney M.
Sergeant-at-arms: Antwan B.



ATTENTION ALL YOU MYSPACERS:

SaySo is taking things to the web with our new myspace account! Everybody and their friends are using myspace these days.... So what better place to keep in touch than through the most popular web site. Join our friend's list at <http://www.myspace.com/saysoinc>. We will update this page with current information so be sure to get in on the action.

Now for all of you that are worried about how secure this site will be, here are a few precautions that we have put in place:

- **The SaySo page is private, only those on the friends list can view the page.**
- **Only youth from NC can join the page.**
- **No comments will be posted until they have been approved.**

MEET YOUR NEW ETV COORDINATOR

My name is Amanda Elder, and I am the new ETV Program Coordinator for North Carolina. As a former foster child and Orphan Foundation of America scholarship recipient, I can relate to the ETV students with a level of understanding and compassion that someone without this type of experience is unable to offer. I received my undergraduate degree from the University of North Carolina at Greensboro in psychology and am currently finishing my master's degree in the same field. My hope for this position is to be able to be an inspiration and role model for these students and to show them that they can overcome past experience and become successful, productive citizens.

Contact Info: Amanda Elder
(800)585-6118 or nc@statevoucher.org

LOOKING FOR AN EASY WAY TO HELP SAYSO???

SaySo has partnered with Food Lion's Shop and Share Program. Its simple, if you have a food lion MVP card go to www.foodlion.com and register your card. Food Lion will donate a percentage of your sales back to SaySo. You can also call or email your MVP card number and we can set that up. For more questions call SaySo at 1-800-820-0001.

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SaySo Cleans Up and Helps Out!

Hygiene is defined as the science or principles of health and the prevention of disease. It's based on the belief that the mind/body is self regulating, self-repairing and self-regenerating IF we supply its needs, don't poison it and get out of its way and let it work normally. One of the most important things in life is hygiene because if you don't take care of yourself then, WHO WILL?

SaySo is here to help!!

This years SaySo Make A Difference Day Project is collecting and distributing hygiene packages to youth in foster care throughout North Carolina. We are only distributing the packages to those youth that request them...so, contact SaySo immediately about how many packages you need for your area! YOUTH can make these requests on behalf of others in their area....



A SaySo Shout-Out Goes to Becky!!

SaySo would like to thank Becky, a Local Girl Scout from Raleigh, for donating hygiene care packages (pictured below). Becky, who is 13, decided to go around her neighborhood to ask for hygiene products and to educate the public about children who come into the system and their needs. Becky is a huge inspiration to others because she was motivated to help people who are less fortunate than her. Becky made over a hundred bags by herself.

THANKS BECKY FOR ALL YOUR HELP!

If you are interested in donating hygiene items, or if you are a youth interested in receiving some of the packages, please contact SaySo.

Melinda.medina@ilrinc.com

or

1-800-820-0001



Care Packages put together by Girl Scout Becky!

Board Member Contact:

Region 1

Cherish- Co-Chair

fairylove8426@hotmail.com

Britney- Treasurer

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Julia

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Region 2

Open

Region 3

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