IDAHO KINCARE PROJECT

Idaho KinCare Project

VOLUME 1, ISSUE 6 APRIL 2011

SPECIAL POINTS OF INTEREST:

- **My Family . My Story. Contest opens April 1**
- **Attend a Support Group**
- **Check out a book from the FACS library**

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My Family. My Story. Art Contest

The Idaho KinCare Project is excited to announce the 2011 My Family. My Story. Art Contest. Children, ages five through eighteen, will explain through a drawing, poem, or short essay why living with someone other than their parents has made a positive difference in their lives. Children must currently live or have lived in a kincare family in the past.

The top two entries in each of the three age divisions will win a prize of $100 from D.L. Evans bank. All entries will receive a special gift from 211 Idaho CareLine. At the close of the contest, the entries will be compiled into a booklet and sent out to entrants. So not only will kids have a chance to win $100, they will also be published! For privacy reasons, we will only publish a child's first name and age.

There are three ways to access an entry form: visit your local D.L. Evans bank, print a form from the 211 Kincare website, or request a form be sent to you by calling the 211 Idaho Careline. Completed entries can be returned to a D.L. Evans bank or mailed to My Family. My Story., c/o 211 Idaho Careline, P.O. Box 83720, Boise, ID 83720-0026.

All entries must be returned or postmarked by May 31, 2011. Entries will be judged in three age categories by community members from around the state. Winners will be announced in July 2011.

For complete rules of the My Family. My Story. art contest, visit the kincare tab at www.211.idaho.gov or call 2-1-1. Email jacksonr2@dhw.idaho.gov (English) or barrienn@dhw.idaho.gov (Spanish) with any questions.

The Idaho KinCare Project would like to thank D.L. Evans Bank, the 211 Idaho CareLine, the Idaho Department of Health and Welfare, and Idaho State University Credit Union for their generous support of the 2011 My Family. My Story. Art Contest.

Support Group Meetings

- Treasure Valley GAP, Boise
  Tracee Crawford: 323-7538
- KinCare Support Group, Mountain Home
  Robbie Jackson: 287-1031
- Relatives as Parents, Nampa
  Linda Dripps: 919-4731
- Relatives Raising Relatives, Idaho City
  Ginny and Ken Ohls: 344-4329
- Grandparents/Relatives as Parents Support Group, Twin Falls
  Shawna Wasko: 208-736-2122

Remember Sun Safety

Sunny days are coming soon….promise!

Source: Community Health Promotion and Education, Central District Health Department

Exposure to the sun's rays can hurt your skin. Too much sun early in life can lead to serious health problems later, including a skin cancer called melanoma. Easy things to do to protect your skin:

Limit time outside - especially between 10 a.m. and 4 p.m. when the sun's rays are the strongest.

Use sunscreen with SPF 30 or higher – except on babies 6 months or younger, who should be protected by light weight long sleeve shirt, long pants, and a sun hat that protects the neck and ears.

Wear sun-protective clothing.

Don't go to tanning salons.

Seek or create shade whenever possible.

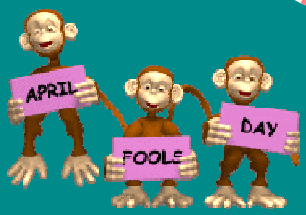
Remember that water, snow, concrete, and glass can make the sun's rays stronger and more harmful to skin.

Wear sunglasses with UV protection.

Put SPF 30 sunscreen on 20 - 30 minutes before you go outside and re-apply sunscreen every 2 hours

Get vitamin D safely through a healthy diet that may include vitamin supplements. Don't seek the sun.

April Fools!



Have some April Fool's Day fun with your little monkeys!

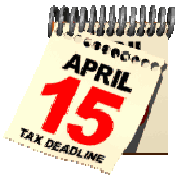
Have your kids pulled an April Fool's Day joke on you? Do you need revenge? Here's an idea from www.squidoo.com. Before you sit down for dinner tonight, pour some milk into your kids' normal drink glasses. Place the glasses in the freezer until the milk is completely frozen. At dinner, enjoy their confused expressions as they try to take a big swig of milk and nothing comes out of their glasses! (Disclaimer...the KinCare Project does not recommend or not-recommend pulling pranks on your kids.)

Tax Time is HERE!

