

# IDAHO KINCARE PROJECT REGION 4

February 2014

## Helping Children Celebrate Valentine's Day

Valentine's Day is a wonderful opportunity to show appreciation for the people we love. As caregivers and parents, you can do a lot to help put the holiday in perspective. Valentine's Day can be one of the special days when we remind those we love how glad we are that they are in our life.

The week before Valentine's Day, help your children make cards for each family member. Help them write what they love about that person. This can be as simple as a drawing on a piece of school paper.

During that week, you can also discuss a family project like volunteering at a food pantry, a senior center, help with a project at your church. Explain that this is another way to show love.

You can start the day with heart shaped pancakes and explain that there are many different kinds of love including family love, love for friends, spiritual love, love for pets, love for the environment, etc.

Freeze Valentine candy hearts in ice cube trays and serve with juice or water at dinner.

Play a version of "Simon Says" but use Cupid instead of Simon.

Decide on the meal that your family "loves" the most and serve it for dinner.

During dinner, exchange the cards the children made for you and each other.

After dinner, hold a candy treasure hunt around the house.

End the day by reading aloud a special book from the library. Some recommendations: *Guess How Much I Love You* by Sam McBratney, *Somebody Loves You, Mr. Hatch* by Eileen

Spinelli, *Snowy Valentine* by Peter Davidson, *Love, Splat* by Robb Scotton, *You're Lovable to Me* by Kit Yeh, *Queen of Hearts* by Mary Engelbreit, *Roses are Pink, Your Feet Really Stink* by Diane de Groat, or *Nate the Great and the Mushy Valentine* by Marjorie Weinman Shar-

mat.



## Think You Know Washington and Lincoln?

February 17th is Presidents' Day. We all know the legends of George Washington (chopped down a cherry tree, confessed to it) and Abraham Lincoln (lived in a log cabin, educated himself by reading by firelight) but did you know.....

**Washington's teeth were not made of wood.**

At various times he wore teeth made from lead, ivory, cow's teeth and even human. They were all very uncomfortable.

**He never attended college.** He was privately tutored and received the equivalent of an elementary school education.

**He was one tough guy.** Before he was 30, Washington suffered from malaria, smallpox, Pleurisy and dysentery. He nearly drowned, and two horses were shot from underneath him.

**He gave the US' shortest inaugural speech** at the beginning of his second term—135 words.

**He was a man of many firsts.** First president, the

only president who did not live in Washington D.C., the only president who did not represent a political party, the only Founding Father to free his slaves and provide a life-time's income for each one.

**Abraham Lincoln is enshrined in the Wrestling Hall of Fame.** No, not the WWE, but he was an accomplished wrestler. He was defeated only once in 300 matches.

**He never slept in the Lincoln Bedroom.** During his time in office, the current Lincoln Bedroom was his office.

**He didn't move to Illinois until he was 21.** Illinois may be called the "Land of Lincoln" but he was born in Kentucky, moved to Southern Indiana and then in Illinois in 1830.

**Poisoned milk killed his mother.** When he was 9, Lincoln's mother died of "milk sickness" that swept across southern Indiana. It was later learned that a cow had ingested poisonous white snakeroot.

**He created the Secret Service hours before his assassination.** He signed legislation on April 14, 1865 and was shot in Ford's Theater that evening.

**John Wilkes Booth's brother saved the life of Lincoln's son.** A few months before the assassination, Robert Todd Lincoln stood on a train platform. A throng of passengers pressed him backwards and he fell into the space between the platform and moving train. He was pulled to safety. Robert immediately recognized his rescuer—his favorite actor, Edwin Booth.

## Alzheimer's Disease Free Workshops

Presented the last Thursday of each month the Alzheimer's Association Greater Idaho Chapter

6:00—8:00 p.m.

St. Luke's Eagle, 2nd Floor

3101 E State Corner of Highway 44 and N Horseshoe Bend Road

Presentations rotate each month:

“Know the 10 Signs: Early Detection Matters”

“The Basics: Memory Loss, Dementia and Alzheimer's”

“Tips to Make Holidays More Enjoyable

Please call 208-405-9068 for more information

alzheimer's  association

alz.org | 1.800.272.3900

### My Family, My Story

The Idaho KinCare Project will sponsor the Annual “My Family, My Story” contest beginning April 1st.

“My Family, My Story” is a writing and drawing contest for children who are being raised by relatives or other significant adults. Cash prizes will be awarded to three age categories. Participants can compose a poem, write a short essay or draw a picture that describes how living with someone other than parents has made a positive difference in their lives.

