

The Parent Network

July 2016

Mission: Idaho Parents Unlimited supports, empowers, educates and advocates to enhance the quality of life for Idahoans with disabilities and their families.



Visit <http://www.ipulidaho.org/> for registration and location information for all events.

Upcoming Events:

Includes non-IPUL community events

-Mom's Like us Support Group- Coeur d' Alene:

Second Wednesday of each month from 7-8
Kootenai Medical Center- Heart Health Classroom
Contact Janell Woods at [208-818-3192](tel:208-818-3192) for details

-Courageous Kids Climbing:

Coming back in August- Keep a look out!

-Idaho Federation of Families for Children with Mental Health

July Webinar:

What Does Addiction in a Teenager Look Like Across the Kitchen Counter?

July 7th at 10 am MST

Visit <http://idahofederation.org/> for details

-Sensory Friendly Features Finding Dory:

July 28th at 10:30 am

2920 Nez Perce Dr. Lewiston, ID

Visit www.LewistonMovies.com for details

-Respite Care Providers Needed- Training:

July 20th at 6 pm PST

Contact the Federation at [208-433-8845](tel:208-433-8845) to sign up



-Cookies and Corks for Autism by the Panhandle Autism Society:

July 7th from 6-10 pm

3890 N. Schreiber Way Coeur d' Alene, ID

Visit <https://panhandleautismsociety.org/> for more information

-Work of Art:

Idaho Parents Unlimited-4619 W. Emerald St., Ste. E Boise

July 18th, 20th, 22nd 10:00 AM-1:00 PM

July 24th, 27th, 29th 10:00 AM-1:00 PM

Register online at www.ipulidaho.org

-Kids Summer Art Camp with Amy Nack:

July 11th-14th 9:30 AM-12:00 PM Ages 5-18

Idaho Parents Unlimited- 4619 W. Emerald St., Ste. E Boise

To register: [Click here](#)

-Families Together Summer Day Camp:

June 30th-August 18th from 10:00 AM- 1:00 PM

For more information: [Click here](#)

-Idaho Parents Unlimited Monthly Regional Workshop:

Parent Meet up and Resources

July 13th 6-9 PM

Regional workshops are held in Boise, Pocatello and Coeur d' Alene

Visit our events calendar for more information: [Click here](#)

-Idaho Parents Unlimited Monthly Webinar Series:

Understanding Idaho Medicaid Services

July 26, 2016- Please note all webinars are presented in Mountain Standard Time (MST).

11:00 am: [Register by clicking here](#)

9:00 pm: [Register by clicking here](#)

Parent Training and Information Center - IDEA Part D

No Child Should go Hungry

For many of our Nation's children, school breakfast and lunch is their main source of food. While most of us are grateful when summer break finally arrives, this may also be a sad time of year for many families who rely on school meals to help feed their children. Fortunately, there are options available throughout the summer that families can access!

Take a look at this information from our friends at the U.S. Department of Education:

As the school year comes to a close, many educators, families, and students are looking forward to summer days. However, it's important to remember that the close of school also often means the end of nutritious breakfasts and lunches provided in schools and classrooms across the country.

Unfortunately, for many of our nation's children, no school = no lunch.

To help prevent summer hunger, the Obama administration has invested energy and resources to help increase participation, raise awareness and help more people find Summer Meals near them.

[Help us spread the word. Share this with your friends on social media to help more people find Summer Meal locations in their community.](#)



U.S. Department of Education

The end of the school year also means that some kids lose access to their daily school meals.

Help us spread the word: kids under 18 years old can still enjoy free #SummerMeals in many schools around the country:
<http://www.fns.usda.gov/summerfoodrocks>



Boost Post

Like Comment Share

[Share on Facebook](#)



During the school year, more than 21 million children receive free and reduced-price meals, but only about 1 in 6 of those students participate in the summer meals programs. That is the critical gap that the summer meals programs work to fill. For many students, school meals provide for over half of their daily calories during the academic year, which means that ensuring these children have access to healthy food-including over the summer-is a big priority for their growth and development.

