New RAP Changes!!

Relatives As Parents have a new logo, email address, phone number, website and face book page. Our mascot will still be the turtle. Please copy, keep and share this information.

For updates on meetings, newsletters and events, as well as resources in our community go to [www.facebook.com/RAPNorthIdaho](http://www.facebook.com/RAPNorthIdaho). If you are interested in reading the RAP newsletter online go to [www.kootenaialliance.org/rap](http://www.kootenaialliance.org/rap). We also have a new RAP email address, so all official RAP emails should go to [rap@kootenaialliance.org](mailto:rap@kootenaialliance.org). RAPs new cell phone is 208-659-8210.

We are proud to introduce the Relatives As Parents new logo. You will be seeing this new logo on all our information, newsletters and event flyers.

If you look at the blue portion of the logo you can see a “P” standing for parents and the green is an “r” standing for relatives. The logo captures the “r” and “p” with a link connecting the two together. The link conveys that RAP can help connect and navigate through helpful resources and services: legal, emergency assistance, child services, disabilities, child care, support groups, Health & Welfare, and more...

The color green represents growth and fostering new relationships. Blue conveys stability and peace of mind. Yellow provides hope for the future. You can also see that yellow is the link, holding everything and everyone together. The entire logo is a substrata version of the infinity symbols, meaning forever. So the relatives are forever and links family and stability.
Free Tax Assistance

Bonner tax-aide
Sandpoint Senior Center
820 W Main St
Sandpoint ID 83864 Appointment only (509) 292–8628
Mon., Wed. 9 a.m. – 2 p.m.
Open 2/01 – 4/15

Bonner tax-aide
West Bonner District Library
209 Main St
Priest River ID 83856 10 a.m. – 2 p.m.
Only on 1/30, 2/06, 2/16, 2/20, 3/06, 3/13, 3/16, 3/20, 3/30, 4/03, 4/13

Boundary tax-aide
Bonners Ferry Senior Center
6635 Lincoln St
Bonners Ferry ID 83805 Tues. 10 a.m. – 2 p.m.
Open 2/01 – 4/15

Kootenai tax-aide
Athol Community Center
Hwy 54 and 3rd St.
Athol ID 83801 Appointment only (208) 683–2407
Mon. 9 a.m. – 2 p.m.
Open 2/01 – 4/15

Kootenai tax-aide
Lake City Center
1916 N Lakewood Dr
Coeur d'Alene ID 83814 Appointment only (208) 667–4628
Mon., Wed., Fri. 9 a.m. – 3 p.m.
Open 2/01 – 4/15

Kootenai tax-aide
Post Falls Senior Center
1215 E 3rd Ave
Post Falls ID 83854 Appointment only (208) 773–9582
Tues., Thurs. 10 a.m. – 4 p.m.
Open 2/01 – 4/15

Kootenai tax-aide
Rathdrum Senior Center
8037 Montana St
Rathdrum ID 83858 Appointment only (208) 687–2028
Tues., Thurs. 10 a.m. – 4 p.m.
Open 2/01 – 4/15

Kootenai tax-aide
Silver Lake Mall
200 W Hanley Ave
Coeur d'Alene ID 83815 Mon., Wed., Fri., Sat. 9 a.m. – 4 p.m.
Tues., Thurs. 9 a.m. – 7 p.m.
Open 2/01 – 4/15
St. Patrick’s Day Parade

Come to Downtown Coeur d’Alene on March 15, 2014 for the Annual St. Patrick’s Day Parade. The parade will begin at 4 pm at 8th and Sherman Avenue. Get on your green and bring the whole family. The parade will feature Pipe Bands, Floats and more!!

Relatives As Parents Meeting on March 13, 2014

The Relatives As Parents meeting will be on March 13, 2014 at noon at the Jewett House. The Jewett House is located at 1501 E. Lakeshore Drive in Coeur d’Alene. We invite you to bring food to share (or not). No cost child care is provided during the meeting. This year our members are taking turns in running the meetings. They will provide a speaker that will be of interest to our group or speak themselves about resources or knowledge they have acquired during their journey as a relative raising relative children. In February Carol Griffith spoke on budgeting and making your dollar stretch. She gave out budget work books and calendars to help us in planning our budgets. Thank you Carol for a great presentation!! In March Carol is going to show us **how to make our own laundry soap.** You will need to bring a **bar of soap** and a **empty laundry soap container.** This will be a hands-on demonstration so come prepared to have some fun in the process of learning. Come to our meetings and enjoy a relaxing exchange of conversation and knowledge. Everyone is welcome!

For more Information: 208-659-8210

Save The Date! Elaine K Williams Presentation

On May 2, 2014 at noon at St Pius Church Elaine K Williams will do a free presentation on children being raised by others at the Kootenai Alliance for Children and Families Lunch & Learn. Elaine has written a book titled “The Sacred Work of Grandparents Raising Grandchildren”. Elaine has a master’s degree in social work and has spent her career working with children, adolescents and older adults. Her expertise is in the areas of trauma, loss, life transitions, and inter-generational communication. CEU’s will be offered for this training along with Foster Care Training Hours. Elaine spoke here in Coeur d’Alene two years ago. She will also gear her presentation to the topic of children raised by others and their typical problems, but will also include in the presentation **when helping becomes enabling**, which so many of us are guilty. **Mark May 2nd on your calendar!!** For more information call 208-659-8210.

