



IDAHO KINCARE PROJECT MAY 2014

FROM AARP.ORG

10 WAYS FOR CAREGIVERS TO NUTURE THEMSELVES

When caregivers are on call around the clock, they are often so selfless in their care of loved ones that they neglect to take care of themselves.

Did you know caregivers have a higher-than-normal incidence of illness? They can become so depleted that they do not have the stamina to continue caring for others.

Don't let this happen to you. Follow these 10 tips to nurture yourself physically, mentally and spiritually every day. Following these tips will help you find the health and happiness you deserve. And when you take care of yourself, you can care for your loved ones..

1. Eat well-balanced meals. And do so on a regular schedule. Take a daily multivitamin. Drink six to eight glasses of water a day.

2. Exercise every day. Move your body daily, even if it's simply 15 minutes of stretching, yoga, calisthenics or walking. Use the stairs to keep

your circulation going.

3. Get outdoors. Fresh air renews the body and spirit — even if you only have time for a brief outing. When possible, open a window.

4. Get your zzz's. Strive for a minimum of seven to eight hours of consecutive sleep in a 24-hour period. Nap when your loved ones nap.

5. Treat yourself. That is, get treatments for your own aches and pains before they turn into something more serious.

6. Don't ignore your emotions. Pay attention to your own feelings and emotions, and seek counseling or join a support group like the Grandparents as Parents group. Vent feelings to trusted family members or friends.

7. Take time for yourself. Use relaxation or stress management methods such as meditation, visualization and

yoga. Books and videos are available to guide you in these techniques.

8. Read, pray or meditate for at least 15 minutes a day. Consume daily prayer books and helpful magazines, or books such as *Chicken Soup for the Caregiver's Soul* to uplift your spirits. If you're religious, seek the counsel of a spiritual leader you trust and respect.

9. Chuckle more often. Laugh, reminisce and share stories of happy times.

10. Ask for help. Friends, family and religious groups may be eager to assist and are only waiting to be asked and directed. Doing everything yourself deprives others of an opportunity to serve.

WOULD YOU LIKE TO SERVE?

Senior Corps connects today's 55+ with the organizations that need them most. Volunteers receive guidance and training so they can make a contribution that suits their talents, interests and availability.

Senior Corps programs help meet the needs and challeng-

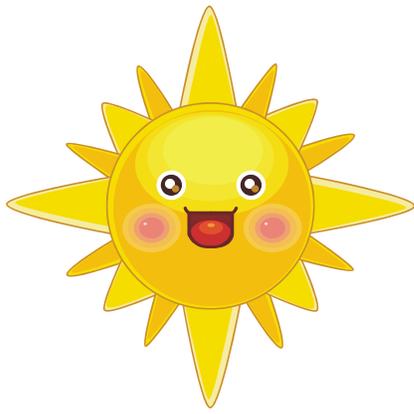
es of America's communities. You can serve as a Foster Grandparent mentoring school age children and helping them learn to read. RSVP offers a full range of opportunities through local organizations. Senior Corp Companions give caregivers much needed time off, run

errands or simply offer friendship.

Senior Corps offers a modest monthly stipend to volunteers, plus training and insurance. Visit <http://www.nationalservice.gov/programs/senior-corps> for more information.



SENIOR CORP SENIOR COMPANIONS



MEMORIAL DAY WEEKEND IDEAS

For many people, Memorial Day weekend is the unofficial kick-off to the summer. Here are some ideas to start the season off right!

Free Outdoor Movies: Settlers Park has free outdoor movies all summer long.

Settler's Park also has a free splash park.

Create comic books, then share them with family.

Kids Bowl Free: Select bowling centers around the valley are participating in Kids Bowl Free program. Visit www.kidsbowlfree.com to learn more.

Cheap Movies: Edwards theaters offer \$1 movies on Tuesday and Wednesdays at 10 a.m. all summer long.

Visit the MK Nature trail.

Big Al's Specials: Monday evenings from 6 p.m. to closing time, games and shoes are \$1. Be prepared for long lines.

If it's warm, have a water balloon fight.

Fish in the pond at Settler's Park

Bake a cake.

Campout in the backyard and make S'mores'.

Play in the fountain at Ann Morrison

Park.

Hike Camel's Back park.

Bike the Boise Greenbelt.

Start your summer garden.

Visit the Library! for summer reading programs, Lego workshops and more. Learn a language together by checking out materials. Or try YouTube for videos of the language you would like to learn.

Decorate your windows for Memorial Day with washable markers.



1. Last Monday in May
2. Decoration Day
3. 1865
4. Waterloo, NY
5. General John A. Logan
6. True
7. Tombs of fallen Union soldiers
8. World War II
9. Summer
10. Indianapolis 500
11. Lawn of the White House
12. Half staff until noon, then raise to the top.
13. Wearing red poppies. All handmade by veterans as part of their therapeutic rehabilitation, they are distributed across the country in exchange for donations to assist disabled and hospitalized veterans.

MEMORIAL DAY TRIVIA—How Much Do You Know?

What do you know about Memorial Day? Answers in the third column.

1. What day in May is Memorial Day celebrated?
2. What was Memorial Day formerly called?
3. What year was the first Memorial Day observed?
4. Where was the first "official" Memorial Day observed?
5. On May 5, 1868, in his capacity as commander in chief of the Grand Army of the Republic, a veterans' organization, issued a proclamation that "Decoration Day" be observed nationwide. Who was the former general?
6. May 30 was selected as Decoration Day, first observed because it was NOT an anniversary of a battle. True or False?
7. What were decorated in remembrance of this day?
8. "Memorial Day" was first used in 1882. However, the name was not used until after what war?
9. On June 26, 1968, the United States Congress passed the Uniform Holiday Bill, which moved three holiday from their traditional dates to a specified Monday in order to create a convenient three-day weekend. Memorial Day is considered the start of what?
10. What is one of the longest standing traditions which has been held in conjunction with Memorial Day since 1911?
11. There is a National Memorial Day concert. Where is it held?
12. How should the American Flag be flown on Memorial Day?
13. Moina Michael came up with an idea to honor those who died during battle. What was her idea?



During the school year many children rely on free and reduced-price breakfasts and lunches provided by the School Breakfast and National School Lunch programs. But what happens when school is out? The Idaho Foodbank's Picnic in the Park program provides nutritious lunches for food-insecure children during the summer months when the school lunches they depend on are unavailable.

The program helps fill that nutritional gap and provides children with the food they need to be ready to go back to school. For the thirteenth summer in a row, The Idaho Foodbank provided free weekday lunches to children under age 18 by taking meals directly to low-income neighborhoods and parks.



Last summer, Picnic in the Park comprised seven delivery routes and 35 part-time employees (including 10 AmeriCorps volunteers) to serve 21 sites for more than 10 weeks. Valuable support from public sources and generous private donors made it possible for the Foodbank to provide 52,750 nutritious lunches. Along with the meals, children enjoyed learning opportunities, physical activities and nutritional education information.

For locations of this year's picnic sites, visit www.idahofoodbank.org



Idaho KinCare Project 2014

My Family, My Story

Children aged 0– 18 who are being raised by relatives or are in Foster Care are invited to tell their stories in the “My Family, My Story” contest.

Write a poem, a short story or draw a picture that tells how living with someone other than your parents has made a positive difference in your life.

6 winners will receive \$100!

Entries must be received or postmarked by May 31.

Download an entry form at www.211.idaho.gov or by calling 2-1-1.

If you have questions, please call 2-1-1 or email

Terry Graves at gravest@dhw.idaho.gov

