

RAPP June 2015 Newsletter

Support Group Meetings – NOTE: No groups will be held in July/August!!!

Monthly Sessions	Upcoming Dates	Time Frame	Location
1 st Wednesday, monthly	June 3, 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	June 4, 2015 Angela Diaz will talk about Camp Jump Start, for middle school students. 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	June 10, 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. (Note: No groups are held in July and August!)

Important School Dates

- ✓ **Monday, May 25**, schools will be closed for the Memorial Day holiday.
- ✓ **May, 26 – 29th EOGs for K-5th grades** (*get rest, eat breakfast, & limit activities, etc.*)
- ✓ **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! (What is your plan for the summer?)



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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!

The Center for Smart Financial Choices partners with a local youth group, Thirsty, Inc. which has a variety of free workshops that appeal to teens (ages 12-18). These workshops are held every Saturday through the summer at Ambassadors for Christ, 1500 Harriet Tubman Drive, Winston Salem.

Workshop Details

1. Project Monopoly- Thirsty, Inc. has partnered with The Center for Smart Financial Choices to create this project. Students will learn how to make smart choices when involving money. They will learn how to budget, how to use a bank account, the importance of checks and balances, and learn how to shop with sensibility.

Dates for June: June 13th from 11:30am to 12:30pm

2. Project Hear Me Out (H.M.O)- This project gives students the opportunity to compose and perform their own poems and songs based on current issues. We expose our youth to various opinions on different topics and allow them to discuss and relate to the issues we see in society today. From our discussion students will be given a chance to create original writings, visual art or music that expresses their thoughts and concerns.

Dates for June: June 6th, June 13th, and June 27th from 1:00pm to 2:20pm

3. Project Make Me Move (M3) - This project's purpose is to get students to be more active and excited about living a healthy lifestyle. We will incorporate lessons on nutrition and fitness exercises such as Zumba, yoga, cardio, and choreographed dancing to get the students moving!

Dates for June: June 6th, June 13th, and June 27th from 10:00am to 11:20am

4. Project Fashion- is an introductory session on sewing, in a team building atmosphere. Students will gain knowledge on how to properly sew with the type of supplies needed and how to safely handle the materials.

Dates for June: June 6th, June 13th, and June 27th from 2:00pm to 3:30pm

Please call Jasmine L. Stover for more details at 336-831-3622

**“The opposite of love is not hate, it's indifference.
The opposite of art is not ugliness, it's indifference.
The opposite of faith is not heresy, it's indifference.
And the opposite of life is not death, it's indifference.”**

— Elie Wiesel



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Two opportunities for you at our June 2015 support groups

Opportunity One:

At the June support group, Ms. Angela Diaz, who coordinates Camp Jump Start, will be talking with families about this FREE camp. This camp is for middle school ages only: must be 6th, 7th, or 8th grade students. Camp runs Mondays through Thursdays from June 22 through July 30. If you have a teen who is well behaved and wants to volunteer at the camp as a Jr. Counselor, complete the same application. There will be an interview and children must show grades to be a camp counselor. We will have applications available at the meeting.

Opportunity Two:

Ms. Niles from Hospice, the presenter at our May groups, will be back to share on Wednesday, June 10th as well. You asked, we heard, and she's back!! Anyone who would like to complete advanced directives can get her help and get the document notarized. Advanced directives are important papers that share with your family what you would like – or not like – to have done if you were to become ill and unable to say for yourself what you would like. If you are interested in getting this form completed, please call Susan at 703-3744, by June 8, to let her know. Our knowing in advance allows Ms. Niles to bring the proper number of forms for the meeting.

“Be yourself; everyone else is already taken.” - Oscar Wilde

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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“Yellow butterflies look like flowers flying through the warm summer air.”

-- Andrea Willis

**I can get THAT
at the Library?**

Here’s a recent article written by the folks from the Forsyth County Public Library. The Library would be a great place to spend time on hot summer days!

Forsyth County Public Library staff hears this all the time.

People are astonished to learn they have access to fantastic FREE resources through Library databases. It’s always exciting to discover you can read Consumer Reports or other current magazines on your own computer or tablet. Music lovers can enjoy free (and legal!) weekly music downloads from Freegal. Readers appreciate timely book recommendations and genre-focused reading lists as well as access to thousands of free audiobooks and eBooks. Students can access age-specific, subject-specific live homework help every evening after 3:00 p.m. Learning a language? Expanding your family’s genealogy? Looking for customers for your small business? Investing? All of this and much more is available NOW to anyone with a valid Forsyth County Public Library card.

Can’t you just Google it? No!

Google searching will not bring you the reliable, in-depth information found using Library products. You deserve better than “Googled” health information.

You won’t find FREE legal forms specifically designed for North Carolina without access to Library databases. The best information comes to you quickly when you start your search at www.forsythlibrary.org.

