

Kinship Support Program



February 2012 Newsletter

Family Service Society
of Yonkers

Upcoming Events

Legislative Breakfast

Friday, January 27
9am-11:30am
Westchester County Center
198 Central Avenue
White Plains

Caregiver Support Group

Friday, February 10
10am-12am
Yonkers Riverfront Library
1 Larkin Center, Yonkers

Family Zumba Class

Wednesday, February 22
11am-1pm
Yonkers Family YMCA
17 Riverdale Avenue
Yonkers

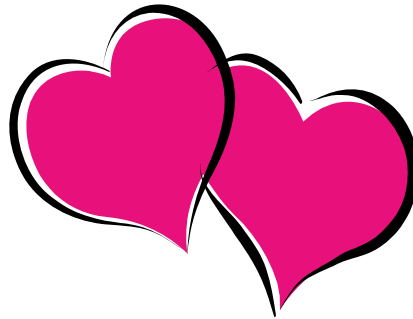
Yonkers Winter
School Break
February 20-24

Caregiver Support Group

Note Location Change!
Friday, February 24
10am-12pm
Family Service Society of Yonkers
30 S. Broadway, 8th Floor
Yonkers

Youth Drumming Fun

Friday, February 24
10am-12pm
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ABC PARENTING COURSE

Family Ties of Westchester is offering a parenting course using the ABC Parenting Model on February 7, 21 & 28, and March 6, 13, & 20 from 5:30pm-7:30pm.

Participants are required to attend all 6 sessions; certificates awarded upon completion. Please call 914-964-2063 for more information.

Programs

Legislative Breakfast You are invited to attend the WC Department of Senior Programs and Services and the WC Board of Legislators Generational, Cultural and Ethnic Diversity Legislative Speak-Out Breakfast. This is an important opportunity to advocate for aging services and get updates from federal, state and county legislators.

Caregiver Support Group Join us for a helpful Financial Education presentation by Doris Perez, the Financial Education Program Coordinator of the United Way of Westchester and Putnam, on February 10 at the Riverfront Library. Learn tips on managing household finances, budgeting, saving and using credit wisely. Light refreshments will be served. The February 24 meeting will be conducted at the Family Service Society of Yonkers. Jessica Atland, a Nutritionist at ShopRite of Scarsdale, will discuss and demonstrate Improving Family Nutrition. Lunch will be served to Support Group and Youth Drumming Fun participants (see below for more information). Contact Lori Viera for more information and to RSVP (required).

Family Zumba You and the children in your care can get your bodies moving in Zumba exercise class at the Yonkers Family YMCA. Learn new dance moves, and feel the stress melt away. Wear sneakers and appropriate clothing for exercise. Reservations are required; a light lunch will be served after the class. For more information or to RSVP, please contact Carolyn Fluckinger.

Youth Drumming Fun Come N Drum on February 24. School-age youth will learn drumming techniques. This event will be held during the Caregiver Support Group. Reservations are required by February 17. A wonderful lunch will be provided. For more information or to RSVP, contact Carolyn Fluckinger.

Dear Caregivers: I would like to say goodbye to you as I leave to move back to Rhode Island. Friday, January 27, is my last day as the Program Coordinator for the Kinship Support Program. I have enjoyed working with all of you and wish you and your families the best in the future. Best Wishes, Noadia Louis-Charles



Special Raffle Tickets to Benefit Kinship Caregivers Raising Children

Need a vacation? The WC Department of Senior Programs and Services is sponsoring a raffle for a week stay at the Blue Tree Resort in Orlando, Florida. Donation per ticket is \$10. The drawing will be held Thursday, March 15. For more information or to order raffle tickets contact Corina Sonara at 914-813-6393.



Resources/Opportunities

Kinship Family Fashion Show Would you or your grandchildren like to strut your stuff on a fashion runway? Then participate in the first Kinship Family Caregiver Fashion Show in April, a fundraiser for family and youth activities. If you are interested in modeling or volunteering, contact Kinship Family Activities Committee Member, Sandra Little, at 914-312-5933.

Youth Leadership Program Calling all middle school youth! Would you like to become a leader? If so, join the Westchester County Youth Council. This is for youth ages 10-14 years old who are interested in community service, activism and leadership. For more information contact Alma at 914-872-5224 or aevans@fsw.org.

Free Items Gently used winter coats, pajamas and car seats available at the Kinship Support Program. **First come, first served.** For more information contact Lori Viera.

HEAP The Home Energy Assistance Program assists elderly and disabled residents with home heating costs. Public Assistance and Food Stamp recipients can apply at the local DSS district office. Call 914-955-5619 or Lori Viera for more information.

Caregiver Assistance Do you need help with getting benefits and services for your family or need to talk about raising children? If yes, please contact Lori Viera, Counselor of the Kinship Support Program, funded by the NYS Office of Children & Family Services.

WINTER FAMILY EXERCISE OPPORTUNITIES

No Cost Winter Exercise Tip: Walk the Yonkers Family YMCA Indoor Track at 17 Riverdale Avenue During Business Hours

February Schedule for Caregivers, Friends and Family Walking Groups:

Sunrise Strollers, Saturday, 2/4, 2/11, 9am
Meet in front of the ShopRite on Riverdale Avenue

Miracle Walkers, Saturday, 2/4, 2/11, 2/18, 11am
Meet at the corner of South Broadway and Valentine Lane

Sunday Sunshine Steppers, Sunday, 2/5, 2/12, 2/19, 10am
Meet at the Yonkers Pier, located at Main and Water Grant Streets

Glen Evening Walkers, Thursday, 2/2, 2/9, 2/16, 2/23, 5pm
Meet at War Memorial Field (behind the Yonkers Department of Parks, Recreation and Conservation, 285 Nepperhan Avenue)

Contact Carolyn Fluckinger to join a Walking Groups.



Family Service Society of Yonkers • Kinship Support Program

30 S. Broadway, Yonkers, NY 10701 • 914-963-5118



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Sponsored by the US Department of Health and Human Services, NYS Office for the Aging, NYS Office of Children & Family Services, WC Department of Senior Programs and Services, WC Department of Social Services, Yonkers Department of Planning and Development, the Helen Andrus Benedict Foundation, The Thomas and Agnes Carvel Foundation, The Elias Foundation, the Entergy Charitable Foundation and the MAXIMUS Foundation. Health and nutrition activities are sponsored by the Southwest Yonkers Community For All Ages and funded by the United Way of Westchester and Putnam, and the Helen Andrus Benedict Foundation.