



# Relatively Speaking

A Newsletter for the Kinship Caregiver Support Program  
of Spokane County

## Give Me a Break!

***“I love the kiddos I’m taking care of, but sometimes I need a break. What can I do?”***

Having children in our lives the second time around comes with benefits and challenges. We may have a renewed sense of joy or purpose, times of happiness and a deeper bond with the children in our care. On the other hand, caring for children may cause some stress, strain on resources or put plans on hold.

When you fly on an airplane, an oxygen mask may descend in front of you. What do you do? As we know, the first rule is to put on your own oxygen mask before you assist anyone else. Only when we first help ourselves can we effectively help others.

Caring for yourself is one of the most important, and one of the most often forgotten things you can do as a caregiver. When your needs are taken care of, the person you care for will benefit, too.

Consider these suggestions to make the most of your relationship with your grandchildren:

- Take good care of yourself physically by getting enough sleep, exercising regularly, and eating well. Don't neglect

your own preventive health care appointments.

- Expect to have emotional ups and downs. Recognize and talk to a trusted friend, loved one, or mental health professional about your feelings. It's important to get your feelings out in the open and deal with them honestly.
- Taking care of the kids can be all-consuming. Remember to build in personal time for friends, quiet time, and hobbies. **Consider attending our Kinship Support Group!** (see page 3).
- There may be options for you to get a break. Consider your “circles”; trusted friends or relatives. There may be community or after school sports or programs available. Some offer scholarships or discounts. There is also a program available statewide called Lifespan Respite. Please call Linda Porter at 425 740-3788 or talk to your Kinship Navigator for respite information.

If you have any questions, you can always contact us at 509 458-7450, option 4!





BRIAN SCHAEFFER  
FIRE CHIEF

heard on news     referred by \_\_\_\_\_

### Smoke alarm application form

Spokane Fire Department offers no cost smoke alarm installations for homes in the City of Spokane that have a need. These alarms are only available for households within Spokane City Limits served by Spokane Fire Department.

To see if you are eligible, fill out the application and return to the address below.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

ZIP CODE \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

If available, email address: \_\_\_\_\_

Do you rent or own your home?    rent    own    other (explain) \_\_\_\_\_

How many WORKING smoke alarms are in your home today?   \_\_\_\_\_    I don't know

How old are your smoke alarms? About \_\_\_\_ years    I don't know

How many levels are in your home?    1    2    3    other (explain) \_\_\_\_\_

How many bedrooms are currently being used for sleeping?   \_\_\_\_\_

Is there anyone in your home who cannot hear a regular, audible smoke alarm?    yes    no

**Return this form to:**  
Spokane Fire Department  
Jamie McIntyre  
Community Risk Reduction Manager  
44 W. Riverside Ave., Spokane WA 99201  
Phone 509.625.7000  
Fax 509.625.7006  
[jmcintyre@spokanefire.org](mailto:jmcintyre@spokanefire.org)

10/17    date rec'd \_\_\_\_\_

44 West Riverside • Spokane, WA 99201-0189 • (509) 625-7000 • FAX (509) 625-7006

# NEW TIME - KINSHIP SUPPORT GROUP



## KINSHIP

Caregiver Support Program  
Providing help to family members  
raising their relative's children

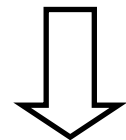
Sometimes we need someone to talk to, share your thoughts, or just know we are not alone in our journey.

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 meet other kinship caregivers....let us know!

**NOTE!! AUGUST DATE**

We have a Kinship Caregiver Support Group just for YOU!

SECOND WEDNESDAY OF THE MONTH



4/10/19, 5/8/2019, 6/12/19, 7/10/19, 8/7/19,  
9/11/19, 10/9/19, 11/13/19 and 12/11/19\*

\*dates and times may change. Please call to confirm.

Frontier Behavioral Health Raschko Branch  
5125 North Market Street, Spokane

**9:30 - 11:00 am NEW TIME!!**

Please call the Kinship Navigator at [509 458-7450](tel:5094587450), option 4 with questions.

