



January 15, 2019

# Kinship Connection

Winter: New Year !!!



## Grandparents & Grandchildren

Relations often blossom between folks who are related biological. Even those where there is little in common, such as age, maturity level and a generational gap. The presence of grandparents in the early years of children help nurture their character building. Especially when there is a prolonged absence of parents. Grandparents fill the gap of the parent to assure the children that they are not alone and insecure.

Often they are the ones to inspire and give their grandchildren the courage to step out on their dreams. Interactions—benefit both the young and older. Grandparents have seen the greatest part of life and influence the character of the grandchildren, as well as helping them to take life in stride. Grandparents also share cultural heritage and family history.

And as we begin a new year, I feel honored that I continue to work with Kinship families. You have been wonderful to work with and the support that you give to the children is awesome! Because of your unconditional love you have become a strong support for them and offer a buffer for them against pressure and high demands that they face.

The Kinship home experiences issues that differ from the relationship of a visiting grandparent. How many times during the last year have you wanted a do-over? Maybe something that was said at the wrong time or a decision that would be better in another way. This is a good time to look back and begin to make some changes. A time to communicate with the grandchildren and let them know they have a unique value and that there isn't anybody in the whole world exactly like them. We all need to know that we are unique.

Again it is an honor to work with you—My wishes and prayers go with you in this New Year. God bless and please contact me if you have questions or I can be of help.

**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:

- Grandparents & Grandchildren
- Kinship Closet
- New Medicare Cards
- Coconut crusted Turkey



# Free Credit Freezes are here:

September 21, 2018

by

Andrew Smith, Federal Trade Commission, Director, Bureau of Consumer Protection

Gail Hillebrand, Bureau of Consumer Financial Protection, Associate Director, Division of Consumer Education and Engagement

Free credit freezes and year-long fraud alerts are here, starting September 21<sup>st</sup>, thanks to a new federal law. Here's what you should know:

## Free credit freezes

Security freezes, also known as credit freezes, restrict access to your credit file, making it harder for identity thieves to open new accounts in your name. Starting September 21, 2018, you can freeze and unfreeze your credit file for free. You also can get a free freeze for your children who are under 16. And if you are someone's guardian, conservator or have a valid power of attorney, you can get a free freeze for that person, too.

How will these freezes work? Contact all three of the nationwide credit reporting agencies – [Equifax](#), [Experian](#), and [TransUnion](#). If you request a freeze online or by phone, the agency must place the freeze within one business day. If you request a lift of the freeze, the agency must lift it within one hour. If you make your request by mail, the agency must place or lift the freeze within three business days after it gets your request. You also can lift the freeze temporarily without a fee.

Don't confuse freezes with locks. They work in a similar way, but locks may have monthly fees. If you want a free freeze guaranteed by federal law, then opt for a freeze, not a lock.

## Year-long fraud alerts

A fraud alert tells businesses that check your credit that they should check with you before opening a new account. Starting September 21, 2018, when you place a fraud alert, it will last one year, instead of 90 days. Fraud alerts will still be free and identity theft victims can still get an extended fraud alert for seven years.

If you're in the military, you'll still have access to active duty alerts, which let you place a fraud alert for one year, renewable for the time you're deployed. The active duty alert also gives you an added benefit: the credit reporting agencies will take your name off their marketing lists for prescreened credit card offers for two years (unless you ask them to add you back on).

You can place a fraud alert or active duty alert by visiting any one of the three nationwide credit reporting agencies – [Equifax](#), [Experian](#) or [TransUnion](#). The one that you contact must notify the other two. You also can find links to their websites at [IdentityTheft.gov/CreditBureauContacts](#).

### Issues with a credit freeze

If you think a credit reporting agency is not placing a credit freeze or fraud alert properly, you can submit a [complaint online](#) or by calling 855-411-2372. If you think someone stole your identity, visit the FTC's website, [IdentityTheft.gov](#), to get a personalized recovery plan that walks you through the steps to take.

For more information, check out [Place a Fraud Alert](#), [Extended Fraud Alerts and Credit Freezes](#), and [Credit Freeze FAQs](#). And if you're considering a child credit freeze, you also may want to read [Child Identity Theft](#).

### Credit Bureau Contacts

Contact the national credit bureaus to request fraud alerts, credit freezes (also known as security freezes), and opt outs from pre-screened credit offers.

#### Equifax

[Equifax.com/personal/credit-report-services](#)

800-685-1111

#### Experian

[Experian.com/help](#)

888-EXPERIAN (888-397-3742)

#### Transunion

[TransUnion.com/credit-help](#)

888-909-8872

Tagged with: [credit freeze](#), [credit report](#), [fraud alert](#)



## 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](http://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

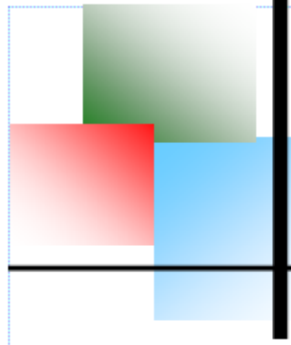


Family support

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**

**Look for Free Upcoming Workshops**

**The HUB**

231 W Elep Ave

Colville, WA 99114

509-675-1479



# Coconut-Crusted Turkey

2 large egg whites  
2 teaspoons sesame oil  
1/2 cup sweetened shredded coconut, toasted  
1/2 cup dry bread crumbs  
2 tablespoons sesame seeds, toasted  
1/2 teaspoon salt  
1-1/2 pounds turkey (or chicken) breast tenderloins, 1/2 inch strips  
Cooking Spray

## DIPPING SAUCE

1/2 cup plum sauce  
1/3 cup unsweetened pineapple juice  
1-1/2 teaspoons prepared mustard  
1 teaspoon cornstarch

\*Preheat oven to 425. In a shallow bowl, whisk egg whites & oil. In another shallow bowl, mix coconut, bread crumbs, sesame seeds & salt. Dip turkey in egg mixture, then in coconut mixture, patting to help coating adhere.

\*Place on baking sheets coated with cooking spray; spritz turkey with cooking spray. Bake 10-12 minutes or until turkey is no longer pink, turning once.

\*Meanwhile, in a small saucepan, mix sauce ingredients. Bring to boil; cook & stir 1-2 minutes or until thickened. Serve turkey with sauce.



## 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**

