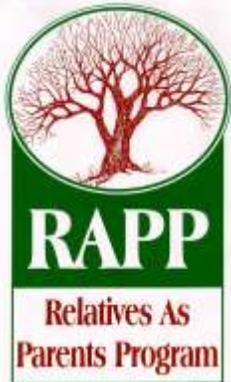




## 4-H Club - Crafty Clovers



Relatives as Parents Program strives to make a difference in the lives of relative caregivers and the children they care for by providing education and support.

RAPP is committed to assisting relative caregivers and youth in building and strengthening family ties.

**The Crafty Clovers 4-H club** added crocheting, a new *crafting* skill, to their already impressive repertoire.

Alyson Reidy, mother of a



*Isabella, Jasper, Kevin, and Alyssa*

club member, taught the basic crochet steps at the January meeting and the Crafty Clovers learned quickly! They sharpened their crochet hook skills at the second meeting and embarked on creating headbands and ear warmers, to sell at their annual fundraiser in the summer.

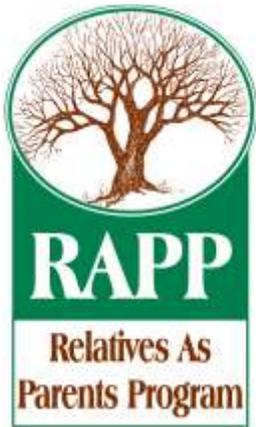
**This 4-H club** helps RAPP youth learn the process and value of building life skills by learning and improving skill levels, year by year, just as they did when they learned sewing. First they learned basic hand sewing, then machine sewing, then they completed projects on their own (*quilt squares*) and finally, they worked together to complete the quilt, which they proudly entered at the Ulster County Fair and the New York State Fair. This year the Clovers plan to enter their completed crochet projects at the 2017 Ulster County Fair.



*Ruthann and Alexis*

**In February**, the Clovers continue their work on crochet projects. Members aged 8 and up will choose a topic that interests them and begin to prepare a 5-10 minute presentation for *Public Presentations*, a 4-H requirement. This practiced skill of public speaking will be invaluable to them in college and future employment. *Public Presentations* will be held at SUNY Ulster on March 18th when the youth will present their topic to 4-H evaluators.

*Want to receive Caregiver News by email? Email Fern: [kcs94@cornell.edu](mailto:kcs94@cornell.edu) and say Yes to digital!*



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## Celebration

**A delicious RAPP Holiday party** in December was catered by Hickory Barbeque and made



more festive by fun, family activities that included decorating (and eating) holiday cookies. Caregivers and youth together enjoyed the fun atmosphere and the generous meal.

At the close of the evening every youth received a special mug from Santa. The mug held a movie ticket, hot chocolate mix and of course, a candy cane!



## Grandfamilies: Health Challenges of Raising Grandchildren

**How the growing number of grandparent caregivers can be well**, for themselves and their next of kin.

*Excerpt from US News & World Report (December 13, 2016, written by Michael O. Schroeder)*

*To read the complete article, use the link at the end of the article.*

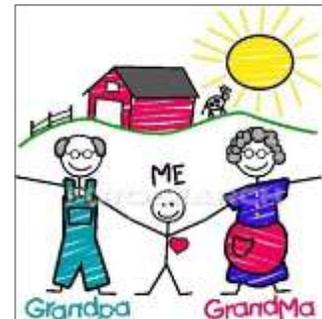
**Find support and get answers.** You may find family or someone you're just getting to know who's also raising a grandchild provides a sympathetic ear and helpful counsel. "There's a wonderful network of support groups across the country of other grandparents and other relatives that have stepped into this role," Lent says. Connect online, or for local options to access grandfamily support groups, call

**Generations United: 202-289-3979.**

In some states, you can also access kinship navigator programs through which caregivers can connect with advocates, such as a social worker or trained case manager, who provide relatives caring for children with information, resources and referrals to other experts. This can help in navigating an array of areas, from making health care and education-related decisions to understanding the implications of having legal custody, or not having custody, of a child.

**Generations United** provides a list of kinship navigator programs.

**Take a beat for yourself.** Whether you contact a professional or organization that provides respite care, or get a hand from a family member or friend, find someone you trust who can care for the child occasionally, so that you can take a break. Just as downtime is good for a child, experts say it's equally crucial for caregivers. "It can be just a couple of hours," Lent says. "But that needs to be something that you prioritize and plan for as a caregiver to make sure that you're preserving your own health."



<http://health.usnews.com/wellness/family/articles/2016-12-13/grandfamilies-the-health-challenges-of-raising-grandchildren>

## Teen RAPP

**On the second Thursday of each month**, RAPP Teens meet at CCEUC with Allison Solian, Youth Educator, where they learn skills and information that will help prepare them for the changes and challenges facing them after high school.



In November, CCE's Nutrition Educator Katie Sheehan-Lopez spoke to the group about ways to avoid added sugar in their diets, then made a healthy ambrosia salad for them.

**December's meeting** saw the teens getting some fun exercise with "Just Dance" on Wii.

In January the teen group worked on their financial skills by writing up a mock budget of their future that included: college tuition, food and apartments. They were tasked with

choosing a job they would enjoy working at, and were "given" a salary based on where they wanted to live and work.

**Get Fit with Fun!** Youth program. RAPP youth ages 9 and up will meet each **Thursday** from 4:30pm-5:30pm for various exercise activities including: Zumba, Yoga, Swimming, Running, and other fun. The program runs from February 16 - May 4. Contact Jennifer or Allison to sign your child up to **Get Fit with Fun!**



**Support groups in November and December** of 2016 provided valuable information for the kinship caregivers who belong to RAPP. In November, an **Office for the Aging (OFA)** representative spoke about benefits available through the OFA office, encouraging those with questions or concerns to reach out for help - "it's only a phone call away." In December, the facilitator, **Ulster County Department of Health (UCDOH)**, spoke on *required* immunizations and *optional* immunizations. Participants learned the benefits of having children immunized and the potential risks that can be involved with some of the newer immunizations that are available in recent years. Thank you to OFA and UCDOH for sharing this important education with residents in our community.

### UPCOMING EVENTS

#### Kingston Monthly Meetings

**Fridays:** February 24, March 31, April 28  
4:30pm-5:30pm  
CCEUC, 232 Plaza Road, Kingston  
Dinner; activities for children 5 and up; education and support provided for caregivers. Must RSVP 2 days ahead of time.

#### Kinship Coalition

#### **Thursday April 13**

9:30am-11:00am  
CCEUC, 232 Plaza Road, Kingston.  
Open to Ulster County agencies who serve Kinship Caregiver populations.

**The National Safety Council tells us:** *The largest source of easily available and 'free' abused medications are the billions of prescription pills readily accessible in home medicine cabinets. The majority of people including teens and other young people who abuse prescription medications access them from medicine cabinets in their, or other's homes. Store medications in a locked cabinet, drawer, or toolbox or purchase child-proof lock boxes.*

## Help Resources Directory

**Catholic Charities**  
Emergency assistance and food pantry  
**(845) 340-9170**

**Cornell Cooperative Extension Ulster County**  
Relatives As Parents Program (RAPP) support, referral and assistance  
**(845) 340-3990**

**Dept. of Social Services**  
Food stamps, child care, Medicaid  
**(845) 334-5000**

**Family of Woodstock**  
Case management, emergency homeless assistance  
**(845) 331-7080**

**Jewish Family Services of Ulster County**  
Elder care, social workers, workshops  
**(845) 338-2980**

**Office of the Aging**  
Free and low-cost services for seniors  
**(845) 340-3456**

**People's Place**  
Food and clothing  
**(845) 338-4030**

**Ulster County Community Action**  
"Extra Helpings of Food Program" Free produce distribution  
**(845) 338-8750 X 105**

**Ulster County Crime Victims Program**  
Confidential service  
**(845) 340-3443**



**Cornell University**  
**Cooperative Extension**  
**Ulster County**

232 Plaza Road  
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 WITH SILVER IN THEIR HAIR  
 AND GOLD IN THEIR *heart*

RAPP Extends Thanks & Appreciation to These Funding Organizations

RAPP Kinship Coalition  
 Meets bi-monthly to support RAPP  
 and Kinship families in Ulster County.  
 To join contact Jennifer Patterson  
 jmp394@cornell.edu



**Office of Children  
 and Family Services**

Thank you to these organizations  
 who provide welcoming space for  
 RAPP meetings and activities.  
 Cornell Cooperative Extension  
 Rosendale Rec Center  
 Ulster County Family Court  
 Ulster County Fairgrounds  
 YMCA of Ulster County

Share a Talent? Do you, or someone you know have a creative or technical skill that you would like to share and present to RAPP youth at a monthly group meeting? Call us! We strive to broaden our RAPP youths' scope of knowledge and creative endeavors. Contact Youth Educator Allison Solian at 845-340-3990x345 or email: aar66@cornell.edu

*Caregivers: Are you concerned about your preschooler's speech or do you have trouble understanding what your child is saying? Do you suspect delays in some area of development? Your preschooler may be eligible for services like Speech Therapy or a FREE pre-school program. In Kingston, call the school district at 845-339-3000. In New Paltz, call Kathleen Clark at 845-256-4042.*