

RAPP July and August 2015 Newsletter

Support Group Meetings – NOTE: No RAPP/GWAP support groups till September!			
Monthly Sessions	Upcoming Dates	Time Frame	Location
1 st Wednesday, monthly	Girls with a Purpose (GWAP) Next group is September 2, 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 September 3, 2015	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 September 9, 2015	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 Summer Dates

- ✓ **There will be no RAPP support group meetings in July and August.** We cancel groups in these months because the recreation centers are busy hosting summer camps.
- ✓ **No Parent Left Behind** may not take place this year, but there will be a **Parent Power** meeting on September 17, 2015, from 6-8 p.m. at the Career Center. Sharon Frazier hosts this and said it would cover much of what No Parent Left Behind covered.



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

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 for July and August

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 July and August: July 11, 18th, and 25th, and August 1st 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 July and August: July 11th, 18th, and 25th, and August 1st 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 July and August: July 11th, 18th, and 25th, and August 1st 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 July and August: July 11th, 18th, 25th, and August 1st from 2:00pm to 3:30pm

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

“There is virtue in work and there is virtue in rest. Use both and overlook neither.”
— Alan Cohen



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FREE Summer Meals Program

Times: Breakfast (8:15-8:45)

Lunch (11:30 to 12:30)

Offered to all children 18 and under on Mondays through Thursdays only, from June 22 to August 13, 2015

All meals are served in the cafeteria location at these sites. Locations include:

Elementary Schools: Ashley, Cook, Diggs/Latham, Easton, Forest Park, Hall Woodward, Abraham, Kernersville, Kimberly Park, Mineral Springs, North Hills, Old Town, Petree, & Speas.

Middle Schools: Northwest & Kennedy

High School: WS Prep Academy

School locations may change if few people are coming to a location. Anyone interested in checking locations in advance can call the Child Nutrition Offices of the school system at 336-703-4275.

Preventing Summer Reading Loss

Summer break can be great fun for a child, but if she/he doesn't continue to read throughout the summer, there can be big losses in reading ability when school begins again in the fall. Most educators believe that all year long, students need at least 15-20 minutes of reading each day. The books or stories your child reads can be about things that interest them – the most important thing is that they read!

The Forsyth County public library locations all have summer reading programs that run from June 5, through July 31. They have different themes and activities for children and teens, and even for adults. The whole family can get into reading throughout the summer!

For more information, call the branch closest to you, or call the library's main phone number, 703-2665, and then choose which branch you would like to connect with.

You can also connect to the reading program at this website:

<https://www.forsyth.cc/library/summerreading/>



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Planning for the annual Back to School Project

We are writing to remind you that our 2015 RAPP Back to School project will be underway in just a few short weeks! It seems hard to imagine, but school will soon be ending, and we'll be gearing up once again to provide back to school supplies to children in our program.

Over the months since our last Back to School project, the Department of Social Services has added a new Agency Director, and our Family and Children's division (of which RAPP is a part) has hired a new Division Director, and a new Program Manager. With new personnel comes new energy and new ideas. One idea was to make some adjustments in how our sponsors support this project for 2015, which is explained below.

On several occasions in the past months, we have noted in our newsletters and at support group meetings that families wishing to participate in the Back to School and Holiday Assistance projects would need to complete the Kinship Verification Form. So far, about 50 families have returned the form.

These 50 families will be the first to be served in the 2015 Back to School project. If you have not completed the Kinship Verification form, there are copies available at the reception desk on the ground floor here at DSS, however we cannot guarantee your being able to participate in the Back to School project, although you will be eligible for the Holiday Project.

We are not sending out supply wish lists to you this year because we are asking sponsors to assist us in a new way. RAPP has formed an alliance with an online supplier of school supplies, Kits for Kidz. They can provide even more items to every child, and do so at low cost. Sponsors supporting the Back to School project will have access to an online "shopping cart" similar to ones used when purchasing other items online. Kits for Kidz will pack the backpacks for us and send them to us in August so that we can get them to the children before school begins.

“The best words of wisdom that a parent can say to their child is
"I am proud of you".”

— Unarine Ramaru



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Other Changes for RAPP

Those of you who have been with the RAPP program for several years are aware that Teresa Bryant has served RAPP as an intern, a program coordinator, and finally as a supervisor of the program coordinator. Because of other opportunities here at DSS, Ms. Bryant will no longer be supervising the RAPP program. While we will all miss her terribly, she reminds us that she isn't leaving, and that she will continue to be interested in what is happening with the program!

Effective June 1, the new supervisor for the RAPP program will be Carmen Willis, who joined DSS in March of 2015. Ms. Willis came to Forsyth County from Wake County, and has her Masters of Social Work from East Carolina University. She has worked in child welfare for 19 years. Ms. Willis has a heart for RAPP, as she was raised by a relative for much of her youth.

Ms. Willis' contact information is williscn@forsyth.cc and 337-703-3713.

And finally, Susan is going to be taking leave from June 22 through July 20 to celebrate her graduation and spend some quality time with family. If you need assistance for RAPP-related issues during those weeks, please contact Ms. Willis.

Change is the law of life. And those who look only to the past or present are certain to miss the future.
- John F. Kennedy

More Summer Opportunities

Our friends at the Family Support Network of Greater Forsyth will continue their 4th Thursday discussion groups for families with special needs. And remember, for this group, "special needs" is anything you feel is special about your child or children.

The summer programs feature the following speakers:

June 25: *Using Music as a Therapy* - Jane Maydian, Allegro Music Therapy & Education

July 23: *Assessing your Family's Quality of Life* - Chris Gentry, Director Family Support Network

August 27: *Teaching Self Advocacy Skills/Self Determination* - Mark Steele, Executive Director of The Adaptables Inc. Center for Independent Living

Meetings take place at Little Creek Recreation Center beginning at 5:30pm
610 Foxcroft Drive, WS 27103

Light supper and childcare provided at no cost with RSVP.

Call 703-4289 to register.



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