

RAPP May 2015 Newsletter

Support Group Meetings			
Monthly Sessions	Upcoming Dates	Time Frame	Location
1 st Wednesday, monthly	May 6, 2015 Girls with a Purpose, GWAP	4:30 – 5:30 pm	Carver School Road Library Branch 4915 Lansing Drive, WS Phone: 336-703-2910
1 st Thursday, monthly	May 7, 2015 Rosemary Niles will talk about planning for the future. See page 3 for more details.	6-7:30 pm	Rupert Bell Recreation Center 1501 Mount Zion Place, WS 27101 Phone: 336-727-2051
2 nd Wednesday, monthly	May 13, 2015 See page 3 for more details.	12:00 –2:00 pm	Hanes Hosiery Recreation Center 501 Reynolds Blvd, WS 27106 Phone: 336-727-2428

What is the Relatives As Parents Program, RAPP?

Social Service's Relatives as Parents Program, or RAPP, provides support and activities to any relative or person providing full-time care-giving duties to another person's child living full-time in their home and whose parent(s) is absent. All RAPP activities are provided at low or no cost, and create ways for relative caregivers to meet others in their community.

RAPP understands that caregivers face unique challenges in *unexpectedly* parenting someone else's child.

Why should I attend a group?

Because you are not alone! You may feel alone as a care giver, but you are not! Support gives you strength in finding others like yourself who have traveled this road. There are currently 7.8 million children living with someone other than a parent.

This information comes from Generations United, a NY group that supports kinship families like yours.

Important School Dates

- ✓ **Friday, May 22 – June 12**, End of Grade Testing Window for 3 – 8th Grades;
- ✓ **Friday, May 22 – Friday, June 12**, High School, End of Course Testing Window, 9-12th
- ✓ **Monday, May 25**, schools will be closed for the Memorial Day holiday.
- ✓ **Saturday, June 6**, most high school graduations WS/FC Schools
(Graduating Senior course assignments are due the week prior to graduation day)
- ✓ **Friday, June 12** is the last day of school!



Relatives as Parents Program, RAPP

Attn: Susan Parker, Program Coordinator P.O. Box 999, WS, NC 27102-0999 Phone: 336-703-3744

e-mail: parkerse@forsyth.cc Office located on the ground floor, 741 Highland Ave.

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Fun, Free Family Things to Do!

❖ Walk & Roll Event on Sunday, May 3, 2015 from 1-4 p.m. on Research Parkway between 3rd St. & Rams Dr. Come walk, skate, and bike on the new Research Parkway in the Innovation Quarter so that we can “play in the streets.” This free event will feature a variety of activities for all ages and abilities, including a bike rodeo, bike helmet fittings for kids, a Bounce Castle, a 10-mile Community Bike Ride, a 30-40-mile bike Clip-In & Ride, food trucks, music, and drumming performance. There is no cost to attend!

❖ Our community partner, Betty Ann Faulkner, who has come to our support groups to help us with money matters, is offering several free classes in May through the Center for Smart Financial Choices. All the classes are located at the Enterprise Center, 1922 S. Martin Luther King Drive here in Winston Salem. Here is a list of the classes:

Tuesday, May 5 from 6:15 pm - 7:45 pm - Reestablishing Your Credit & Saving Money.

This class will help you learn how to rebuild your credit, and save money, too.

Wednesday, May 13 from 6:15 pm – 7:45 pm – Create Your Money Plan – Making Ends Meet.

This class helps you make plans to save more of your money, and find some peace of mind around money and how you spend it.

Tuesday, May 19 from 6:15 – 7:45 pm – Improve Your Credit Score for Free. In this class, you’ll learn how to read your credit reports, understand your credit score, and learn steps to improve the score.

Wednesday, May 27 from 6:15 – 7:45 pm – Money Habitudes. This is the fun money game Betty Ann has played with us at our support groups. It’s a great game that helps us learn about how we think about money, and what we like to do with our money.

**“Every great dream begins with a dreamer.
Always remember, you have within you the strength,
the patience, and the passion to reach for the stars
to change the world.” - Harriet Tubman**



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Support Groups for May 2015

At the May support groups on 5/7 and 5/13, we will hear from Rosemary Niles from the WS Hospice Care Center. The program name is “Got Plans?” and reminds us that we plan for many things in life, but sometimes we don’t prepare for things, like the end of our lives!

