

Southeastern Idaho Public Health

Don't forget

- **Give Kids a Smile**
MARCH 2 & 3. FREE DENTAL CARE for kids ages 1-9. Call SIDH 208) 239-5256 for appt **NOW!!!**

And for qualifications & income guidelines and/or to schedule an appointment! 239-5256.

- **Fluoride Varnish** (Oral Health) Make regular dental visits a habit. FREE for kids from 1st tooth to 9.
- **Bicycle Tip:** teach your child to always put a helmet on before riding on their bicycle. Make sure it fits snug and tell you if it gets damaged.

Southeastern Idaho Public Health
1901 Alvin Ricken Dr. Pocatello, ID (208) 239-5256



The Idaho Kinship Project AmeriCorps VISTA Volunteers have started a Facebook Page just for Idaho Kincare families. So please, join us on Facebook today! **Idaho Relatives as Parents**

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



Best color job by a youngster will win a 12 piece Sun Shine Colored Chalk box from Region 6 Kincare. Just bring it to the next Kincare meeting in your town or mail it back to Cassandra Howard 1090 Hiline Rd. Pocatello ID, 83201, by March 16th. Winner will be announced in April's newsletter.



Suggestions, comments, or questions?

Don't hesitate to contact us:
Kassandra Howard
208-235-2809 or
howardk2@dhw.idaho.gov



Kincare Connection

Southeast Idaho Relatives/Grandparents as Parents Newsletter

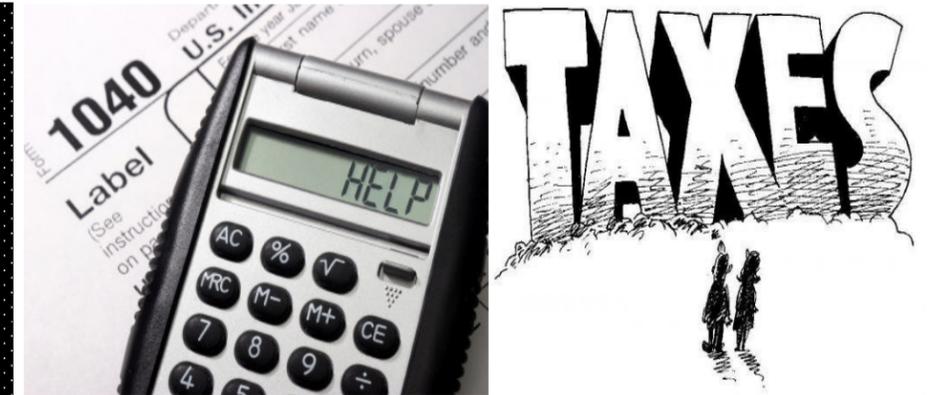
Issue 11
March 2012

Support Groups:

Kincare Support Group, Pocatello (PRIZES)
Meets: 403 N. Hayes
Date: 1st Thursday, Monthly
When: 5:30 pm
Discussion: Tax Presentation
Contact: Cassandra, 235-2809

Kincare Eat and Educate Sessions, Fort Hall
Meets: Elderly Nutrition Dining Room
Date: 7th Wednesday, Monthly
When: 5:30 pm
Discussion: Contact: Jami, 478-3858.

Kincare Support Group, Blackfoot (PRIZES)
Meets: 157 W. Sexton, Blackfoot Community Center.
Date: 8th 2nd Wednesday, Monthly
Discussion: Tax Presentation
Contact: Cassandra, 235-2809.



Free Tax Presentation

Do you have questions about your taxes or what paperwork you need to file? Are you unsure what you should know about doing your taxes yourself or questions to ask your tax preparer?

The Idaho Kinship Project and Delverne Fredrick from Partners for Prosperity will host a free presentation open to the public on the topic of taxes, income guidelines and offer time for questions. This program will provide useful information for caregivers who may now or in the future be raising someone else's child. The presentation will provide basic information concerning earned income tax credit, child tax credit, a list of local VITA location to get your taxes done for free and more.

Many families locally and all over Idaho experience the same anxiety, questions and concerns when it comes to tax time. This free tax presentation will be a great help to educate local area families and the community who have tax questions. The presentation is also open to professionals who would like to learn more about the tax process.

Delverne Fredrick, a local community member with experience in basic EITC & CTC will be present the offer information. **The program will be held on Thursday, March 1, 2012 at 5:30 pm at 403 North Hayes (in the basement) with refreshments provided.**



Assistance. Advocacy. Answers on Aging.

This newsletter brought to you by the Area Agency on Aging. For more information on services and resources offered at the AAA contact: Sandy at 233-4032 ext. 16

Do you have email? In an effort to save money and resources we would like to email you this newsletter. Those **NEW** names on the email list by, March 23rd 2012 will be entered into a drawing to win a prize! Email howardk2@dhw.idaho.gov with your contact information and tell us to **add you to the list**, to be entered to win one Red Velvet box cake mix & crème cheese frosting. Don't forget to tell us to add you to the list.

Kincare Connection

March Community Calendar

My Family. My Story.

We are doing it again for 2012. Keep an eye out on <http://211.idaho.gov/> for applications, contest rules and more information.

