

- Do you know when to talk to your kids about the dangers of teen drinking?



INSIDE
THIS ISSUE:

Health Tip 2

10 things to do in February

Things to do in February 3

Valentine Cookies 3

Tax Credit 4

FACS Library 6

Support Group 6

Idaho KinCare Project

VOLUME III, ISSUE 3

FEBRUARY 2013

Do you know when to talk to your kids about the dangers of teen drinking?

TREASURE VALLEY— It's never too early to talk to your kids about alcohol. And it's never been more important.

According to a 2011 study by the Centers for Disease Control and Prevention, 39 percent of high school students use alcohol at least once within a 30-day period. It's not quite a majority, but it's a significant minority, and yours may be among them whether you realize it or not.

CDC studies show teens who drink are at higher risk for academic, social and legal problems and alcohol can affect the development of a growing body in ways it may never fully recover from.

HOW DO KIDS GET ALCOHOL?

Older friends and siblings? Cashiers neglecting to ask for ID? Shoulder-tapping strangers? Parents?

All of the above, Alcohol Compliance Officer Jermaine Galloway said.

Young drinkers are more likely to binge-drink than adults, Boise Police Alcohol Compliance Officer Jer-



maine Galloway said—they drink solely to get drunk, and that makes them potentially more dangerous behind the wheel.

Many were never taught about safe, responsible drinking habits by their parents. And by the time they reach high school—the age many parents associ-

ate with underage drinking—it may already be too late, Galloway said. Kids who drink often start as young as their early teens. And the younger they start, the more likely they are to develop serious drinking problems later in life.

“That’s pretty standard across the country, whether you’re looking at federal surveys or local surveys, it’s really about 12 or 13,” he said. “So you ask parents about when they’re talking to their kids, and they’re like, ‘Well you know, sophomore in high school.’ Well, guess what? You’re three years behind.”

jfunk@idahopress.com

Posted: January 27, 2013

It's too common, Galloway said, for parents to think they can provide alcohol to their own children. The thinking goes like this: Kids are going to drink anyway, and if parents keep it inside the family home, they can safely supervise it.

<http://www.idahopress.com/search/>

Health Tip: 10 things to do in February

Got the winter doldrums? That's not surprising -- it may have been more than a month since solstice, but winter still has its grip on us, and the days are still far too short. While your instincts may be to curl up on the couch with your favorite dessert and a good book, healthy eating and exercise are the best ways to beat the February blues. Try these 10 tips for staying healthy and happy this month.

1. Go for a lunchtime walk

It may be chilly outside, but there's nothing like fresh air, exercise and a bit of sunlight to brighten your mood -- even if said sunlight is being filtered by clouds and snow. Walking outdoors every lunch hour is a great idea for both your physical and mental health. Maybe you need a bit of quiet time to unwind, or perhaps you'd like to invite some coworkers along for a friendly unrelated-to-work chat. Either way, you'll be doing your body a favor. Having a hard time getting motivated? Try aiming for just 10 minutes to start with -- but don't be surprised if you're not ready to go back inside once the time's up.

2. Have a nap

If you're like most people, you don't [get enough sleep](#) -- so if you're sleepy on a gloomy afternoon, go ahead and curl up on the couch for a snooze. Just avoid napping in the evening and make sure not to doze for too long, so you don't have trouble falling asleep at night.

3. Snack on chocolate

Good-quality chocolate (or even hot chocolate) is a fantastic treat -- in moderation, that is. For the best nutritional value, go for

dark chocolate -- it's loaded with antioxidants -- and pick pieces with added nuts for protein and omega-3s. Just make sure to choose quality over quantity. Rather than having a whole bar of mediocre chocolate, go for a single piece from your favorite gour-



met chocolatier, and savor every bite.

4. Pump some iron

You've probably seen article after article telling you why you should lift weights and keep your muscles toned. They're not wrong. Staying strong is great for your health -- and it helps you [burn more calories](#), too. But don't think you have to hang out in the weight room at your gym to get results. You can easily work on strength training in the comfort of your own home, either while taking breaks from other activities or during a focused weight-training session. Try doing biceps curls during the commercials of your favorite TV show, or squats while you're brushing your teeth.

