

the

N O R T H I D A H O

R.A.P. family

AUGUST 2013 NEWSLETTER

GLEND A WEAVER 208-769-7096



Contents

Community Day	1
No August RAP Meeting	1
New KinCare VISTA	2
New Resources	2
New Shuttle Service	3
PAC Bible School	3
Self-Care	4
August in CdA	5



✧ Community Days ✧

FREE SCHOOL SUPPLIES BY REAL LIFE MINISTRIES

Believe it or not, in a matter of weeks hundreds of local students will head back to school. Within that group many won't have pens, notebooks, glue sticks, backpacks and other school supplies to begin the school year. With fixed incomes and the poor economy there are a lot of families that won't have extra money this year. Real Life Ministries has always been a great resource to provide Northern Idaho with the school supplies they will need to have to start the school year.

Sunday, August 11, 2013
2:00 pm to 4:00 pm

- *Free Kids Clothing, Backpacks, & School Supplies
- *Free BBQ - food & drinks
- *Free Bounce Houses & Games
- *Free Snow Cones
- *Free Haircuts

Three Locations!

- *Canfield Middle School
- *Lakeland High School
- *Real Life Ministries Bldg.#2

Questions? Contact Dawn at:
208-777-7325 Ext. 189

Sponsored by:
Real Life Ministries
www.reallifeministries.com

Real Life Ministries makes this a fun event for the whole family providing a barbecue, bounce houses, games and snow cones and hair cuts along with the school supply give-away. Go and make this a fun family event!

Coeur d'Alene RAP Support Group will meet on **September 12, 2013** at the **Jewett House** 1501 E. Lakeshore Drive Coeur d'Alene, Id (Potluck Lunch and No Cost Child Care) **Noon to 2 o'clock**
Glenda 208-769-7096
Margo 208-667-0320

No Relative As Parents Meeting in August 2013

There will not be a Relatives As Parents Meeting in the month of August. Most families have a very busy August schedule with vacations and out-of-town guests so it was decided at the last RAP meeting that we would not have an August meeting. We had a great turn out for the annual picnic in July. Thank you to all of you that participated and helped. See you in September at the Jewett House on the second Thursday of the month.



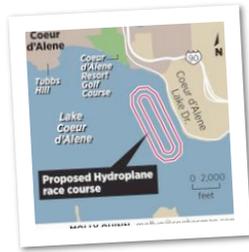
New KinCare VISTA Jannette Taylor

I would like to introduce you to Jannette Taylor our new Idaho KinCare Project VISTA (Volunteer In Service To America) worker. Jannette retired from the Coeur d'Alene Tribe as a TANF Coordinator in June of 2013. She comes to us with a lot of experience as she has worked for the Coeur d'Alene Tribe for the past 30 years. Her job is to cover Region 1 which is the 5 northern counties of Idaho. She will be finding new resources for RAP's and speaking to the public making them aware of the population of RAP's and their needs. Jannette has experience in raising grandchildren. She is currently helping raise her grandson. You will see Jannette at our Relatives As Parents meetings and you probably will receive a call from her during the next few months asking you if there is any services she can help you find. I will be helping Jannette establish herself in her new job as a KinCare VISTA over the next year. **Welcome Jannette to our KinCare Community!!!**

New Resources

Here are some new resources for you that I recently became aware of:

- 1) **Catholic Charities offers free mental health counseling! 208-676-1974**
- 2) **Community Action Partnership just received "weatherzation money" 208-664-8757**
- 3) **Cultivation Counseling is offering free health counseling**
<http://www.cultivationcounseling.com/coeur-dalene-counseling>
- 4) **St. Vincent de Paul is offering free Legal Advice with local attorneys-by appointment only 208-664-3095**
- 5) **St. Vincent de Paul is offering "Fashions for your Future" workshop to help you discover and highlight your best assets, look polished with a fresh haircut from the Toni and Guy Hair Academy, schedule a personalized shopping trip to get \$50 in free clothing to start to building your work-appropriate wardrobe. This is a great program for those who have just entered the job market, recently released from jail, stay-at-home mom's re-entering the workforce. For more information call: 208-664-3095 ext.322**



New Shuttle Service!