For more information, call Terry Graves at 334-0756 or Idaho 2-1-1. “Like” the Idaho Relatives as Parents Facebook page and read the monthly newsletters for updates on deadlines and prizes.

## FREE ACTIVE PARENT GROUP CLASSES

Hays Shelter Home is offering free six week parenting courses on Wednesdays from 5:30 to 7:00 p.m.

This program offers an effective and unique approach to improving parent-teen interaction.

It is designed to help parents learn:

- ◆ How to communicate effectively with your teen
- ◆ Prevent teen use of alcohol, tobacco and other drugs

- ◆ Discipline while teaching responsibility
- ◆ Encourage the development of self esteem and character
- ◆ Redirect misbehavior
- ◆ Encourage nonviolent conflict resolution

Food and beverages will be provided.

It is necessary to RSVP to Maite Biain LMSW at 322-6687 to reserve your place.

The classes are held throughout the year and you are encouraged to sign up in advance to hold your place.



## Grandparents as Parents

from [www.helpguide.org](http://www.helpguide.org)

The prospect of raising grandchildren is bound to trigger a range of emotions. Positive emotions, like the love you feel for your grandchildren, the joy in seeing them learn and grow, and relief at giving them a stable environment, are easy to acknowledge. It's more difficult to admit to feelings such as resentment, guilt, or fear.

It's important to acknowledge and accept what you're feeling, both good and bad. Don't beat yourself up over your doubts and misgivings. It's only natural to feel some ambivalence about childrearing at a time when you expected your responsibilities to be dwindling. These feelings don't mean that you don't love your grandchildren.



**What you may feel:**  
**Stress and**

**worry** – If you've been used to the occasional visit from a grandchild, being back in the saddle full time can feel stressful and overwhelming. You may worry about how you will handle the additional responsibilities and what will happen to the grandkids if something happens to you.

**Anger or resentment** – You may feel anger or resentment toward the grandchild's parents for leaving you with the responsibility of caring for their child. Or you might be resentful of other friends who are enjoying the retirement you once envisioned.

**Guilt** – You may feel guilty and responsible for your child's failures as a parent, second-guessing and regretting your own mistakes when you were first parenting.

**Grief** – There are many losses that come with taking in your

grandkids, including the loss of your independence and the easier role of "grandparent," rather than the primary caregiver. You may also be grieving for your child and the difficulties that have led to this situation.

**When you start to feel overwhelmed...**

Remember that while you may not have the energy you did when you were younger, you do have the wisdom that only comes with experience—an advantage that can make a huge difference in your grandchild's life. Unlike first-time parents, you've done this before and learned from your mistakes. Don't underestimate what you have to offer! Join a Relatives as Parents Support Group.

*"It's important to acknowledge and accept what you are feeling, both good and bad."*



## Your Health Idaho

Is hosting an event to assist you in enrolling in

### Idaho's Health Insurance Marketplace

If you need assistance signing up for health insurance, these locations are holding events.

| Date   | City             | Event Location                       |
|--------|------------------|--------------------------------------|
| 24-Jan | Mountain Home    | Mountain Home Public Library         |
| 25-Jan | Canyon County    | Nampa Public Library                 |
| 25-Jan | McCall           | McCall Public Library                |
| 1-Feb  | Twin Falls South | Central Public Health District       |
| 8-Feb  | Boise            | St.Alphonsus Regional Medical Center |
| 8-Feb  | Nampa            | St.Alphonsus Medical Center Nampa    |
| 8-Feb  | Fruitland        | St.Alphonsus Fruitland Health Plaza  |

#### **Be sure to bring with you:**

- **Dates of birth and SSN for anyone applying**
- **Employer and income information for 2013 and estimated income for 2014**
- **Health Insurance policy numbers for any current health plans**
- **Information about any job-related health insurance available to your family in 2014**



The Idaho Department of Health and Welfare will be closed on Monday, February 17th in observance of President's Day.

**The next meeting of the Grandparents as Parents Support Group will be held on Monday, March 3rd at 6:30. Meetings are held at 3852 N Eagle Road (the First Church of the Nazarene). Free childcare is provided.**

**This meeting is for any relative raising a relative child and is not limited to Grandparents. For more information, call Terry at 334-0756 or email [gapchairman@gmail.com](mailto:gapchairman@gmail.com)**

**Terry Graves**  
**AmeriCorps VISTA**  
**211/Navigation—Idaho KinCare Project**  
**Idaho Department of Health and Welfare**  
**208-334-0756**  
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