

Relatives as Parents Newsletter

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Issue 27



Glenda Weaver
208-769-7096

glendainidaho@hotmail.com



The North Idaho R.A.P. Relatives/Grandparents as Parents Newsletter

Free-Relatives As Parents Workshop/Conference/Lunch

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On March 26th from 9:00 am to 1:00 pm at the Coeur d'Alene Tribal Wellness Center, 1100 A Street in Plummer, there will be a Relatives As Parents Lunch/Workshop/ Conference. There will be many resource vendors with information about anything and everything that has to do with children, senior citizens, adults and the legal and financial problems we encounter when we raise relative children. You will be able to get informational material from each resource table and ask questions. There will be presentations on guardianship, trust/wills, autism, emotional and mental health problems of children and adults. Lunch will be served at noon and a chance to win many prizes. This will be an opportunity to meet other adults raising relative children, get information and have a good time. Free childcare will be provided. For more information contact: Glenda Weaver 208-665-8975

R.A.P. Meeting the 2nd Monday of the month (March 8th)

At the Jewett House
1501 E. Lakeshore Dr
Coeur d'Alene, ID

A light lunch will be
provided along with
coffee and cookies.

Glenda Weaver
208/769-7096
208/964-0667 (cell)
Margo Peebles
208/667-0320

AARP Scholarship to Women in Idaho

Jim Wordelman AARP Idaho State Director announced AARP would award up to 100 scholarships, ranging from \$500 to \$5,000, for women 40 or over depending on their financial need. To be eligible for the scholarships, applicant must be a female age 40 or over as of March 31, 2010. She must be able to demonstrate financial need and be enrolled in an accredited post secondary school or training program within 6 months of the scholarship award date. Priority consideration is given to women in three categories: 1) women raising children of another family member (such as grandparents raising grandchildren); 2) women who have been out of the workforce for

an extended period of time;
3) Women in dead-end jobs (those with no opportunity for advancement, low pay and lacking health or retirement benefits). Interested applicants can submit their applications online beginning February 1, 2010 at www.aarpfoundationwlc.org. The application process closes March 31, 2010 and scholarships will be awarded in early summer.

Application Period Opens in February 2010. Applications will be accepted **February 1, 2010 until March 31, 2010.** Please visit the site beginning February 1, 2010 to begin your online application!
Good Luck!





*Mission is to:
"Build healthy families
by promoting broad-
based community
collaboration and
coordination to combine
resources to reduce
substance abuse,
increase literacy, and to
reduce the duplication
of services."*

*Kootenai County Kin-Care
Committee c/o KACF
610 W. Hubbard, Ste. 123
Coeur d'Alene, ID 83814*

**Mission of Kootenai County
Kin-Care Committee is to:
Advance Community Support
for a Safe and Nurturing
Environment for Children
Raised by Relatives.**



College Info Night

5 to 7 p.m.

Wednesday, March 3, 2010

North Idaho College

Edminster Student

Union Building

idahogoes.org

Stocking Your Pantry For Today's Economy

We are living in terrible economic times. Food prices continue to rise while our wages go down and our social security remains the same. Food is going to continue to rise, so most of us need to reevaluate what we buy, how much we buy and where we buy it. In today's economy we need to get back to basics. We can still eat healthy if we know how to stock our pantry. We need to get away from a lot of the prepared food and start making our own casseroles, stews and other meal items. Shopping less in the grocery store keeps us from impulse buying and keeps our grocery costs down. In this newsletter, we will start with the pantry and what should be in our pantries. Below is a list of basic food items for your pantry. Please send me any good recipes you would like to share and I will print them and send them out with the newsletter.

Applesauce, jarred or canned
Baking Powder
Baking Soda
Bisquick
Bouillon, Beef and Chicken
Broth, Beef and Chicken
Catsup
Cereal, dry and hot
Chocolate Chips
Cocoa Powder
Coffee
Cooking oil
Cornmeal
Corn Starch
Crackers, soda and graham
Dried Beans
Dried Fruit, raisons, berries
Flour
Fruit, canned or jarred
Juice, canned or bottled
Macaroni & Cheese
Mayonnaise
Meats, Tuna, chicken, spam
Milk, canned and powdered
Mustard
Oats
Pasta, spaghetti, etc.
Peanut Butter
Popcorn
Rice, brown and white
Sauces, spaghetti and tomato
Soups, canned and dried
Shortening
Sugar, brown, white, powdered
Syrup
Tea
Tomatoes, canned
Vegetables, canned
Vinegar, white, red
Worcestershire Sauce



Salt, Pepper, Cinnamon, All Spice, Nutmeg, Ground Cloves, Vanilla Extract, Almond Extract, Garlic & Onion Powder, All-purpose seasoning, dehydrated onions, Chili Powder, Paprika, Jams & Jellies. **If you do not have a pantry you can make one from bookshelves or a book case holder. You do not want to put the pantry in a room that gets extremely hot or cold.**

