



# Idaho KinCare Project

VOLUME IV, ISSUE VI

JUNE 2014

## SPECIAL POINTS OF INTEREST:

- **Share YOUR Story**

## INSIDE THIS ISSUE:

- Most Popular Baby Names 2
- Web Browser Alert 2
- Free Lunch in the Park 3
- Socialize Securely 3
- FACS Library 4
- Support Group 4

## Share YOUR Story

Do you attend a KinCare support group? Has the TAFI 'grandparent' grant helped your family? Do you have any advice for new KinCare providers? If you answered yes to nay of these questions or have an opinion about another KinCare service, please share your experience with other KinCare providers statewide.

We are collecting short excerpts of experiences from KinCare providers to post on the KinCare Newsletter. Each story should be under 400 words and discuss what KinCare resources have meant to your family.

Your excerpt can be anonymous, fictitious (e.g. "Granny from Grangeville") or you can sign your name.



Kimberley, Age 15

The finished project will be publish in The Idaho KinCare Project Newsletter and posted on the 211 KinCare Website.

Most KinCare providers say they feel some level of isolation from their families and friends as a result of opening their homes to kin children, so this is an opportunity to learn and feel camaraderie form others whose families look just like yours.

Please email your excerpt with instructions on how to list your name to [barienn@dhw.idaho.gov](mailto:barienn@dhw.idaho.gov) If you have any questions about this project, please call Norma at: (208) 442-9977.

Share your story.

You are not alone in your KinCare experience.

In winter I get up at night  
And dress by yellow candle-light.  
In summer quite the other way,  
I have to go to bed by day.

I have to go to bed and see  
The birds still hopping on the tree,  
Or hear the grown-up people's feet  
Still going past me in the street.

And does it not seem hard to you,  
When all the sky is clear and blue,  
And I should like so much to play,  
To have to go to bed by day?

## Bed in Summer

By Robert Louis Stevenson





Google chrome  
<https://support.google.com/chrome/answer/95414?hl=en>



Microsoft Internet Explorer  
<http://www.microsoft.com/en-us/download/internet-explorer.aspx>



Mozilla Firefox  
<https://support.mozilla.org/en-US/kb/update-firefox-latest-version>



Apple Safari  
<http://support.apple.com/downloads/#safari>



Opera  
<http://www.opera.com/>

## Most Popular Baby Names

Noah and Sophia Win Social Security's Most Popular Baby Names for 2013 Noah Floats to the Top; Jacob Had Held Top Spot Since 1999

Noah and Sophia are America's most popular baby names for 2013. First time atop the list is Noah, the first new boys name at number one since 1960 other than Jacob or Michael, and the third straight year for

Sophia. This is huge news in the world of baby names with Noah rising to the top, unseating Jacob. Proving to be America's favorite before the 2014 Russell Crowe movie Noah climbed atop the box office charts! There is only one new name in the top 10 this year-Daniel, but he has been there before. Also, be on the lookout

for another Sophia crawling up the list-Sofia with an "f" has reached her highest spot ever at number 13.

Here are the top 10 boys and girls names for 2013:

Boys:	Girls:
Noah	Sophia
Liam	Emma
Jacob	Olivia
Mason	Isabella
William	Ava
Michael	Emily
Alexander	Abigail
Jayden	Madison
Daniel	Elizabeth

## Web Browser Alert

A service of the Investigators of Kroll Web Browser Alert—Updates are vital to secure use.

A web browser is “a software program that allows the user to find and read encoded documents in a form suitable for display, especially such a program for use on the World Wide Web” (Dictionary.com). If you access the Web, you use a browser. Common browsers are Google Chrome, Microsoft Internet Explorer, Mozilla Firefox, Apple Safari and Opera.

Like other software programs, the developers of web browsers will update their respective software periodically, usually to fix a problem or address vulner-

ability.

Recently, Internet Explorer released an update to fix a problem so troubling that both the United States and United Kingdom governments warned computer users about it. “An attacker who successfully exploited this vulnerability could gain the same user rights as the current user,” Microsoft stated in a May 1, 2014, security bulletin.

Internet Explorer users using Windows operating systems that are supported by Microsoft (Windows XP, for example, is no longer supported) and who have their software set to automatically update don't have to do anything. If updates are not installed automatically, steps should be taken to update the browser.