The Instructions.

Compose a poem, write a short essay or draw a picture that describes how living with someone other than your parents (such as a grandparent, aunt, or uncle) has made a positive difference in your life. Entries will be judged in three age categories: 5-8 years old, 9-12 years old, and 13-18 years old. (Return or Postmark Entries by May 31st)

Questions?

If you have any questions, please call the Idaho Careline at 2-1-1 or (800) 926-2588 or email Jason Koski at koskij@dhw.idaho.gov or koskijdhw.idaho.gov
Jason Koski



Support Groups Highlights:

In February, John Condron from Healthy Place Counseling talked about Post Traumatic Stress Disorder (PTSD) and Reactive Attachment disorder (RAD).

John discussed two different types of PTSD, **Simple** (not personally, something like a road side bomb) and **Complex** (interpersonal, being held hostage or rape).

PTSD is trauma based, & trauma. And trauma is an emotional part of memories. The brain develops from back to front (emotional to logical). Short term memories are housed in the emotional part of the brain. And short term memories are in color & vivid.

And individuals w/ PTSD will usually have strong emotional reactions to triggers of traumas.



1023 Yellowstone Suite. J, ID 83201. Phone 208-233-1276

Next the front part of the brain stores long term memories which are in black & white. Not as vivid or as emotional. RAD is based on never learning to trust (neglect). Example; a baby cries and the parent comforts it. Without the comfort/trust then attachment is lacking. Also bonding is difficult if not seemingly impossible. Without bonding then caregiver can be seen as untrustworthy. John said the first 1,000 days of life are important

(infant to 3 years old) and that's when the ability to trust or not is developed. Bonding can directly affect ones self confidence. Bonding also contributes intimate relationships with direct family members like mom; dad, siblings and could also effect

possible future personal relationships. **Personal Tips: Acting out -> Don't take the behavior or the actions personal.**

Kincare Support Group, Pocatello & Blackfoot

March Kincare meetings will have a RAFFLE for all who attend, to have a chance to win a Yummy snack gifts from the Area Agency on Aging. The gifts will be divided, one for each support group. The AAA graciously donated

- 1 Keebler Town House FlipSides crackers (11.1 oz)
- 1 Armour Summer Sausage Hickory Smoked (24 oz)
- 1 Duncan Hines Red Velvet Cake Mix (18.25 oz)
- 1 Pillsbury Creamy Cream Cheese
- Blackfoot**
- 1 Nabisco Wheat Thins (9 oz)
- 1 Jolly Time Homemade Microwavable popcorn (3-3 oz)
- 1 Lay's Stax Sour Cream & Onion (5.6 oz)
- 1 Jello No Bake Oreo Dessert (12.6 oz)

Kincare Support Group, Pocatello
Meets: 403 N. Hayes
Date: 1st Thursday, Monthly
When: 5:30 pm
Discussion: Tax Presentation

Kincare Support Group, Blackfoot
Meet: 157 W. Sexton BCC
Date: 7th Wednesday
When: 6 pm
Discussion: Tax Presentation

MARCH



- **Flower: Violet**
- **Birthstone: Aquamarine**
- **The name honors Mars, the Roman God of war.**
- **There are NO National holidays in March**
- **The first 3 days of March are "blind days" because they are "unlucky." If rain falls on these days, farmers supposedly will have poor harvest.**
- **Saying, "In like a lamb out like a lion."**

1 **Pocatello Kincare Support Group 5:30pm @ 403 N. Hayes Ave.**

5 **Professional Development- NO SCHOOL.**
List of District 25 School Calendars @ <http://www.d25.k12.id.us/DistCals.aspx>

6 & 13 **A Layperson's Perspective: Our Brain A 6 Week Series, Marshal Public Library @ 6:30pm. 6th Topic: Stress: Unchecked, stress is our enemy. 13th Topic: Alzheimer's Disease.**

7 **Blackfoot Kincare Support Group, Blackfoot Community Center, 157 W Sexton Blackfoot.**

8 **Kincare Eat & Educate Sessions Fort Hall Elderly Nutrition Dining Room. Contact: Jamie Stevenson, 478-3858.**

16-17 **Chrome in the Dome 2012, 16th 2-9pm & 17th 9-7pm. ISU Holt Arena. Tickets only \$5 per person for BOTH days~ under 12 FREE & PARKING.**

17 **St. Patrick's Day (St. Patties Day)**

19 **The Eighth Annual Great Potato Bowl, ISU Ballroom 5-7pm & \$5 a person. Proceeds benefit the Idaho Foodbank & Family Services Alliance.**

21 **RECC (Regional 6 Early Childhood Committee) meeting @ 12. Want to attend next meeting contact Bonnie Jones, Infant Toddler Program (208) 234-7944.**

22 **Blackfoot Teacher Prep Day- NO SCHOOL for K-6 Only. List of District 55 School Calendars @ http://www.d55.k12.id.us/bfsd_024.htm.**

24-25 **Idaho State High School Wrestling Championship in Pocatello.**

26-30 **Spring Break- NO SCHOOL**

28 **Family Caregiver Support Group, 5:30-6:30 Marshall Public Library.**