Research confirms that food insecurity can impact young children's cognitive health and can contribute to poorer school performance, a greater likelihood of illness, and higher healthcare costs. This program makes it possible for any child under the age of 18 to visit a designated summer meal site and eat for free.

After sharing with your friends on social media, take a moment to forward this email to friends, peers, schools or organizations who can also help promote summer meals.

Visit <http://www.fns.usda.gov/tn/summer-food-summer-moves> to find additional helpful resources.

Families can also identify nearby sites by calling 1-866-348-6479 (English) or 1-877-842-6273 (Spanish) or using a text service operated by a USDA partner by texting FOOD (English) or COMIDA (Spanish) to 877-877.

By working together with families, local schools, and private organizations, we are helping to make sure that children can easily get the nutritious meals they need to be healthy and ready to learn all year long.

Thank you for your help in keeping our communities healthy and happy this summer.

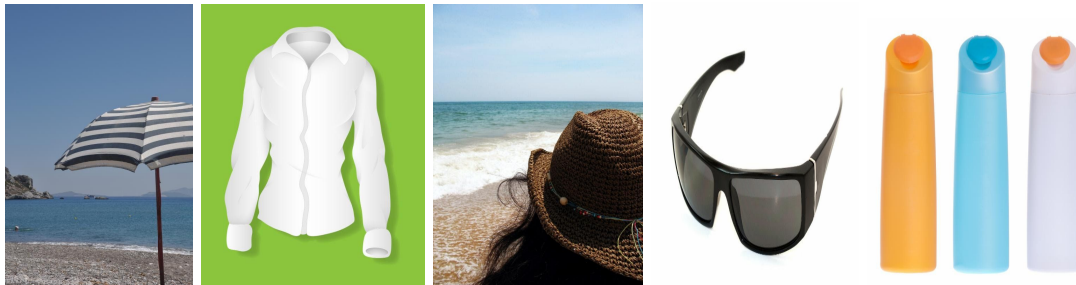
[http://www.ed.gov/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=\(Source\)](http://www.ed.gov/?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=(Source))

Contact Idaho Parents Unlimited if you need help finding a location that offers summer meals near you!

Family to Family Health Information Center - Idaho Family Voices

Protect Your Family from the Sun's Harmful UVA/UVB Rays

Summer is finally here! As a nation we spend more time outdoors, which means more sun exposure. Just one sunburn, increases your risk of skin cancer. Our skin needs protection from the sun's harmful UVA and UVB rays. The CDC offers these recommendations for protecting yourself and loved ones from the sun:



***Seek Shade:** UV rays are the most harmful during midday hours. Plan to schedule indoor activities during that time. If that isn't possible, try to seek shade under a tree or umbrella.

***Cover Up:** Whenever possible, try to wear long sleeves and pants to limit skin that is exposed to the sun. Keep in mind that a wet shirt doesn't offer as much protection as a dry one.

***Wear a Hat:** Hats offer protection to your head, face, neck and ears. If your child wears a baseball cap, keep in mind that they don't protect ears and neck. Wear sunscreen to protect those areas.

***Sunglasses:** Don't forget to protect your eyes too! Invest in a good pair of sunglasses that protect your eyes from both UVA and UVB rays. This will help decrease chances of eye cataracts later on in life.

***Apply Sunscreen:** Use sunscreen with at least SPF 15, that offers protection from both UVA and UVB rays every time you go outside. If you're swimming or sweating, be sure to reapply every hour. Remember that not all sunscreens are the same. If you have a reaction to a certain kind, try using a different brand. Sunscreen is most effective if applied 30 minutes before you plan on being in the sun. It is also important to watch the expiration date on your sunscreen bottles. If there isn't an expiration date, don't use sunscreen older than 3 years. If the bottle is exposed to high temperatures, it also doesn't last as long. When in doubt, throw it out, and replace.

For more information visit:

http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

<http://www.cancer.org/healthy/besafeinthesun/> (This link offers a quiz to test your sun safety skills.)

