

Kincare Connection

ISSUE 17

OCTOBER 2012

Southeast Idaho Relatives/Grandparents as Parents Newsletter



Welcome to the Idaho Kinship Project!

A Refresher or Introduction for both long-time and new subscribers

Kincare Support Groups:

Kincare Eat and Educate Session

Fort Hall, Elderly Nutrition Dining Room

October 3rd, 5:30-6:30

Contact: Jami, 478-3858

Pocatello Kincare Support Group

403 N. Hayes

October 4th, 5:30-6:30

Contact: Tricia, 235-2809



•Approximately **23,000** Idaho children live in households headed by grandparents or other relatives.

•In 2006, Idaho had nearly **10,000** households in which grandparents were raising their grandchildren, an increase of **20.7%** since 2000. The percentage in the nation increased by **1.2%** over the same time period.

Idaho kincare providers need support and assistance from their communities. Many live on fixed incomes and struggle to meet the needs of the children they have opened their hearts and home to. To help them, the Idaho Department of Health

and Welfare has joined forces with Ameri-corps*VISTA volunteers and many local organizations to generate awareness of kincare providers and children living with them.

The mission of the project is to enhance the lives of kincare families by creating a safety net of resources and support. Project volunteers search for community resources that kincare providers can access, including support for basic needs and legal assistance.

The Idaho Kinship Project was created to help you. If you have suggestions for newsletter content, support

group topics, Facebook page content, or can identify new resources or needs, please contact Tricia at bonmanp@dhw.idaho.gov or 208-235-2809. Your fellow kinship caretakers are your best resource! Come to support group to connect with other kincare families.

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: SEICAA

Our spotlight this month is on SEICAA (Southeastern Idaho Community Action Agency). SEICAA provides many valuable community services, including education opportunities (GED completion, homebuyer education, and money management courses), rental housing, home ownership opportunities, senior services, veteran's services and weatherization (see back page for more information!) SEICAA also has a community services department that covers emergency food services, clothing, and hygiene products.

Each SEICAA program has income eligibility guidelines. **Call 232-1114 or visit www.seicaa.org or SEICAA on Facebook for more information.**

Ideas or suggestions for newsletter content or support group topics?



Contact Tricia at

(208) 235 2809

bonmanp@dhw.idaho.gov

Recipe - by popular request from September's Pocatello Support Group!



Scary Easy Pumpkin Chocolate Chip Cookies

1 15 oz can pumpkin—make sure it's pumpkin, not pie filling

1 Box Spice cake mix—any cake mix will work

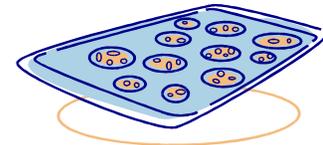
1 12 oz package semi-sweet chocolate chips—you can use nuts or raisins instead if you prefer.

Preheat oven to 350. In a large bowl, stir together the pumpkin and the cake mix until well mixed, using a spoon or mixer. Add chocolate chips or additional ingredients and mix until evenly distributed.

Form cookies and drop onto greased cookie sheet. Unlike many cookies that spread as they bake, these, for the most part, retain their shape.

Bake at 350 for 20-25 minutes. Let cool a few minutes and enjoy!

Source: <http://www.instructables.com/id/scary-easy-pumpkin-chocolate-chip-cookies/>



DIY Costume Ideas

Ghost—The Halloween Classic! Cut out eyes in any old sheet (ghosts can be any color you want!)

Superhero—Cut a cape and eyemask out of a piece of felt and have your child invent their own superhero! Cut a matching letter out of felt to tape to their chest.

Ballerina—Make a cute no-sew tutu using a piece of elastic and packaged rolls of tulle with this tutorial: <http://spoonful.com/crafts/no-sew-tutu>



Pirate—A bandana and an eyepatch and you've got the basics! Add your own touches like a pirate's hook, peg leg, or fake bird companion.



Zombie—Tear up some old clothes and put on white face paint (cheap, very pale foundation works just as well). Use dark eyeshadow to create dark circles under the eyes. Make fake blood using corn syrup, red food coloring, and chocolate syrup and drip it all over the clothes and face. When making the blood, start with the corn syrup and food coloring and add chocolate syrup for consistency.

October is...



- ◆ There's a lot more to October than just Halloween! October is also Breast Cancer Awareness Month, Celiac Awareness Month, Book Month, National Chili Month, and Adopt a Shelter Dog Month, among many others.
- ◆ More American Presidents were born in October than any other month.
- ◆ Thanksgiving Day in Canada is celebrated on the second Monday of the month.

The Flu & You—Seasonal & N1h1 Flu

October is the start of flu season!

