



KINSHIP TIMES

APRIL 2008

The Family Friends Program of Children’s Mercy Hospitals and Clinics
Support for Relative Caregivers

The Month of April is

Child Abuse Awareness Month

You’re invited to attend the grandparents support group meetings.
See Page 6



“HEART TRUTH”

Swope Health Services would like to invite you to participate in our “Heart Truth” event to take place in May, 2008.

We will have many heart healthy activities through out the week, including a “Heart Truth” dinner.

The goal is to increase awareness of risk factors that can lead to heart disease.

Please join us in our efforts to touch the lives of people through health, wellness and empowerment.

Contact: Jaelean A. Wofford
Swope Health Services
816-922-7645 X 4065

Child Abuse and Neglect

.....is not always easy to identify.

For example, bruises may or may not have been caused by abuse. Recognizing a child in need of protection goes beyond the definitions of abuse, neglect and dependency. It is an accumulation of everything you know and sense about a child or a situation. Recognition does not always come about in a concrete way. If it is not right, that’s when you should call:

Child Abuse Hotline at:

1-800-392-3738 for Missouri or

1-800-922-5330 for Kansas.

Children’s Trust Fund of Missouri strives to prevent child abuse and neglect through education and awareness. Please join them in helping to create strong families and safe kids. www.ctf4kids.org

Grandparent Testimony in Topeka Kansas



Cheryl Collier

On March 20, 2008, Cheryl Collier of Kansas City, Kansas testified at a hearing in the House Federal and State affairs Committee at the State Capitol in Topeka regarding House Bill 2839.

House Bill 2839—The Grandparents As Caregivers Act, was introduced, and if passed, will amend eligibility requirements presently in the Grandparents as Caregivers program administered by the Kansas Department of Social & Rehabilitation Services. This Bill, will NOT require grandparents to have legal guardianship or custody, but only that the grandchild reside with the grandparent. Cheryl did an outstanding job of testifying; she made a difference. We will keep you updated on the outcome of the House Bill.

Promoting Healthy Families in Your Community



What's Happening

No matter why or how they came to live with you, your grandchildren will benefit from being in your home. When children cannot be with their parents, living with a grandparent may provide:

- Fewer moves from place to place.
- The comfort of a familiar language and culture.
- A chance to stay with siblings.
- More contact with their parents, depending on the situation.

What You Might Be Seeing

Despite these benefits, the children will face some unique challenges:

- They may feel insecure and unsure that you will take care of them.
- They may act out or challenge you.
- They will miss their parents.
- They may be anxious or depressed.
- They may seem young or act too old for their ages.

What You Can Do

It will take time for your grandchildren to feel safe and secure in their new home with you. You can encourage these good feelings in a number of ways:

- Set up a daily routine of mealtimes, bedtime, and other activities.
- Help your grandchildren feel "at home" by creating a space just for them.
- Talk to your grandchildren, and listen when they talk to you.
- Set up a few rules and explain your expectations. Then, enforce the rules consistently.
- Reward positive behavior. When children make mistakes, focus on teaching rather than punishing.
- Be as involved with their school as you can, and encourage your children to participate in school activities.

This is a big job, and you may need help from your community. Here are some suggestions:

- Help with housing or other bills, clothing, or school supplies may be available specifically for grand parents raising grandchildren in your community.
- Join a support group. Often there are local groups for grandparents raising grandchildren.
- Ask for help and referrals from a church leader, the counselor at your child's school, or a social services agency.
- If necessary, get professional help to address your grandchild's special needs, such as medical care, mental health care, or special education.

Parenting the second time around brings special challenges and special joys. Do not hesitate to ask for help or seek services in your community for yourself and your grandchildren.