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=85&ContentID=P00864>

Youth Corner:

Have you registered your youth for Work of Art? This is a huge opportunity! We get asked for programs like this all the time, but we usually have to explain that we don't have the funding...well, now we do! Don't miss it:

WORK OF ART

SUMMER PRE-EMPLOYMENT SKILLS INITIATIVE FOR
STUDENTS AGES 16-22 WITH A DISABILITY WHO HAVE AN
INTEREST IN THE ARTS

JULY 18TH, 20TH, AND 22ND 10:00AM - 1:00PM

JULY 24TH, 27TH, AND 29TH 10:00AM - 1:00PM

- STUDENTS WILL MEET SEVERAL TIMES OVER THE SUMMER TO CREATE AN ORIGINAL PIECE OF ART WORK UNDER THE GUIDANCE OF A PROFESSIONAL ARTIST.
- STUDENT MUST BE CURRENTLY ENROLLED IN AN IDAHO PUBLIC SCHOOL.
- STUDENTS WILL COLLABORATE TO PRODUCE A PIECE OF ARTWORK FOR A LOCAL BUSINESS OR CORPORATION.
- STUDENTS WILL LEARN JOB READINESS SKILLS AND ARTISTIC PRINCIPLES OF DESIGN
- STUDENTS WILL HAVE THE OPPORTUNITY TO DEVELOP RELATIONSHIPS IN THE BUSINESS COMMUNITY AS WELL AS WITH THEIR PEERS.