5. Buy yourself a pick-me-up

Having a rough day? There's no reason you shouldn't reward yourself for making it through. But if your usual mood-brightener is calorie-rich [junk food](#), think about replacing it with something that will make you feel better without the post-binge guilt, whether it's a soothing soak in the tub, a new

bottle of nail polish or a fresh copy of your favorite magazine.

6. Eat more fruit

Want an quick way to fight [heart disease](#), cancer, [Alzheimer's disease](#) and obesity? It's easy -- eat more plant foods, including the recommended five to [10 daily servings of fruit and vegetables](#). For a simple way to increase your intake, snack on fruit a couple of times a day. To make eating fruit less of a chore, try bringing pre-cut portions with you to work -- apple slices or cut-up grapefruit, for example. Or pack a week's worth of bananas with you on Mondays for easy-to-grab afternoon hunger busters.

7. Get a massage

There's nothing like a good massage to relieve both physical and mental stress. It's also great for your health; according to the [Canadian Massage Therapist Alliance](#), massage therapy will help boost your [immune system](#) and relieve symptoms of everything from arthritis and asthma to repetitive strain and sports injuries. A bonus? Many extended medical plans cover regular massages -- just make sure to check whether you need a doctor's note to qualify.

8. Wash your hands

One of the easiest ways to prevent spreading colds and flu is to keep your hands clean by washing them regularly. Make sure to use good technique with the following tips from *The Flu Pandemic and You* by Vincent Lam, MD and Colin Lee, MD:

- Wet your hands and apply enough soap to create a lather.
- Rub and scrub your hands together for at least 15 seconds, ensuring that your entire hand is covered with soap.

They also suggest using the towel to open the door of the washroom on your way out, and avoiding the use of overly hot water, as it will irritate your skin.

9. Cut back on salt

Most of us eat more salt than we need, according to the Heart and Stroke Foundation of Canada (www.heartandstroke.ca), and excess salt can help raise blood pressure in people who are "salt sensitive." Since it's so difficult to tell whether an individual is salt sensitive -- and since there's no question the majority of North

Americans consume far more salt than the body needs -- it recommends limiting your salt intake by avoiding packaged and processed foods (including salty snack foods such as potato chips and pretzels) and salt-preserved foods such as bacon, ham and luncheon meat. If you're a salt lover, try cutting back gradually, and increasing your use of other flavorings such as fresh and dried herbs, onions and garlic and chili peppers at the same time.

10. Take care of your breasts

One in nine women will develop

breast cancer in her lifetime, according to Health Canada. One step you can take toward fighting the disease is performing a [monthly breast self-examination](#) -- just create the habit, and you'll stop thinking of it as a chore. Other steps you can take to minimize your risk include [losing excess weight](#) (especially if you're postmenopausal), quitting smoking, being physically active and lowering your intake of alcohol.

By Kat Tancock

http://www.canadianliving.com/health/mind_and_spirit/your_health_10_things_to_do_in_february_2.php

Strawberry Valentine Cookies Recipe



Ingredients

- 2/3 cup *butter, softened*
- 2/3 cup *sugar*
- 1 *egg*
- 1 *tablespoon lemon juice*
- 2 *cups all-purpose flour*
- 1/3 *cup strawberry drink mix*
- 2 *teaspoons baking powder*
- 1/2 *teaspoon salt*

• GLAZE:

- 1 *cup (6 ounces) semisweet chocolate chips*

- 1 *teaspoon shortening*

• FROSTING:

