

April 15, 2019



Kinship Connection

Spring: Something Fresh !!!



Time Well Spent

Our goal is to raise happy and well adjusted children. There are tons of information out there on this topic in books and on the internet. But perhaps one simple truth that can be easily overlooked is: Children of all ages need time and attention—if the parents aren't available then it turns to the grandparents or other family members to take the reins. This needs to be interactive time that is spent with child and adult fully engaged in some activity together.

- ◆ To make them feel important and loved.
- ◆ They have the opportunity to model a positive adult.
- ◆ The adult can learn about the child's strengths and weaknesses.
- ◆ They have a chance to voice their thoughts and feelings.
- ◆ To develop a stronger bond.
- ◆ Creates Memories.
- ◆ Strengthen Healthier Lifestyles.
- ◆ Relieves Stress

Along with the idea of the interactive time, **seizing the moment** is important. Take the opportunity when it arises to talk or look at some situation that just happened or maybe just a hug or encouraging word.

Our *time* needs to be intentional. How many things do we do out of habit or expectations???

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Need Help, a Listening Ear or Interested in starting a Support Group ???

Contact : Art Mathew, Kinship Navigator
1-800-873-5889 or 1-509-684-3932



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:

- Time Well Spent
- Kinship Closet
- New Medicare Cards
- Southwest Chicken
- Well Child
- Workshops



Time Well Spent Cont' from pg 1

Does this contribute to life goals and values?

Does it enhance health or happiness?

Does it have to be done now?

Does it ever have to be done?

What is really important?



Some things should take less time than they do. They can be done more efficiently, done less often, delegated, or consolidated.

“The ability to see things in a fresh way is vital to the creative process, and the ability rests on the willingness to question any and all assumptions.” (Paul Kaufman and Michael Ray)

Maybe we should start asking questions again? As children, we grow up with curiosity. We're keen to learn, and understand, so we ask questions that will help us grow and function in the world. But as we get older—Why do we stop asking questions? Maybe we're apprehensive about what we are going to get back.

Taking this opportunity with our children helps them to see the world differently and opens the door to be encouraged and challenge their lives. Find out what is really important to them and help them to discover new things. Turn off the auto pilot and really **'Listen'** - be there for them.

Be impulsive and inspire creativity. When we learn new things, we push ourselves beyond what we already know. *It's not so much what we do, but why we do it.*

And as we do—we may even make some changes in our own lives and see life with different eyes.

“Some things in life are like ice cream:

They're only good for a while and then they melt.

**The Trick is enjoying it and making the most of it while
it's still ice cream”**

anonymous

Community Health Plan: of Washington

“Well Child Program”

You can get a gift card for every Well Child check-up

Kids need regular check-ups and immunizations. If your child is a CHPW member, you can get a \$20 gift card every time your child goes in for a Well Child check-up until they are 18.

You can also get a one-time \$65 gift card for a car seat before your child's first birthday if you didn't get a car seat after your prenatal visits. This will replace one of the \$20 Well Child rewards.

That's 27 check-ups and 27 gift cards for every child!

Need to enroll with CHPW before your next check-up?

Give us a call at [1-866-418-2803](tel:1-866-418-2803) (TTY Relay 7-1-1)

Monday to Friday, 8 a.m. to 5 p.m.

To get the gift cards, your child must...

1. Be 18 years old or under, and
2. Go in for their scheduled Well Child check-up, and
3. Be a CHPW member when they go in for their check-up, and
4. Have all of their recommended shots when they go in for their check-up

Talk to your clinic to get started

You don't have to send anything to CHPW. Just tell your clinic that you want to get your Well Child reward when your child goes in for their check-up. Your doctor's office will submit the Well Child forms for you. If you meet all of the eligibility requirements, you will start receiving gift cards in the mail after your next Well Child check-up.

If you have questions about this program or your gift card, call us at [1-866-418-2803](tel:1-866-418-2803)





Kinship Closet

‘Something New’

The Kinship Closet is being organized to help with some basic needs of the Kinship Families: Things like household items, personal hygiene items, toothbrushes & toothpaste, bed clothing, first aid items, baby lotions & soaps, educational toys, school supplies, backpacks and other items.

If you have a need ???



Call the **Kinship Navigator**, Art Mathew @
509-684-3932 or 800-873-5889

It may be in the Closet or we may be able to Help !!!



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.



Backpacks Available





Volunteers Needed !!!

Transportation Department

Got some extra time? Want to help your Community? Volunteer Drivers needed!

Volunteer drivers are willing to share their time and vehicle to help meet the transportation needs of their community. Based on their preference, the volunteers may provide local trips close to their communities or long-distance trips such as to Spokane.

