



Relatively Speaking

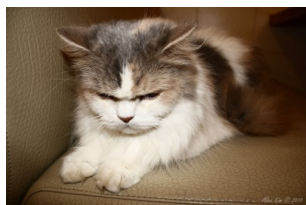
A Newsletter for the Kinship Caregiver Support Program
of Spokane County

Controlling Your Anger

Anger is a normal emotion and children who no longer live with their parents may feel very angry at times.

You can help the child in your care manage his or her anger by suggesting these steps:

- Admit that they are angry: You can properly deal with feelings once you are able to identify them.
- Deal with it: Stop what you are doing. Take some deep breaths and count to ten.
- Don't brush it off: Getting angry is normal. Ignoring feelings will only make them worse in the long run.
- Identify and understand the cause: Try to figure out the exact reason you are angry. Often people have an outburst about something when they are actually upset about something different.
- Walk away: This step allows you to have the power to change the situation.
- Get a new perspective: Try to understand the other person's perspective.
- Talk the problem over with family and friends: Explaining feelings to those close might help you feel better about the situation.
- Exercise: Physical activity is a perfect way to use up excess energy and calm down.



Source: National Crime Prevention Council

Kinship Program - Activity Passes

The Kinship Caregiver Support Program is pleased to announce we have passes to some great family activities located in the Spokane area.

Mobius Children's Museum and Science Center

Through the generosity of this community partner, we are able to offer some of our Kinship families a pass to Mobius in Spokane.

- Mobius Children's Museum is a place where children & their families can learn, play & create through hands-on activities in art, culture & science.
- The Mobius Science Center plugs into our curiosity and dazzles visitors of all ages by revealing the secrets of science with multiple exhibits that explore chemistry, space, fluid dynamics, and even optics.

Spokane Indians Baseball

Thank you, Spokane Indians! This community partner has donated passes to the following games:

Saturday, July 14 – Star Wars Night

Wednesday, July 25 – Yoke's \$1 Family Feast Night & Native Culture Night

Kinship Caregiver Day May 16, 2018

The State of Washington



Proclamation

WHEREAS, families are central to the well-being of our communities, state, and nation, and children are the future of society; and

WHEREAS, traditionally, the care, nurturing, and protection of children have been the responsibility of biological parents, with support from other family members and the community; and

WHEREAS, grandparents, siblings, aunts, uncles, cousins, and other kin are stepping forward in ever-increasing numbers to assume fulltime parental responsibility for children whose parents are unable or unwilling to nurture, protect, and appropriately parent their children; and

WHEREAS, while these relative-headed families face enormous personal day-to-day living challenges as they focus on ensuring that the children in their care experience structure, accountability, encouragement, affection, safety, and age-appropriate expectations; and

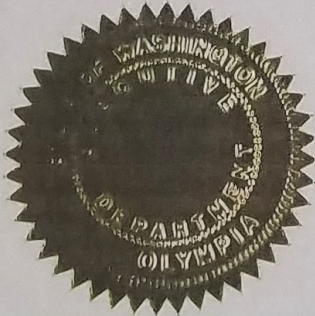
WHEREAS, as a result of this commitment, the home provided for many of these children becomes their 'forever' home and their relatives become moms and dads in the truest sense; and

WHEREAS, the significant care and nurturing of these children by their relatives deserves to be recognized;

NOW THEREFORE, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim, May 16, 2018, as

Kinship Caregiver Day

in Washington, and I encourage all people in our state to join me in this special observance.



Signed this 21st day of March, 2018

Governor Jay Inslee

Crispy Chicken Fingers with Apple "Fries"

Kids will love preparing the 'fries' and coating the chicken. Serve in rolled newspaper for an authentic 'fish & chips' feel. Thanks to the **Ontario Apple Growers** for this recipe!

