



Caregiver News



"RAPP is committed to making a difference in the lives of relative caregivers and the youth they care for, by encouraging and supporting, providing education, and connecting them to valuable resources. RAPP strives to build, strengthen, and maintain cherished family ties."

The Crafty Clovers 4-H Club

The 4-H youth group continued work on their photography skills during a hike at Poets Walk in Red Hook in May. The children brought their cameras to capture the various vistas that the beautiful three mile hike provides. The photos taken on the hike will be edited and matted at future club meetings, getting them ready for exhibition at the Ulster County Fair in August. The kids look forward to seeing their creative work on display at the Fair.

The Crafty Clovers worked hard on their public presentations this year. *Public Presentations* is a 4-H requirement.

Members chose a topic important to them and they created a presentation: jewelry making, a food demo, and a musical instrument were some of the presentations they prepared. *Public Presentations* was held at SUNY Ulster on March 18, at which time the youth were evaluated and given constructive feedback, with the goal of sharpening their public speaking skills. This practiced skill of public speaking will prove invaluable to them in college and for future employment. Five RAPP youth participated and although most were nervous, they all said they learned from the experience; one youth who had participated before said "It gets a little easier each time."



Cornell University
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Ulster County





Get Fit with Fun!

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Cornell Cooperative
Extension provides equal
program and
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opportunities.
Please Contact the CCEUC
Office at 845-340-3990 if
you have any special needs.

Every Thursday from January through May RAPP youth participated in various exercise activities. They participated in: three yoga classes given by Olivia Grimsland Yoga, located on Boices lane in Kingston; three Zumba classes provided by Chayenne Whitehead; one Karate class provided by New Paltz Karate Academy, and several two and three mile walks on the Hurley Rail Trail. It was a great way to stay active during the winter months and the variety of classes delivered brand new workout experiences for the youths. The youths are excited about the upcoming outings planned for the summer months, which include: an intergenerational canoe trip, bike rides, and hikes around the county.



Rethink Your Drink

Did you know? 36% of added sugars in American diets come from sugar sweetened beverages like juice drinks, soda, sport and energy drinks, coffee and sweetened teas! Consuming sugar sweetened beverages adds unnecessary calories and can increase your risk for Type 2 Diabetes, Heart Disease, and Obesity. Sugary drinks are one of the largest contributors to added sugars in our diets, accounting for 22 percent of the empty calories consumed by children and teens.



Quick Facts:

- *There are 16-18 teaspoons of sugar in a 20 oz. soda and over 8 teaspoons of sugar in 20 oz. Sports Drink.*
- *Drinking one soda per day can lead to a weight gain of 25 pounds per year.*
- *Soda contains phosphoric acid which damages teeth and bones.*
- *Most adults need 8-10 glasses of fluid daily to remain hydrated.*

Replace Sweetened Beverages with Water:

- Make water more flavorful by drinking carbonated water or adding slices of lemon, lime, watermelon, or cucumber, without adding calories.
- Add a splash of 100% juice to sparkling water for a refreshing, low-calorie drink.

Teen RAPP

On the second Thursday of each month, the RAPP Teen group meets at CCEUC after school with Allison Solian, RAPP Youth Educator. They work on learning skills like resume building, job searching, and financial literacy (budgeting) that will help them prepare for the changes and challenges facing them after high school. They also do some community service and volunteering. In June the teens will travel to Cornell University for three days to explore career tracks and meet other 4-H teens across the state. The trip provides an opportunity for the youth to learn firsthand about potential careers, explore University life on campus, and make new friends. In an effort to help cover the cost of their field trip to Cornell for Career Explorations, RAPP teens held an Easter basket fundraiser in April (for which they filled and assembled 20 baskets.) All the baskets sold. In addition to that fundraiser, the 4-H Teen Council provides a partial scholarship to RAPP youth who have performed volunteer work at the Ulster County Fair.

Sojourner Truth Community Garden!

For the sixth year in a row, RAPP kids planted seeds, watched them grow, then transplanted them into their own garden space located outside

Ulster County Family court on Lucas Avenue in Kingston. Some of the kids have grown with the garden! The garden promotes a link between growing your own healthy foods and eating healthier. Plus it gives the kids an opportunity to socialize and create something positive for the community. Program participants maintain the garden through the summer on garden work days, to which members of the community are invited. *Next garden day is Saturday June 17th from 10:00am-12:00pm.*



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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A GRANDPARENT IS SOMEONE
WITH SILVER IN THEIR HAIR
AND GOLD IN THEIR *heart*

Want to receive Caregiver News by email? Email Fern: kcs94@cornell.edu

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.