

Cornell University
Cooperative Extension
Ulster County

Caregiver News

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

SUMMER/FALL 2015



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



Above: RAPP Runners perform drills at Dietz to increase speed and efficiency while running.

Upon receiving a small grant from the Road Runners Club of America, RAPP youth began a 6 week running program in June 2015. The RAPP Runners met twice a week and had the opportunity to experience running on some of the beautiful trails in the area as well as learning drills, stretching exercises and information regarding hydration and pacing. The summer running program

ended with a celebration recognizing great accomplishments. RAPP Runners had a swim party where they received water bottles and string-bags. The RAPP Runners are hoping to be able to "run in the sun" again next summer!

Below: Youth stretch after each running activity to promote flexibility.



Crafty Clovers Exhibit at the Ulster County Fair



Above: Crafty Clovers pose in their completed projects after the Clothing Revue.

The Crafty Clovers, RAPP's 4-H club, had another successful year that culminated at the Ulster County Fair. Youth entered exhibits to be judged including baking, sewing, photography, art and wood work. Five RAPP youth entered these exhibits, spoke with judges who gave constructive criticism and then received a ribbon based on the quality of the project. Youth also modeled their sewing projects at the Ulster County

Fair to music and explanations of their projects. Isabella was also able to show her rabbit this year and participated in rabbit showmanship. Each child had one project that was chosen to advance to the New York State Fair where they were judged again at a higher level.

Below: Isabella shows off her blue ribbon she won at the rabbit show with her rabbit, Pippy.



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RAPP

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Summer Brings Bountiful Harvests



Left: Kaylee stands with her hand made rain catcher made out of a recycled water bottle. The garden measured 3 inches of rain in July.

All summer long the garden was busy growing produce including tomatoes, basil, sunflowers, beans, peppers, cucumbers, sage, parsley, morning glories, and carrots. Many activities took place at the garden including making rain catchers to



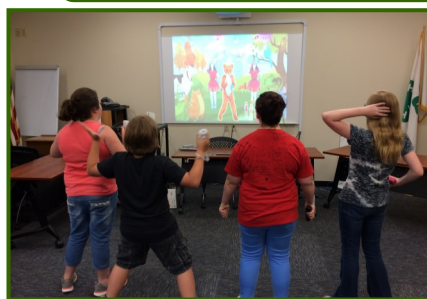
Above: Kevin shows the largest carrot the garden has ever grown!



Left: Jasper and Ruthann pose with their basil bouquets they took home to eat.

measure the amount of local rainfall, weeding, watering and general maintenance. The garden serves as an intergenerational activity for RAPP and thrives due to the hard work of the kids and caregivers who maintain it.

Teen RAPP Takes Off



Above: RAPP Teens enjoy a fun exercise activity together, Just Dance on the Wii!

followed. Each cooking lesson sends teens home with recipes and the confidence to cook for themselves. For community service, youth volunteered at the Ulster County Fair's Milkshake booth to help raise money for the Teen Council 4-H group. Plans to visit colleges and vocational schools will take place in the winter months to explore options for secondary education after high school.

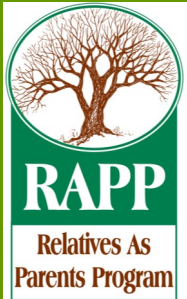
Below: Teens volunteering at the Milkshake booth at the Ulster County Fair.



The RAPP Teen Program, Teen RAPP, was launched in May 2015. It is designed to help prepare teens for life after high school. Over the summer, participants met twice a month and started working on their cooking skills. Youth prepared an Italian and Mexican dinner from scratch learning the importance of knowing what is in their food. A lesson in making funfetti cupcakes with blueberry

Right: Jasper gets his hands dirty making meatballs for Italian night. **Below:** Kevin and Zoey get to lick the beaters after making the frosting for the funfetti cupcakes.





RAPP is funded by
the
-Dyson
Foundation
-Catholic
Family Center
(Kinship
Navigator)
-United Way
-Road Runners
Club of America

Together,
we are
making a
significant
and
positive
difference.

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CCEUC Office at
845-340-3990 if you
have any special needs.

RAPP and the Renegades!



Above: Kaylee and Lexi share a laugh while waiting for snacks.

In the early part of summer, RAPP participants carried on the yearly tradition of attending a Renegades game in Fishkill, NY. For the last 3 years, caregivers and youth enrolled in the program have enjoyed participating in a local sporting event that is exciting, lots of fun and close to home. The weekend before the 4th of July is particularly fun and exciting as the RAPP participants are able to watch the beautiful fireworks display at the conclusion of the game. What a great way to welcome the beginning of summer; baseball, hot dogs, ice cream & fireworks! RAPP looks forward to a Renegades game next year!



Above: RAPP Youth pose in front of the baseball field. **Right:** Fireworks after the game were the perfect end to a fun night.



Save The Date

Thursday, October 29 ~ Teen RAPP ~ CCEUC Office 5-6:30pm

Friday, October 30 ~ Community Garden Close ~ Ulster Family Court 5- 6:30pm

Thursday, November 12 ~ Teen RAPP ~ CCEUC Office ~ 5-6:30pm

Friday, November 20 ~ Kingston Monthly RAPP Meeting ~ CCEUC Office ~ 5-6:30pm

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

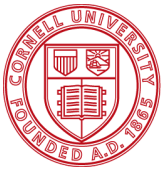
Do you have concerns about your preschooler's speech or other skills?

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
Dietz Stadium
Boces Education Center
Dutchess Stadium
Ulster County Fair

Special thanks to our funders and donors:

Dyson Foundation
United Way of Ulster County

Road Runners Club of America
Catholic Family Center, NYS
Kinship Navigator

Special thanks to our educators and volunteers:

Legal Services of the Hudson Valley
Gail Bernard, RAPP Volunteer
Ulster County DSS
Planned Parenthood
RAPP Kinship Coalition

Right:
Lexi and
Kaylee
pose with
Rascal, the
Renegades
Mascot.



Right:
Kaylee
shows off
her hand-
made
yoga bag
and doll
dress at
the Ulster
County
Fair.

