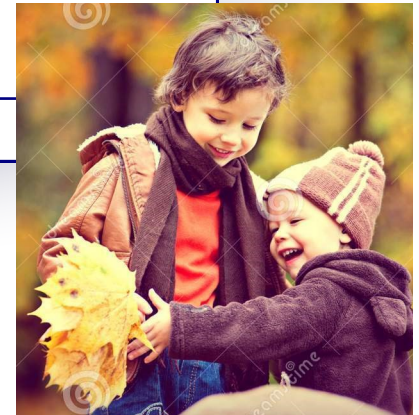




October 15, 2018

# Kinship Connection

Fall: In the Air !!!



## Busier Schedules & Family Time

Grandkids' busy schedules, sports practices, car pools, errands, and other daily priorities - often at the expense of family time.

The need for serving healthful meals and spending time together as a family is as important now as in past times.

Studies have shown that families that take time to eat together are twice as likely to eat healthy meals. And other studies show that children have higher grades, better test scores, a higher vocabulary and sense of belonging.

**Meal time can be a bonding time for families:**

If there is a sports practice—Maybe you could take a meal to the child and have a picnic.

Schedule a family night and decide the menu together.

Give everyone a job to make mealtime easier.

If not the evening meal then maybe breakfast, or a special meal on the weekend.

Keep healthy microwave meals handy.

Con't Page 2

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

Contact :

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

Art Mathew

Kinship Navigator



### 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:

- Busy Schedules
- Free Preschool
- New Medicare Cards
- Spicy Zucchini Soup



# Busier Schedules & Family Time—con't



If budget allows—buy the main course, like a bucket of chicken.

Make soups, stews and roasts in a crockpot.

Plan meals so there will be leftovers to save time at another meal.

Have reasonable expectations and encourage good behavior.

Keep mealtime conversations fun, pleasant, and peaceful. It's not the time to discuss problems.

Children have a natural sense of when they're hungry and when they're full. Take time to listen to your children.

## Cut Back on the Media:

Is your family addicted to watching television or captivated by video games—how about texting and constantly on the smart phone? If so, its time to take charge and cut down on the media use in your home. Surveys show that on the average American children watch 25 hours of television, seven hours of video games and hours on the internet and now with the new smart phones—it is almost endless. There are plenty of good reasons to take charge of that media use. Grades suffer, violent programs and video games give the idea that violence is the way to solve problems. There is a rise in obesity and a lack of physical activity. How do we get kids to buy into some media-free time—give them alternatives:

## Game Night:

Choose games that the whole family can play—board games, card games—oldies like musical chairs. Maybe several games going at one time.

## Arts & Crafts Day:

Especially good for the younger ones but us older ones can join in on the fun. Gather art supplies like watercolors, crayons, glitter, glue, and old pieces of fabric. Be creative—pictures, puppets, masks, sculptors and anything else they want to create.

## Physical Fitness Time:

Choose an activity that the whole family can do together—perhaps a bike ride, outdoor games, or walk a nature trail. For inside, maybe dance or stretching exercises.

## Weekly Cookie Day:

Let the kids invite a friend to bake cookies or make other healthy treats like granola bars.

## Who us 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





dreams



# The North-South Bus Schedule

## Colville to Kettle Falls- Morning

6:55am. Safeway  
6:58a.m. Wal-Mart  
7:08 a.m. Kettle Falls  
Foods  
7:12 a.m. Kettle Falls  
Chevron  
7:17a.m. KF Ranger Sta-  
tion

## Kettle Falls to Colville

7:30 a.m. Wal-Mart  
7:35 a.m. Safeway  
7:40 a.m. Community Col-  
lege  
7:45 a.m. Rural Resources

## Colville to Kettle Falls

7:50a.m. Courthouse As-  
tor/Oak  
7:53 a.m. Safeway  
7:56 a.m. Wal-Mart  
8:12 a.m. Kettle Falls  
Foods  
8:15 a.m. Kettle Falls  
Chevron

## Chewelah/Colville- Morning

7:10 a.m. Casino  
7:15 a.m. Safeway  
7:25 a.m. Blue Creek  
7:30 a.m. Addy  
7:45 a.m. Rural Resources  
8:00 a.m. Depart Rural Resources

