

KinCare Project October 2013 Region 4

DIY HALLOWEEN COSTUMES

This year, seven in 10 American's will celebrate Halloween. They will spend \$2.5 billion dollars on costumes alone, according to MSN Money. But you can make your Halloween affordable and create unique costumes for your children.

Static Electricity: From the inside, safety pin odd socks, and 3 or 4 pieces of small clothing to a solid color shirt. Spike up hair with gel to look static-y. Use a small laundry basket as a treat bucket.

Pig in a Blanket: Cut pig ears, small rectangle and small circle out of two sheet of pink craft foam. With a hot glue gun, glue ears to a headband. Dot circle with glitter glue for nostrils. Glue the rectangle around the circle to make the snout. Glue this to a 12 inch piece of elastic so it can be worn over child's nose. Wrap blanket over shoulders; pin with a large safety pin.

Smarty pants: With a hot glue gun, glue 30-35 rolls of Smartie candies to the front of a dark pair of pants. Glue individual Smarties to a headband or cap. Wear a bright top and shoes.

Rubik's Cube: Cut holes for head and arms out of a square box. Cut off the flaps on the open end so child can slip it over their head. Using black electrical tape and blue, orange,

white, yellow, green and red paint or construction paper, create the cube effect. Nine squares of color to each side. You can make it a solved puzzle or mix it up!

It's Raining Cats and Dogs: Cut the outline of several cats and dogs out of black craft foam. Hot glue most of them to an umbrella. Reserve a few to hang from the edge of the umbrella. Sew them to the edge using a big needle and black thread. Pair this umbrella with a raincoat and boots.

Shark: Using gray hooded sweatshirt and pants, hot glue white felt "teeth" to the hood of the sweatshirt. A gray felt "fin" with cardboard inside to keep its shape can be attached to the back of the sweatshirt.

Grape Idea: Using black sweats as a base, cut leaves out of a remnant of green fabric, like you would cut out paper dolls. Attach a brown paper bag to a cap with staples and twist for the "stem". Use purple face paint. Drape the leaves around the child's neck. Blow up about 20 purple balloons (depending on the size of your child) and attach them to the sweats with safety pins through the lip of the balloon.

Referee: Using a white sweatshirt and attach black fabric strips horizontally by either sewing them or using safety pins. A black baseball cap, black pants and shoes and a whistle complete the look.

Skunk: Black sweats with a white feather boa pinned down the back. Continue the boa up the back and on top of a black

baseball cap.

Bouquet of flowers: You will need flowers from the dollar store and a yellow shirt and pants or green shirt and pants. Remove as much plastic from flowers as you can and stitch, hot glue or safety pin them to the top. Cover a headband with the flowers, too. Use a small amount of green yarn to run "stems" up the legs of the pants.

Boxes of Candy: You will need large cardboard boxes, craft paper, pencil and paints. Cut holes for the arms and head, then cover your box with craft paper (you can buy huge rolls of wide craft paper at the Idaho Statesman). Draw your candy copying it from the real thing, then paint.

Bag of Jelly Beans: You will need a large clear plastic recycling bag, mini balloons in assorted colors, a Sharpie and a ribbon. Blow up the balloons. With the Sharpie, write the nutrition facts on the back of the bag—make it look as close to the real thing as possible. Cut holes in the bag for the arms and legs. Have your child step into it and then fill with balloons. Tie the bag closed at the neck with the ribbon. This costume can be worn over any pair of pants and top.

These ideas and more can be found at www.stretcher.com, www.parents.com and www.rd.com



"A grandmother pretends she doesn't know who you are on Halloween."

Erma Bombeck

Make him a Rubik's cube!



NATURAL ALLERGY FIGHTERS



Sometimes the climate will cooperate and the fall isn't horrible for allergies. If that is not this case in 2013, here are a few ideas for defeating allergies naturally.

Shut out breezes. Keeping indoor air free of your allergy triggers can help ease nasal symptoms.

Consider Butterbur*, a cousin of the common daisy and a promising and well researched supplement. .

Wash allergens away. Each time you walk into your home, your bring small pieces of the outside world with

you. Taking a shower and changing clothes will help wash away pollen and dander.

Wear a mask. A mask can prevent allergens from getting into your airways when you can't avoid triggers like mowing, raking or vacuuming.

Use a nasal rinse. It can rinse away bacteria and decrease post nasal drip.

Drink more fluids. If you are feeling congested, fluids, especially hot fluids like tea, soup or broth may be soothing because of the extra ben-

efits of the steam.

Try some steam. Inhaling steam is a simple way to relieve nasal congestion and ease breathing. Sit over a hot bowl of water and place a towel over your head to trap the steam.

Learn to clean safely. Keeping our homes clean is one of the best ways to avoid allergens. Try cleaning with products like vinegar and baking soda to avoid harsh chemicals that can aggravate allergy symptoms.

* Always ask your doctor before taking a supplement.

HELPFUL WEBSITES



"The more that you read, the more things you will know. The more that you learn, the more places you will go." *Dr. Seuss*

This is a list of very useful websites for those who are doing the wonderful, exhausting, exhilarating work of raising children.