New Credit Card Scam Alert

This one is pretty slick! The callers do not ask for your card number, they already have it. A person was called from "VISA" and another was called from "Master Card". The scam works like this: Caller: "This is (name), and I am calling from the Security and Fraud Department at (credit card name). My badge number is 12460. Your credit card has been flagged for an unusual purchase pattern, and I'm calling to verify. This would be your (credit card name) which was issued by (name of the bank). Did you purchase an Anti-Telemarketing Device for \$497.99 from a Marketing Company based in (name of place)? When you say "no", the caller continues with, "We will be issuing a credit to your account. This is a company we have been watching and the charges range from \$297 to \$497, just under \$500 purchase pattern that flags most cards. The credit will be sent to (gives you your address), is that correct?" You say "yes". The caller continues - "I will be starting a Fraud investigation. If you have any questions, you should call the 1-800 number listed on the back of your card and ask for the Fraud Department. You will need to refer to this Control Number. The caller then gives you a 6-digit number. HERE IS THE IMPORTANT PART! The caller says, "I need to verify you are in possession of you card". He'll ask you to turn your card over and look for some numbers. There are 7 numbers; the first 4 are part of your card number and the next 3 are the security number that verify you possess the card. He'll then ask you to read him the 3 numbers. This is what the scammer is after...the 3-digit PIN number on the back of the credit card. DON'T GIVE IT TO HIM! Tell him you will call your credit card company directly for verification of the conversation. The real credit card companies will never ask for anything on the card as they already know the information since they issued the card. If you give the scammer your 3-digit PIN number, you won't be getting a credit. When you get your statement you will see many charges for purchases you didn't make, and by then it may be too late and/or more difficult to actually file a fraud report. If you get one of these calls, hang up on the caller. Call your local law enforcement office and file a report, as instructed by your credit card company.

CDA Junior Rifle Team / Straight Shooters

The Coeur d'Alene Rifle and Pistol Club offers a chance for kids, 9 years and older, to learn the fundamentals of competitive shooting with a .22 caliber rifle. Kids fire .22s from three positions - kneeling, standing and laying down. They compete with teams from throughout the region, including Washington, Oregon, Arizona and Wyoming. The club has .22 caliber rifles on hand, and sells ammunition at cost to junior shooters. A junior membership runs \$10 a year. They have plenty of adult supervision and parents are encouraged to participate with their kids. The young shooters are at the range on Tuesday night for practice from 6:00 pm to 9:00 pm. Matches are usually on Friday nights. They'll shoot between 200 and 250 rounds per week. More than 50 NCAA colleges have rifle teams and scholarships are available. For more information: Range Master Barbara 208-666-8803 at the Coeur d'Alene Rifle Club located at 6001 N. Atlas Road, Coeur d'Alene, Idaho.



The power to make it better.

*Grandparents
Raising
Grandchildren
www.aarp.org*

Idaho KINCARE
Coalition

Mission:

"To promote social and legislative change through education and advocacy and to provide the social supports needed by grandparents and other relatives raising the children in their care"



KINCARE Coalition
Leadership
Committee's Work
Plan: Support the
development of
community
partnerships that
will develop strong
relationships with
kinship families and
work in partnership
to improve, expand
and sustain
programs and
services to kinship
families.



Are You A Grandparent, Aunt, Uncle, Cousin or Sibling Raising a Relative Child?

Join our RAP Support Group if you need a listening ear or some new ideas. You are not alone!

Kootenai County Kin-Care Committee c/o KACF
610 W. Hubbard, Ste 123
Coeur d'Alene, ID 83814
Phone: Tammy Rubino
(208) 676-8293

Fax:
(208) 765-2970

E-mail:
glendainidaho@hotmail.com

The RAP Mission is to:
Make the world a better place for those children whose parents are unable or unwilling to assume the legal & moral responsibilities of parenthood.



Relatives/Grandparents As Parents Support Groups

The **RAP Support Group** meets the second Monday of the month at:
Jewett House
1501 E. Lakeshore Drive
Coeur d'Alene, ID

RAP provides information & support to kinship care givers through sharing information and guest speakers. We stay aware of the laws and proposed legislation that impacts kin care givers and children. Contact:
Glenda Weaver 208-769-7096

The RAP Newsletter is **FREE!** If you are not on our email list or regular mail list to receive the RAP every month and would like to get it, contact me at the below address, phone number or email address. If you know someone that might benefit from the RAP please give us their address and we will send them a RAP newsletter every month.
glendainidaho@hotmail.com

Kootenai County RAP & GAP Support Group
610 W. Hubbard, Ste. 123
Coeur d'Alene, Idaho 83814

