



July 15, 2018

Kinship Connection

Summer: Time for Play !!!



All Work and No Play

For fifty plus years, children's free play has been declining. Do you have memories of playing as a child? Some of us remember hide and seek, tag—others may remember marbles and jacks or creating images with dolls, cowboys and Indians. Play may have filled much of your free time. But what about today's children and grandchildren? Lack of play takes an emotional toll, leading to a rise in anxiety, depression and problems with attention and self control.

Peter Gray, Ph.D, defines 'free play' as play a child undertakes him or her self, that is self-directed rather than an organized activity. He explains that play is a testing ground for life. Play provides life experiences that children need to become confident and competent adults. Hovering over and intruding into children's play is a big part of the problem. It's hard to find groups of children outdoors unless their wearing uniforms and being coached. Mothers and grandmothers stated that they restricted their children's play because of safety concerns—child predators, traffic, and other hazards. Many schools have even eliminated recess.

Children are benefitted by play: see page 2

Need Help or a Listening Ear ?

Contact me at :

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

Art Mathew

Kinship Navigator



Support Groups

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

**Group will start again in the Fall.

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:

- Play
- Victim Center
- Transportation
- Frosty Fruit Shakes
- Thank You



All Work and No Play—continued



Play provides a foundation for their future mental health as older children and adults.

- ◆ Play gives them a chance to develop their own self-identified and self-guided interest. In school they work for grades and praise, but in play learning and psychological growth are by-products of life experience.
- ◆ They learn how to make decisions, solve problems, exert self control, and follow rules. Through play they exert control over themselves and accept restrictions on their behavior to follow the rules of the game if they want to be accepted and successful. Anxiety and depression often occur when an individual feels a lack of control over his or her own life.
- ◆ Children learn to handle their emotions, including fear and anger during play. They are in both physically and socially challenging situations, which help them learn to control the emotions that arise from these stressors.
- ◆ Play also helps children to make friends and learn to get along with others. Children learn to be aware of their playmates' needs. This learning to get along may be the most crucial benefit of play. Lack of play may be a cause of increased social isolation.
- ◆ Play is a source of happiness, according to what children say when they are asked about activities. We need to be careful that we do not replace play with stressful activities.

As grandparents realize the major role that play is in the development of emotionally healthy children and adults - they may wish to reassess the priorities in their children's lives.

Play for Adults:

Society tends to dismiss play for adults as unproductive or petty—it's time for us to get serious. But play is just as important for adults as kids. “we don't lose the need for novelty and pleasure as we grow up.” (Scott Eberle, Ph.D) Play brings joy and is an important part of problem solving, creativity, and relationships. Play takes in everything from art, books, movies, music and comedy to daydreams. It helps couples rekindle their relationships and cultivates healing. A little bit can go a long ways—improving productivity and happiness:

- ◆ Change how you think about play: Take time to play everyday—maybe with your dog, some art work or music—think out of the box
- ◆ Take a play history: What did you like to do as a child that excited you?? And how can you recreate that now?
- ◆ Hang around playful people: Select friends who are playful and find ways to play with those who are close to you
- ◆ Play with the little ones: It will help you to experience that magic through their eyes.

Remember play offers serious benefits for you and others.

Backpacks Available





Summer News

LOOKING FOR VOLUNTEER DRIVERS

Rural Resources Transportation is looking for Volunteer Drivers in Stevens, Ferry and Pend Oreille County. Being a volunteer is a great way to give back to the community, gain new experiences and make a difference in the lives of others.

If you are interested in becoming a Volunteer Driver or for more information:

Contact Carolyn, at:

509-684-2961 or 1-800-776-9026

HEY EVERYONE SCHOOLS OUT!

Are you looking for a way for your family to get out & about? Rural Resources Transportation offers Dial-A-Ride routes in Stevens, Ferry & Pend Oreille County. All Rural Resource buses are now equipped with bike racks. If we can help in getting your children to the pool, skate park, summer camp to visit friends or family give us a call at:

1-509-684-2961 or 1-800-776-9026

How to meet the challenge of driving when kids are out of school for summer break.

Beware. School is out.

And that creates some special driving challenges – whether or not you have school-age children. Kids who are not in school usually are out in their neighborhoods, around pools, parks and playgrounds, at summer activities or events, at vacation attractions, shopping malls, everywhere it seems.

