



# KINSHIP TIMES AUGUST 2008



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

## FAMILY FRIENDS ANNUAL CONFERENCE INVITATION



*Attention  
Grandparents &  
Relative Caregivers*

*The Family Friends Program  
of Children's Mercy Hospital*

*presents the  
Eleventh Annual Conference*

*"To Grandmother's House We  
Go... And Stay... And Stay"*

*Friday, September 26, 2008  
9:00 AM to 3:00 PM*

*Marriott Muehlebach Hotel  
Downtown  
200 W. 12<sup>th</sup> Street  
Kansas City, MO 64105*



*RSVP to the Office at 816-234-3676*

# TIPS

*Grandparents make profound contributions to their families, so take your role seriously.*

*Allow you and your grandchildren to develop trust and understanding .*

*Have special things that you do with each grandchild on an individual basis. It makes them feel unique and important.*

*Share family history, traditions, and holidays with your grandchildren. It helps instill a sense of family, belonging, continuity and security.*

*Be sympathetic and supportive when your children run into parenting difficulties.*

*Resist the temptation to intervene with advice and criticism.*

## A GRANDPARENT'S GUIDE

(for family nurturing and safety)

According to the 2000 U.S. Census Report, 4.5 million children live in households headed by a grandparent. The most exciting thing about being a grandparent is watching your own child become nurturing. Many times watch wit, awe, pride and sometimes, trepidation as our sons and daughters do their best to raise strong and healthy children and we know at first hand how demanding of a job it really is. We want to help. We should help, and we do. We work to keep our grandchildren safe and sound and make our homes their safe havens where nothing bad can happen to them. It is important that we share our own life lessons with them so that they will learn from our mistakes.

The contribution grandparents make to their families are extraordinary. When we role model for our grandchildren, it is intangible, powerful and real. More and more we see grandparents providing reliable and dedicated child care services but it is the daily acknowledgement that we get from our children and grandchildren that inspires us to develop and maintain those loving connections. What fun it is to watch their eyes widen and sparkle when you tell your grandchild about their parents were when they were children.

**FAMILY FRIENDS**

**CARING**

**COMPASSIONATE**

**COMMITTED**

**Our support groups are communities where caring hearts and friendly smiles await you. At the group meetings, you will find comfort and support from friends.**

**Our Mobilizers are there for you.**

**Please call the Family Friends office at 816-234-3676 for more information.**

Cut your risk for heart disease and stroke!

To cut your risk for heart disease or stroke, keep your blood sugar, blood pressure and cholesterol under control. How? Eat the right amount of healthy food, get plenty of exercise and take the medications your doctor prescribes.

Raising a Grandchild

Children of different ages will need different kinds of support after they come to live with a grandparent. The Kinship Care Project at Ohio State University Extension suggests that you give extra time and attention to your grandchildren when they first arrive. This is especially important for younger children. Plan some special time together to talk or do fun things. In addition, try to involve the children in the moving process.

Encourage them to make lists and help with packing. Let each child decide how to decorate his or her new room. Be sure to set up a comfortable routine so the children feel safe and secure. Finally, give the children time and space. Don't be surprised if they aren't cheerful right away. Adjusting to changes takes time.

**New Staff Member on Board**

Please join us in welcoming Carolyn McGlothen back to the Family Friends Program. She will facilitate the Palestine Neighborhood Development Corporation grandparent support groups.

# COMMUNITY NEWS

## HOUSING AUTHORITY OF KANSAS CITY

BUILDING A BETTER COMMUNITY

HAKC IS OFFERING TRAINING  
PROGRAMS THAT OFFERS:

- 1) GED PREPARATION CLASSES
- 2) COMPUTER TRAINING
- 3) BASIC CONSTRUCTION SKILLS
- 4) LEADERSHIP DEVELOPMENT
- 5) LIFE SKILLS
- 6) MONEY SMART

MUST BE 18-24 YEARS OF AGE  
MUST NOT HAVE A HIGH SCHOOL DI-  
PLOMA OR GED  
MUST BE DRUG FREE

EARN WHILE YOU LEARN!!!

TO SIGN UP CALL  
816-777-2914

## BACK TO SCHOOL SUPPLIES

WHERE:  
CITY UNION MISSION  
1310 WABASH  
KCMO

WHEN:  
STARTING THE WEEK OF JULY 21ST FROM  
1:00 P.M. TO 3:00 P.M.  
MONDAY, WEDNESDAY, THURSDAYS, &  
FRIDAYS  
FIRST COME FIRST SERVE

FREE UNDERWEAR AND SOCKS

WHEN:  
WEEK OF  
JULY 28TH THROUGH AUGUST 1ST

GRANDVIEW SCHOOL DISTRICT  
FREE SUPPLIES  
CALL 761-1919

## Don Bosco Senior Center

Free lunch program for senior citi-  
zens. You must be 60 years and older  
to qualify. Ages 60 and under, must  
have a disability in order to receive a  
free lunch.

