Cornell University
Cooperative Extension
Ulster County

Caregiver News

A quarterly publication of Cornell Cooperative Extension Ulster County's Healthy Communities Program

WINTER 2016

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.

Historical Happenings in the Garden

Above: Gail Bernard poses with RAPP youth in front of the lush garden after speaking about Sojourner Truth.

Sojourner Truth Memorial Community Garden at Ulster Family Court was put to bed in October 2015. Youth and caregivers weeded, harvested remaining produce, and winterized the rain barrel. Garlic was planted that will be harvested in July of 2016. The fifth year of the garden proved to be another fruitful year and was a rewarding experience for those involved from start to finish. Along with general maintenance, RAPP was able to extend their knowledge of Sojourner Truth with the help of RAPP volunteer, Gail Bernard. She spoke to caregivers and youth about Sojourner's life, struggles, and triumphs, including the success of gaining custody of her son Peter in family court. Gail brought caregivers and youth on a walking tour of Uptown Kingston highlighting places Sojourner had been. In addition, participants had a new experience that brought history to life that began at the garden and ended up at the Burning of Kingston on October 17th. Revolutionary War Reenactor, Robert Reidy, came dressed in full historical clothing and presented various artifacts, weapons, and books from the revolutionary war period. Program participants took a walk through uptown Kingston that ended at the Senate House where children saw a blacksmith, Native Americans, and colonist reenactors from the time period. The day ended with an entertaining show. RAPP plans to attend the Burning of Kingston next year and other historical happenings in the area.

Below: RAPP youth observe a period blacksmith. They were each given a nail made on site as a souvenir.

Below: Alexis observes the plaque dedicated to Sojourner Truth in front of the court house.

Below: Caregivers and youth look on as Robert Reidy explains various period artifacts.

Below: Kevin participates in the juggling show for all to see.

RAPP
Relatives As Parents Program

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Fundraising for Educational Experiences

RAPP Teens were busy fundraising this holiday season in order to be able to attend Career Explorations at Cornell University in spring 2016. The teens made holiday gift baskets that were sold to the public and the funds raised will help cover the cost of the three day excursion to Cornell University. Career Explorations is a statewide 4-H activity for teens where they can pick a career track offered at the university and get a taste of what it would be like to major in that field of study. The teens that volunteered at the milkshake booth over the summer at the Ulster County Fair received half scholarships for their hard work. The remainder of the cost will be covered by monies received from the holiday gift basket sale.

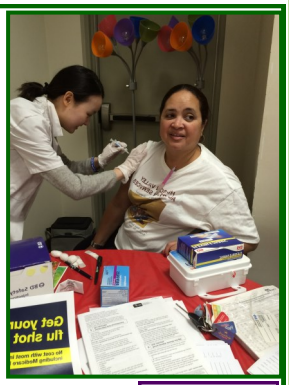
Above: The best seller was the cozy basket complete with hot chocolate, tea, cookies, popcorn, fuzzy socks and mugs for two.

Left: 3 of the 11 baskets made by teens on display at the CCEUC office.

Parents and Caregivers Expo

Above: Eat Smart New York Nutrition Educator, Katie Sheehan Lopez, at the CCEUC table with information about ESNY and RAPP.

During the fall of 2015, RAPP hosted the first annual Parents & Caregivers Expo in Rosendale, NY at the Recreation Center. Local agencies participated in the expo and offered information to the public regarding the services they provide for parents and caregivers of children and the elderly in the community. A total of thirty agencies set up information booths at the Recreation Center and spent the day sharing their work with residents of the community who attended the expo. Panel discussions took place in the morning and afternoon focusing on services for children and the elderly. RAPP plans to make the Parents & Caregivers Expo an annual event.



Above: Ginny Botero of HVAA gets a flu shot from CVS pharmacy.

Below: The Crafty Clovers (RAPP's 4-H group) held their annual bake sale at the Expo.

Below: Emi Discuillo of NYS Kinship Navigator ran the panels on both parenting and elder care.

RAPP
Relatives As Parents Program

RAPP is funded by the -Dyson Foundation -United Way -Ulster Savings Bank Charitable Foundation

Together, we are making a significant and positive difference.

"Like" The Ulster County Relatives As Parents Program on facebook

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.

Holiday Cookie Fun

Above: Jasper and Kaylee hard at work making the oatmeal raisin cookies from scratch.

During the month of December, RAPP youth celebrated the arrival of the holiday season by baking holiday cookies. The youth participants researched 3 recipes (which included traditional chocolate chip cookies, oatmeal raisin cookies and sugar cookies), went shopping for all of the necessary ingredients and baked several dozen cookies. Upon completion of the baking project, each child brought freshly baked cookies home to their families. The youth enjoyed spending time together and engaging in a group activity that was simple, fun, and festive!

Right: Alyssa and Alexis decorate the sugar cookies with festive colored sprinkles before baking.

Right: Kevin and Isabella mix up their chocolate chip cookie dough.

Save The Date

Saturday, January 30 ~ Y26.2 Running Program ~ YMCA of Kingston 8:30am-9:30am (ongoing until April 16 at the Kids Classic)
Thursday, February 18 ~ Teen RAPP ~ CCEUC Office 4:30-6:00pm
Friday, February 26 ~ Kingston Monthly Meeting 4:30– 6:00pm

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

Legal Services of the Hudson Valley
Free civil legal services for those who cannot afford an attorney
(845) 331-9373 http://www.lshv.org

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.

NYS Kinship Navigator
Statewide Referral Agency for Kinship Families
(877) 454-6463 www.nysnavigator.org

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

Rosendale Recreation Center

The Senate House

Special thanks to our funders and donors:

Dyson Foundation

United Way of Ulster County

Ulster Savings Bank Charitable Foundation

Special thanks to our educators and volunteers:

Legal Services of the Hudson Valley

Gail Bernard, RAPP Volunteer

Robert Reidy, Revolutionary War Reenactor

Ulster County DSS

RAPP Kinship Coalition

All Agencies who participated in the Parents and Caregivers Expo

Right: Isabella shows off her souvenir nail made by the blacksmith at the Burning of Kingston

Right: Jasper poses with one of the many cucumbers that climbed the fence at the community garden.