The RAP/GAP Mascot is the turtle. The turtle, like us and our children, has a hard shell to protect it from getting hurt, but the inside is soft, vulnerable and lovable. We must learn to stick our heads out of our shell and take a chance.

There is now a new shuttle service bringing connectivity to Sandpoint, Priest River, Newport and Spokane. The trips from Sandpoint to the Spokane Airport are priced at \$5. This Community Shuttle Service makes two stops a day Mondays, Wednesdays, Thursdays, and Fridays in each city on the route. Sandpoint residents can catch the shuttle at the Bonner County Public Works building, located on the corner of Division and Ontario. Riders are free to park their vehicles at the location and pick them up when they return. The service aims to be affordable to all income levels. Oneway fares run \$1.50 from Sandpoint to Priest River, \$.50 from nPriest River to Newport, \$3 from Newport to Spokane and \$5 from Sandpoint to Spokane. The Community Shuttle can work to accommodate special needs riders or offer flexibility in unusual situations. To make those arrangements or to reserve a spot aboard the shuttle, it is best to call service operators at **1-877-264-RIDE(7433) or 509-534-7171**

Prairie Avenue Christian Center Bible School

- When:** August 5, 2013 - August 9, 2013
- When:** 8:30 am - 11:30 am
- Where:** 3639 W. Prairie Avenue, Hayden, ID.
- Who:** Children from Pre-school to 5th grade
- Contact:** 208-772-7541
- Cost:** FREE



Welcome to Kingdom Rock: Where Kids Stand Strong for God

Each day, kids will participate in small groups called Crews, and discover what it means to stand strong for God! Not only will they experience Bible adventures but they'll watch for God in everyday life through something called God Sightings. Kingdom Rock is filled with unforgettable Bible-learning experiences. Kids will see, hear, touch and even taste! There will be team-building games, cool Bible songs, and tasty treats keep everyone on the move. Go to : <https://www.groupvbspro.com/vbs/ez/pacc> to register or for more information call: 208-772-7541



The Importance of Self-Care for Parenting Grandparents

By Elaine K. Williams

Parenting grandparents always tell me, “I don’t have time for self-care!” This is equivalent to saying, “I don’t care about myself!” Your grandchildren pick up this message, because every fiber of your being communicates this point.

Before you get out of bed each morning, take five minutes and do some deep breathing. Breathe in and out your mouth as you will fire up your system by breathing oxygen deep into your lungs. Oxygen is the fuel for our metabolism and breathing through your mouth allows it to be absorbed deep into your lungs and stomach, moving it throughout your body quickly. I promise, it is better than a cup of coffee!

The inhale is long and deep, but the exhale is short and easy...do not push it. Do this same breathing exercise after lunch and once again, around 4pm. If you feel tense and anxious, do this exercise a little slower, in and out your nose. Just remember, breathing through your mouth raises your energy; and, breathing through your nose calms your energy.

After your grandkids leave for school, do something to relax for a few minutes. Take a soothing shower or bath. Water is cleansing energetically as well as physically, so a shower or bath can wash away the stress and leave you feeling refreshed, as well as clean. Do not rush a shower or bath, give yourself a minimum of 15 minutes to enjoy the experience. That is not a long time! Just be sure you are present to enjoy the experience. If you have pre-school grandkids or the grandkids are home on summer vacation, and you cannot take the time to enjoy a relaxing shower or bath, then here is an option. Buy a small, inexpensive bottle of lavender or peppermint and massage it your temples in the morning and before bedtime. You can do this anytime of the day you are feeling stressed, or perhaps feel a headache coming on. Just a little bit will relax the side of your head where we spend the day thinking and problem-solving. The scent will relax your body and you will begin to associate the scent with relaxation.

Whether you live in the city or a rural area, spend at least 10 minutes outside in your backyard or on your porch. Fresh air, green trees, flowers, green grass, a fresh breeze are all relaxing and speak to our heart. Let the breeze move through your hair and take a long, deep inhale and let it come through your body and refresh it. While you are outside, think of something you are grateful for. Name it out loud, even though you may be alone. Let your mind hear your gratitude voice. As a parenting grandparent you face a lot of challenges, lets soften them by consciously acknowledging something or someone you are grateful for. Being in a state of gratitude is like being in a state of grace. It belongs to you and cannot be taken away from you.