Rosemary assures us that this program is not a sad one. Instead, she just reminds us that any of us – at any time – could have an accident or sudden illness that would keep us from being able to make decisions about our health. She wants us to ask some important questions of ourselves:

- If you could not make your own health care decisions, who would you want to make them for you?
- Do your loved ones know what your wishes are for or treatment you might want - or not want?
- Do you have any of your thoughts written down so that others could read them if needed?
- Do you have a plan for what would happen to the children in your care if you could no longer take care of them yourself?

Act as if what you do makes a difference. It does." -William James

Camp Carousel, through the Hospice and Palliative Care Center, is designed to meet the needs of grieving children and teens (rising 1st graders through rising high school seniors). In this caring environment, trained counselors and volunteers help children and teens learn how to express their grief and develop new coping skills for facing their life changes. Camp Carousel promotes learning through creativity and fun. Groups involve the use of the arts — art therapy, music therapy, creative play, and animal-assisted therapy — to provide campers a natural outlet for the expression and understanding of feelings. Campers meet others their own age who know what it’s like to lose a loved one. Camp Carousel also provides services for grieving adults who have had a loss. This healing experience offers adult sessions geared toward learning how to cope with personal loss and life change, and the chance to interact with others grieving similar losses. The camp meets for one week, and while a \$25 donation is requested, no one would be turned away. For more information, see their website at:

<http://hospicecarecenter.org/services/grief-counseling>

Any family without the internet can pick up an application from RAPP, or from Hospice.



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Activities at home during EOG Testing:

- ◆ It is the end of the academic year, and children are tired and may be less motivated.
- ◆ Create a calm, stable, uneventful, and simple home life the weeks of testing.
- ◆ Limit yelling, complaining, blaming, pointing out flaws, etc.
- ◆ Keep a positive outlook and avoid negative statements.
- ◆ Limit *extra after school* activities or *work* activities on test weeks, for example, *football, cheerleading, dance, softball, band, other sports and work for teens*.
- ◆ Plan for testing week, such as having pre-cooked meals, and clear responsibilities.
- ◆ Have the whole family pitch in planning for the week.

TEST day and less STRESS for you

- ◆ Make sure your child gets a good night's sleep the night before every test.
- ◆ Plan for the morning; the night before, lay out clothes, shoes, etc. to wear {head to toe};
- ◆ Have your child dress comfortably, *take a sweater regardless*, and arrive at school on time.
- ◆ Put the ready book bag at the door every night before bed, pack lunch, and put in fridge.
- ◆ Serve your child a light healthy breakfast on test day as it wakes the brain.
(Pop Tarts and sugary cereal are not as good as oatmeal, banana, real 100% juice, cheese, crackers)
- ◆ Send him/her off with words of praise and support.
- ◆ Your child is as good as you and he/she thinks... Encouragement, encouragement!!!
(*There is a lot to be said for what's in the mind: I think I can, I can*)
- ◆ Teach children to follow directions carefully & to ask when something is unclear.



May is Teacher Appreciation Month...what you have planned?

None of these plans have to cost money, as some of the best gifts are priceless

Five ways to say thank you to a teacher!

- ◆ *Share memorable moments* like a photo of your child in the class, artwork etc.
- ◆ *Give a gift a day*. Leave a small treat each day, or a simple card, or a favorite snack.
- ◆ *Use your words*. Write a letter to your child's teacher expressing your gratitude, or have older children write a poem of attributes about the teacher.
- ◆ *Lend a helping hand*. Volunteer to chaperone, assist with large art projects, provide snacks once a day, or take care of the class pet for a weekend.
- ◆ *Throw a "thank you" party*. Organize a potluck party for your child's teacher. Ask each set of parents to bring in a dish, and invite children to decorate the room;



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Summer Camp Information

Why should I seek summer camp for my child?

- Because it gives you a break from the children!
- It gives them a break from you as caregiver!
- It is a way for children to learn, meet new people, and grow!

Many summer camps are taking applications now! It's time to be thinking about camps, programs or opportunities for your children this summer. Some camps are FREE, and other camps offer scholarships for youth to attend to help lessen your costs.

