

October 15, 2017



Kinship Connection

Fall: Fresh Air !!!



“Resilience”

Resilience is being able to cope with adversity and adapt to challenges or changes in life. We just had a conference on this subject and the focus was on Kinship families. Many of our children in Kinship families have been exposed to trauma and stress in their lives. And even the shift into living in a stable kinship home can be difficult for them.

It is important to provide a safe, stable, nurturing environment in which the children heal. Caregivers are responsible for not only the well being and health of the children but also in caring for themselves. It’s an important step to have as many positive factors in your lives as possible.

What do they need?

⇒ **Structure**—This helps them to understand that they are loved.

- Be clear in your expectations
- As they grow older—increase the decisions they can make

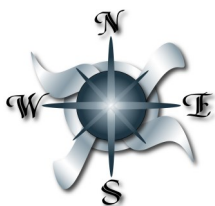
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Need Help or a Listening Ear ???

Contact me at :

1-800-873-5889 or 1-509-684-3932

Art Mathew, Kinship Navigator



Grandparent’s Support Group

Wednesdays @ 1:00 pm

Early Learning Center

East 1406 D Street

Deer Park, WA 99006

Contact: Cindy Ashworth

1-509-464-5680

Our Kinship Navigator Program

- Can help with:
- Legal Issues
 - State & Federal Aid
 - Housing
 - Child Care
 - Respite
 - Health Services
 - Emergencies
 - Counseling
 - Summer Activities

Special points of interest:

- Resilience
- Pumpkin Pancakes
- Transportation Stop
- Upcoming Workshops



“Resilience” Continued from page 1

- ⇒ **Consequences**—These need to be reasonable corresponding to their actions—follow through—and show how those actions affect others.
 - When discipline is necessary —make sure they know what they did wrong.
 - Follow through—discipline is not the same as punishment.
 - Give them a chance to correct mistakes and say they are sorry..
- ⇒ **Parent-child connections**—they want those connections with parents or grandparents—whoever is caring for them.
 - Sometimes hugs are more powerful than words.
 - Eat together as often as possible.
 - To a child “Love” is spelled TIME.
 - But connections will look very different as the children grow.
- ⇒ **Lots of strong relationships**—Children live in interdependent worlds which enable them to develop lots of supportive relationships and we need to help nurture these relationships.
 - Nurture connections —celebrate special times.
 - Encourage children to make friends.
- ⇒ **Powerful identity**—We are mirrors for our children and can reflect back to them who they are and how much they are valued.
 - Encourage children to volunteer, work, travel —follow dreams.
- ⇒ **Sense of control**—They need opportunities to control their own lives, make choices and understand that there are consequences for those choices. Beginning early with less significant decisions will prepare them for future challenges.
 - Allow your children to experience manageable and age-appropriate risks and responsibility.
 - Celebrate success.
- ⇒ **Sense of belonging**—Children need to know that they belong not only to their families but to their schools and communities. They need to see that they have a purpose and that others need them.
 - Encourage participation in different activities and groups.
 - Ask why they choose their friends—share—what’s important?
- ⇒ **Fair and just treatment**—Our children need to experience being treated fairly and be protected from forms of intolerance.
 - Encourage your child to stand up for another and to advocate for themselves.
 - Help them to find ways to work with and respect others. **Continued on Pg. 3**

Resilience Continued from Pg 2

- ⇒ **Physical and psychological safety**—Our children need a healthy environment—housing, communities, schools and relationships that take time to pay attention to them.
- Distinguish between what a child wants and needs.
 - Resources that make them healthy—housing, food, safety, education and spend ‘Time’ with them.

Waffle:
‘The Wonder Dog’
Victim Services’

<https://www.facebook.com/RuralVictimHelp>



Healthy at Home

Workshops Available:

Chronic Disease Self Management

Diabetes Self Management

Chronic Pain Self Management

Powerful Tools for Caregivers

A Matter of Balance

These are six week workshops (A Matter of Balance meets for 8 weeks) that meet once a week. They are designed to help those with chronic conditions to live healthier and fuller lives. And to help provide tools for those who are caregivers for family or friends.

For further information on registering, times and places, contact:

Rural Resources:

509-684-3932 or 1-800-873-5889



Interested in Starting a Support Group for Kinship Caregivers ???

Contact Kinship Navigator:
Art Mathew



Who is a Kinship Caregiver?

A Kinship Caregiver is an ordinary person who is a hero. A Kinship caregiver is raising a child who is not their own, a grandchild, a niece or nephew or even a brother or sister.

