



January 15, 2018

Kinship Connection

A New Start !!!



“Heart to Heart”

We’re going into another New Year. The years pass quickly and it seems that many times we allow the really important moments to pass with them. Sometimes we need to stop and take stock of what is really important in our lives. It’s not having a beautiful home and a new car in the drive. And I think we’ve all heard ‘things that are really important can’t be bought’.

Our children, grandchildren and those that we come in contact with - are important! Taking time to play and just be with the children – letting them know that we care. Building relationships and letting them see that we value others in our lives.

The examples we set for the children are going to affect their whole lives. We’ve said a number of times before that children spell love “Time”. **Continued on Page 2**

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:

- *Heart to Heart*
- *Gingersnaps*
- *Volunteer Opportunity*
- *Upcoming Workshops*

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

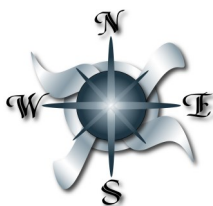
Early Learning Center

East 1406 D Street

Deer Park, WA 99006

Contact: Cindy Ashworth

1-509-464-5680



“Heart to Heart” Continued from page 1

Those precious moments can be used to build up another if we use the time wisely, if not it could leave a scar that will follow that child the rest of their lives.

To be able to talk with someone about concerns—literally calms the body. It’s not so much stress but how you manage stress—that plays a vital role in our lives. Robert Waldinger, M.D. states that “What makes a Good Life? - “turns out to be... Strong Relationships”

Life can be very difficult at times — with many unexpected situations, but good relationships and support can make all the difference in how we handle those situations. And especially our children who have not had the years of experience that adults have encountered.

There are still situations in which the lessons are learned through hardships—but even those are easier to face when there is someone at your side.

Consistency is important in their lives. Knowing that someone is going to be there—no matter what !

Listen to the children—make them feel they are the most important person in the world. Really **‘Listen’** to **‘what are their needs’**, - **‘what’s important to them’** and **‘what are their dreams in life’**. **YOU do make a DIFFERENCE in THEIR LIVES !!!**



Free Workshop starting at The HUB in Colville on Feb 8th at 10:00 am

231 W Elep Ave

Colville, WA

Contact:

Cheryl Grimm, Pam Snider or Art Mathew

**Backpacks
Available!!!**

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



Look for Free Upcoming Workshops

At

The HUB

231 W Elep Ave

Colville, WA 99114

509-675-1479



**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 !!!**



HEALTH HOME PROGRAM OF WASHINGTON

The Health Home Program provides care coordination of medical, behavioral health and long-term services and supports for individuals of all ages.

Health Home is a new Medicaid benefit now available at no cost to you. Your health Home Care Coordinator connects you to a network of local organizations and agencies, along with your primary care provider, to work together to enhance your overall health utilizing a holistic approach.

Medicaid clients of all ages and Medicaid clients who also receive Medicare may be eligible for Health Home Services.

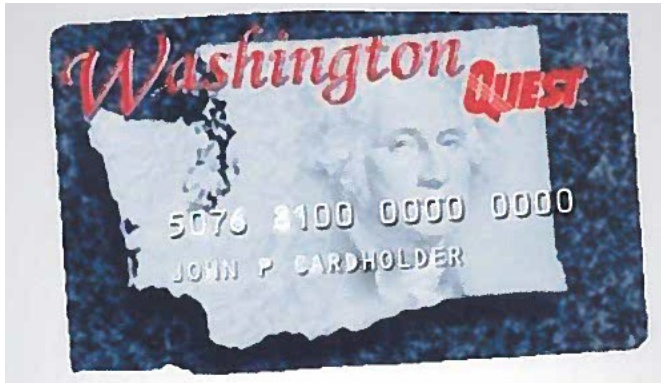
The Health Home Care Coordinator will:

- Support you in improving your quality of life
- Help with post-hospital care
- Help you manage multiple providers
- Assist you with appointments
- Identify helpful community resources
- Help connect you to available benefits

For more information visit the website:

www.hca.wa.gov/medicaid/health-homes/pages/index.aspx

to inquire if you are eligible call Crystal Elliott at 509 684-3932 ext: 7274



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.



Still have any Medicare Questions ???

Call to make an appointment

Contact:

Sonja at Rural Resources

509-685-6077



Old-Fashioned Gingersnaps

3/4 cup butter or margarine

1 cup sugar

1 egg

1/4 cup molasses

2 cups all-purpose flour

2 teaspoons baking soda

1/4 teaspoon salt

1 teaspoon ground cloves

1 teaspoon ground cinnamon

1 teaspoon ground ginger

Additional sugar

In a mixing bowl—cream the butter & sugar, then add the egg & molasses & beat well. Sift together dry ingredients & gradually add to the creamed mixture—mix well. Chill the dough & then roll into 1 1/4 inch balls & dip in sugar.

Place about 2 inches apart on an ungreased cookie sheet. Bake at 375* for about 10 minutes or until set & the surface cracks. Cool on wire racks.

Yields about 4 dozen.

From: "Taste of Home"

Rural Resources Victim Services is looking for Volunteers!

Our mission is to establish an abuse-free environment in Ferry and Stevens Counties, and this is not possible without dedicated volunteers.

Volunteer opportunities range from taking help-line shifts, providing transportation to clients in need, filling in at the reception desk in the office, attending local fairs to distribute information, providing child-care as needed, or assisting with specific projects in the office. As a volunteer, it's your choice how much or how little time you contribute to our program.

Training is provided and you are supported throughout your volunteer service. You will have a direct supervisor that is available to provide support and answer any questions that you may have.

Volunteering at Victim Services is a great way for you to give back to your community in a meaningful way.

Call 684-3796 or email Michelle at mthomas@ruralresources.org