Sorry, no childcare provided at this time



# Back To School Resource Information!

## back to school

### FREE KIDS CUTS & PETTING ZOO

Back to school is coming and we are giving away kids haircuts, ages 5-17 years.

Sunday, August 18, 2019 • From 11 am - 3 pm

Walk ins ONLY. First come first serve.

Visit the Petting Zoo while you wait, brought to us by 2nd Chance Ranch.



7406 E. Sprague Ave, 99212



Mon, Aug 26 | 1603 N Belt St

## School Supplies

### BACK TO SCHOOL EVENT

West Central  
Community Center

1603 North Belt

Spokane, WA 99205

FREE backpacks and school supplies!



### BACK 2 SCHOOL FAIR

Saturday, August 24  
10am to 4 pm

500 South Stone  
Spokane, WA 99202

Backpacks, Haircuts, Food and Family Resources.

Applications available on their website, on Facebook, or in person at the Center. You may also call the Kinship office for one, 509 458-7450, option 4.

## Backpacks For Kids DISTRIBUTION

August 7, 2019 8am to 6pm

Thanks to our generous sponsor, Cenex Zip Trip, The Salvation Army of Spokane will distribute new backpacks and school supplies as well as offer a Community Resource Fair to local students on Wednesday, August 7, 2019, from 8am to 6pm. All backpacks and supplies are distributed according to student grade level (K through 12), on a first-come, first-served basis while supplies last. Backpacks and supplies are distributed to parents or guardians, and the following materials are required for participation:

1. Photo identification for parent or guardian.
2. Proof of children living in your household (School Registration, DSHS statement, ID card for student, Medical Cards).

222 E. Indiana Ave. Spokane (509) 325-6810



Come and get a photo with a surprise Mascot throughout the event!!



# Back To School Resource Information!



## SCHOOL SHOES FOR KIDS

Mission Community Outreach

Friday, August 16, 2019

9am to 5 pm

Stevens Elementary

1717 E. Sinto Avenue

Spokane, WA 99202



Does the child in your care need clothing? Please contact the Kinship Navigator. As a Kinship Caregiver, the relative children in your care may be eligible for a clothing referral every six months. 509 458-7450 option 4.

The Kinship Caregiver Support Program has a LIMITED number of backpacks for the following grades: 2nd, 3rd, 4th, 6th and 8th.

If you have an urgent need, please contact us at 509 458-7450, option 4.



Spokane Valley  
**CONNECT**

**2019**

Spokane Valley Connect!  
**Resources, Vendors, Food and MORE**  
Friday, September 13, 2-6 pm  
Opportunity Presbyterian Church  
Spokane Valley

Career, Education and  
Health Fair

Cultural Village

Activities for All Ages

Join us for the 25<sup>th</sup> Annual  
**UNITY**  
in the  
**COMMUNITY**

Region's Largest  
Multi-Cultural Celebration

Live Entertainment

Free K-8  
School Supplies

Free Kids Helmets  
*(while supplies last)*

Senior Resource Area

Saturday, August 17<sup>th</sup> · 10am to 4pm · Riverfront Park

[www.unity.org](http://www.unity.org)

IN PARTNERSHIP WITH



## Parenting Resource Spotlight

Staff at **Partners with Families & Children** work together with families to develop relationships based on equality and respect, to enhance a family's capacity to support all members, and to partner to achieve their goals. Partners with Families & Children believe families are resources to their individual members and to other families, to our programs and to the community. We have various services and programs that assist, educate and advocate for you and your family.

