



N O R T H I D A H O

the **R.A.P. family**

AUGUST 2014

208-659-8210



✕ Jordan Rosales Idaho Nutrition Advisor ✕

Eat Smart Idaho is Idaho's Nutrition Education Program to help adults and families learn how to stretch their food dollars to provide tasty, low-cost, healthy meals for their families. Nutrition Advisors teach group classes and one-on-one lessons to adults and children. The lessons cover basic nutrition, stretching the food dollar, food resource management, food safety, and physical activity.

Eat Smart Idaho is funded by two Federal grants, allowing University of Idaho Extension to deliver classes specifically for those with limited resources. These grants are provided by the USDA Food and Nutrition Service in cooperation with the Idaho Department of Health and Welfare and by USDA National Institute for Food and Agriculture. For every dollar invested in nutrition education for limited resource learners, enough Idahoans change their eating habits to save more than \$13 million in future health care costs because their risks for serious nutrition-related diseases has been reduced.

Jordan Rosales will be conducting four classes at our monthly Relative As Parents meetings, September - December, on nutrition and how we can eat healthier for less money. Come learn and ask questions. We have all been questioning the preservatives and chemicals that are added to many of our foods and how they might be effecting our health.

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Coeur d'Alene RAP Support Group will not meet in August.

We will meet on **September 11th at The Jewett House** 1501 E. Lakeshore Drive Coeur d'Alene, Id (Potluck Lunch and No Cost Child Care)

Noon to 2 o'clock
Jessica 659-8210

Relatives As Parents Meeting on September 11th

September 11th will be the next Relatives As Parents meeting. There will be a potluck lunch. Bring your kids as there is no cost child care. Come hear about this program and ask questions. This might be the resource you need! The RAP meeting starts at noon and goes until 2 pm. You are welcome to come late and leave early...whatever fits your schedule. **For more information call Jessica at 208-659-8210**



The Loss of a Furry Friend

by Dr. Robin Ganzer

Why helping your grandchildren to grieve is so important

One of the greatest bonds your grandchildren can experience is the one they share with a pet. Children have deep affinity for animals, and the feeling is often mutual.

Many pets are older because they became a member of the family before the child came into your home. Pets age much faster than humans, so even a new puppy or kitty can grow old during a grandkid's childhood.

When a pet dies of natural or accidental causes it is often the child's first experience with death and it needs to be addressed in the right way. The loss of a childhood pet can have a profound impact on a person through adulthood.

Death can be a great uncertainty, and children will experience myriad emotions. They will be sad, certainly, but they might also express anger that something "bad" happened to our cherished companion.

How could their four-legged pal be playing with them yesterday but no longer here today? Why did he get sick? Will he ever come back? These are a few of the tough questions you might have to answer, so it is best to be prepared.

Here are some ways to help your grandchild cope with the loss of a pet:

- * Relive the fun times they had with their furry, winged or scaled friend
- * Share stories of your own childhood pets.
- * Help them plan a memorial service.
- * Make a donation in the pet's name to an animal charity or shelter and explain that it will help other animals find a loving home so they, too, can have a wonderful life.

Every child will grieve in his or her own way. It may take time for the grief to lessen, and it will take plenty of love. But that is what grandparents are for, isn't it?

TASTE OF THE COEUR D'ALENE'S - STREET FAIR - ART ON THE GREEN

The Taste of Coeur d'Alene's, The Street Fair, and Art on the Green are three events all held simultaneously in Coeur d'Alene City Park, the downtown area on Sherman Avenue and North Idaho Campus. The event starts August 1st through August 3rd. There will be over 250 booths of crafts and food.

Fine Arts and Crafts are available, as well as musical groups throughout the week-end at the City Park Bandstand. Visitors can walk from the Street Fair through the Taste of Coeur d'Alene's and end up at Art on the Green all at a leisurely walk. What is more fun is to find a space at the City Park for your lawn chairs and/or a blanket. That way you can take in each event at your own time coming back to your space to rest and listen to the music and watch the people. The kiddos can play in the park or take a dip in the lake to cool off.



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.

YOU'RE INVITED

FREE Summer Fun CARNIVAL

- Games & Prizes
- Crafts
- Snow Cones
- Live Music
- Face Painting

Saturday August 9th 12:30-3p

McEuen Park Downtown CDA

ADMIT ONE Everything's Free
☎ 208-772-7541

together on a mission
pa:cc
Prairie Avenue Christian Center

With Deepest Sympathy to Jackie Cervenka & her two grandsons, Brandon & Derek for their loss of Jerry Cervenka

Jackie Cervenka, a Relative As Parent member, lost her husband, Jerry, to cancer on July 18, 2014. They have raised their two grandsons, Brandon and Derek into fine young men. Jackie and her husband put their lives on hold to raise these two boys so they would have a good life. For the past year Brandon and Derek have put their lives on hold to take care of their grandparents. I am sharing a message Brandon wrote on his Facebook while sitting with his grandfather. This my friends is a beautiful tribute!

As I sit by your bedside I think to myself, "I may not have had an actual dad in my life but I'm fine with that papa because you were the best dad I could have ever asked for. Not only did you do your best to raise your kids, but you also did everything in your strength and power to make sure me and my brother had a fun and enjoyable childhood to make up for the hard times we went through. You will soon be off to a better place and I know your going to be watching over me and Derek every step of the way. I hope to be as great of a dad and grandpa as you some day and I wouldn't have made it this far in life if it wasn't for you and Nana. I love you very much and I'm going to miss you every day of my life. Thank you for everything you have done for me." — 😊 feeling blessed with **Derek Cervenka**.

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R.A.P. family

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Supporting Children Raised By Others



RAP family

Kootenai Alliance for Children & Families

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