Benefits of being a volunteer driver include the following:

- Personal satisfaction of helping others
- \$0.545 per mile (Federal IRs rate) reimbursed for mileage
- Parking and meal expense reimbursement
- Free vehicle inspection and training provided.
- Set your own schedule and destinations

Qualifications needed:

- Valid Washington Driver's license
- Proof of current auto insurance in your name
- A reliable running vehicle
- No moving traffic violations and have not been involved in any at-fault accidents in the past 3 years.
- No record of adult or child abuse.
- Physically capable to assist passengers and able to lift 50lbs.

If interested in becoming a volunteer driver, please call rural Resources Community Action Transportation at 509-684-2961 or 1-800-776-9026. Applications are available online or at the front reception desk at Rural Resources Community Action.

**Volunteers are not employees of RRCA and do not collect wages/benefits.*

Rural Resources Community Action • www.ruralresources.org

509-684-2961 • 800-776-9026



Washington State Department of Early Learning



Free Quality Preschool for Your Child

ECEAP helps all children enter kindergarten ready to succeed.

Who is eligible?

Children 3 years old or 4 years old by August 31 who are:

- From a family with a low annual income; or
- Qualify for school district special education services; or
- Have developmental or environmental risk factors that could affect school success.

Contact:

Camas ECEAP – Elle at 509-675-9178

Valley ECEAP – Candace at 937-2638

Newport ECEAP – Kathleen at 447-4832

Colville or Kettle Falls – Kim at 685-6119 or

Cheri at 685-6116

Chewelah, Springdale or Usk – Elle at 935-4315

ECEAP provides:



Preschool



Nutritious meals & snacks



Health screenings

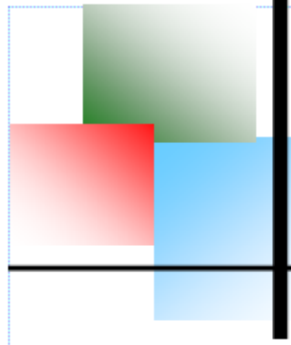


Family support

We are committed to high-quality preschool.

Ask us about:





Love and Logic®

Early Childhood Parenting Made Fun!™

Come and Learn Parenting Strategies on how to:

- Handle Misbehavior Without Breaking a Sweat
 - Teach Kids to Listen the First Time
 - Avoid Power Struggles
- Create Limits for Happier Parents, Kids, and Families
- Know What to Do When Your Kids Leave You Speechless

Come Join our 5 Part Class Series!!

Free limited childcare and mileage reimbursement provided

Newport Stratton Elementary

(1201 5th Street)

October 18, 25 November 1, 8, 15
Thursday Nights

Dinner at 5:30 / Class at 6:00

To sign up call Kathleen: 447-4832

Colville Community Church

(930 S Elm)

October 15, 22, 29 November 5, 12
Monday Nights

Dinner at 5:00/Class at 5:30

To sign up call Kim: 685-6119

Chewelah United Church of Christ

(corner of Park & Webster)

April 10, 17, 24 May 1, 8
Wednesday Nights

Dinner at 5:00/Class at 5:30

To sign up call Elle: 935-4315

Kettle Falls Library

(605 Meyers Street)

April 11, 18, 25 May 2, 9
Thursday Nights

Dinner at 5:00 (at Head Start)

To sign up call Cheri: 685-6112



Washington State Department of
Early Learning



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

SAIL

Tai Ji Quan



These workshops are designed to help live healthier and fuller lives. And to help provide tools for those who are caregivers for family or friends.

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

Rural Resources:

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

and also

Look for Free Upcoming Workshops at

The HUB

231 W Elep Ave

Colville, WA 99114

509-675-1479



Southwest Chicken

1 can whole kernel corn (rinsed & drained)

1 can black beans (rinsed & drained)

1 jar(16 oz.) mild salsa

4 boneless skinless chicken breast

Sweet yellow & red pepper strips, sour cream, shredded cheddar cheese and sliced green onions



In a 3-qt slow cooker, layer three-fourths each of the corn and beans and half the salsa, Arrange chicken over salsa; top with remaining corn, beans and salsa.

Cover and cook on low for 4-5 hours or until chicken is tender.

Shred chicken with two forks and return to the slow cooker: heat through.

Garnish as desired: cheese, onions, sour cream, avocado, lettuce or other greens.



A Big Birthday !

Means Big Decisions

About your **health insurance coverage.**

Are you ready for Medicare ?

Health plan Navigators make your choices clear. We will explain the different rules, costs, and restrictions associated with the Medicare Plans A, B, D (Prescription Drug), and Medicare supplement plans. We can also help with other benefits including Medicaid, Medicare Savings Program and Food Benefits.

Call us now to set an appointment:

Rural Resources Community Action **509-685-6077**





Have Questions about Basic Food?

Call:

Leigh Ann

1-800-776-3857

Or

509-684-5645

What Can I buy?



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.



New Medicare Cards are Coming!

Starting: April 2018 –2019

Are you New to Medicare ? or

Do you have Questions ? ? ?

Contact:

Sonja at Rural Resources 509-685-6077