<http://www.freemedicalcamps.com/vcity.php?stateid=ID>

<http://idahocog.com/index.php>

<http://www.idahograndparentsasparents.org/>

<http://www.familyeducation.com/home/>

<http://www.pearsonschool.com/index.cfm?locator=PSZ2Fa>

http://www.americanbar.org/groups/child_law.html

<http://www.mamasite.net/>

http://www.icwpartnership.org/resource/resource_family_links_and_resources.asp

<http://www.idahoconnections.org/>

<http://www.ipulidaho.org/>

<http://www.nrcpfc.org/>

<http://www.stretcher.com>

<http://fabulesslyfrugal.com/>

10 THINGS YOU MAY NOT KNOW ABOUT CHRISTOPHER COLUMBUS

Information taken from the www.history.com the History Channel website

On October 12, 1492, Christopher Columbus set foot on the white sand of an island in the Bahamas and claimed the territory for Spain. Though he thought he was in Asia, he had actually changed history.. Each October we celebrate this landing on the second Monday of the month. But there may be a few things you do not know Chris.

He didn't set out to prove the earth was round. There was no need to de-bunk the flat-earthers. The ancient Greeks has already done so with mathematical formulas developed by Pythagoras. By 1492, most educated people knew this.

He was likely not the first European to cross the Atlantic. That distinction is given to the Norse Viking Leif Eriksson (his day is October 9th) who is believed to have landed in Newfoundland around 1000 AD. Some historians believe that Ireland's Saint Brendan crossed before Eriksson.

He lobbied for a decade for a monarchy to bankroll his quest. Three other countries refused before Queen Isabella and King Ferdinand agreed despite the protests of their advisors. The experts told him his calculations were wrong and the voyage would take longer than he has estimated. They were correct. Luckily, he "ran" into the uncharted Americas.

His ships were not named "Nina" and "Pinta". Spanish ships were

named after saints. "Nina" and "Pinta" were salty sailor nicknames. The "Nina" was christened the "Santa Clara" and the actual name of the "Pinta" is lost to history.

His cabin boy ran the Santa Maria into a coral reef near Haiti on Christmas Eve, 1492. The unhappy crew salvaged the cargo and Columbus returned to Spain aboard the "Nina". He left behind 40 crewmembers to start the first European settlement "La Navidad" on the northern coast of what is now called Haiti, but when he returned in the fall of 1493, none of the crew were found alive.

He made four voyages to the New World. He is best known for his historic 1492 voyage, but he came back three more times and stopped in the Caribbean islands, South and Central America.

He was returned to Spain in chains in 1500. He governed Hispaniola cruelly. Native Islanders who didn't collect enough gold could have their hands cut off and Spanish rebels were executed. Colonists complained to the monarchy and Columbus was arrested. However, though he took away Columbus' governorship, King Ferdinand sponsored a fourth voyage.

He may have been saved by a lunar eclipse. In February 1504, a desperate Columbus was stranded in Jamaica, abandoned by half his crew and denied food by the islanders.

The heavens that he relied on for navigation, however, would guide him safely once again. Knowing from his almanac that a lunar eclipse was coming on February 29, 1504, Columbus warned the islanders that his god was upset with their refusal of food and that the moon would "rise inflamed with wrath" as an expression of divine displeasure. On the appointed night, the eclipse darkened the moon and turned it red, and the terrified islanders offered provisions and beseeched Columbus to ask his god for mercy.

He continued to cross the Atlantic even after death. At the request of his daughter in law, the bodies of Columbus and his son Diego were shipped to Hispaniola and interred there. When the French captured the island in 1795, the Spanish dug up the remains and moved them to Cuba.

His heirs and the Spanish monarchy were in litigation until 1790. After his death, Chris' heirs waged a lengthy legal battle with the Spanish crown, claiming the monarchy short-changed them on money and profits. The legal proceedings dragged on until the 300th anniversary of his first voyage.

MONDAY, OCTOBER 14TH IS COLUMBUS DAY, A FEDERAL HOLIDAY. YOUR HEALTH AND WELFARE OFFICE WILL BE CLOSED.



OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH



There are more than 2.9 million breast cancer survivors living today in the United States. Death rates have been decreasing since 1989. The increased number of survivors are thought to be the result of treat-

ment advances, early detection through screening and increased awareness.

If you have no health insurance, there are free or very low cost mammograms available.

- ◆ Idaho Department of Health and Welfare Women's Health Check (WHC) is a breast and cervical cancer early detection program. Call Idaho 211 for more information.
- ◆ St. Luke's Breast Cancer Detection Center funds no cost mammograms. Call 381-2426.

- ◆ The Breast and Cervical Treatment Program (BCTCP) provides needed cancer treatment to eligible individuals diagnosed with breast or cervical cancer. Idaho participates in the program. Visit <http://www.healthandwelfare.idaho.gov/Health/DiseasesConditions/Cancer/WomensHealthCheck/tabid/255/Default.aspx>

THE WINTER CHECKLIST

Soon the leaves will start falling, and then the snow will fly! Now is the time to get your home, family and yourself ready for Jack Frost.

