

Agency Highlight:

Family Service Alliance

In Idaho, over 16,000 children each year are aware of and suffer the consequences of witnessing domestic violence. The effects of exposure to domestic violence will vary depending on the age if the child or teen.

Sometimes we think children and teens are not aware of violence in the home, but they usually hear and see more than we realize. Domestic Violence impacts everyone and children and teens are no exception.

The good news is that you can counteract the destructive effects of exposure to abuse with your nurturing, support, unconditional love, and a supportive network of friends and family. Children and teens can be resilient if they are listened to, supported, and allowed to feel safe. Your relationship as a caregiver with your kin children is an important factor in determining their resiliency.

The Family Service Alliance of Pocatello offers resources and supports to families that have been exposed to domestic violence. They offer different groups, a Teen Healthy Relationship Group, Safety Planning Group, a Children's Group, and community education. They also offer individual, family, teen and child counseling. Parenting classes are also another resource they offer.

The Family Service Alliance's Mission is to promote safe and healthy families, work to end physical and mental abuse, and provide victim support. If you would like further information or have questions, you can contact the Family Service Alliance at 208-232-0742. They are located at 355 S. Arthur Ave, in Pocatello.

Area Agency on Aging
214 E. Center
Pocatello, ID 83201



Support Groups:

Kincare Support Group, Pocatello
Meets: 403 N. Hayes
Date: 1st Thursday, Monthly
When: 5:30 pm
Discussion: Suicide
Contact: Jenn, 235-2809

Kincare Eat and Educate Sessions, Fort Hall
Meets: Elderly Nutrition Dining Room
Date: April 14th
When: 5:30 pm
Discussion: Physical Growth & Development in the Teenage Years
Contact: Jami, 478-3858

Relatives Raising Relatives Family Group, Blackfoot
Contact: Jodi, 684-3345

You can find this newsletter as well as Kincare newsletters from across the state at www.211.idaho.gov and follow the Kincare link. There is also other information pertinent to Kincare families; Such as legal resources, school information, and hot links. Take a look today!



Do you have email? Please help us save money and trees by signing up to receive this electronically.

Kincare Connection

Southeast Idaho Relatives/Grandparents as Parents Newsletter

Issue3
April 2011

**My Family. My Story.
Kincare Art Contest**

Nothing is more powerful than our stories. Whether it's a story told in pictures, or story told in words, stories empower people.

This month we are excited to announce the 2011 My Family. My Story. art contest. Children, ages 5-18, 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 prize, 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 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 age categories. Judges will be 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).



The Idaho Kinship 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.



This newsletter is brought to you by the Area Agency on Aging. For more information on services and resources offered at the AAA

Assistance. Advocacy. Ansteers on Aging contact: Sandy at 233-4032 ext. 16

Legislative Update:

Senate bill S1414: Grandparent Visitation - Repeals and adds to existing law relating to grandparent visitation to provide for petitions for visitation by grandparents and great-grandparents, to provide a rebuttable presumption, to provide a standard of proof, and to provide for consideration of the best interests of the child.

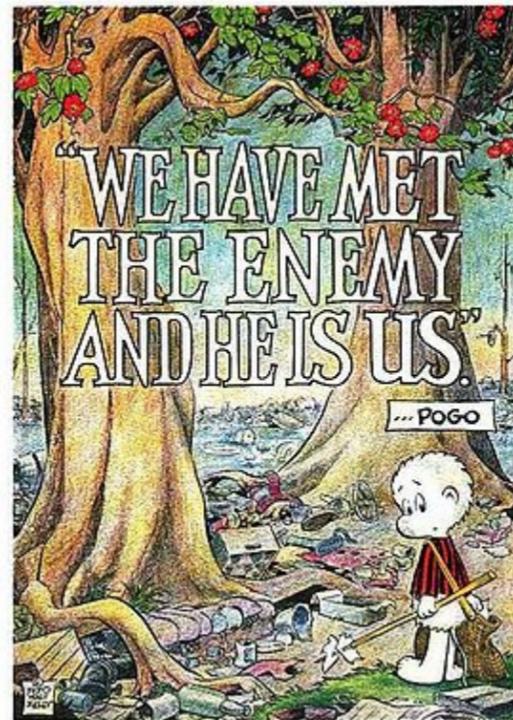
The bill flew through the Senate with lots of support from the Senators. Over in the House, it made it through the House Judiciary, Rules, and Administration (JRA) committee with reservations but with a do pass recommendation. Once in the Idaho House of Representatives it was decided to bring the bill back to JRA committee. The JRA discussed the bill; most House Representatives speaking about why they didn't like it. They voted to hold the bill, essentially killing it in committee. Unless the JRA committee decides to vote on it again, the bill is done. Here's a link to view the committee minutes from March 15th. <http://legislature.idaho.gov/sessioninfo/2011/standingcommittees/hjudmin.pdf>