## Colville to Chewelah

8:15 a.m. Addy  
8:20 a.m. Blue Creek  
8:25 a.m. Safeway  
8:30 a.m. Casino

## Chewelah to Colville-Afternoon

4:05 p.m. Casino  
4:10 p.m. Safeway  
4:20 p.m. Blue Creek  
4:25 p.m. Addy  
4:40 p.m. Community College  
4:45 p.m. Rural Resources

## Colville to Chewelah

5:05 p.m. Addy  
5:15 p.m. Blue Creek

*It is the goal of Rural Resources Community Action to provide appropriate and adequate services to eligible individuals regardless of race, religion, color, gender, pregnancy, age (including those over 40), national origin (including ancestry), ethnicity, disability (as defined in the federal Americans with Disabilities Act), marital status, veteran status, sexual orientation, income or any other characteristic protected by applicable federal or state law. If you wish to make a discrimination complaint, contact the Rural Resources Community Action Transportation Director at any phone number listed on this brochure, fax to 509-684-5787, [email-info@ruralresources.org](mailto:email-info@ruralresources.org) or write to: Transportation Director, Rural Resources Community Action, 956 S Main St, Colville, WA 99114*

**Rural Resources Community Action • [www.ruralresources.org](http://www.ruralresources.org)**

**509-684-2961 • 800-776-9026**





Early  
Childhood  
Education &  
Assistance  
Program

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



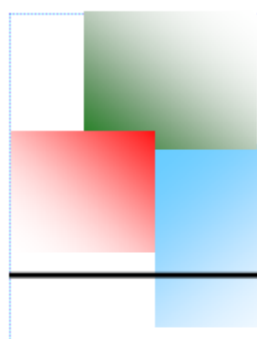
Family support

We are committed to high-quality preschool.

Ask us about:



WASHINGTON  
**EARLY ACHIEVERS**  
PREPARING CHILDREN FOR SUCCESS IN SCHOOL



# 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**



## Spicy Zucchini Soup

- 4 Tablespoons olive oil
- 1 Onion, finely chopped
- 1/2 jalapeno chile pepper (more or less to taste) remove seeds, stems & ribs
- 3 chopped garlic cloves
- 2 pounds chopped zucchini—about 5—6 cups
- 1 1/2 chopped day old bread
- 3 cups chicken or vegetable broth
- 1/2 cup fresh mint leaves chopped
- 1/2 cup fresh cilantro
- 2 teaspoons lemon juice
- 1 cup water
- Salt & Pepper



- \*Heat olive oil in a large pot over medium-high heat. Add onion & Jalapeno chile —saute for 4—5 minutes. Add garlic & zucchini & saute another 3-4 minutes—stirring often
- \*Add bread, broth, & water—bring to a simmer for 20 minutes.
- \*Remove from heat—add cilantro. Puree in a blender until smooth.
- \*Return to soup pot. Add lemon juice—salt & pepper to taste.
- \*Garnish with lemon wedges & sprigs of mint or cilantro—serve hot or chilled.



## A Big Birthday !

### Means Big Decisions

About your health insurance coverage.

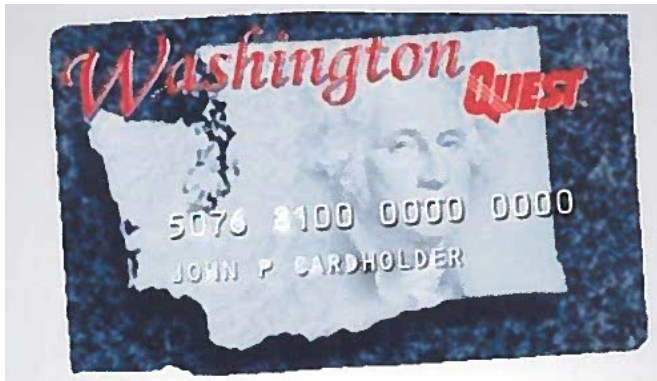
*Are you ready for Medicare ?*

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**





What  
Can I  
buy?



Have  
Questions about  
Basic Food?

Call:

**Leigh Ann**

**1-800-776-3857**

Or

**509-684-5645**

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

Open Enrollment for Prescription Drug ???

October 15th - December 7th

Contact:

Sonja at Rural Resources 509-685-6077

