



# FAMILY MATTERS

## A NEWSLETTER FOR FAMILIES SERVED BY YOUTH ADVOCATE PROGRAMS

JANUARY  
2004

### I HAVE A DREAM...

Martin Luther King, Jr. Day will be celebrated on January 19 this year. Martin Luther King Day is offered in remembrance of Dr. King's life, death and fight for civil rights. Dr. King was a key figure of the Civil Rights Movement. Since 1994, Americans have remembered Dr. King through service to the community. MLK Day is meant to be "a day on, not a day off."

Dr. Martin Luther King fought for freedom and equality of all people. He promoted change through nonviolent action. He believed that service is "the great equalizer."

This year, you can serve your community in honor of Dr. King. You and your family can clean up the neighborhood, help elderly neighbors with housework or carrying groceries, or volunteer at local charities like food banks and thrift stores.

### HEALTH INSURANCE AND YOUR CHILDREN

*Adapted from National Network for Child Care article, "Low-Cost or Free Health Insurance for Kids is Here."*

Health insurance is essential for children, but many children in the United States are uninsured.

Health insurance is important because children with insurance are more likely to:

- Be healthy as newborns;
- Receive needed immunizations as toddlers; and
- Get treatment for illnesses such as recurring ear infections and asthma.

Many children do not have health insurance because it is too expensive for the family to have private insurance. Many parents are not aware of their options. Affordable insurance and healthcare is available to many working families.





## *YAP Would like to Wish You and Your Family a Happy and Healthy New Year !*



Each state is developing its own Children's Health Insurance Program (CHIP). Medicaid also provides free health coverage to most low-income children.

For more information or to find out how to get your kids insured, call toll-free:

1-877-KIDS-NOW (1-877-543-7669)

Or, if you have Internet access, go to:

<http://www.insurekidsnow.gov>.

### **NEW YEAR'S RESOLUTIONS**

As we begin a new year, thousands of us will make new year's resolutions. For many of us, this can mean adopting a new healthier way of life. Eating healthy and getting plenty of exercise can make us feel better, both physically and mentally.

But, before you change the way you eat, it is important to know how to eat healthy. Many people believe that skipping meals and severely limiting calories is the best way to go, but this is unhealthy. A balanced diet, rich in grains, fruits and vegetables and lean meat, is the best way to maintain a healthy body weight.

According to the FDA Dietary Guidelines, a healthy diet includes 3-5 servings of vegetables, 2-4 servings of fruit, 6-11 servings of breads, cereals, rice and pasta, 2-3 servings of milk, yogurt and cheese, and 2-3 servings of lean meats, skinless poultry, fish, beans, eggs and nuts every day.

Getting out and being active is essential to maintaining a healthy weight. Exercise can be playing football, jumping rope or just taking a walk with your friends. Parents should encourage their children to exercise by example. Remaining active will make you feel better and will help you to remain healthy.



### **FEELING GOOD ABOUT YOU**

Self-esteem is about getting *and* giving respect. You can't feel good about yourself if you're hurting someone or letting them hurt you.

Self-esteem also means getting help when you need it. When you think things are getting out of control, talk to your advocate or someone else you know and trust. Caring about people includes taking care of yourself.



### **Parent Information Line**

**Feel free to call**

**1-800-324-5794 if you have questions or comments about the services you are receiving from Youth Advocate Programs, Inc. You may also call this number if you want to phone in your responses to the monitoring survey instead of mailing it back to us. This is a toll free number established especially for YAP families so there is no charge to you.**