Clothing: Pack away summer clothes. Store in sealed plastic storage containers with a natural insect repellent like cotton balls saturated with lavender oil.

Box up summer shoes and sandals.

Unpack winter outer wear. Launder or dry clean all items before they are worn.

Unpack and wash winter inner wear such as wool socks, flannel pj's, sweaters and robes.

Donate clothing that is too small to a local Goodwill or another relative family.

Switch to heavy weight pajamas. You can keep the house cooler at night if you are wearing warm pajamas.

Attach mitten clips to little one's coats to keep gloves attached to coat sleeves and hopefully out of the Lost and Found.

Kitchen: Stock up on warm drink mixes—herbal teas, hot chocolate, warm apple cider will be a hit after school on chilly days.

Switch to cold weather foods. Hotter and heartier foods are back in season. They will warm your loved ones from the inside out.

Get baking! Breads, rolls, biscuits, cakes, cookies and pies; nothing says cozy winter like a kitchen with baked goods. Your oven will add its heat to the house.

Can or freeze vegetables, fruits and berries from your garden or the local farmers market. No preservatives and you know how good they will taste.

Clean under and behind the refrigerator. Removing the dust that accumulates will improve your appliance's efficiency.

Health: Stock up on the supplements you know keep you healthy throughout the winter. Vitamin C, Echinacea, Emergency C, which works for you?

Test out humidifiers or vaporizers to keep your home air moist throughout the furnace season.

Get flu shots for the family. If you are over 65, ask your doctor about the pneumonia vaccine.

Bring out the heavy moisturizers and lip balms to protect against dry skin and chapped lips.

Indoors: Get out the wool blankets and flannel sheets. Add them to the beds on the first cold night. The more insulation you can pack around you, the more body heat you will retain. That will allow you to lower the thermostat a few degrees at bedtime.

Test batteries in smoke and carbon monoxide detectors.

Have a series of family fire drills. Designate a place for the family to gather in case of fire and you are forced to take different exits from your home.

Vacuum out your laundry vents and furnace ducts.

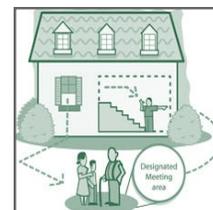
Clean or replace air filters.

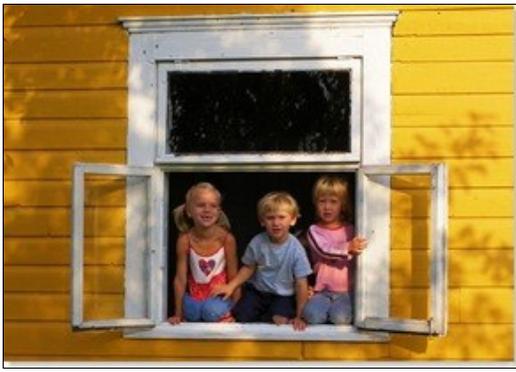
Stock candles, matches and batteries for the flashlights in case of power outages.

Have your chimney or flue cleaned. If you burn wood, cut it now or order it from a dealer you trust.

Weatherize your home. Check for gaps around windows and doors, electrical outlets, switch plates and phone outlets. Whether you are a home owner or renter, you may qualify for weatherization from a Community Action Agency. Weatherization can be as simple as installing stripping around windows and doors to replacing your furnace. For more information, call Idaho 211.

Outdoors: Pack away gardening tools and supplies. Don't let these expensive items rust in the snow.





Pack up pots and planters and store in a clean, dry place.

Put away lawn and garden equipment.

Drain water hoses and pack away.

Put away lawn chairs, yard umbrellas and patio furniture.

Put the barbecue grill away if you don't use it during the winter. If you do, cover with a water-proof shell.

Rake up leaves. Cleaning up the dead leaves now will ensure you aren't left with a sog-

gy mess in the spring.

Clean rain gutters and down spouts to ensure there is no leaf blockage.

Store bicycles in a garage or other covered area to prevent rust.

Pack away the children's summer outdoor toys.

Take winter gear out of storage: skis, snowshoes, ice skates, snowboards and clean them if they need it.

Stock up on ice melter, de-icer or sand for slick driveways and sidewalks.

Check that your snow shovels are in good shape.

Learn how to unfreeze pipes. Though the Farmer's Almanac is predicting a milder winter this year than last, they have been wrong.

Test all windows for proper opening in case of a fire.

Vehicles: Clean out the car interior. Big coats and boots mean less room for junk in the car.

Put an extra blanket in the back seat for the kids to use while waiting for the car to heat up.

Get an oil change and have the fluids checked.

Put an ice scraper, snow brush and jumper cables in the trunk.

Pack a winter emergency car kit and put it in the trunk. (Flashlight, batteries, blanket, protein bars, dried fruit, water, gloves, first aid kit, bag of sand and a collapsible camping shovel.)

Read up on winter driving safety and teach your children who drive how to navigate on snow and ice.

Put the snow chains in the trunk, too.

Learn how to put on snow chains if you don't already know. Take a few hours one Sunday and teach everyone in the family.



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