## LEARNING TO MANAGE STRESS: KEEP YOUR COOL AT 50 PLUS

Exercise is one of the best remedies for stress. It can improve your mood and your self-image. Try to accumulate 30 minutes of activity a day, such as walking, yoga, dancing, housework, yard work, or recreational sports (water aerobics). People who exercise regularly tend to eat more nutritious food which can help their body manage stress better

AARP

## The Angel Food Ministry Program

**This 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 are 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

# FAMILY FRIENDS NEWS AND NOTES

## Its Back To School Time

Can you believe it is already that time of year again? The time for mad dashes to the stores for school supplies and clothes. Remember, its time for children to get back into the routine of early bedtimes. Here are a few helpful tips for the school year.

### **Try building the best Parent-Teacher relationship:**

- Make Your first interaction positive
- Don't get angry before getting the facts
- Don't go over their heads
- Remember that most teacher are Sensitive
- Finally.....Teachers welcome dialogue with parents because it gives them a better understanding of their students. Parents have the right to expect periodic updates from teachers and timely notification of academic problems. Remember, communication is the key to a good parent/teacher relationship.

### **Homework:**

With the start of school, it may be a good idea to create a homework area in your home. A place that is quiet, well-lit, and stocked with some essential supplies like:

- paper
- pencils
- erasers
- dictionary
- pencil sharpener
- ruler
- calendar
- Pens

**To all children, happy studying!**

## BE WISE, BE EARLY, IMMUNIZE ON TIME

August is National Immunization Month. Please take advantage of this opportunity to get FREE IMMUNIZATIONS for your grandchildren, and beat the back to school rush. All the clinics will be held at the Health Department, 2400 Troost Avenue, Suite 1100. Phone: 816-513-6108.

Children under the age of 18 must be accompanied by a parent/legal guardian. A copy of grandchild's previous shot record along with a copy of your grandchild's social security card are needed.

### **Walk-In Clinic Schedule:**

Monday, Tuesday, Wednesday, Friday	8:00 am to 4:00 pm
Thursdays only	8:00-2:00 pm

## **Internet paths for active, healthy lives.**

### National Institute on Aging

Provides information about how older adults can benefit from being more physically active. Visit [www.nia.nih.gov](http://www.nia.nih.gov)

### National Health Information

This site includes general health information, health news, and info on a variety of federal agencies. Visit [www.health.gov](http://www.health.gov)

Women's Health was created to provide free, reliable health information for women everywhere.

### Center for Disease Control & Prevention

Offers information about nutrition and physical activities. Visit [www.cdc.gov/nccdphp/dnpa/physical/indes.htm](http://www.cdc.gov/nccdphp/dnpa/physical/indes.htm)

### Dietary Guidelines for Americans

Expert advice about how good dietary habits can promote health and reduce risk for major chronic diseases.

---

# AUGUST 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  
August 5th & 19th  
1:00 pm–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  
August 28th  
Contact Lynn Vanderweel (816) 415-4144

Palestine Neighborhood Dev. Corp.  
3445 Indiana, KCMO  
1st & 3rd Thursday of each month  
August 7th & 21st  
11:00 - 12:30 pm  
Contact: Carolyn McGlothen (816)234-3676

Christian Fellowship Baptist Church  
4509 Troost Avenue, KCMO  
2nd & 4th Thursday of each month  
11:00-12:30 pm  
August 14th & 28h  
Contact: JoAnn Stovall (816) 234-3309

The VIEW  
13500 Byars Road, Grandview, MO  
1st & 3rd Monday of each month  
August 4th & 18th  
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  
August 9th  
12:30 -2:00 pm  
Contact: Carolyn McGlothen (816) 234-3676

North Cross United Methodist Church  
1321 NE Vivion Road  
North Kansas City, MO  
2nd & 4th Wednesday of each month  
August 13th & 27th  
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  
August 7th & 21st  
6:00 pm -7:30 pm  
Contact: Rita Walker (913) 299-4304



# Children's Mercy

## HOSPITAL

[www.childrensmercy.org](http://www.childrensmercy.org)

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

### **Family Friends Staff**

**JoAnn Stovall**  
Family Friends  
Coordinator

Family Advocate

**Beatrice Mack**  
Grandparent Mobilizer

**Mary Campbell**  
Grandparent Mobilizer

Grandparent Mobilizer

**Reta Lynn Vanderweel**  
Grandparent Mobilizer

**Rita Walker**  
Grandparent Mobilizer II

**Debra Watson**  
Grandparent Mobilizer

**Maria Leathers**  
Administrative Assistant  
(816) 234-3676