Kincare Connection

Portneuf Valley Environmental Fair

Don't miss out on this year's Portneuf Valley Environmental Fair. The 2011 Environmental Fair exhibitors will offer free demonstrations on lawn care, water-wise landscaping, water conservation, organic gardening, pollution prevention, river monitoring and other information to educate about the local environment and how to make a difference. The kids' activities area will provide fun, interactive learning for kids of all ages about their local environment, and local entertainers will perform live music. Admission, activities, hot dogs, and baked potatoes are all free!

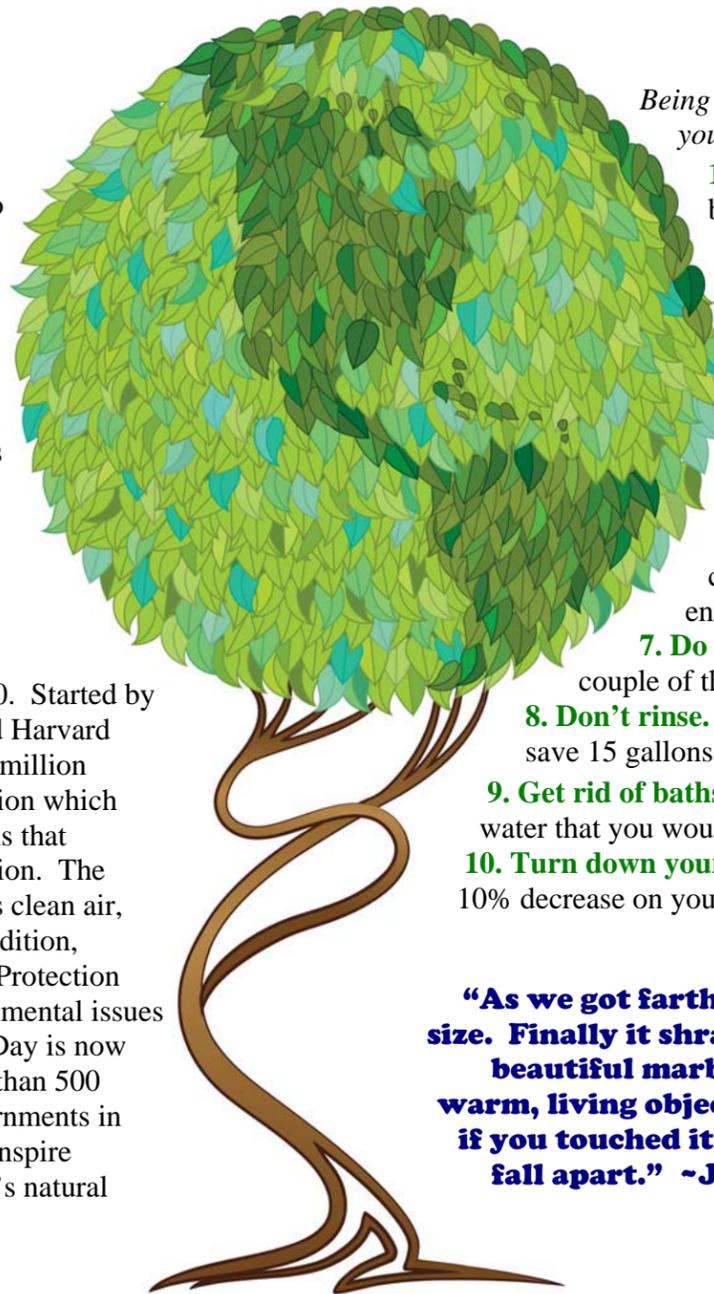
We will be setting up a booth there in partnership with the Foster Parent Program. hope you all get a chance to get out there with your families. If you do, be sure to stop by the booth! Some of the planned activities include free children's games, arts and crafts, treasure hunts, and many other activities.