Apple Fries:

2 cups apple cider
2 Tbsp. butter
1 tsp. coarse salt (optional)
4 tart but firm apples, peeled, cored and cut into 8 wedges (per apple)
1 Tbsp. chopped fresh thyme

Crispy Chicken Fingers:

1 cup crushed corn flakes (or crushed whole grain flakes)
1/2 tsp. salt (optional)
2 Tbsp. chopped fresh parsley
1 lb. chicken breasts, sliced into strips
2 Tbsp. sweet chili sauce (or buttermilk-enough to dip in)

In large saucepan over medium-high heat, boil cider until reduced to 1/3 cup, about 20 minutes (it should have a syrupy consistency). Remove from heat and whisk in butter and salt.

Preheat oven to 400 F. In bowl, toss apples with 2 Tbsp. of the glaze and 1/2 Tbsp. thyme. Arrange in a single layer on a rimmed baking sheet. Set aside.

In bowl combine corn flake crumbs, salt and parsley. Set aside. Dip chicken strips in sweet chili sauce and then coat with corn flakes. Arrange in a single layer on a greased baking sheet.

Place chicken on the top third and the apples on the bottom third of the oven. Roast for 10 minutes. Turn chicken, drizzle apples with remaining glaze and switch baking sheets so the apples are now on the top third of oven. Continue to roast for 10 minutes and remove chicken from oven. Let chicken fingers cool while apples finish caramelizing, about 5 to 10 minutes more. Sprinkle apples with remaining thyme and additional salt if desired. Makes 6 servings.

Looking for Someone to Talk To?

Sometimes we need someone to talk to, bounce ideas off of or just know we are not alone in our journey.

If you are a relative (grandparent, aunt, uncle, sister, brother, cousin, etc.) raising a relative's child under the age of 18 and want to be with other kinship caregivers....Let us know!

We would like to form a group here at **Kinship Caregiver Support Program** just for **YOU!**

Please call the Kinship Navigator at 509 458-7450 option 4 and let us know you'd like to join the group and/or the topics you'd like to see during your group time. Tell us the best days and times for you, too.



We hope to have a group forming sometime this summer!

Kinship Program - Activity Passes

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As a Kinship Caregiver, you are eligible for a drawing for passes by simply calling the Kinship Office at 509 458-7450, option 4. Let us know what passes you are interested (Also indicate the Spokane Indians game you would like to attend. Leave your name, phone number and the number of children you are caring for.

We will be drawing winners on June 29, 2018 and notifying the winners by phone!



Summer Resource Information!



You don't have to spend a lot of money to create lasting summer memories, take a look at the ways you can enjoy Spokane County for free or almost free! Your Kinship Navigator has put together a few ideas:

Get Outside

- Spokane's pride and joy, the **Spokane Falls** roar right through downtown and cascade over a series of waterfalls. That makes it a top choice if you're looking for a picturesque walk, unique photo, or a sensory afternoon of classic northwest scenery.
- Walk, jog, bike, and sightsee! Like the **Spokane River** it traces, the 40-mile paved **Centennial Trail** provides something for everyone. Start from downtown and take the trail west through the **Kendall Yards** community, along the high bluff above the river, and all the way out through the massive **Riverside State Park**. Or, start by heading east through Riverfront Park, towards **Gonzaga University**, and all the way out to the Idaho border on your way to Coeur d'Alene. Whether you're lacing up your shoes, renting a bike, or bringing your binoculars, there's a pocket of the Centennial Trail waiting just for you.
- You could spend a whole trip touring the region's beautiful public parks. **Manito Park**, established in 1904, features 20 acres of world-class botanical gardens. The **Finch Arboretum** provides a walking tour to guide visitors through landscapes such as a native pine forest and a shady glen filled with rhododendrons. Spokane Valley's **Mirabeau Point Park** features a waterfall and pond filled with turtles.
- The two largest Washington state parks, **Riverside State Park** and **Mount**

Spokane State Park, are both conveniently located in the Spokane region. Grab a map to find trails for exploration, or make your own way through the forests and see what wildlife and plants you might encounter.

