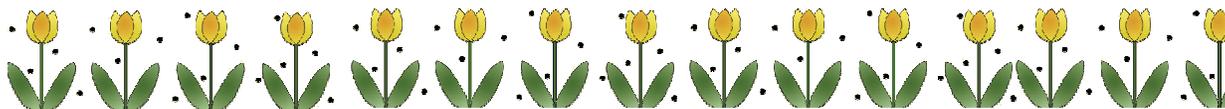


Kincare Connection

VOLUME 25

JUNE 2013



Idaho Kinship Project Summer Activities



Summer is finally here! Well, technically not until June 21st, but the beautiful weather says otherwise! We have lots of exciting activities coming up this summer in the Kinship Project.

On Friday, July 19th, 2013 we will be celebrating **IDAHO KINCARE FAMILY DAY!!** It promises to be a great event, so don't miss out! The party starts at 12:30 pm, Alameda Park, Pocatello. The winners of My Family, My Story will be announced at this event. Lunch will be



provided! At 1:30 Mayor Blad will be reading a proclamation designating July 19 as Kincare Family Day in Pocatello. We can't wait to see you there. Invite your friends and family! It will be a great day. There

will be NO relatives as parents support group in July; Kincare Family Day is taking its place!

In August, we will have WEEKLY support groups! On every Thursday of the month at 12 noon at the Bannock Youth Foundation Family Resource Center, Shannon Koch with Eat Smart



Idaho will be talking with us about nutrition, physical activity, and everything in between. If you're running out of ideas for entertaining the kids at the end of the summer, this is a GREAT opportunity to learn, have fun, and eat lunch! More information will be forthcoming!

We can't wait to see you this summer!



Starting in June, Pocatello Relatives as Parents Support group will be meeting at 12 NOON ON THE FIRST THURSDAY OF EACH MONTH. The next support group is June 6th, 12 pm, Bannock Youth Foundation, 403 N. Hayes.



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

Sandy Guidinger

(208) 233-4032 Ext. 16



Assistance. Advocacy. Answers on Aging.

Community Resource Spotlight: LIFE, Inc



The mission of Living Independently for Everyone, Inc. (LIFE, Inc.) is to enable people with disabilities to manage their own lives, make their own choices, and give a person information and knowledge to assist in living with dignity and bravado.

LIFE, Inc. is a consumer-controlled, community-based, non-residential organization that vests power and authority in individuals with disabilities. The core services of LIFE are **Information and Referral; Advocacy; Peer Counseling;**



and Independent Living Skills Training.

A definition of independent living may be defined as 'having the freedom to make the choices needed to live life to its fullest potential as one desires'. In other words, people with disabilities live just like everyone else.

As a 501 (C)(3) non-profit corporation, LIFE, Inc. has a Board of Directors and staff that is comprised of at least 51% of people with disabilities. LIFE, along with the core services and self-

directed attendant care program also offers many other services and programs such as: Night Life – a social and recreational program in the Pocatello office; Assistive technology – many free devices; Computer loan program; TBI support group; Transition housing funding program; Scholarship program; and the Demonstration center in Idaho Falls for the Deaf and Hard of Hearing.

Source: <http://www.idlife.org/Default.aspx>

Visit the website for more information!



BenefitsCheckUp is a free service of the National Council on Aging (NCOA), a non-profit service and advocacy organization in Washington, DC. This free, confidential website screens individuals for thousands of public and private benefits that can help them pay for food, medicine, housing, utilities, and more. Benefits Check Up has helped 3,546,527 people find over \$13.1 billion worth of benefits.

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses. After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with:



- Medications
- Food
- Utilities
- Legal
- Health care
- Housing
- In-home services
- Taxes
- Transportation
- Employment Training

For more information, visit <https://www.benefitscheckup.org>

7 Reasons to Say No to Sleepovers

Adapted from <http://www.education.com/slideshow/no-sleepovers-kids/> by Julie Christensen

Once upon a time, sleepovers simply meant friends, movies, pizza, and whispered secrets; but today's sleepovers are

looking much different. According to Dr. John Duffy, clinical psychologist, parenting expert and author, there's been an increase in the number of parents that have banned sleepovers for kids—and while there's no right answer for every situation, he believes that spending the night out is often a recipe for trouble. Here are some reasons you might consider a sleepover ban:

Next-Day Grumpies—The kids stay up all night, you can't get any shuteye,

the house is a mess and everyone's ODeD on junk food. Not exactly the makings of a blissful weekend, is it?



Developmental Readiness—For children younger than 8, or children who have problems with bedwetting, night terrors or anxiety disorders, sleepovers are often an unnecessary source of stress since they require a break from routine.

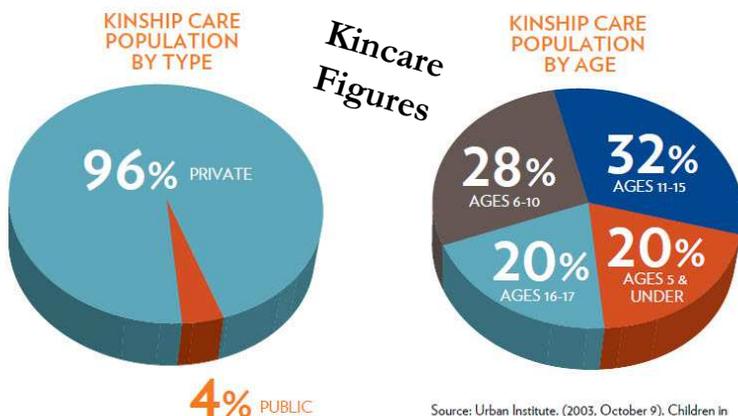
Awkward Social Situations—Perhaps the parents don't share your ideas on anything from video games to parenting in general. How do you say yes to some invitations, but no to others without causing hurt feelings?

