

RAPP January 2015 Newsletter

January Support Group Meetings			
Monthly Sessions	Upcoming Dates	Time Frame	Location
1 st Thursday each month	January 1, 2015	No meeting!	Will not meet! Enjoy New Year's Day with your family!
2 nd Wednesday each month	January 14, 2015 Parent educator from Imprints speaking about discipline techniques.	12 – 2:00 pm	Hanes Hosiery Rec. Ctr. 501 Reynolds Blvd. Phone: 336-727-2428
4 th Thursday each month	January 22, 2015 A librarian will speak about supporting children in reading.	6 – 7:30 pm	Good Shepherd Moravian Church, 1474 Kerner Road, Kernersville, NC Phone: 336-993-6633
1 st Wednesday each month	Girls with a Purpose, January 7th, 2015	4:30 to 5:30	Carver School Rd. Library 4915 Lansing Dr. 336-703-2910

What is RAPP? Social Service's Relatives as Parents Program, or RAPP, provides support and activities for any relative providing full-time caregiving to another relative's child. All RAPP activities are provided at low or no cost, and create ways for relative caregivers to meet others in their community. Services are offered to anyone who is the primary caregiver of a relative's child, who lives in their home, and whose parent(s) is absent. RAPP understands that these caregivers face unique challenges in unexpectedly parenting someone else's child.

Important School Dates for January

- ✓ **January 5 (Monday)**, students return to school AND return Holiday thank-you notes to RAPP office!
- ✓ **January 16 (Friday)** is the end of the quarter, so make sure your student's assignments are all turned in for grading!
- ✓ **January 19-20**, your students will not be in school! January 19 (Monday) is the Martin Luther King, Jr. holiday, and January 20 (Tuesday) is a teacher workday.



Relatives as Parents Program, RAPP

Attn: Susan Parker 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.



Tax Time is Coming!

Forsyth Working Families Partnership is a group of community agencies working together to help low-income working families get their maximum tax refund, save their refund dollars, and spend and invest them wisely. The focus of the partnership is to provide **free tax preparation assistance** and to get the message to as many people as possible about the Earned Income Tax Credit. The EITC is a tax benefit for low to moderate income families, as well as a small benefit for low income workers without children.

Families making under \$53,000 are eligible. *Taxes need to be completed early for any college-bound child or adult for whom a FAFSA form will need to be completed.*

See Page 3 of this newsletter for the sites where taxes can be prepared.

Claiming Children on Your Taxes...

The Internal Revenue Service says that families are eligible to claim the tax credit of any child living in their home for more than six months in the year. As caregivers, then, you have the legal right to claim the children living in your household.

If the biological parent claims a child who HAS NOT lived in their home for at least six months, they are engaged in unlawful activities and could be punished with a fine or jail time.

Even if a biological parent files taxes before you, and wrongfully claims a child/ren, you can still claim the children. The IRS will then confirm which household rightfully claimed the children. Relative caregivers can prove that the child lived with them because of services, like Medicaid, Food Nutrition (formerly food stamps), or Social Security, for which you have records or documentation.



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The Best 8 New Year's Resolutions

according to Alice Walton in Forbes Magazine –

<http://www.forbes.com/sites/alicegwalton/2013/12/30/8-simple-ways-to-be-kinder-to-yourself-in-the-new-year/>

1. Meditate

Meditation can help us not only feel more centered and relaxed, but it can also literally change the setup of our brains. Recently, it was shown to trigger changes at the level of the gene, particularly genes that govern the stress and inflammatory responses.

2. Get Physical

Moving your body is one of the single best things you can do for yourself, both body and brain. Until recently, the adult brain was thought to be relatively unchangeable, but evidence over the last decade shows that it can actually sprout new neurons that help us with learning and memory.

3. Get a Practice

Making a routine out of something – just about anything, provided that it's healthy – can be life-changing, and for some people, life-saving. Having a ritual to come back to is one of the ways to give yourself a sense of security in rough times.

4. Eat Smarter – and More Simply

Any list of ways to be kinder to yourself wouldn't be complete without the food entry. There's several foods whose benefits are so well-known that they're considered power foods:

- **Blueberries**, or any deeply-colored berry, are packed with antioxidants
- **Fatty fish**, for the brain-healthy DHA and EPA varieties of omega-3 fatty acids
- **Leafy greens** are rich in folate, iron, and other essential vitamins and nutrients
- **Turmeric**, whose anti-inflammatory properties have long been linked to reduced Alzheimer's risk.

5. Connect with Those Around You

OK, the verdict is in: Social media use (like Facebook, or overuse of smartphones) makes us shallow, unhappy and jealous of the people around us. Even worse, it has the effect of disconnecting, rather than connecting, us from the people we love.

6. Practice Mindfulness in Everything

The key to mindfulness is paying attention to the present moment, without judging. Observing your thoughts without reacting to them is another way to think about mindfulness.

7. Ask About Those Around You

We spend a lot of time focusing on ourselves. So from time to time it's good to take the focus off yourself and ask about those around you.

8. Be of Service

This is an offshoot of #7, but it plays out in an even cooler and more noticeable way. It's true that we need to improve ourselves to be good for others, but the flipside is also true.



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Making More Out of Less in 2015!

Here are some simple ways to save money in the new year:

- ❖ Save money on phone services. If you receive SSI, Food and Nutrition Services, Medicaid, Sec. 8 Housing Assistance, Federal Public Housing, Energy Assistance (LIHEAP) or Work First Family Assistance benefits, and the telephone service is in your name, you are eligible for local telephone service discounts through two programs called Link-Up and Lifeline.

Go to the following website for more information:

<http://www.ncuc.commerce.state.nc.us/consumer/linkup.pdf>

- ❖ Consider getting rid of cable and replacing it by having Internet service in your home. Netflix, Hulu, and other internet options let you see recent TV options by streaming programs through the internet rather than over cable. Check with your provider to see what options you might have. Another option is threatening to move to another cable operator if they won't lower your bill; most will give you a better deal in order to keep you as a customer!

Here is a website that explains some of your options:

<http://www.tomsguide.com/us/cord-cutting-guide,news-17928.html>

- ❖ Check the advice offered by financial whizzes like Clark Howard and Suze Orman. They can help you figure out lots of ways to make your money go further!

Here are their websites:

<http://www.clarkhoward.com/>

<http://www.suzeorman.com/>



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