



NOVEMBER 2013 NEWSLETTER

GLEND A WEAVER 208-769-7096



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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 loveable. We must learn to stick our heads out of our shell and take a chance.

✧ Christmas Stockings ✧

Prairie Avenue Christian Center is again filling Christmas stockings for children being raised by a relative other than their parents. They are adopting and filling Christmas stockings with the **name, age, sex** and **interest** of a child being raised by a relative that will be attached to the stocking. The child of the relative can be from 0 through any age, as long as they still live with and are dependent upon the adult relative. We do not put an age limit because some of these children are going to college and others are “special needs” children/adults.

All relatives raising these relative children need to give me names, ages, sex and interests of your kiddos by **November 17, 2013**. You can email me the information at glendainidaho@hotmail.com telephone me at 208-769-7096 or bring this information to our next Relatives As Parents meeting on November 14, 2013 at the Jewett House. You do not have to be a member of the Coeur d’Alene Relatives As Parents group. The Christmas stockings that are filled will be **distributed** at our December RAP meeting held on **December 12, 2013** at the Jewett House. If you can not attend this meeting to pick up the Christmas stocking(s) be sure to arrange for someone to pick it up for you or contact me to pick it up at my house. For more information call **Glenda at 208-769-7096 or Margo at 208-667-0320**.

Holiday Lighting Ceremony Parade

The 2013 Coeur d’Alene Resort Holiday Light Show is poised to explode Friday, November 29th, following a downtown parade. The 27th edition of this show will kick off with fireworks over the Coeur d’Alene Resort. More than 2 million lights will shine through New Years and a “Journey to the North Pole” cruises depart nightly. The Holiday Light Show will begin at 5 pm with downtown parade on Sherman Avenue. After the parade move towards the Coeur d’Alene Resort for carols, candles and the best ever fireworks display over Coeur d’Alene Lake. This is an evening not to be missed! Come early as over 30,000 spectators are expected.

www.cdadowntown.com

Children's Village

November 21, 2013
Holiday Reception
at the Miller Home

At

Children's Village
11:00 am to 1:00 pm
1350 West Hanley Street
Coeur d'Alene, ID
208-667-1189

Surviving Adolescence

A Workshop to Help Parents Raising Teens

Spend a day investing in the lives that mean most to you. The Christian Community Coalition is happy to present this workshop to parents and those working with pre-teens and teens. This will bring a sense of peace, harmony reconciliation and positive growth to your family.

Workshops Will Assist Parents In Dealing With:

- * **Social Media**
- * **Peer Pressure & Bullying**
- * **Healthy Communication**

When: November 9, 2013 8:30am to 5:00 pm

Where: Kroc Center
1765 Golf Course Way
Coeur d'Alene, ID.

Register: www.kootenaiccc.co

\$15 Suggested Donation (If you can't afford to pay give what you can afford)

Includes Lunch, Snack & Program Manual.

Free Thanksgiving Dinner at Fedora's Pub & Grill

Take the Mom and the family out for Thanksgiving dinner this year. Join us at Fedora's for Thanksgiving turkey and all the fixings served to you free. Thanksgiving is on November 28, 2013. The Fedora's Pub & Grill is located at 1726 W. Kathleen in Coeur d'Alene. Serving time is from 11:00 to 4:00 pm. This is the 3rd annual Thanksgiving dinner for our community that Fedora's has hosted. For more information or to make a donation of food or your time call: **John at 765-8888**

KACF Lunch & Learn

"Wrestling with Confusion"

LEARN how to increase your skill in designing mental health interventions for children with developmental disabilities, including IEP and 504 Plans.

UNDERSTAND how to distinguish between Mental Health Diagnoses and Developmental Disabilities, including ADHD, Autism, etc.

DISCOVER the criteria and entry points for services in private and public mental health, public developmental disabilities services and school services.

PRESENTER Elizabeth Mathes LCPC will be speaking and is an experienced and highly knowledgeable in the topics of Mental Health and Developmental Disabilities, in particular, autism and the autism spectrum. Elizabeth has been a licensed counselor in the state of Idaho for 18 years, and has presented on various topics which include autism, Asperger's, personality disorders, autism spectrum, working with families of children with developmental disorders, advocacy for families navigating the system.

\$5 for non-members, if having lunch; no charge if bringing your own lunch.

