



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

FEBRUARY, 2007

Kinship Times

Best Wishes for 2007!

As the New Year continues, the staff at Family Friends extend their deep gratitude for the continued support of all grandparents who have come out to attend the support group meetings. We appreciate our readers because you encourage us to continue the good work that we do.

Thank You and Happy Valentine's Day from your Grandparent Mobilizer.

Family Friends Holiday Daycare Great Fun and A Success

This year's respite care provided grandparents with a much needed break while their children were on Christmas break from school. The children enjoyed various activities and got to make new friends. This year we were fortunate to have Rich Linden from Bottom Line Enterprises, Michelle Bettis from CMH Social Work dept and two students, Devin Lloyd from Bishop Hogan High School and Rickey Leathers, sophomore from MU. The children really bonded with these positive young adults. They all provide Respite Holiday Day Care to children ages 5-13, from the Grandparent and Relative Caregivers program. Rickey stated, "I really enjoyed interacting with the children during the learning sessions, arts activities, music & movement, story time (each child received a book), outdoor play and of course lunch. This was a positive experience that I will take back to school and share with my instructors and classmates. Thank you Family Friends for giving me the opportunity to work with today's youth."

Do you know of someone who would qualify?

A full scholarship for a single mom; housing provided for mom and up to two kids. The Sister Thea Bowman Foundation has four scholarships for African-American single mothers and their child to attend the College of St. Mary in Omaha, Nebraska. The Foundation will grant \$30,000.00 over a period of four years to the College of St. Mary on behalf of each student. In return the College of St. Mary will match that grant with an additional \$24,000. The student must be an African-American single mother who has completed high school. She must be from low income housing. She must be able to gain admission to College of St. Mary. She need not be Catholic. Each student will have an African-American mentor during her course of study at the College of St. Mary. Each student will also have an African-American host family from Omaha who will also serve as mentor. Each mother may take up to two children with her to the College of St. Mary. The cut off age for the child is nine. Each mother will live in a dorm with other single mothers and their children. This dorm has been especially renovated to accommodate mothers and their children. If interested, please contact Mary Lou Jennings, Executive Director of the Sister Thea Bowman Foundation at: marylouj11@aol.com

"Look to see the open doors in your life, so you keep moving forward!"

Upcoming News and Notes

HEALTH FAIR 2007

Seminars and Screenings

Sponsored by KCKCC Student Health & Women's Outreach

February 12, 2007 12:00 pm-1:00 pm—Breast Cancer Awareness Seminar Student Health & Women's Outreach, **Speaker:** Lori Ranallo, RN, ARNP. A comprehensive view of what you can do to prevent or cure breast cancer.

AND

February 21, 2007 12:00 pm—1:00 pm—Chinese Traditional Medicine Holistic Health —**Speaker:** Dr. Truong Pham D.C., Professor Practitioner. Dr. Pham will demonstrate and speak regarding the art of acupuncture and acupressure for pain relief and healing. Pain relief, relaxation and well-being brought together for a total body experience.

Pre-registration preferred. Contact Judy Hendrix (913) 288-7683 or Jennifer Gieschen

Chinese Blessings

*Let all things be healthy
Let all things be happy,
Let all things be peaceful.
Be sure to count your blessings
At least once a day.
Forgive those who have hurt you
and those who have offended you.
But first forgive yourself,
for what you have done.
And for what you have failed to do
That which is past,
there is no need to blame.
Have self-control, self-knowledge,
Self-respect.
And the courage to dare.
Be tranquil and the Light of
Intelligence will shine.
Strive to make the spot
where you stand beautiful.
Then Beauty and Harmony will
Follow you in all your ways,
And through all your days.*

Bambi Shen

Grandparents as Caregivers Assistance Program

(for Kansas Only)

The Grandparents as Caregivers Assistance program will provide monthly financial assistance to grandparents or other relatives raising children. **This program will be available January 1, 2007.** To qualify for this program you must:

- . Be a grandparent or other qualifying relative (aunt, cousin, great-grandparent, etc) . Have legal custody of the child or children
- . Be 50 years of age or older
- . Live with the child or children for whom you are requiring assistance
- . Have a household income of less than 130% of the federal poverty level
- . Maximum 2006 income levels listed below.

Maximum 2006 Income Levels

Family Size	Maximum Yearly Income	Maximum Monthly Income
	based on 2006	
Family of 2	\$17,148	\$1,429
Family of 3	\$21,576	\$1,798
Family of 4	\$25,992	\$2,166
Family of 5	\$35,408	\$2,534

In addition:

- . The child must not be in state custody
- . The parent of the child must not live with you

The monthly benefit is \$200 for one child, \$400 for two children, and \$600 for three or more children. Funding for this program is limited and benefits will not be paid if funding expires.

