

RAPP November/December 2015 Newsletter

| Support Group Meetings | | | |
|------------------------------------|---|----------------|---|
| Monthly Sessions | Upcoming Dates | Time Frame | Location |
| 1 st Wednesday, monthly | Girls with a Purpose (GWAP) Next group is November 4, 2015 | 4:30 – 5:30 pm | Carver School Road Library Branch 4915 Lansing Drive, WS Phone: 336-703-2910 |
| 1 st Thursday, monthly | Next RAPP evening group is November 5, 2015 See Page 2 for program details | 6-7:30 pm | Rupert Bell Recreation Center 1501 Mount Zion Place, WS 27101 Phone: 336-727-2051 |
| 2 nd Wednesday, monthly | Next RAPP lunch group is November 11, 2015 See Page 2 for program details | 12:00 –2:00 pm | Hanes Hosiery Recreation Center 501 Reynolds Blvd, WS 27106 Phone: 336-727-2428 |

(There will be NO support groups in December!)

What is the Relatives As Parents Program, RAPP?

Forsyth County's Department of 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 in the US 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!)



Relatives as Parents Program, RAPP

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.

RAPP Coordinator Supervisor, Carmen Willis

Important School Closure Dates

- ✓ **November 11** – school is out for Veteran’s Day.
- ✓ **November 25 through 27** – school is out for Thanksgiving
- ✓ **December 21 through January 1, 2016** – school is out for Winter Break

November Support Group Programming

We will welcome Beverly Terry from the Piedmont Triad Regional Council, who will speak to us about their Weatherization Program. As many as 160,000 households in Alamance, Caswell, Davidson, Forsyth, Guilford, Randolph, and Rockingham Counties are eligible for weatherization services. It does not matter if you own or rent your home. So come and find out if you might benefit from the program!

And as a reminder, there will be NO support groups in December. Our first meetings of 2016 will be on January 7th and January 13th.

Beating Holiday Stress

We are fast approaching major holidays, and even though they can be exciting times, they can also be very stressful. Here are some tips from the Mayo Clinic to help us navigate stressful occasions.

1. It’s OK to admit you are sad, especially if someone you loved died recently. Don’t hide your feelings, but reach out to folks who understand.
2. Figure out a budget and stick to it. Don’t overspend and then start out the New Year with debts.
3. If you’ve been trying to live a healthy lifestyle, don’t abandon it at the holidays. Keep on exercising and eating right and you’ll feel better.
4. Take time for yourself. Caregivers can get so focused on others that you forget to give yourself a break.



Relatives as Parents Program, RAPP

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.

RAPP Coordinator Supervisor, Carmen Willis

ACL launches “What is Brain Health?” campaign

The Administration for Community Living has launched a campaign to provide information about how the brain changes over time, and steps you can take to help keep your brain sharp. The “What is Brain Health?” campaign also offers tips for talking with loved ones and health care practitioners about symptoms if they arise.

In a recent Roper survey, 71% of adults said they “worry most” about not being alert and experiencing memory loss as they get older. “We all need to think about brain health the way we think about our hearts and joints. This means learning more and, ultimately, taking action—including talking to a health care provider with any questions or concerns,” said Kathy Greenlee, Assistant Secretary for Aging and Administrator of the Administration for Community Living.

According to the website BrainHealth.gov, there are lots of ways we can keep our brains healthy as we age:

- Move more; exercise, even just taking walks, can help protect the brain as well as provide benefits to your whole body.
- Try eating a healthy, low solid fat diet with lots of veggies and fruits, like strawberries, blueberries and broccoli.
- Poor sleep, or inadequate sleep due to issues such as insomnia or sleep apnea, can not only have serious physical effects, but can affect memory and thinking, too. Get comfy and go to bed. Seven to eight hours is a good night’s rest.
- When you learn new things, you engage your brain. Pick up a new hobby like dancing, learn to speak another language or just do something you haven’t done before. Challenging your brain on a regular basis is fun and beneficial.
- Stay connected with your family and friends. Science has shown having regular engagement in social activities can help reduce some risks to your brain.



Relatives as Parents Program, **RAPP**

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.

RAPP Coordinator Supervisor, Carmen Willis

Did You Know These Holiday Facts?

- Thanksgiving is celebrated on the second Monday of October in Canada.
- The first Thanksgiving was celebrated in 1621.
- The state of New York officially made Thanksgiving Day an annual custom in 1817.
- The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.
- After Emperor Constantine made Christianity the official religion of Rome, the faith began to spread across Europe. These continental Christians took local winter-solstice rituals and changed them to reflect their faith in Christ. Instead of celebrating the arrival of the sun after the longest night of the year, these Christians used such Solstice-ritual elements as trees, holly leaves, and Yule logs to celebrate the arrival of God's hope to a world in spiritual darkness.
- Hanukkah origins date back to about 167 B.C. A Jewish army, led by Judah the Maccabee, recaptured Jerusalem from the Greeks. Judah's men tried to re-consecrate the Jewish temple by lighting its menorah (a sacramental lamp). But, as the legend tells it, there was only enough of the special ritual oil on the premises to keep the menorah lit for one day. When they lit the lamp, it stayed lit for eight days--long enough for the Jews to make more oil. Over the years, the miracle of the oil became the central focus of Hanukkah celebrations. Families lit one candle on each of nine consecutive nights, remembering a different aspect of the holiday and of Jewish tradition.
- **Kwanzaa** (the name means "first fruits" in Swahili) was started by Dr. Maulana Ron Karenga in 1966. Karenga wanted a holiday specifically for African-Americans, a celebration that would not replace any religious practices, but would rather focus on the heritage and strengths of black families--"to reinforce the bonds between parents and children, and to teach parents and children new views and values that will aid them in self-consciousness and providing support and defense for our people." Each night during the week between Christmas and New Year's, families light candles on in-home shrines (decorated, according to Roz Fruchtman, in the colors of "black for the people, red for their struggle, and green for the future").



Relatives as Parents Program, **RAPP**

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.

RAPP Coordinator Supervisor, Carmen Willis