

the N O R T H I D A H O  
**R.A.P. family**

MARCH 2013 NEWSLETTER

GLEND A WEAVER 208-769-7096



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**Coeur d'Alene Relative As Parents meet the second Thursday of the month at the Jewett House, 1501 Lakeshore Drive, at noon for a potluck lunch. Free childcare is provided . 208-769-7096**

✧ **Special Needs Recreation** ✧

*Angie Goucher, Special Needs Recreation Executive Director*

**SPECIAL NEEDS RECREATION PRESENTATION**

Special Needs Recreation is a non-profit organization that offers programs for youth and adults who have trouble participating in other programs because of a learning disability, sensory impairment, mental, emotional, or physical handicap. SNR provides participants of all ages, 5 -10 monthly activities for all ages consisting of monthly theme dances, bingo night, cooking classes, pizza night, trips to the arena, Club SNR, Annual Talent Shows, Annual Prom Nights and an Annual Christmas Party to mention a few. For youth ages 4 - 21 SNR provides Camp

All - Stars summer, winter, spring break and school day off day camps from 9am - 3pm daily throughout school breaks. SNR provides scholarships to over half of our campers throughout the year. Angie Goucher helped build this program from the ground up for the past 13 years. Angie has been the Executive Director for SNR for the past 11 years. Angie truly loves her job and enjoys sharing this program. She will be speaking at our **RAP meeting at the Jewett House on March 14, 2013 at noon.** A potluck lunch will be served and **FREE** child care is provided.

*Facts About 4 - Leaf Clovers and Good Luck*

The four leaf clover is a universally accepted symbol of good luck.

In Irish tradition the Shamrock or 3 leaf clover represents the Holy Trinity: One leaf for the **Father**, one for the **Son**, and the other for the **Holy Spirit**.

When a Shamrock is found with the fourth leaf, it represents **God's Grace**.



# Circle Of Parents

Sharing ideas. Sharing support

**Anybody in the parenting role (moms/dads/grandparents as parents, foster parents, etc.) is more than welcome! Bring a friend for some adult conversation on various parenting topics. Bring your children for fun activities and social interaction!**

## 2013 Dates

March 1st & 15th

April 5th & 19th

May 3rd & 17th

9:30 - 11 am

## Group Meets At

Post Falls Head Start

106 W 9th

Post Falls, Idaho

**Sign up today!!**

**ICARE 208-676-1515**

## Spokane Orphan Summit

**Saturday, March 16, 2013**

**8:00 am - 5:00 pm**

**Location: Eastpoint Church, Spokane Valley**

**15303 East Sprague Avenue**

**Register at: [SpokaneOrphanSummit.com](http://SpokaneOrphanSummit.com)**

**Main Speaker: Jason Kovacs** - Jason is the co-founder of [TogetherForAdoption.org](http://TogetherForAdoption.org), a Pastor at Austin Stone Church in Austin, Texas and serves as the Director of Ministry Development for The Abba Fund. He is a contributing author of *Reclaiming Adoption: Missional Through the Rediscovery of Abba Father* writing on "Adoption and Missional Living". He and his wife have 5 children (4 adopted).

### **What is the Spokane Orphan Summit?**

The Spokane Orphan Summit is a Christian conference intent on Encouraging, Resourcing and Mobilizing the Body of Christ to love and care for the orphans in our city, country and world. We would like to serve you in your journey to love and care for orphans.

### **Would you like to adopt/foster a child but you don't know where to begin?**

We seek to Encourage families to adopt or foster children.

### **Have you already adopted and would like resources from others who have been down a similar road?**

We seek to Resource families on their journey of adoption.

### **Do you have an interest in seeing that orphans everywhere are loved and cared for?**

Every Christian is called to be involved in the care of orphans in some way. - James 1:27

# Idaho Grocery Credit

You can get an Idaho credit refund even if you aren't required to file an income tax return. If you are an Idaho resident who didn't make enough money in 2012 to file an income tax return, you're eligible to receive a grocery credit refund. The grocery tax credit offsets the sales on groceries. You'll receive \$90 for yourself and \$90 for each of your dependents. If you are 65 or older you will receive an additional \$20.

## Eligibility

- \* You must be an Idaho resident. This means you must have lived in Idaho for all 12 months of the calendar year 2012.
- \* Dependents born or adopted in 2012 qualify for full credit.
- \* You won't qualify for any months you received food stamps, were in jail, or lived illegally in the U.S.

## Residents Under 65

You need to fill out part of a [Form 40, Idaho Individual Income Tax Return](#).

