



RAPP

Relatives As
Parents Program

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Our Mission

The 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 caregivers and youth in building and strengthening family ties.

Dedication is Paying off for RAPP Runners



Left: Kaylee and Isabella having a blast in the gym where the running program takes place.

In January, RAPP youth began their 26.2 mile journey to the finish line of the Kids Classic to be held in April of 2015. For the past 4 years, RAPP youth have participated in the YMCA winter running program which invites children to meet every Saturday to run together as a group and play running games. From January until early April, the children ran a total of 25.2 miles. At the Kid's

Classic in April, they will finish their last mile as a group on the track at Dietz Stadium. The total distance covered is equivalent to a full marathon. RAPP youth enjoyed the program this winter and look forward to continuing to run

beyond April thanks to the Road Runners Club of America who generously awarded RAPP a grant to continue the program.

The Crafty Clovers are Springing Ahead

RAPP's 4-H club, The Crafty Clovers, met once a month to work on various projects focusing on different life skills including baking, sewing, crafts, and small animals. The January meeting hosted a local artist Robert Reidy, who taught the children how to create colored pencil still-life drawings. The April meeting was held at Joann Fabrics. Program participants chose their pattern and fabric for their sewing project for the year. The clubs hard work will be on display in July at the Ulster County Fair.

Below: Children pose with Robert Reidy after creating their still-life drawings.



Below: Kaylee working on the quilt from last years club project.





RAPP

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RAPP Seedlings are Planted for May



Above: Allison Solian with kids and caregivers working diligently to plant all the seedlings



Left: Many seeds are popping through including sunflowers, sage, cinnamon basil, and various tomato plants.

Youth and caregivers came together for the annual seedling planting at the monthly meeting in March.

Various seeds were planted for the Sojourner

Truth Memorial Community Garden located at Ulster Family Court. The baby plants will grow

indoors until May when they will be put into the garden along with other seeds. The garden is fully sustainable with its own rain barrel that collects water from the courthouse roof. Kids and caregivers will help plant, maintain, and harvest the garden throughout the summer months.



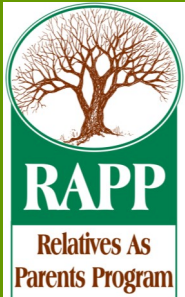
Above: Baby tomato plants have already started to grow.

Spring Activities Bring Family Together

With flowers blossoming and warmer weather finally upon us, RAPP encourages families to enjoy the spring with these fun activities. Strengthen familial bonds by enjoying time well spent together.

1. **Fly a kite** Spring is the perfect time to go fly a kite. Make your own or purchase one and work together to get it flying up in the air.
2. **Launch rockets** Building and launching rockets is a lot of fun for children and adults.
3. **Go barefoot** With warmer weather, spend some time outdoors barefoot. Feel the new grass underfoot and play around.
4. **Adopt a tree** Help out wildlife by adopting a tree. You can add a bird feeder or just leave some food out for the birds.
5. **Take family pictures** The years pass by quickly. Take some family photos, and be certain to include yourself in them.
7. **Go to a cultural festival** Celebrate a culture dear to you or learn about a new one at a cultural festival.
8. **Go skating** Try your hand, or foot as the case may be, with some in-line skating.
9. **Go swimming** Depending on where you live, it may be warm enough to swim outside. If not, head to an indoor pool for a chance to swim before the heat arrives.
10. **Make popsicles** Homemade popsicles are a great way to make a healthy treat. Try making them with various fruits and vegetables.
11. **Pick your own produce** Visit a pick-your-own fruit or vegetable place and pick your food as a family.
11. **Go to a farmer's market** Visit your local farmer's market and get to know the people who grow your food while finding affordable healthy fruits and vegetables (maybe with a scavenger hunt!).





RAPP is funded by the Dyson Foundation and the Catholic Family Center (Kinship Navigator)

Together, we are making a significant and positive difference.

"Like" The Ulster County Relatives As Parents Program on

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Visit Cornell Cooperative Extension Ulster County online at ulster.cce.cornell.edu

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

Caregiver Expo: Save The Date!

RAPP is planning an expo geared towards relative caregivers, parents, and elder caregivers in the fall of 2015 and is working with other local human service agencies to make the event happen. The expo is scheduled for Saturday October 3 and will be held at the Rosendale Recreation Center in Rosendale, NY from 10am-3pm. The expo will target all caregivers including parents raising children, adults raising relative children and adults caring for elderly parents. Vendors will have booths that will provide information regarding services and resources that are available to all three populations. In addition, there will be a kid's booth available to provide activities for kids.

Calling All RAPP Teens!



LIFE SKILLS

RAPP will be starting a new Teen Program on April 30th. The program is designed for youth ages 12 and up and will focus on job readiness, secondary education, planning for the future, and life skill building. Teens will build on the top 5 life skills needed for the future according to education.com. These are setting priorities, handling stress, food preparation, caring for clothes, and managing money. Teens who are interested in joining please contact Allison Solian, RAPP Youth Educator at 845-340-3990 ext. 345.



Help is Just a Phone Call Away...

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

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

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

Department of Social Services
Food stamps, child care, Medicaid
(845) 334-5000

Ulster County Community Action
"Extra Helpings of Food Program", fresh produce distribution
(845) 338-8750 ext. 105

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

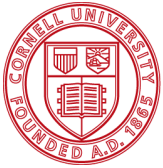
Do you have concerns about your preschooler's speech or other skills?

If you or others have trouble understanding what your child is saying, or you suspect delays in any area of development, he or she may be eligible for services like speech therapy or possibly even a pre-school program that is FREE. In Kingston, contact your school district at **339-3000**. In New Paltz, call Kathleen Clark, **256-4042** for more info.

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

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

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



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RAPP Thanks You!

So many people help to make our program successful. This page is dedicated to thanking all of the organizations and people who help RAPP help others!

Special thanks to our venues:

- Ulster County Family Court
- Cornell Cooperative Extension
- YMCA of Kingston
- Boces Education Center
- Joann Fabrics

Special thanks to our funders and donors:

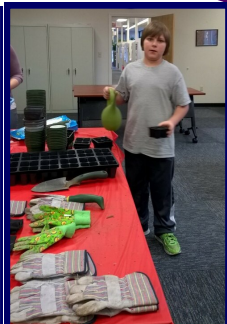
- Dyson Foundation
- Ulster Savings Charitable Foundation

Catholic Family Center, NYS
 Kinship Navigator

Special thanks to our educators and volunteers:

- Robert Reidy, Local Artist
- Lisa Petramale, RAPP Volunteer
- Ulster County DSS
- Planned Parenthood
- RAPP Kinship Coalition

Right: Jasper working to plant all the beautiful seedlings for the Sojourner Truth Memorial Community Garden



Right: Kids waiting their turn at the Y26.2 running program.