Do you owe library fines? Check to see what you owe and get it paid. They’ll gladly put you back in good standing with their many free services.

Benefits of long-term volunteering for your student:

- Volunteering is a good experience especially for older children, 14 – 18 years old.
- It exposes children to how fortunate their life may be compared to others less fortunate.
- It teaches them that the world matters.
- Volunteering helps them learn to see the importance of the lives of others.
- Students learn life-long skills.
- It teaches them to be the change they want to see in our world. (Ghandi)
- Volunteering is an important item to note when completing college applications.



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Identity Theft

What is it? Identity theft occurs when someone steals important personal information and takes your name. Identity theft can happen to anyone; it happens both to rich and not so rich people!

How do they get it? Thieves get info you throw out in the trash, like credit card offers, bank statements, or other important information, or they could steal your information from your mailbox, or use a variety of other electronic ways to access information. Once someone has opened accounts in your name, and charged items to the account, it can be very difficult to clear your good name!

What can I do to protect myself? Never throw out papers with information like: account numbers, social security numbers, driver license numbers, birth certificates, or other details. Keep these papers in a safe place, or in secure locations. If you decide to not keep papers, shred them! There is a FREE Shred day coming our way in June! Would you join us?

On June 20, 2015, from 9 am to 12 noon at the Knollwood Baptist Church parking lot, members from the SECU Family House will be on hand to shred any papers you would like to dispose of. There is a suggested donation of \$5 per box or bag of papers. Checks can be made out to: SECU Family House. The address for the church is 330 Knollwood St., Winston Salem, NC, 27104. (*same street as Moore Elementary School, opposite end*).

What to do if you feel you have been a victim of identity theft

There are several steps you should take as quickly as possible:

1. If someone opens accounts in your name, call that company immediately to let them know what has happened, and ask them to close the account.
2. Contact one of the credit bureaus; they are required to then tell the other two credit bureaus. Equifax can be reached at 1-800-525-6285. Tell them you want to place a fraud alert on your account. This does not cost anything to do.
3. Order a free credit report at 1-877-322-8228. Review the report and see if there is any account that you don't recognize as that can be a clue that your identity is stolen!
4. Report identity theft to the Federal Trade Commission (FTC) at 1-877-438-4338. They will help you complete the FTC Identity Theft Affidavit.
5. Once you have a copy of the Identity Theft Affidavit, file a report with your local police department. The FTC says the police report should contain the affidavit, along with any other details you can provide to the police. By getting a police report, you can prove to businesses that someone has stolen your identity.
6. Recovering from identity theft is not easy, but the more quickly you start, the more likely you are to keep new accounts from being opened in your name.

The information above is taken from the Federal Trade Commission site www.identitytheft.gov



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From the Forsyth County Department of Public Health:

(Pay particular attention if you have a child entering the 6th grade in August!)

The Forsyth County Department of Public Health no longer gives free Tdap to everyone. (Tdap is the vaccine for tetanus, diphtheria and pertussis.)

Tdap is still available at no cost to uninsured adults who have not yet received the vaccine, and to uninsured pregnant women.

The shot is required for children entering 6th grade and children with Medicaid, along with uninsured children, may receive one at no cost. Insured children and adults who need a Tdap may receive one for \$62.

Children are dismissed from school each year if this shot is not given and proof shown to the school by the 30th day of school. If you have questions, ask your school nurse. Each school has an assigned nurse to help with keeping the schools healthy. Immunization is a big part of keeping children healthy in our schools.

Pertussis, also known as whooping cough, is a serious respiratory illness that causes severe coughing spells that can lead to difficulty breathing, vomiting, pneumonia, and even death. The cough can last for months and is sometimes referred to as ‘the 100 day cough.’ Last year, Forsyth County saw more than 150 cases.

Pertussis is easy to pass to another person through coughing or sneezing while in close contact. Some people can have the illness and not be aware. The disease usually is much worse in infants than adults, and infants are much more likely to die from the illness. Babies do get shots called Dtap to help protect them, but the series isn’t completed until just before kindergarten. Students entering 6th grade are required to get a Tdap to protect them from pertussis. Unfortunately, many adults are unprotected! These adults can unknowingly expose babies and school aged children to this dreaded disease.

The Forsyth County Department of Public Health Immunization Clinic (Clinic 3) is located at 799 N Highland Ave in Winston Salem and is open Monday – Wednesday 8:30 a.m. until 3:45 p.m., Thursday 9:30 a.m. – 6:45 p.m., and Friday 8:30 a.m. – 11:45 p.m. It is a walk in clinic that does not require an appointment. Cash and checks (no credit or debit cards) are accepted. They will not file insurance. Please bring your current shot record with you.



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