- When the summer heat hits Spokane, there are an abundance of **splash pads** offering instant family fun. All your kids need is a swimsuit—wild jets and geysers will take care of the rest. Two popular spots are at **Manito Park** and **Discovery Playground** in the Spokane Valley.
- Thanks to the generous support of the City of Spokane Park Board, a proposal was approved to make open swimming free for adults and children at all six **City Aquatic Centers** beginning this year!! The approved proposal includes free open, parent-tot (a calm and exclusive swim time in the zero-entry area) and lap swimming, plus family nights. Swim lessons, novice swim team, aquatics fitness programs, and pool rentals will continue to have affordable, family-friendly rates. Check out www.spokaneparks.org for more information.
- With 76 **lakes** within 50 miles of Spokane, and hundreds of miles of pristine **rivers and creeks**, it's easy to see why these locations become a hotspot as the weather heats up.

Arts & Music and Entertainment

- On the **First Friday** of each month, venues open up throughout the city for an evening of visual art and live music. First Friday is the ideal time to check out local music, and tune into the arts culture in Spokane. The events are free and there's always something different to experience every month.

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Summer Resource Information!

- Several area theaters/venues will be hosting free or reduced **summer movies and events**. Whether it's in the park, a local venue or theater - have fun!

Garland Theater, Show Times: 509-327-1050 or www.garlandtheater.com

Spokane Valley Regal Cinema, <https://www.regmovies.com/movies/summer-movie-express>

Liberty Lake Pavillion, movies AND entertainment. www.pavillionpark.org/events.

Riverfront Park, BECU Outdoor Movies are back for the summer in Riverfront Park! Enjoy classics, summer favorites, and recent block busters under the stars in Riverfront Park's Lilac Bowl. Bring a picnic blanket or sit on the cool grass. Pack your own snack or purchase from one of the food vendors on hand.

- **Play Unplugged** is all about encouraging kids to put down their electronics so they can get out and play. It all begins with providing the right kind of motivation. The kind that gets kids playing and active without them even knowing it. This motivation is based on the Brag Badge. Kids earn a Brag Badge for every activity they complete. Each Brag Badge has points they can collect and then turn in for real life rewards as defined by their parents. Their goal is to help kids re-engage with the real world, help parents plan a fun and exciting summer and give much needed visibility to local businesses. For more information, please visit <https://family.weplayunplugged.com/>.
- If you have a library card to the **Spokane County Library District**, you have the option to check out a Family Pass to **Mobius** and the **Northwest Museum of Arts and Culture**! Don't have a card or

would like more information? Visit <https://www.sclld.org/> or contact your local branch.

Sports

- Drop-in Pickle Ball at the **Hub Sports Center** in Liberty Lake. Reduced rates for summer fun! Contact the Hub at 509 907-0602 for information!
- Like to bowl? The kids in your home 15 years and younger can enjoy two free games per day from May 1 thru August 31 with the **Kids Bowl Free** program. Purchase a Family Pass for about \$30 for your family members 16 and older and they enjoy two free games per day, too! For more information and locations, please visit www.kidbowlfree.com.

This is just a snippet of activities in Spokane County this summer. If you are looking for activities, please contact the agency or program you would like to work with. The Kinship Navigator may be able to connect you to other resources not listed here. Feel free to contact the Kinship Navigator at 509 458-7450, option 4.

All of us with the **Kinship Caregiver Support Program** wish you a happy, healthy and SAFE summer!!





Kinship Korner ~ Your Answers to Everything About Kinship Care



Raising a relative's child can come with many challenges. One of them is locating resources in the community to assist you in your caregiving role. As a Kinship Navigator, one of my primary roles is to assist relative caregivers in locating community resources. We are fortunate in Spokane County that there are many places to turn for help!

Depending on need, there are many places to turn for help. Because our funds are limited, the Kinship Program wants to assist you in the months when funding is not available, or perhaps you have special circumstances and are not eligible for Kinship funding assistance.

When you talk to the Navigator, she will work with you to determine what the most urgent needs are for the children in your care and connect you with as many resources as possible to fit those needs.