Walt Kelly's poster for the first Earth Day

What is Earth Day?

Earth Day was founded on April 22, 1970. Started by Wisconsin Governor Gaylord Nelson and Harvard University student Denis Hayes, over 20 million people were involved in the first celebration which was comprised of environmental teach-ins that discussed the effects of decades of pollution. The event influenced the US Congress to pass clean air, water, and endangered species acts. In addition, Congress established the Environmental Protection Agency to research and monitors environmental issues and enforces environmental laws. Earth Day is now observed on April 22 each year by more than 500 million people and several national governments in 175 countries. Earth Day is intended to inspire awareness and appreciation for the Earth's natural environment.



Making a Difference Made Easy

Being an environmentalist today calls for a whole new level of greener thinking – from what you choose at the grocery store to how you commute to work everyday. Here's a few tips:

1. **Change to Florescent Bulbs.** If every house in the US changed all of the light bulbs in their house, that would be equivalent to taking one million cars off the streets.
2. **Give things away.** Take things that you are not going to wear or use and give it to a charity or someone who will use it.
3. **Inflate your tires.** When your tires are properly inflated your car will run more miles on less gas.
4. **Buy local produce.** Consider how much energy it takes for produce from China or any other country to come here. If you have the option to buy local, do it.
5. **Pay your bills online.** If every house in the US did this then we would save 18 million trees every year. Receive this newsletter via email – it's an option!
6. **Walk or ride your bike when you can.** If you have to go somewhere close, consider riding your bike or walking there instead of your car. It's better on the environment and healthier.
7. **Do errands in bulk.** Make a list of the things you have to do and see if you can fit a couple of those things together in one ride.
8. **Don't rinse.** Skip rinsing your plates before putting them into the dishwasher. On average you will save 15 gallons of water per load. Plus, you will save time.
9. **Get rid of baths.** Don't take baths, take showers. You will on average save about half the amount of water that you would if you were taking a bath.
10. **Turn down your thermostat.** Every degree lower in the winter or higher in the summer you put is a 10% decrease on your energy bill.

“As we got farther and father away it diminished in size. Finally it shrank to the size of a marble, the most beautiful marble you can imagine. That beautiful, warm, living object looked so fragile, so delicate, that if you touched it with a finger it would crumble and fall apart.” ~James B. Irwin, Apollo 15 Astronaut



Community Calendar

- 1 April Fool's Day
- 1 Friday Night Family Entertainment
David Sidwell, professional storyteller, 7 – 8 pm
ISU, Pond Student Union Building, Free

- 14 ISU Percussion Ensemble & Steel Band
Goranson Hall, Fine Arts Building,
7:30-9:15 pm, Free & Open to Public
- 15 Tax Day
- 22 Earth Day
- 23 Portneuf Valley Environmental Fair
Refer to story for full details.

- 24 Easter Sunday
- 28 Reduced Fee Health Fair
EXCEL Weight Loss, 611 Wilson Ave, Pocatello
6:30 – 9:30 am, 233-0593
- 29 Take Back the Night
Bannock County Courthouse to ISU Quad
6 – 9 pm, 282-2805

April Facts

Flower: Daisy & Sweet Pea
Birthstone: Diamond
Saying: “April showers bring May flowers.”
Interesting: In this part of the world, it is planting time. In other parts, it's the harvest season.