A Kinship
Caregiver is **YOU**

Pumpkin Pancakes

2 cups flour

2 tablespoons brown sugar

1 tablespoon baking powder

1 1/4 teaspoon pumpkin spice

1 egg

1/2 cup Pumpkin (canned)

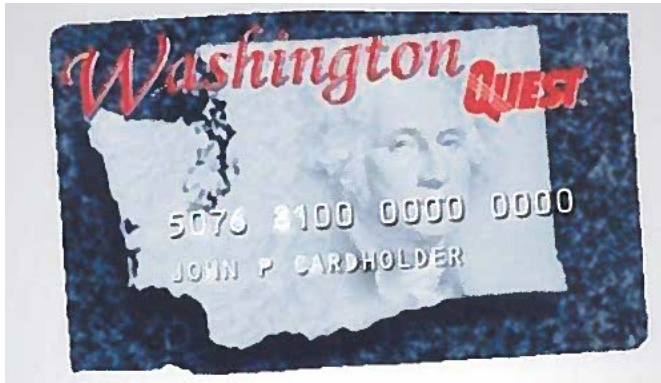
1 3/4 cup milk (low-fat)

1 teaspoon salt

2 tablespoons Vegetable oil

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk & vegetable oil.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (add more milk for thinner batter).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4 cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes & cook until golden brown. 1 1/2 to 2 1/2 minutes. Repeat with remaining batter. Makes about 1 dozen 3 1/2 inch pancakes.

— Kansas Family Nutrition Program



Have
Questions about
Basic Food?

What
Can I
buy?



Call:
Leigh Ann
1-800-776-3857
Or
509-684-5645

This material was funded in part by the USDA Supplemental Nutrition Assistance Program. Basic Food is available to all regardless of race, color, national origin, sex, age, disability, religion, or political belief.



Open Enrollment For Medicare Prescription Drug Plans

October 15th through December 7th 2017

Call to make an appointment

Contact:

Sonja at Rural Resources
509-685-6077



TRANSPORTATION STOP



A friend of mine recently asked, “So what is it that you do for work?”

“I drive the white buses for Rural Resources.” I said, rather proudly.

“So you what, you go up and down Main Street in Colville all day?”

“Hardly,” I said. “I’m the Floater, I drive all the routes. I take people who live in Kettle Falls to the Colville Community College, or their doctor’s appointments. Some days I drive the shoppers from Republic and Curlew over Boulder Pass, then pick up a couple of more in Orient and bring them into town so they can do their weekly grocery shopping. Recently I’ve been driving the Chewelah commuter run in the afternoons; that one meets the Colville commuter bus that goes out to Kettle and back.”

She looked a little puzzled, “There’s a Chewelah commuter bus?”

“Oh yeah,” I said, “We have people who live in Chewelah and work in Colville, or have business to do there, who ride in every day, and back home every afternoon. I drive them in on the Chewelah bus and they can transfer to the Colville bus, and ride to the Court house, or to their jobs in town, or even all the way to Kettle Falls.”

“So . . . you’re saying there is more than one of those little white busses?”

“Oh yeah I said, we have a whole fleet of them, and we have some yellow Head Start buses, and an MV-1 van that drives the Veterans to their doctor’s appointments, and over 20 volunteers who drive people to their medical providers in private cars.”

“Medical appointments?”

“Yep!” I said. “Just suppose you had to have a day surgery, like a trigger finger release done. It’s a one-hour procedure, and most likely, it’s going to take place in the middle of the day. Now suppose you live alone in Republic, but your appointment is in Colville.

You aren’t allowed to drive yourself there, even though you *could* drive, but because you are going to be sedated, the state law says, “*Nope, no driving while you have sedation drugs in your system.* Who you gonna’ call? Ghost Busters?”

“Rural Resources does that?” she asked.

“Yes we do. And all you have to do is call and make an appointment.” I said, “The grant projections say we will do 58,651 trips over the next two years, and half of those riders will be over sixty years of age. But you don’t have to be elderly or disabled to ride. Anyone who has a place they need to go can get there, one way or another. Rural Resources has a hundred and sixty five staff between Republic, Colville, Newport, Clarkston, and Pullman, and we don’t make anything! The only thing we do is provide help and services to people who need it.

“So what does it cost to ride the bus?” She asked.

“Well, that depends.” I replied, “The commuter ride is fifty cents a trip, the Dial-A-Ride has a suggested donation of a dollar, and the both ways shopping trip from somewhere like Republic, Chewelah, or Newport and Metaline Falls the suggested donation is five dollars.”

“Wow,” she said, “compared to a bus ride in the city, that’s really affordable.”

“Yeah, it is,” I replied, “and we never turn someone down because they can’t afford to pay, but we also never turn down a donation that helps offset our costs. The fuel cost for the bus fleet alone is almost \$5,000.00 a month.

“Can I ride? She asked, “I mean I am not on Medicare or anything.”

“Sure,” I said. “Anyone can ride, and everyone is welcome all the time.

Rural Resources Transportation

By Phil Teller