For example, many times caregivers are looking for clothing and shoes for the kids in their care. The Navigator may offer a clothing referral to a local clothing bank. Teen/Kid Closet is a wonderful resource in Spokane

County specializing in gently used or new clothing for kids who are in kinship or foster care, as well as other kids in need. The Navigator will take information for you and the child(ren) in your care. You will be able to "shop" with your kids after an appointment is made.

The Navigator can also provide other clothing and basic need referrals (food, housing, assistance with utility bills, etc.)

Another great resource is 211. By calling "211" on your phone, a trained volunteer can help locate what you need in the community.

In Spokane County, if you are 60 years-old or older or a person 18 years-old or over with a disability, you may contact the Spokane Helpline. The Spokane Aging and Disabilities Helpline is part of a statewide program, Community Living Connections, and is funded by Aging and Long Term Care of Eastern WA. You can contact them by calling 509 960-7281 or visiting www.spokanehelpline.org.

If you have any questions, you can always contact me at 509 458-7450, option 4! Your questions may be answered here in the newsletter.

Patricia

Kinship Navigator ~ Spokane County

TANF Child Only Means Testing Repeal

Effective July 1, 2018, there will no longer be means testing for income eligibility on Temporary Assistance for Needy Families (TANF) households due to a change in the 2017-2019 Washington State Budget.

How does it work now?

Currently a non-parental relative (kinship care) or an unrelated caregiver applying for or receiving a non-needy TANF grant for the child/children only, must meet an income means test before determining if the child is eligible for benefits.

Means testing does not apply to households where at least one child was placed by a state or tribal child welfare agency and is in an open child welfare case.

Depending on the income of the caregiver, the child may be eligible for a full or partial TANF or no TANF grant.

Caregivers must provide their income verifications before the child could be approved for TANF.

What is changing 7/1/2018?

As of 7/1/2018 there will no longer be means testing for non-needy TANF applications and reviews.

This means:

Caregivers will no longer need to provide their income verifications at applications or reviews for non-needy TANF and only need to list the child's income on the application if they are not applying for other benefits,

TANF grants could increase for caregivers that had income between 200% and 300% of the Federal Poverty Level (this should be automatic for active cases),

A letter will be sent to households that are getting an increase in benefits prior to the change and

Caregivers denied for a child only TANF grant due to the caregiver's income may want to reapply for TANF benefits in mid-June for July benefits.

What is not changing?

There will still be periodic reviews to re-determine eligibility.

Caregivers must still verify the child's income.

Caregivers may still need to verify the child is living with them depending on the circumstances.

Caregivers must still assign their rights to child support to Washington State unless they qualify for good cause. If you are fearful for your safety or the safety of the child(ren), in cases where collecting child support would create an unsafe situation, please discuss this at the interview when applying. If you request good cause you will be referred to a Social Service Specialist to determine if you meet the good cause criteria.

Caregivers must still report when:

They move;

The child they are caring for moves out of the home;

Anyone related to the child moves into or out of the home;

There is a change in the child's income;

The child has liquid resources more than four thousand dollars;

A child in the home becomes a foster child; or

The caregiver legally adopts the recipient child.

It's important to note that on 7/1/2018 all TANF grants should be increasing by 2.5% due to a change in the 2017-2019 Washington State Budget. A letter describing the change will be mailed to TANF households prior to the change. For additional questions, please contact Sarah Garcia at roddisl@dshs.wa.gov.



Kinship Navigator/Kinship Caregiver Support Program

5125 North Market Street

Spokane WA 99217

The Kinship Program is sponsored by:



Are you somebody's hero?

Are you providing primary care for a relative child whose own parents are unable to care for them?

Kinship Navigator/Kinship Caregiver Programs are here to support you!

509-458-7450, option 4

**The Kinship Office
has relocated back to:
5125 North Market Street
Spokane, WA 99217**

**Our phone number is still the same
509 458-7450, option 4**

Frontier Behavioral Health is committed to the policy that all persons have access to its programs, activities, facilities and employment without regard to race, color, religion, creed, national origin, sex, age, marital status, physical, sensory or mental disability, the use of a trained guide or service dog by a disabled person, or status as a veteran of the Armed Forces of the United States.