And, if you're driving, you are largely responsible for their safety. A child doesn't have a chance against a 3,000-pound (or heavier) vehicle in the street, a parking lot or your driveway.

“Watch out for kids. They're everywhere, and kids don't always have the best judgment or awareness of what's going on around them. You should be hyper-aware and watchful when it comes to kids in the summertime.”

“Use your car's rearview camera, if so equipped, and maybe even take a walk around the car/bus before backing up just to be sure. Watch your speed and be extra careful around areas where kids hang out – parks, residential neighborhoods and stores.

“Be careful going around corners in neighborhoods, in case a kid comes darting out of a yard, and be watchful of lines of parked cars.”

For information or reservations please call (509) 684-2961 or (800) 776-9026.



Smiles !!!



THANK

YOU !!!

**Many THANKS to Healthy Expressions for
their Gracious
Donations !!!**

There will be a lot of children's smiling faces who will receive the wonderful donations from Jerry Brown, DDS and staff at Healthy Expressions. They graciously gave toothbrushes and dental care basic needs to help Kinship Families in the Tri-County area.

Again we appreciate the help and love that you have shown for these families !!!



There are 'many' others who give to help these Families

Some want to remain anonymous,

But

Everything you do is Appreciated !!!

Thank You all for your continued support !!!



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 workshop 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

Need a Helping Hand?

Rural Resources Victim Services provides support and advocacy to victims of any crime by helping empower people to make the best decisions for their situation. Some of our services include:

Assistance navigating the legal system

Medical advocacy

Providing emotional support

Connecting people with services that will help them meet their needs

To learn more about what we do, please call **1-844-509-7233** or connect with our staff at upcoming community events like Chataqua and the N.E.W. Fair



Effective Communication Strategies

Make a Praise sandwich: When you need to give someone feedback on his/her behavior, start with a n observation of what he/she is doing well. Describe the changes you would like the person to make as “net steps” rather than as a critique. Finally, end with a compliment about something he/she has done well.

Praise: “Nice job speaking right at eye level with Jacey.” **Next steps:** “Next time you might think about using a softer voice.” **Praise:** “I really liked how you gave her a high five at the end.”

Practice active listening skills: Listen to the message, reflect feelings, notice nonverbal communication cues.

Repeat back to the listener what you think you have just heard, to make sure you are correct.

Speak about yourself rather than the other person. “I felt sad,” versus, “You let me down.”

Describe the facts rather than placing blame. “Drop-off is a 9 am; it is now 11:30,” rather than: “you are m ore that two hours late!”

Frosty Fruit Shakes

Peanut Butter Banana:

2 cups milk or 1 1/2 cups plain yogurt
2—3 bananas, frozen
3 tablespoons peanut butter

Bananaberry:

2 cups milk or 1 1/2 cups plain yogurt
2—3 bananas, frozen
1 cup strawberries or blueberries (may be frozen)
1/2 teaspoon vanilla

Liquid Sunshine:

2 cups milk or 1 1/2 cups plain yogurt
1 cup crushed pineapple
2—3 banana, frozen

Spicy Apple:

1 1/2 cups plain yogurt
2 cups chunky applesauce
1/2 teaspoon cinnamon
Ice cubes or crushed ice

Puree in blender & serve immediately

Try one of the above combinations or let the children come up with one of their own.

From: "Meals without Squeals" (Berman & Fromer)



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

Any Medicare Questions ???

Call to make an appointment

Contact:

Sonja at Rural Resources 509-685-6077

Current Medicare Card	New Medicare Card
<p>MEDICARE HEALTH INSURANCE</p> <p>1-800-MEDICARE (1-800-633-4227)</p> <p>NAME OF BENEFICIARY JANE DOE</p> <p>MEDICARE CLAIM NUMBER 000-00-0000-A</p> <p>SEX FEMALE</p> <p>IS ENTITLED TO HOSPITAL (PART A) 07-01-1986 MEDICAL (PART B) 07-01-1986</p> <p>SIGN HERE → <i>Jane Doe</i></p>	<p>MEDICARE HEALTH INSURANCE</p> <p>Name/Nombre JOHN L SMITH</p> <p>Medicare Number/Número de Medicare 1EG4-TE5-MK72</p> <p>Entitled to/Con derecho a PART A 03-03-2016 PART B 03-03-2016</p> <p>Coverage starts/Cobertura empieza 03-03-2016 03-03-2016</p>