- 1/3 *cup butter, softened*

- 2 *tablespoons strawberry drink mix*

- 1/8 *teaspoon salt*

- 3 *cups confectioners' sugar*

- 3 to 5 *tablespoons 2% milk*

Directions

- In a small bowl, cream butter and sugar until light and fluffy. Beat in egg and lemon juice. Combine the flour, drink mix, baking powder and salt; gradually add to creamed mixture and mix well.
- On a lightly floured surface, roll out dough to 1/4-in. thickness. Cut with a floured 2-1/2- to 3-in. heart-shaped cookie cutter. Place 2 in. apart on ungreased baking sheets. Bake at 350° for 8-10 minutes or until set and edges begin to brown. Cool for 2 minutes before removing to wire racks to cool completely.
- In a microwave, melt chocolate chips and shortening; stir until smooth. Spread over cookies; let stand until set.
- In a small bowl, beat the butter, drink mix and salt until blended. Gradually beat in confectioners' sugar. Add enough milk to achieve desired consistency. Decorate cookies. **Yield:** about 2 dozen. Prep: 50 min. Bake: 10 min./batch + cooling
cookies from Marna Heitz of Farley, Iowa.

GROCERY TAX CREDIT

Grocery tax credit for 2012

Idaho residents who don't normally make enough money to file an income tax return can still get a refund of the grocery tax credit for 2012. The tax credit, which offsets the sales tax on groceries, is \$90 for Idaho residents who are not required to file an income tax return, plus \$90 for each of their dependents. Residents age 65 and older get \$20 more.

To qualify for the refund, residents must have lived in Idaho during all of 2012. (Dependents born or adopted in 2012 qualify for the full credit.) If the Idaho residents received federal food stamps or were in jail for part of the year, their refund will be prorated to exclude the months those conditions applied. Last year about 61,000 residents who weren't required to file a tax return filed for a grocery credit refund.

Taxpayers who use an Individual Taxpayer Identification Number (ITIN) when they file an Idaho income tax return can get a grocery credit refund if they provide legal proof of residency. They must send a copy of one of the following to the Tax Commission:

- Alien registration card (green card, federal immigration Form I-551)
- Arrival/Departure Record (federal immigration Form I-94)
- Work permit card (federal immigration forms I-766 or I-688B)
- Idaho Driver's License
- Visa, such as Exchange Visitors (J-1), International Students (F-1 or M-1), or any other visa showing legal residency in the U.S.

Residents age 65 and older and their spouses can claim the refund by filing a Form 24, Idaho Grocery Credit Refund. Residents under the age of 65 should file their claim on Form 40, Idaho Individual Income Tax Return.

For more information and to get copies of Form 40 or Form 24, Idahoans can visit the Idaho State Tax Commission's website at tax.idaho.gov (click on "Get a grocery credit refund even if you're not required to file an income tax return" in the "Quick Picks" section).

The website features:

Residents age 65 and older and their spouses can claim the refund by filing a Form 24, Idaho Grocery Credit Refund.

Angel Cakes

Kathy's Kakes

www.kathyskakesidaho.com

208-459-0014

2010 Blaine St., Caldwell ID

While

Angel Cakes is no longer, Kathy is continuing the work on complimentary birthday cakes to foster care/KinCare children in Region 3.



February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12 _{Fat Tuesday}	13	14 _{St. Valentine}	15	16
17	18 _{Kinship Plus}	19	20	21	22	23
24	25	26	27	28		

Idaho CareLine • IDHW 



Get Connected. Get Answers.

Dial 2-1-1 or 1-800-926-2588

2-1-1 Idaho CareLine is Idaho's only statewide, comprehensive community information and referral service. Dedicated to providing a comprehensive range of low cost or free health and human services to the people of Idaho. Dial 2-1-1 or

1-800-926-2588

www.211.idaho.gov



Find us on
Facebook



Visit the FACS library at
www.211.idaho.gov



It can be overwhelming to be the primary caretaker of children in today's world. When you feel as though you just can't do it anymore, it might help to remember this anonymous quote.

“You may not be able to change the entire world, but you can change the entire world of a child.”

Support Group

Kinship Plus

Caldwell, ID

Linda Dripps: (208) 919-4731

Idaho KinCare Project

A KinCare provider is a grandparent or other family member raising a relative's child. This arrangement can be challenging from legal, financial, and emotional standpoints. If you are one of the 10,000 KinCare providers in Idaho, this newsletter is for you.

Idaho KinCare Project

823 Parkcentre Way

Nampa, Idaho 83651

Phone: (208) 442-9977

E-mail: barrienn@dhw.idaho.gov