Giving Hope Coalition Resource Office

Supporting Children Raised by Others

Last month I told you about our new coalition, “Giving Hope”, and our resource office located at **816 Sherman Avenue in the CASA Office Building.** If your children are needing pajamas, blankets, coats mittens, toys etc. we have them. All of our things are new and available for children raised by others. If your child is having a birthday and getting them a present might be a strain on your budget, please come into our office and pick out a brand new toy for them. We request that you call **208-659-8210 for an appointment** so we can have someone in our office available to help you. Right now our office hours are Monday, Wednesday, and Friday from 1 to 4 pm. We plan on expanding those hours in the future. We also have information on resources, food banks, events and support groups. If you are raising foster children, relative children or fictive kin children this is your place for no cost resources!!
Tuesday, March 4th, Budgeting 101, 6 p.m. Take control of your financial life with a budgeting plan that’s made simple, reasonable, and effective. Presented by STCU. FREE! Register at the Hayden Library or online at www.stcu.org/workshops. A light dinner will be served. Hayden Library located at 8385 N. Government Way, 208-772-5612

Saturday, March 8th, Finding Your Ancestors: Tall Tales, Ghost Stories & Wacky Family History, 1 - 3 p.m. Learn how folklore can help you in finding your ancestors and preserving their history. Free, no registration required. Hayden Library, 8385 N. Government Way.

From IFSP to IEP-Early Childhood Transition

In this Webinar you will learn the process of preparing for transition from an Individualized Family Service Plan (IFSP) to an Individualized Education Plan (IEP) at age three and learn the differences between the two plans!

March 25, 2014

Register by clicking on one of the three links below:

10:00 AM MST: https://www3.gotomeeting.com/register/341349190
1:00 PM MST: https://www3.gotomeeting.com/register/753675518
6:00 PM MST: https://www3.gotomeeting.com/register/763219766

For questions or further information contact Idaho Parents Unlimited at:

(208)342-5884

We will be having our Semi-Annual Change Over!

This is a semi-annual sale to liquidate our fall/winter clothing and accessories in the store to make room for the spring/summer clothing.

Sale at the Coeur d’Alene Store will be March 3rd through March 7th
All new Spring/Summer Clothing will be out Saturday, March 8th

Sale at the Post Falls Store will be March 10th through March 14th
All new Spring/Summer Clothing will be out Saturday, March 15th

Fill a bag of clothing, shoes, purses, belts and hats for...

- Monday - $5.00 a bag
- Tuesday - $4.00 a bag
- Wednesday - $3.00 a bag
- Thursday - $2.00 a bag
- Friday - $1.00 a bag

Come in early for the best selections!

St. Vincent de Paul
74 W. 1st St.
208.664.3095
Mon-Fri 8-6 Sat 8:30-5:30 Sun 10-4

St. Vincent Books & More
202 W. Selkirk Way
208.773.6836
Mon-Fri 8-6 Sat 9-5 Sun 10-4

Thank You!

Your Donations Stay in Your Community
www.stvincentdepaulcoa.org
Grand-parenting is one of life’s most cherished experiences - from the announcement, to sensing that babies breath on your cheeks. Grandparents are suppose to relish a lifetime of baking cookies, going fishing, and big, happy traditional family dinners. Sadly that is not always the case. As a Relatives As Parents Facilitator and a grandparent raising grandchildren I’ve met lots of grandparents dealing with issues regarding their grandchildren. Most were trying to get custody from neglectful parents. At least 90% of the grandparents were in these situations due to drug or alcohol problems of their adult child. This task is usually thankless as they rescue their grandchildren from some of the most awful conditions you can imagine. Once they get their grandchildren they deal with isolation and helplessness. They often feel they have no one to turn to who will understand their situation. They are often filled with shame, guilt, and doubt about themselves...feeling they are some how responsible for their adult child's bad decisions in life.

Through Relatives As Parents Support Groups, grandparents can find resources, information, and support. They meet others, just like themselves, dealing with the same issues. It is a place to bring concerns, socialize, share ideas, and acquire ways to cope through times of crisis. It is a safe place to express anger and frustrations as well as successes and joys. The members of RAP become empathetic friends, connected in ways that few others could identify with.

Here in Coeur d’Alene we have monthly potluck meetings and no cost childcare. We meet on the second Thursday of the month at noon at the Jewett House located at 1501 Lakeshore Drive. You can also go on our face book. Relatives As Parents - North Idaho to get events that might be of interest to you. If you would like to read the monthly newsletter you can access it online at [www.kootenaialliance.org/rap](http://www.kootenaialliance.org/rap) or request it to be mailed to you by calling 208-659-8210. RAP is here to answer your questions and to help you find resources for financial, medical, emotional and recreational needs for you and your grandchildren that you are raising. If you have any questions please call:

Glenda Weaver  208-659-8210  
Margo Peebles  208-667-0320

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**National Nutrition Month**

March is the National Nutrition Month. “Enjoy the Taste of Eating Right” is the theme for 2014. Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. Social, emotional and health factors also play a role, the foods people enjoy the most are most likely the ones they will eat the most.

Family meals do more than put food on the table. Make mealtime a family time. Research shows that family meals promote healthier eating - more fruits, vegetables and fibers; less fried food; and fewer calories. Plan tasty meals together. This does not have to be complicated or time consuming. Let each member choose a favorite item and build a simple, delicious meal around that item.

Eat more fresh fruit and vegetables. Try alternating a fruit salad one day then a green salad the next day. Let the kids choose the fruits for the fruit salad and the vegetables for the green salad.

When cooking try using plain greek yogurt instead of sour cream and almond milk instead of regular milk. I think you will be pleasantly surprised. Explore your options when cooking and preparing a meal!!!
RAP family
Kootenai Alliance for Children & Families
610 Hubbard, Ste. 123
Coeur d’Alene, ID. 83814