APRIL NEWSLETTER

Family Friends Program

Upcoming Events

Mother's Day Photo
(For Grandmother & grandchildren)

**Annual Conference for Grandparent &
Relative Caregivers**

Summer Respite Care, and Winter Respite Care

SUMMER YOUTH CAMP GUIDE 2008

Kansas City Urban Youth Center
June 9th—July 25th - 816-221-1002
The Youth Volunteer Corps of Greater Kansas City
June 2-July 31 913-432-9822 ext 305
Swope Park Exploration Camp
June 9-June 28 816-513-5723
YMCA of Greater Kansas City
June 2—August 8th 913-345-9622

Parks and Recreation

Belton Parks and Recreation –June 2-August 4
816-348-7400
Grandview Parks and Recreations July 7-August 4
816-316-4888
Jackson County Parks and Recreations June 9-August 8
816-229-8980
Kansas City Mo. Parks and Recreations June 9-August 15
816-513-7500

Social Connections

Grandparents with a social network of supportive friends, family and neighbors often find that it is easier to care for their grandchildren and themselves. Most grandparents need people they can call on once in a while when they need a sympathetic listener, advice, or concrete support. Conversely, research has shown that grandparents who are isolated, with few social connections may be at higher risk for child abuse and neglect. Call the Family Friends program for support and or feel free to attend a support group meeting at a location nearest you. Call 816-234-3676 for more information.

GRANDPARENT'S CORNER

Recipe by
Ogeal Hill
2004

Zucchini Bread

3 Eggs
2 Cups Sugar
1 Cup Oil
1 teaspoon Cinnamon
1 teaspoon Salt
Nuts and Raisins if desired
1 teaspoon Vanilla
2 Cups finely chopped Zucchini
1 Cup grated Carrots
1 1/2 Cups Flour
1 teaspoon Soda

Mix in Order given. Bake at 350-degrees, 45 minutes. Makes two loaves.

Frost with the following: Mix
1 Stick Oleo
1 (3 oz.) pkg. light Cream Cheese
1/4 Cup Nuts, chopped
1/2 lb. Powdered Sugar
1/2 teaspoon Vanilla

APRIL SHOWERS



**BRING
MAY
FLOWERS**

FACTS ON HONEY & CINNAMON

It's a fact that a mixture of honey and cinnamon cures most diseases. Honey is produced in most countries of the world. Scientists of today also accept honey as a "RAM BAN" (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, in its dated 17 January, 1995 has given the following, list of diseases that can be cured by honey and cinnamon.

HEART DISEASES

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

ARTHRITIS

If you can not walk or move Arthritis patients must take daily, morning and night on cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis you will be cured. In a recent Research conducted at the Copenhagen University, It was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who around because of arthritis started walking without pain.

BLADDER INFECTIONS

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

CHOLESTEROL

Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea water, given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said journal, pure honey with food daily relieves complaints of

COLDS

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon of cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

UPSET STOMACH:

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

GAS

According to the studies done in India and Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

IMMUNE SYSTEM

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have

found that honey has Various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

INDIGESTION

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals. INFLUENZA: A scientist in Spain has proved that honey contains a natural Ingredient which kills the influenza germs and saves the patient from flu.

LONGEVITY

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.

SKIN INFECTIONS

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

WEIGHT LOSS

Daily in the morning one half hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does

not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

REMEMBER WHEN WE WERE KIDS? AND WHAT A TREAT CINNAMON TOAST WAS?

FAMILY FRIENDS NEWS & NOTES

Your comments are
welcomed.
Please contact Maria
Leathers
at 816-234-3676,
if you wish to place an ad
in the monthly newsletter!



ATTENTION ALL GRANDPARENTS

**THE THIRD NATIONAL GRANDRALLY
FOR GRANDPARENTS AND OTHER RELATIVE
RAISING CHILDREN**

SAVE THE DATE: MAY 7, 2008

**WHERE: WEST GRASSY FRONT OF THE
UNITED STATES CAPITOL, WASHINGTON D.C.**

More than six million children are living I
homes headed by grandparents and other relatives. Step
forward with these grandparents and other relative care
gives as a strong voice for America's children. For more
information about the
GrandRally call (202)662-3568

Independent Reading

Spending time reading silently is im-
portant for your child's development
because independent reading increases
reading speed, comprehension and vo-
cabulary. Giving fifteen or twenty ex-
tra minutes at bedtime for kids to read
can inspire their interest in books. It
also helps to establish some quiet
times and places at home for reading.
For example, you could put a sheet
over a table and add a few pillows un-
der it for a secluded tent-like feel. You
might want to have silent reading time
each week, in which all of you get
comfy in the family room and read in-
dependently. Periodically, take a few
minutes to discuss what each person
has been reading.

The Angel Food Ministry Program

The program provides a way for everyone to buy groceries at a discounted price. These groceries are not off-brand, day-old or unwanted food items. They are simply groceries shipped from the manufacture on refrigerated trucks in mass quantities for a discounted price. There is no limit on your order, there are no qualifications that you have to meet; just a simple way to save some money and time from the normal grocery store. Listed below are the Sites.