Become A Member for \$15 annually at www.KootenaiAlliance.org

Certification of Completion provided for 2 hours of training, signed by MS level trainer. (CEU eligible)

When: November 8, 2013 Noon to 2:00 pm

Where: St. Pius Catholic Church Great Room
625 E Haycraft Ave.
Coeur d'Alene, ID

Register At www.KootenaiAlliance.org
by Wednesday November 6th

KOOTENAI ALLIANCE for CHILDREN & FAMILIES
208-676-8293

Helping or Enabling? Part II

By Elaine K Williams

We all want to be supportive of our children and family, especially when there is a crisis of some sort. Usually, it is sufficient to provide non-judgmental listening and perhaps some practical assistance to help someone through a difficult time. And many people are open to seeking professional help if they are experiencing serious emotional/ psychological symptoms, or simply feel that they cannot cope.

However, some people have underlying issues that will continue to make them miserable until properly addressed – and might be in denial about their need for help. In these cases, the individual might develop a pattern of “crisis-oriented” behavior, in which he/she is continually creating chaos or responding to various life stressors in very maladaptive ways (e.g., compulsive behavior, addictions, running away or withdrawing, confusing/unpredictable behaviors, lying and stealing, taking things out on others).

Many of the parenting grandparents I have met and talked to describe their adult child, parent of the grandchild(ren) as having many of these dysfunctional behaviors. For some, that is the sole reason they are raising their grandchildren. For some the relationship between the grandparent and their adult child has completely fractured. For others, the relationship is characterized by unpredictable, confusing, demanding, and often hostile dependency.

Many of the adult children have mental and emotional health issues and are in desperate need of treatment and appropriate medications. No amount of giving to them will help them unless they get the professional help they require. However, many refuse help and continue in their dysfunctional behaviors and demanding patterns, which creates angst for everyone in the immediate family.

When someone repeatedly expresses an urgent need for help but then does nothing to avert future crises, this can become quite a drain on people close to them. However, loved ones often continue taking too much responsibility for fixing the negative outcomes of someone’s untreated mental health or substance abuse problem(s). In addition to creating stress and frustration for the helper, this type of “care-taking” does the troubled person a disservice by *enabling* him or her to avoid consequences and delay getting professional help.

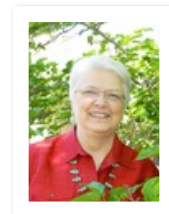
Some signs the line for *helping* has been crossed and *enabling* is occurring:

- You keep suggesting solutions but your adult child does nothing different
- He or she keeps turning up distressed -- or behaving in the same maladaptive ways, no matter how much supportive listening or practical (or financial) help you provide
- Your adult child denies that he/she has a problem and consistently blames others when things go wrong
- He/she resists getting professional help even after serious consequences result from his/her problems (e.g., a suicide attempt, an episode of violent behavior)
- Your adult child starts making unreasonable demands on your time, energy or other resources
- He/she seems consumed with self-pity, or just a little too gratified by the attention of others who are trying to help
- You find yourself feeling burdened, preoccupied or overwhelmed by your adult son or daughter's problems – which could provoke your own symptoms of anxiety or depression
- You recognize that the relationship with your adult child has become entirely focused on his/her needs with little or no reciprocity
- It starts to seem like your adult child is a “bottomless pit” – no matter how much help and support you provide, he or she still demands more...

So what is the solution here? Once you recognize that you are dealing with a crisis-oriented person, you need to make some adjustments in how you respond.

With Gratitude,

Elaine K Williams



Helping or Helping Part III

by Elaine K Williams

In parts I and II of Helping or Enabling, we looked at how helping is different from enabling; and, what some of the symptoms of enabling might be in the parent - adult child relationship.

So what is the solution here? Let me say, there is no easy solution because you, as a parenting grandparent are too often dealing with a crisis-oriented adult child. A crisis-oriented adult child individual frequently creates drama and has little ability to control their impulses or set healthy boundaries. They can be quite manipulative, demonstrate very little self-awareness or accountabilities for their behaviors and have battled a pattern of mental and emotional problems over time, including addiction.

If this describes your adult child, the chances the she/he is going to change minimal unless they seek treatment. This plus the reality that we have no ability to control or change others, not even our own adult child, means we, ourselves, need to make some adjustments in how we respond to them. Your crisis-oriented son/daughter does not have the ability to set boundaries for themselves or manage their impulses. If they struggle with addiction, then they are being controlled by the substance, and no amount of reasoning will make a difference.