1. Fill out name, address, Social Security number, filing status and exemption areas on page 1 of form 40.
2. On the federal adjusted gross income line (line 7) write "NRF" (to indicate you're not required to file).
3. On page 2, cross through the \$10 on the permanent building fund line.
4. Calculate your grocery credit: You may receive \$7.50 for each of your exemptions (line 6d) for each qualified month they lived in Idaho. For example, if you and your spouse were each eligible for 12 months, plus you had a dependent child who was eligible for 6 months, your total grocery credit would be: \$7.50 x 12 plus (yourself) and \$7.50 x 12 (spouse) plus \$7.50 x 6 (child), for a total of \$90 plus \$90 plus \$45 which would equal a grocery credit of \$225.
5. Write your calculated grocery credit on "Grocery credit" line, on the "Overpaid" line, and on the "Refund" line.
6. You must sign and date the Form 40 at the bottom of page 2.

## Residents age 65 and older and their spouses

You need to fill out a [Form 24, Idaho Grocery Credit Refund](#).

**For more information:** You can get copies of Form 40 or Form 24 from the Idaho State Commission's website at [tax.idaho.gov](http://tax.idaho.gov) (Click on "Get grocery credit refund even if you're not required to file an income tax return" in the "Quick Picks" section).

## Domestic Violence/Sin by Silence ( Movie )

**Do Something to STOP the Violence.**

**This is going to be a great night of information about domestic violence, FREE of charge and everyone is welcome.**

**Christ the King Lutheran Church**

**1700 Pennsylvania Avenue**

**Coeur d'Alene, ID. 83814**

**Gymnasium**

**Saturday March 9, 2013 6:30 - 9:00 pm (doors open at 6:00pm)**



## What Is Mental Illness

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others and daily functioning. Just like diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post traumatic stress disorder (PTSD) and borderline personality disorder. The good news about mental illness is that a recovery is possible.

Mental illness can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character or poor upbringing. Mental illnesses are treatable. Most people diagnosed with serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

In addition to medication treatment, psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups and other community services can also be components of a treatment plan and assist with recovery.

Mental illness cannot be overcome through "will power". Mental illness usually strikes individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.

You should not be ashamed to get help if you or someone you know are suffering severe depression or any other mental illness symptoms. The shame is when you don't get help. We have allowed stigma and now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take the barriers down! **The Relatives As Parents will have a speaker from NAMI to speak to us at the April 11, 2013 at the RAP meeting at the Jewett House.**

**NAMI** (National Alliance on Mental Illness) **Coeur d'Alene 208-772-9650**

**NAMI Monthly Meetings - Second Tuesday of each month at 7:00 pm at the resource building of Kootenai Medical Center.**

# Idaho Parents Unlimited

## Mid Week Mini Conference

### Day 1 - Half Day - Parent Training

**Advocacy Skills, Support Group Training, IEP Mentor Training  
Health Mentor Training**

### Day 2 - Full Day - Early Childhood Outcomes, School Based Medicaid Services

**Dispute Resolution, Facilitated Roundtable Discussions, Transition  
to Adulthood**

**Free to Parents or Guardians! You Must register!**

**When: March 19, 2013 1 to 6 pm  
March 20, 2013 9 am to 5 pm**

**Where: Best Western Inn  
506 W. Appleway Avenue  
Coeur d'Alene, ID.**

**(208) 342-5884 or <http://www.ipulidaho.org>**

*We support, empower, educate, and advocate to enhance the quality of life of  
idahoans with disabilities and their families.*

## Sensory Friendly Movies

We understand that sometimes it is difficult or uncomfortable for families with children with special needs to attend movies together. Reel Movies for Reel Needs is a specially designed program to serve families with special needs such as autism or other challenges, who seldom attend movies. Reel Movies for Reel Needs creates a welcoming and comfortable environment - lower sounds, lights up - where families with children who need accommodations will be able to share the experience of seeing family friendly films at a theatre. We encourage you to bring comfort items such as food, blankets, or toys to make this a comfortable experience. Reel Movies for Reel Needs is ideal for families who may not feel comfortable attending regular scheduled shows, but all families are welcome to attend! **Movies are the 1st and 3rd Sundays of March & April at 11:00am. Adults are only \$6 per ticket and kids under 14 and under are FREE!**

Despicable Me March 3, 2013

Curious George March 17, 2013

**For more information [www.kenworthy.org](http://www.kenworthy.org)**

N O R T H I D A H O

# the R.A.P. family



St. Patrick's Day Parade - Come downtown Coeur d'Alene for the Annual St. Patrick's Parade on Sherman beginning at 4pm at 8th and Sherman Ave.!

## R.A.P. family

3202 Wedgewood Loop  
Coeur d'Alene, ID. 83815



The RAP/GAP Mascot is the turtle. The turtle, like us and our children, has a hard shell to protect it from getting hurt, but the inside is soft, vulnerable and lovable. We must learn to stick our heads out of our shell and take a chance.