Make sure you remember to file your taxes

If you automatically associate tax time with migraines, here are a few tips to make this season a little less stressful.

Several locations in the state offer free tax preparation for qualifying individuals. To find a location, visit the AARP Tax Aide site or call the Volunteer Income Tax Assistance (VITA) at 1-800-906-9887 or call the 2-1-1 Idaho CareLine. Another option for free tax assistance is to use a 'free file' program through the IRS. Visit www.freefile.irs.gov to learn about this program and to find a link to a reputable company that will walk you through the steps to a successful 2010 tax season. If you use this option, be aware that while filing federal taxes is free, some companies will charge you a fee to file your state taxes. Whatever way you decide to file your taxes this year, remember to MAKE and KEEP copies for your records!



Visit the 211 KinCare website to learn more tax tips specific to KinCare providers.

Bunny Ears for Kids

Source: http://crafts.kaboose.com/bunnyears.html

Here's a fun and easy craft to make with your kids!

What you'll need:

- White poster board
- Pink construction paper
- Scissors
- Pencil
- Tacky glue or school glue
- Tape or stapler
- Easter stickers, optional

Markes, crayons, or colored pencils; optional

How to make it:

1. Cut a strip of poster board about 2" wide by about 24" long.
2. Cut out 2 ears out of poster board each about 8 1/2" long x 3 1/2" wide.
3. Cut out 2 smaller ears out of pink construction paper.
4. Glue the pink ears inside the white ears.
5. Glue the ears inside the band, positioning to fit behind the child's head.
6. Let the child decorate the head band with stickers, markers, crayons, or colored pencils if they wish.
7. Tape or staple the band to fit the child. Cut off any excess.

The date for Easter this year was established almost 1800 years ago!

Happy Easter-wait, when is it?

Source: http://en.wikipedia.org/wiki/Easter

Have you ever wondered why Easter Sunday always seems to land on different dates? Well, it turns out the date is not arbitrary, after all. The following excerpt from Wikipedia explains how Easter Sunday is set each year.

"Easter is a moveable feast, meaning it is not fixed in relation to the civil calendar. The First Council of Nicaea (325) established the date of Easter as the first Sunday after the full moon (the Paschal Full Moon) following the northern hemisphere's vernal equinox. Ecclesiastically, the equinox is reckoned to be on March 21 (even though the equinox occurs, astronomically speaking, on March 20 in most years), and the "Full Moon" is not necessarily the astronomically correct date. The date of Easter therefore varies between March 22 and April 25."

This year, Easter Sunday will fall on April 24.

Quotes about Grandparents

Source: http://www.quotegarden.com/

A child needs a grandparent, anybody's grandparent, to grow a little more securely into an unfamiliar world. ~Charles and Ann Morse

What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies. ~Rudolph Giuliani

Grandchildren are the dots that connect the lines from generation to generation. ~Lois Wyse

Grandmas are moms with lots of frosting. ~Author Unknown

It's amazing how grandparents seem so young once you become one. ~Author Unknown

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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.

211.idaho.gov

FACS Library

The Idaho Department of Health and Welfare's Family and Community Service Division has recently acquired a resource library with two thousand books, videos, and audiotapes. This library is not available to the general public, only IDHW employees, community partners, foster families and KinCare families.

To check out materials, you must obtain a member number by emailing the 211 Careline at Careline@dhw.idaho.gov with the following information:

1. Name
2. Complete Mailing Address
3. Home and Work Telephone Numbers
4. Email address
5. Your Eligibility: (1-Foster Family; 2-IDHW Employee; 3-Kincare Family; 4-Agency Partner) After you receive a member number, you can request any item in the FACS library.

To browse materials, follow the links from the 211 Careline website at http://211.idaho.gov/ that directs you to the FACS Resource Library. Once you are on the library's page, select the media type at the bottom of the page that interests you. For example, by selecting the book icon, you will see a list of available books to check out. Use the search option by typing in a subject that you would like to read about. To check out the materials, send an email to Careline@dhw.idaho.gov. In the subject line, write FACS Resource Library Request. In the body of the message include your name and member number, phone number, current mailing address, item type and barcode.

In 7-10 days you should receive your requested item in the mail, along with a postage-paid envelope to mail the item back to the library. You have three weeks to learn from the item you checked out before you have to return it!