Once you recognize you are dealing with an adult child who is crisis-oriented, you need to change how you interact with them. Here are a few suggestions:

- 1) Make a clear, detailed statement of concern, preferably in writing, which includes a list of resources such as crisis hotlines and the local hospital emergency room.
- 2) Don't argue with your adult child about whether professional help is needed, which is why a written statement of concern is preferable.
- 3) Don't confront your adult child about his/her lack of consideration for you. Just take a step back and consider what you have to give. (For example, you can support getting help, but not continued dependent, demanding behaviors that deplete and exhaust you).
- 4) Consider, severely limiting phone and in-person contact for a time; instead, show your caring by sending your adult child emails or cards encouraging them to get the appropriate help they need. Through verbal and written communication you are sending two consistent messages:
a) to get help; b) you care about them but will not allow them to manipulate you or take advantage of you.
- 5) As much as possible do not allow them to contact you unless it is about seeking help. This is the one and only, constant message you need to give them. Your adult child needs to experience the natural consequences before she/he will recognize the need to make changes or get professional help.

Many people grow up with difficult family circumstances develop a compulsive tendency to caretake others and put their own needs last. If you find your needs come last, you are tired, fatigued, financially depleted, and nothing has changed for the better, you are enabling your adult child. Don't judge yourself, you have tried your very best, but realize giving everything you have is not helping your adult child, you or your grandchildren you are raising.

Enabling your adult child at the cost your own needs is sometimes referred as co-dependency, which you can deal with through self-help reading, counseling, community based support programs or RAP support groups. The goal is to develop an ability to recognize where your responsibility begins and ends, so that you can offer a level of support that genuinely helps your adult child without compromising your own health and wellbeing. As you set healthy, string boundaries for your adult child remember, you are becoming a strong role model for the grandchildren you are raising.

www.Elainekwilliams.com

Festival of the Teas Review

We, Relatives As Parents, had our third annual Festival of the Teas Fundraiser on October 26th. I would like to thank all of those who participated and helped in this fundraiser. As most of you know this is the only fundraiser RAP has for the year. With the money we raise at this event we provide scholarships to summer camps, books for college, equipment needed to participate in sports and anything that is deemed a necessity for a child being raised by a relative. I would like to give a special thanks to the Prairie Avenue Christian Center Youth group that served at this tea. What a great group of kids! If you missed the tea this year you missed a lot of fun. Mark it down on your calendar for next year as it is the last Saturday in October.

Making the best of Diabetes

Kootenai Clinic's Diabetes and Endocrinology Center is hosting a **free** public events on Tuesday, November 5th and Wednesday, November 6th. Come listen to nationally recognized diabetes speakers and learn more about how to overcome the emotional and behavioral obstacles to living with diabetes. There will also be professionals from different medical disciplines available to answer your questions.

Tuesday, November 5 from 10 am to 11 am
Lake City Center, 1916 Lakewood Drive
Coeur d'Alene, ID.

Dr. Polonsky

The Emotional Side of Diabetes

Wednesday, November 6 from 5pm to 8:30 pm
The Coeur d'Alene Resort Bays 1 & 2
(free parking and light hors d'oeuvres)

5 - 5:30 pm **Vendor fair**

6 - 6:50 pm **Dr. Polonsky**

Diabetes burnout: What to do when you can't take it anymore

7 - 7:50 pm **Kendall Simmons**

Tackling Diabetes

8 - 8:30 pm **Q & A, Vendor fair continues**

For more information call 208-620-5872

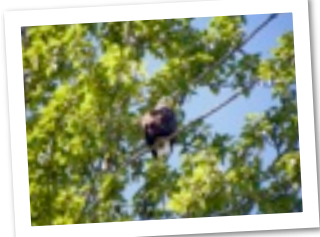
Save Pink Lids to Help Provide Mammograms



Panhandle Health District wants you to save your pink lids from Yoplait Yogurt and pink labels from General Mills products. Each lid is worth 10 cents to the Susan Komen Foundation Idaho Affiliate. The Idaho Affiliate uses the money to educate people about the importance of breast cancer screening and regular mammograms. The money raised also may be used for mammograms for uninsured people. The "Save Lids to Save Lives" campaign continues until June 30, 2014 or until \$1.5 million dollars is raised nationally. PHD has set a goal of collecting 5,000 lids and labels, which would raise \$500. Money for the lids is distributed to the locations where the lids & labels are collected. PHD will collect Yoplait lids and General Mills labels in Bonners Ferry, Sandpoint, Hayden, St. Maries and Kellogg. The campaign features more than 25 brands, including Green Giant, Betty Crocker and Pillsbury. Please wash the lids before you turn them in. For more information call: 208-415-5108 or www.phdl.idaho.gov



Coeur d'Alene Relatives As Parents next meeting will be on November 14, 2013 at the Jewett House. The Jewett House is located at 1501 E. Lakeshore Drive. We share a potluck lunch and have no cost child care. We begin at noon and go to 2 o'clock, but you are free to come and go as your schedule permits. Everyone is welcome. For more information call Glenda at 208-769-7096



RAP *family*

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