See the Microsoft Security Bul-

letin here: <http://bit.ly/SDSmwe>.

Regardless of the web browser you use, always make sure it is up-to-date. Allow automatic updates so that you receive any improvements as soon as they are made available. These updates correct flaws and vulnerabilities found and addressed since the initial download of the software or the previous update.

Having the latest version of your web browser should improve the security of your system and help protect from would-be identity thieves attempting to seek access to your information. Check these links on the left for information on your browser.

**“Food that’s in when school is out!”**

# Free Lunches in the Park



Oasis summer feeding program 2014. This program makes sure that children in many parts of the state have free, healthy meals over most of their summer vacations.

Meals will be provided to all children ages 1-18, without charge Monday—Friday. Closed Monday May 26 and Friday July 4.

For information about sites and times in Canyon County call 208 -459-600 Ext 4 or visit [www.oasiswc.org](http://www.oasiswc.org) or click the link below for a pdf copy of a site near you.

<http://oasiswc.org/SFP%20Press%20Release%20I%20%202014.pdf>

## Socialize Securely

Do you keep up with friends, family members and acquaintances by using a social networking website like Facebook or Twitter? Do you feel secure doing so? Perhaps you imagine that your information is only being shared among friends. There is, however, a chance it’s viewable by others and depending on what you share, you could put yourself at risk for identity theft.

Try this exercise: Pick the account of one person you are connected to on a social network and see what you learn about them from their account. What did you find?—name, date of birth, employer, where they worship, the school(s) from which they graduated, their favorite color, their pet’s name, to whom they are related, where they vacation? What could someone learn about you if they did the same thing?

A technique like that, known as “screen scraping”, is used by thieves to steal information from social networking pages. According to Microsoft, screen scraping is “the act of taking all the information that a person has posted on their Web site or social networking page and then using the information to break into the user’s account or to commit some other fraud involving identity theft.”

Let’s consider a few ways that seemingly non-threatening information can be exploited:

**Account Takeover:** Sharing too much information on a social network could make it possible for someone to collect enough information to be able to take over one or more of your email, social networking or financial accounts. Along with screen scraping, people looking to steal information use game apps and quizzes shared online to collect information. That information may be used to guess login information and answers to security questions for other online accounts.

**Physical Vulnerability:** If your profile or individual posts show your home address and your physical location you might make yourself vulnerable to a home burglary or stalking.

**Targeted by Scammers:** A scammer perpetuating a romance scam, for example, may use the information a potential victim shares online to get close to them, appearing to have a lot in common or taking advantage of a perceived vulnerability such as loneliness.

Consider these steps you can take to prevent such exploits:

### Defend your PRIVACY

- Be stingy with personal information in your account profile
- Avoid sharing unnecessary personal information in your online activities

- Ask your friends to be stingy with your information in their online activities as well
- Be cautious about how much information can be gleaned from photos you share online

### Defend your ACCOUNTS

- Avoid sharing personal information, i.e. a birthdate, in your User ID
- Create passwords that are not easy to guess and unique to each site
- Log out of your accounts after each visit
- Make yourself aware of and make use of each website’s security features
- Stay aware of changes to the website’s features and its privacy policy

### Defend your DEVICES

- Use a firewall and software that protects against viruses, spam and spyware
- Keep all software, including your internet browsers updated to obtain critical security improvements
- Think twice before clicking on a link within a social media post or email because of virus risks that could make your computer, tablet or smartphone less secure

You can be your own best defender or worst enemy when it comes to protecting your personal information. Your experience participating in social networking will greatly depend on choices you make, so choose and share wisely.

A look at protecting personal information while using social networks

Idaho CareLine • IDHW 

**2-1-1**™

**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](http://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.”*



## 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.



Find us on  
**Facebook**

Visit our Facebook page:

<https://www.facebook.com/#!/IdahoRelativesAsParents>



Visit the FACS library at  
[www.211.idaho.gov](http://www.211.idaho.gov)



## Support Group

### Kinship Plus

Caldwell, ID

Linda Dripps: (208) 919-4731

## Idaho KinCare Project

823 Parkcentre Way

Nampa, Idaho 83651

Phone: (208) 442-9977

E-mail: [barrienn@dhw.idaho.gov](mailto:barrienn@dhw.idaho.gov)

*Thank you  
grandma*



Angel, Age 9