The application period for this program began December 15, 2006.

Please visit your nearest SRS Office to apply for the program.

Family Time

Making Bath Time Safe For Kids

Bath time doesn't have to be a dreaded part of kids' lives. It can be fun but most of all needs to be safe. Scalds from hot water are the leading cause of injuries for children. It is important to have your hot water heater set at a safe yet effective temperature. A recommended setting of 120-125 degrees is low enough to give you time to rescue your kids, yet hot enough for cleaning purposes. Here are some other tips to keep in mind during bath time:

- Avoid bubbles bath and bath oils when bathing girls. They can irritate private parts and cause redness and soreness
- If soap and shampoo seem to irritate your baby, use them last and then quickly rinse off the baby.
- Never leave a grandchild alone in the bathtub. If you've forgot something or need to answer the door, keep a dry towel within reach.
- Cover waterspout to prevent burns.

WHAT TO DO—When There's Much to Do

Are you a stressed-out grandma or grandpa? Do you have more things to do than time to do them. There's good news. You can take charge of your time and your life. These time management principles will help:

Set goals and priorities—You can't possibly do everything. So you need to choose carefully the tasks you want to invest your time in and the ones you need to ignore.

Keep track of your time—It's hard to decide how you want to spend your time if you don't know how you spent it now. So find out. Write down everything you do for the next week. Record how long it takes you to do it. When you're done., take a hard look at your list. Is this the way you want to spend your time?

Give Yourself a break—Recognize that you don't have to do everything and you don't have to be perfect.

Get Organized—Being organized saves time.

Organize your important papers. Post a calendar with the whole family's schedule. Keep your keys near the door. You'll be surprised how much smoother your days will go.

Do It Now—Have you postponed an important task two or three times? Its time to take action. Break the task into small. Once you get started, you'll find the energy to continue.

Take Time for Yourself— Just finished a big task? Reward yourself. This will help you focus on what you did, rather than on what remains undone.

www.aarp.org/grandparents and click on "Focus on the Caregiver."



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

BreakPointe 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 Episcopal Church
5700 Winner Road, KCMO
816-241-4831

Grandparent/Relative Caregiver Resource Page

Utility Assistance:

- ◆ United Services Community Action Agency: 816-358-6868, federal assistance for residents of Clay, Jackson & Platte counties.
- ◆ Kansas Low Income Energy Assistance Information Line: 1-800-432-0043, federal assistance for Kansas residents.
- ◆ Mid America Assistance Coalition Information & referral line: 816-561-3339, 8:30a-1:00p, Mon-Fri. Referrals to agencies providing utility aid in KS and MO.
- ◆ Grandview Assistance Program: 816-761-1919
- ◆ Independence Services League: 816-254-0446
- ◆ Metropolitan Lutheran Ministry: 816-931-0027
- ◆ Raytown Emergency Assistance Program: 816-356-0054

Housing Assistance:

- ◆ Housing Authority KCMO: 816-968-4100
- ◆ Housing Authority of Independence: 816-836-9200
- ◆ United Services Housing: 816-358-6868
- ◆ Homeless Hotline: 816-474-4599
- ◆ Swope Parkway Housing: 816-923-5800
- ◆ Housing Authority KCK: 913-281-3300

WIC: Food vouchers to assist with nutrition of babies and toddlers. 1-800-392-8209

Child Support: 816-889-3767

Child Abuse/Neglect Hotline MO: 1-800-392-3738

Child Abuse/Neglect Hotline KS: 1-800-922-5330

Big Brothers/Big Sisters of America, 230 N. 13th St., Philadelphia, PA 19107
(215) 567-7000. The volunteers support families under stress and single parents by working with children in need of additional attention and friendship.

We welcome any feedback you may have to offer. If you know of a resource that you this should be included please call the office at (816) 234-3676.

If you would no longer like to receive our monthly newsletter, please contact the Family Friends Program at 816-234-3676.

In Missouri:

Family Support and Children's Division – Relatives Raising Children

As most of you know by now, Governor Matt Blunt completely eliminated the Grandparents As Foster Parents Program along with major cuts in the Medicaid services that many people relied on. However, the Income Maintenance Division which is through the Children's Division has another program many grandparents may qualify for. It is called the Non-Parental Custodian. In some cases, you may receive the same amount or more that TANF pays. To apply, check with your case manager. If she doesn't now about it, ask to speak to her supervisor. Remember, you may qualify for TANF for the grandchildren. Ask your caseworker to help you figure out which is best for you. Downtown Office 889-2000, