



Cornell University
Cooperative Extension
Ulster County

Caregiver News

A Quarterly Publication of Cornell Cooperative Extension Ulster County's Relatives as Parents Program

FEBRUARY 2017

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

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.

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.



Isabella, Jasper, Kevin, and Alyssa



Ruthann and Alexis

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*Please Contact the CCEUC
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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



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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

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



**Office of Children
 and Family Services**

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.