### Programs include:

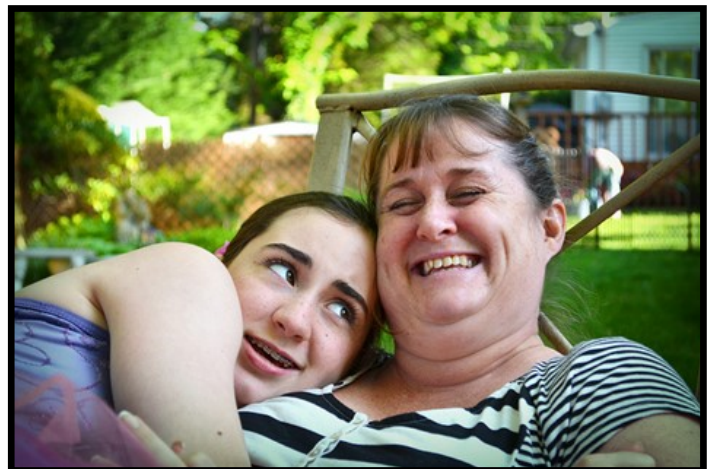
Engaging Fatherhood is a workshop for men that emphasizes the development of supportive, loving and positive relationships with the children in their lives.

Fussy Baby Network includes in-home services, warmline assistance, community awareness and education to assist parents with concerns related to "fussy" crying babies and overall infant well-being.

Incredible Years is a parenting program focusing on involvement in children's school experiences, promoting academic, social and emotional skills and reducing conduct problems in children ages 6-12.

Guiding Good Choices (GGC) is a drug use prevention program that empowers parents to guide their children through the challenges of early adolescence.

For questions or further information, please contact Rachel Burns, Parent Instruction Coordinator, at (509) 473-4842 or [rburns@partnerswithfamilies.org](mailto:rburns@partnerswithfamilies.org)



## **Toothsavers -- Is Here to Help Kids!**



Toothaches keep children in pain and prevent them from learning and attending school. These kinds of problems are preventable, and we can help! School-based sealant programs, like Toothsavers, are proven to be very effective in reducing dental emergencies in children and increasing their oral and overall health.

Toothsavers focuses on creating affordable access to oral health care for children, at parent's convenience. They provide preventive oral health care services to children such as; oral screenings, dental sealants, fluoride applications, and oral health education, all within WA state schools, during school hours. Toothsavers provides services to Title I schools & schools with a free and reduced lunch rate of 50% or greater. All services are provided by a gentle and experienced Registered Dental Hygienist. They bill Apple Health, Medicaid, and other insurances as well as offer very reduced, affordable cash fees so that every child can receive the care they need. Medicaid pays 100% of services.

Toothsavers continually works with the school districts and several other community partners to increase awareness about the importance of preventive dental health care. Some of the valuable community partners are; Washington State Department of Health, Spokane Regional Health District, Arcora (Delta Dental Foundation), Communities in Schools of Spokane County, Smile Spokane, and the Mighty Mouth.

### **Our Services**

#### **Sealants**

Sealants are a safe, thin, clear, plastic type material that is placed into the deep grooves of the back teeth. Sealants create a shield over the tooth, which prevents bacteria from causing cavities. Each sealant takes approximately 1-3 minutes to place and is completely painless.

#### **Oral Health Education**

Achieving efficient preventive care at home is key to having a healthy smile. Toothsavers' experienced hygienist will review proper brushing and flossing techniques with each child, as well as nutritional advice. Each child seen will receive a new toothbrush and a prize.

#### **Fluoride Varnish**

Fluoride varnish is a mineral coating brushed onto the teeth to protect against cavities and make teeth stronger. Fluoride application only takes about 1 minute and has been proven to be safe and effective. Children do not have to wait to eat or drink after varnish is applied.

***How can we schedule you to come to our school or facility?***

**Please contact the website email at [info@toothsaversofwashington.com](mailto:info@toothsaversofwashington.com) or call Amber Juliano RDH, BS at (509) 676-6060**

**Please visit the Toothsavers website for more information about upcoming Toothsavers visits, how to sign your child up for a Toothsavers clinic at their school, and other details at [www.toothsaversofwashington.com](http://www.toothsaversofwashington.com).**



## **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**

### **What is Community Living Connections**

Community Living Connections helps older adults, persons with disabilities, and caregivers access a wide range of public and private resources and providing the long term care services and supports necessary for them to remain in the community for as long as possible. Our goal is to promote well-being, independence, dignity and choice for all individuals we serve.

For more information on services In Spokane County, call Community Living Connections at 509-960-7281.

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.