KANSAS SITES

Glad Tidings Assembly of God
1315 N. 64th, KCKS
913-908-3195

Risen Lamb International Church of the Nazarene
5301 Metropolitan Ave, KCKS
913-287-9418

Parkway Baptist Church
12320 Parallell Pkwy, KCKS
913-721-1546

Cross Roads Christian Cathedral
2500 S. 44th St., KCKS
913-262-8200

Southwoods Christian Church
16110 Metcalf Ave. Stillwell, KS
913-681-5105

Break Pointe Community Church
10001 West 88th St., OPKS
913-541-0151

Overland Park Christian Church
7600 W. 75th St., OPKS
913-677-4646

Olathe House Church & Christ Family Church
905 South Chestnut, Olathe, KS
913-829-9047 or 913-709-9590

Westside Church of the Nazarene
1700 West Sante Fe, Olathe, KS
913-764-1445 or 913-393-2911



MISSOURI SITES

New Salem Baptist Church
1805 N. Blue Mills Road
Independence, MO 64058
816-796-4174

Coventry Estates Baptist Church
17133 E. 39th St., Independence, MO
816-373-3707

Christian Assembly of God
17310 E. 40 Hwy, Independence, MO
816-373-2698

Maywood Baptist Church
10505 E. Winner Rd., Independence, MO
816-254-3344 or 816-254-3345

Trinity Christian Center
5005 N. Brighton, KCMO
816-453-5970

Tower View Baptist Church
7301 NE 50th, KCMO
816-453-3334

Harmony Vineyard Baptist Church
600 NE 46th St., KCMO
816-587-8898

Highlands Community of Christ
7615 N. Platte Purchase Drive, KCMO
816-468-7878

Solid Rock Church
5801 Truman Road, KCMO
816-483-4139

Sheffield Family Life Church
5700 Winner Road, KCMO
816-241-4831

Bethel African Episcopal Church
2329 Flora, KCMO
816-231-3555

APRIL 2008

FAMILY FRIENDS SUPPORT GROUP SCHEDULE

You're cordially invited to attend!

St. James United Methodist Church
5540 Wayne, KCMO
1st & 3rd Tuesday of each month
April 1st & 15th
1:00-2:30 pm
Contact: Mary Campbell (816) 921-4299

Clay County Health Department
800 Haines Drive, Liberty, MO 64068
Every 4th Thursday of each month
Evenings: 6:30-8:00 pm
April 24th
Contact Lynn Vanderweel (816) 415-4144

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
April 3rd & 17th
11:00 - 12:30 pm
Contact: Debi Lee (816) 726-6532

Christian Fellowship Baptist Church
4509 Troost Avenue, KCMO
2nd & 4th Thursday of each month
11:00-12:30 pm
April 10th & 24th
Contact: Debra Watson (816) 358-4142

The VIEW
13500 Byars Road, Grandview, MO
1st & 3rd Monday of each month
April 7th & 21st
12:00 am - 1:30 pm
Contact : Beatrice Mack (816) 861-5718

NCADD
633 E. 63rd Street
Kansas City, MO 64132
2nd Saturday of each month
April 12th
12:30-2:00 pm
Contact Debi Lee (816) 726-6532

North Cross United Methodist Church
1321 NE Vivion Road
North Kansas City, MO
2nd & 4th Wednesday of each month
April 9th & 23rd
11:00 am-12:30 pm
Contact: Lynn Vanderweel (816) 415-4144

Wyandotte County
6813 Garfield Dr., Kansas City, KS
1st & 3rd Thursday of each month
April 3rd & 17th
6:00 pm -7:30 pm
Contact: Rita Walker (913) 299-4304



Children's Mercy

HOSPITAL

www.childrensmercy.org

**Family Friends
Program**
2401 Gillham Road
Kansas City, MO
64108

Family Friends Staff

JoAnn Stovall
Family Friends
Coordinator

Open
Family Advocate

Beatrice Mack
Grandparent Mobilizer

Mary Campbell
Grandparent Mobilizer

Debi Lee
Grandparent Mobilizer

Reta Lynn Vanderweel
Grandparent Mobilizer

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