My suggestions for self-care are inexpensive and add up to 41 minutes per day. Can you give yourself 41 minutes? If not, how much can you give yourself? Allow yourself some nurturing and let your grandkids see how important self-care is. Encourage them to do some of these same things, and watch the difference it makes in them. In fact, you can all breathe together every evening before bedtime (nose breath calms) and share the experience together. Self-care is not optional, it is an important requirement we need to give ourselves daily to maintain our well being!



AUGUST IN COEUR D'ALENE

Upcoming Events in Coeur d'Alene

August 02, 2013 to

August 04, 2013

[Downtown Street Fair](#)

August 02, 2013 to

August 04, 2013

[Taste of the Coeur d'Alene](#)

August 02, 2013 to

August 04, 2013

[Art on the Green](#)

August 10, 2013

[Coeur d'Alene Triathlon](#)

["The Scenic Challenge"](#)

August 17, 2013 to

August 18, 2013

[2nd Annual Lake Coeur](#)

[d'Alene Cardboard Boat](#)

[Regatta](#)

August 21, 2013 to

August 25, 2013

[North Idaho Fair & Rodeo](#)

August 30, 2013 to

September 01, 2013

[Coeur d'Alene Diamond](#)

[Cup H1 Unlimited](#)

Street Fair - Art on the Green - Taste of Coeur d'Alene & Coeur d'Alene Diamond Hydroplane Race & Exhibition

The Taste of the Coeur d'Alene's, The Street Fair, and Art on the Green are three events all held simultaneously in Coeur d'Alene City Park, the downtown area on Sherman Avenue, and on North Idaho Campus. These events are held annually the first weekend in August. Over 250 booths of Food, Fine Arts and Crafts are available, as well as, musical groups throughout the weekend at the City Park Bandstand. Visitors can walk from the Street Fair through the Taste of the Coeur d'Alene's and end up at Art on the Green all at a leisurely stroll. There is a free shuttle bus running between Ft. Sherman and Downtown but if possible, its wonderful to walk along the shore of the lake between venues and take in all the wonderful arts, crafts and foods in each section.

ART ON THE GREEN"Art on the Green is a great place to buy handcrafted works in glass, clay, leather,wood, metal and fiber directly from the artists. Or if you prefer, create your own special art in the handson-art sections for children and adults- materials and instructions provided. Enjoy a variety of food selections- old favorites and new additions."

www.artonthegreen.org

DOWNTOWN STREET FAIR Main street, Sherman Avenue is closed off for 6 blocks to allow merchants to set up booths outside their stores as well as merchants who do not have stores but travel around from city to city exhibiting their 'stores'. There are arts and crafts, food, clothing, outdoor furniture, sporting equipment, anything you can imagine.

TASTE OF THE COEUR D'ALENES In the city park there is the Taste of the Coeur d'Alenes. Many of the restaurants in town set up booths to serve up their most popular selections. Others such as caterers, butchers, offer their own specialties. Beach vendors selling hot dogs, cotton candy, drinks and lots of huckleberry treats such as ice cream, ices, tea, and sundaes with huckleberry syrup. In the park there are picnic tables and wide open green spaces for blankets. The children's play area provides many hours of fun in the maze along with climbing, sliding, and swinging.

HYDROPLANE RACE & EXHIBITION is back after a 45-year absence. The worlds fastest boat races will be along Silver Beach east of Coeur d'Alene Resort Golf Course. Bleachers, food and merchandise vendors and restrooms will be set up along a 2.2 mile stretch. The course will take racers within 400 feet of shore. This event will take place on Labor Day week end. (August 30th -September 1st) There wont be a bad seat in the house. The Diamond Cup H1 is the 7th stop on the Hydroplane Race Circuit. Drivers and teams from all over the country will be battling for the National High Points Championship on one of the fastest courses, here in Coeur d'Alene, that the H1 has to offer. Tickets Available at: www.cdadiamondcup.com

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