Seasonal Flu & N1H1 flu vaccine (only 1 shot for both) is recommended for everyone, especially pregnant women, children & young adults from 6 months +, people caring for infants younger than 6 month, and adults 65+ with a chronic medical condition.

Call Southeastern District Health Department to make appointments for children and to get info on walk-in clinic times. 208-233-9080



Community Calendar



1-31—Swore Farms Corn Maze & Pumpkin Patch

10 am—Dark, every day! Find more info online at <http://www.sworefarms.com/home.html>

3 — Kincare Eat and Educate Session, 5:30-6:15 pm, Elderly Nutrition Dining Room

4— Pocatello Kincare Support Group, 5:30-6:30 pm, 403 N. Hayes, Bannock Youth Foundation Family Resource Center

5 & 6 — Fall...into the Holidays, 10 am—6pm, Bannock Country Fairgrounds. The premier autumn craft show in the area, bringing many vendors to the fairgrounds.

6—Free Screening of the Hunger Games, 2:30 pm, Marshall Public Library.

—**15th Annual Run with the Big Dogs**, 9:30-10:30 am— Check in and late registration. 11 am— race starts. Lower Ross Park. Join hundreds of dogs and their humans for this exciting annual fundraiser/dog celebration for the Pocatello Animal Shelter. More information online: <http://friendsofthepocatelloanimalshelter.org/>

8—Columbus Day

17—Pocatello Emergency Preparedness and Safety Fair, 5-9pm, Pocatello City Council Chamber. The Pocatello Police and Fire departments are hosting a Safety Fair.

20—Pocatello Zoo Boo, 10 am-3pm, Pocatello Zoo. Put on your Halloween costumes and come to the Zoo for a costume contest, haunted tree house, games, and more. Free with admission to the zoo.

27—3rd Annual ISU Physical Therapy Kostume 5k, 9 am— registration, Bartz Field on ISU campus. Fun run/walk and kids race activities with prizes. \$7 for adults and \$2 for kids.

31—Happy Halloween!

—**Trick or Treat the Old Town Streets**, 3-5:30 pm, Pocatello Old Town.



October 2012

| 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 | 31 | | | |



Idaho Relatives as Parents

Trick or Treating Safety Tips

- Have each child carry or wear something lit, such as a flashlight, glow bracelet, or flashing attire for visibility Light up shoes are also practical.
- Adults should plan out a route in advance. Trick or treat in familiar neighborhoods or areas.
- Require well-fitting shoes to be worn, preferably sneakers.
- Avoid costumes that drag on the ground.
- Be sure any masks allow full visibility and breathing.
- Trick or treaters should walk, not run, and never cut across lawns.
- Only trick or treat at houses that are lit.



<http://childcare.about.com/od/childsafet1/a/trickortreat.htm>

SEICAA: (208) 232-1114, www.seicaa.org

Weatherization: Provides energy conservation services to income eligible households in South-eastern Idaho. The program is available to those who qualify year round. Renters, as well as home buyers, are eligible to apply for services. The program helps to increase energy efficiency by concentrating on the problems of heat loss and air filtration. Measures taken to improve energy efficiency may include repairs to broken windows, insulation, caulking and weather-stripping. In addition to the material improvements made to eligible homes, Energy Conservation Education is provided to participants.

Energy Assistance: The Low Income Home Energy Assistance Program (LIHEAP) is a Federal program designed to assist with home heating costs. The program provides a once per year heating season payment on behalf of eligible participants. The season is November 1st thru March 31st, unless extended (Call 1st week of November to schedule). Eligibility is based on Federal Poverty Guidelines.

For LIHEAP, please call the SEICAA office for an appointment. At the time of your appointment, you will be required to bring the following documents: Most current heating bill with name, address, and account number; proof of income for the previous 90 days for everyone in the household; Social Security cards for everyone in the household.

Energy Saving Tips from Idaho Power



- Check your thermostat setting. We recommend 68 degrees when you are home and 55 degrees when you to sleep or leave the house. But remember that thermostats are not always accurate. Comfort and health should be your guides. For each degree you turn down the thermostat in the winter, you'll save approximately three to five percent on your heating costs. It is important to note that heat pumps operate better in a smaller temperature range, so if you have a heat pump, you should try to keep a steady temperature setting.
- On sunny days, open the curtains and blinds to let the sun warm your home. At night, close the curtains to trap heat inside.
- Keep furniture and curtains away from heat registers and baseboard heaters.
- Vacuum furnace air returns, registers, and baseboard heaters. Dust reduces the effectiveness of your system by blocking airflow.



<http://www.idahopower.com/EnergyEfficiency/Residential/Tips/tip200401.cfm>

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