Academic Performance—Spending the night often at friends' houses is guaranteed to leave your child tired, irritable and without enough time or energy to focus on studies.

Mature Media and Activities—Letting your kid spend the night away means giving up control of what she's doing, eating and watching. Most children wait for "lights out" at a sleepover to experiment with risky behavior, so make sure that the hostess plans on popping her head in on the group throughout the night.

Experimentation—Inadequately supervised sleepovers are a common place for teen exposure to illegal substances.

Inappropriate Contact—When your kid's away at a sleepover, there's no way for you to control what happens. Nix sleepovers to eliminate the risk altogether, or carefully screen would-be caretakers, and be sure to talk to your child about inappropriate touching, with peers and adults.



Source: The Annie E. Casey Foundation (2012). Stepping up for kids: What government and communities should do to support kinship families. Baltimore, MD.

Source: Urban Institute. (2003, October 9). Children in kinship care. Retrieved from <http://www.urban.org/url.cfm?ID=900661>.

Graphics from: Paths to Permanence: Kin Guardianship and Adoption, Jamela Rowe, Adoption Advocate No 59

Community Calendar

1 — **Fort Hall Replica** Opening and 50th Anniversary! Includes Idaho 150 theme activities.

6 — **Pocatello Kincare/Relatives as Parents Support Group. 12 pm**, 403 North Hayes. Lunch is provided.

7 — **First Friday Art Walk**—Old Town Pocatello.

8 — **Idaho Free Fishing Day!** Remember, Idaho children 13 years and under can fish for free all the time.

8 — **Idaho State Journal Family Living Fun Day.** 11 am—3pm at OK Ward Park in Chubbuck.

14 — **Flag Day**

15 & 17 — **Idaho Fish & Game Take Me Fishing trailer** will be at Edson Fichter Pond, Pocatello. Fishing gear for use by the public for free, fishing instruction, and if you register at the trailer—no fishing license is necessary!



16 — **Father's Day!** Fathers will receive 50% off admission at the Pocatello zoo when accompanied by a paid child.

21 — **Summer Solstice.** First Day of Summer!



22 — **Idaho Music & Wildflower Festival at Pebble Creek.** The annual Wildflower Concert will be held from 5pm to 10 pm. Concert tickets are available in advance in Pocatello at Barrie's Sports and The Raven's Nest. Tickets are \$8.00 in advance and \$10.00 at the gate. Children 12 and under are admitted to the concert free of charge. Portneuf Brewing will serve a variety of their local brews and National Ski Patrol members will be barbecuing a delectable menu of food on the deck. The Festival is a fund raiser for the Pebble Creek National Ski Patrol.



22 — **Rigby Airport Open House.** The Rigby Airport is holding an open house in conjunction with Rigby Stampede Days. Airport events will include aircraft displays, warbirds, helicopters, flying competitions, aircraft fly bys, RC Model demonstration flights and educational displays/forums. Free shuttle service will be provided between the airport and Stampede activities. (Pocatello Airport Appreciation Day is taking a year off.)



27—30 — **Malad Welsh Festival.** The residents of Malad Valley would like to invite everyone to celebrate the rich Welsh heritage that has contributed to the quality of life in the settlement of this beautiful valley.



South Eastern Idaho
Community Action Agency
Helping People. Changing Lives.

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Ongoing Old Town Pocatello Events:



Revive at 5 — Wednesdays 5-8 pm in Old Town Pavilion. Enjoy a live band, great food, and great company!

Portneuf Valley Farmers Market

— Open every Saturday 9 am—1 pm through October. Support local vendors and enjoy great local produce!



Free Summer Camp 3rd Grade—8th Grade (ages 7-14)

SEICAA is offering a one-day educational summer camp filled with fun activities that teach our youth ways to save energy, be financially smart for the future and learn simple nutritional habits for healthy living!

Date: June 19, 2013

Registration Required

Time: 8:00am—5:00pm

208-232-1114

Place: 995 S. Arthur Avenue
(Pocatello Community Charter School)

THANK YOU TO OUR SPONSORS:



Beating The Heat This Summer

- Make your own sprinkler! Take a 2 liter soda bottle and poke holes in it. Attach to a garden hose via a male to male adapter (less than \$5 at Lowe's). Toss over a tree branch and let hang. You can adjust how the water sprinkles by adjusting the water flow.



- Stay hydrated! Cold water will help you lower your body temperature. Experiment with making smoothies with yogurt and fresh fruits! Don't wait to feel thirsty before you drink!



- Make your own popsicles—blend berries, bananas, yogurt and whatever else you'd like and pour into paper cups. Cover the tops with aluminum foil and poke a popsicle stick through the center of the foil. Freeze for at least five hours, remove foil, peel off cup, and enjoy!

- When the air outside is dry and cooler than the air inside, hang a damp sheet in an open window. You can also place a shallow bowl of ice in front of a fan to simulate air conditioning!



- Keep a spray bottle of water in your fridge and spritz yourself down when you feel the heat.
- Make light, small meals to avoid uncomfortable big-meal bloat. Avoid using the oven or stovetop during the hottest hours of the day! If you have a dishwasher, skip the drying cycle and leave the dishwasher open to dry the dishes.

Sources: <http://activitiesforchildrenandteens.blogspot.com/2012/05/homemade-sprinkler.html>, <http://www.realsimple.com/work-life/23-ways-to-beat-heat-10000001630362/index.html>

Kincare Connection Newsletter

Area Agency on Aging

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Pocatello, ID 83201