Camp Jump Start is a wonderful day-camp opportunity for 35- 45 middle school students. Camp is free and runs six weeks, July 22 – July 30th, operating Monday through Thursday. Children bring a lunch daily, and the camp provides chips and drinks. The camp's goal is school readiness, social skills, and being 'drug free'. The camp offers opportunities in music, art, physical activity, and nutrition, as well as field trips to local places. It is hosted annually at St. Paul's United Methodist Church and is a partnership between Drug Free NC's prevention unit, called Unlimited Success, under the coordination of Angela Diaz, Prevention Specialist. *Applications will be available through the RAPP office for interested families in late April - early May.* Camp is FREE, open to children in 6th, 7th and 8th grades. Families provide their own transportation to and from camp, no exceptions. The camp runs daily drop off from 8:30 to 9:00. Families commit to timely pick up, 3:00 pm, or may be dismissed from camp. There are volunteer opportunities for High School students to serve as Jr. Camp Counselors; these opportunities are only for youth who are mature and without behavioral issues.

The Childcare Network, with locations in Lewisville and Kernersville, offers scholarships for attending based on family income and number of people in the family unit. Applications for camp and scholarships are both online at the website below. Their website shares, "campers can be found playing sports, cooking food, and enriching their knowledge of the local community by exploring parks, zoos, museums, aquariums, and farms. They will stretch their creative minds through arts, crafts, music, and play, all while continuing their educational journey with reading, math, and science." For those without computers, RAPP can provide information on how to apply for those without computers. The 2015 summer camp themes can be seen at: <http://www.childcarenetwork.com/programs/summercamp>

The Salvation Army's Ken Carlson Boys and Girls Club offers low rates and a payment plan until mid-May; payments on the plan must be completed by May. The program cost covers the summer break, and if you pay for the full summer camp, it also covers after school care for the whole academic year 2015-16 for one price. However, you'll need to confirm that they offer bus drop off from your child's school to the Boys and Girls Club. Contact the club directly for more information; Sharon can share pricing details and final payment deadlines. This program offers payment by credit card, cash or money order.

This summer, the program runs from Monday, June 15, through Friday, August 14. The club remains open Monday thru Friday the whole summer, but will be closed on Friday, July 3rd. The summer program offers fun trips, activities and academic enrichment. Again, the RAPP office can help provide application details.



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Sawtooth School for Visual Arts offers summer classes for Pre-K through high school students in all kinds of art-related activities like painting, ceramics, and photography. While the classes are quite expensive, the school offers scholarships based on family size and income. The school is committed to including students from all income backgrounds, and the RAPP office could provide you with the forms, or, you can see the application at: <http://www.sawtooth.org/about/sawtooth-scholarships/>

Big Brothers /Big Sisters Program offers free information for children who are in their program. They periodically get details on summer programs and children get freebies for being a part of their Big Brothers/Big Sisters Program. Ask your assigned case manager about summer camp information. They can be contacted at 336-724-7993.

RAPP is growing!
You are not alone.

We need your help...

Join the excitement as RAPP grows!!!

Got your kinship form? Need another? *We need it back.*

Back in January, we included a kinship verification form in our newsletter. We encouraged you to return the form, so we could include our kinship families in our database. We need to be sure other workers are aware of your kinship situation in case you are in need of assistance elsewhere within our DSS agency.

The form asks your relative child's name, birth date, and some other basic information. We are planning exciting updates to the RAPP program in the future. In order for this to be reality, it is necessary to make RAPP more official. This means families have to be in our database with their kinship information.

RAPP families are those where a relative provides full-time care to another relative's child, who is 18 or younger, and the child lives with them daily, rather than with a birth parent (and the birth parent is not in the home).

Going forward, we will need for families who participate in our special **Back to School** and **Holiday Project** programs to have a kinship verification form on file. Thanks to the fifty families who have returned their kinship form, but we have a lot of families without the form!

If your family wants to continue participating in special projects we need the form. **Please return your form or contact Susan for a replacement form.** We can email you a form, or leave one at the front desk for you to pick up.

Families where the child is now over 18, or where the child is no longer living with you full-time, can still participate in the support groups and be part of our newsletter list, in addition to being able to get other resource information from our program with Susan.



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