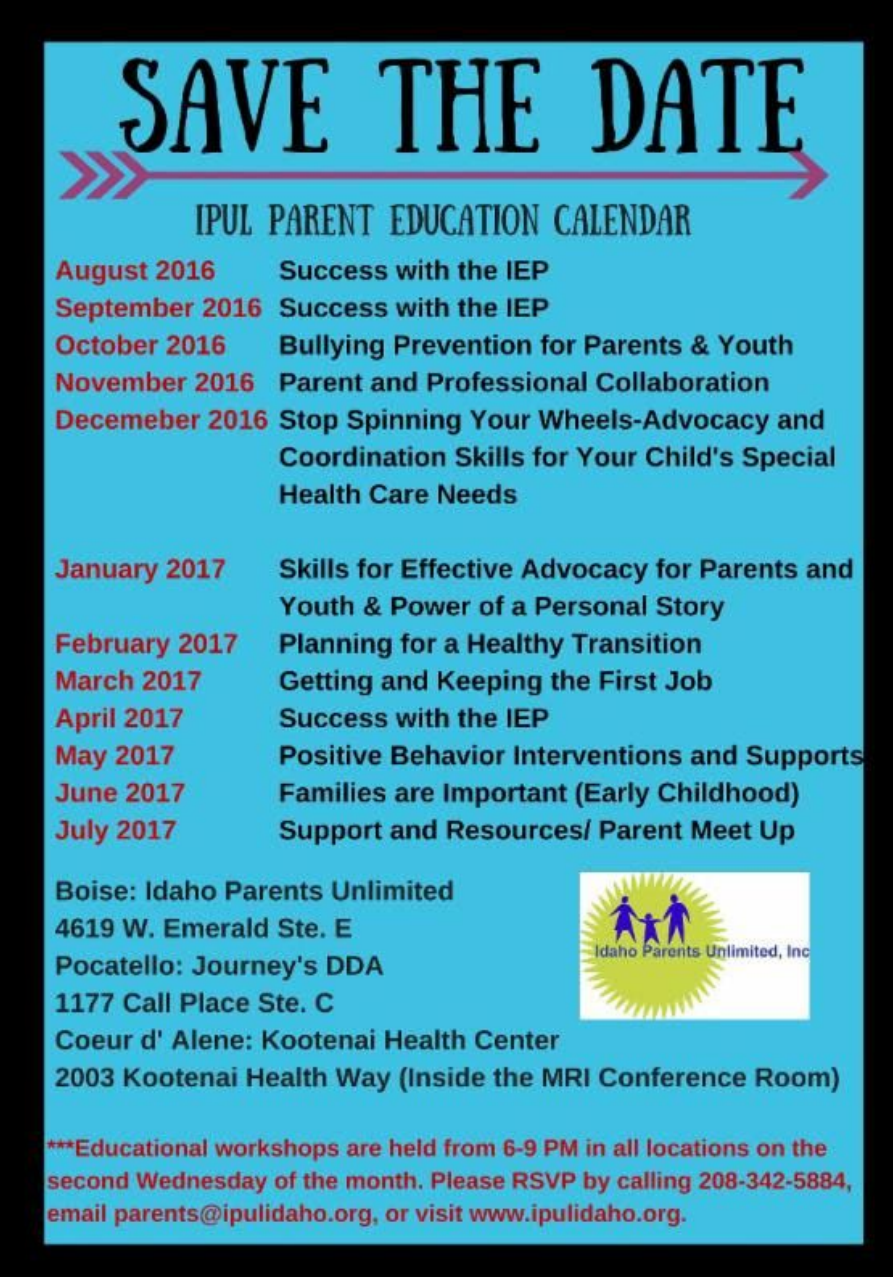
REGISTER AT WWW.IPULIDAHO.ORG



CAMP LOCATION: IDAHO PARENTS UNLIMITED
4619 EMERALD, STE E, BOISE
MADE POSSIBLE UNDER A CONTRACT WITH IDAHO DIVISION
OF VOCATIONAL REHABILITATION.

Take a look at our annual save the date calendar. These are the workshops that we present the second Wednesday of the month from 6-9 PM in three different regions across the state.

Mark your calendars!




SAVE THE DATE

IPUL PARENT EDUCATION CALENDAR

August 2016	Success with the IEP
September 2016	Success with the IEP
October 2016	Bullying Prevention for Parents & Youth
November 2016	Parent and Professional Collaboration
Decemeber 2016	Stop Spinning Your Wheels-Advocacy and Coordination Skills for Your Child's Special Health Care Needs
January 2017	Skills for Effective Advocacy for Parents and Youth & Power of a Personal Story
February 2017	Planning for a Healthy Transition
March 2017	Getting and Keeping the First Job
April 2017	Success with the IEP
May 2017	Positive Behavior Interventions and Supports
June 2017	Families are Important (Early Childhood)
July 2017	Support and Resources/ Parent Meet Up

Boise: Idaho Parents Unlimited
4619 W. Emerald Ste. E
Pocatello: Journey's DDA
1177 Call Place Ste. C
Coeur d' Alene: Kootenai Health Center
2003 Kootenai Health Way (Inside the MRI Conference Room)



***Educational workshops are held from 6-9 PM in all locations on the second Wednesday of the month. Please RSVP by calling 208-342-5884, email parents@ipulidaho.org, or visit www.ipulidaho.org.



DO YOU HAVE A CHILD WITH A DISABILITY OR A SPECIAL HEALTH CARE NEED?

AT JULY'S PARENT MEET UP WE WILL FOCUS ON INFORMATION AND RESOURCES
CATERED TO YOUR CHILD'S NEEDS SUCH AS:

- * THERAPIES AND SUPPORTS
- * UNDERSTANDING MEDICAID
- * SPECIAL EDUCATION INFORMATION

THIS WILL ALSO BE A GREAT OPPORTUNITY FOR PARENTS TO CONNECT WITH OTHER
PARENTS IN THEIR COMMUNITIES, WE WILL ALSO BE PROVIDING YUMMY CUPCAKES.

Boise: Idaho Parents Unlimited
4619 W. Emerald Ste. E

July 13, 2016
6:00-9:00 PM

Pocatello: Journey's DDA
1177 Call Creek Place Ste. C

**Coeur d'
Alene:** Kootenai Health Center
2003 Kootenai Health Way
Inside the Cafeteria-Classroom 2



RSVP:
208-342-5884, EMAIL: PARENTS@IPULIDAHO.ORG
OR
VISIT WWW.IPULIDAHO.ORG



[Idaho Parents Unlimited App - For Android Phones](#)

Keep up-to-date on all IPUL events and Community news/events through facebook posts right from your phone with IPUL's new app for Android phones. Don't worry iPhone users - we're working on one for you.

We hope to have it ready soon:

[Click here](#) from your Android phone, or scan this QR code:



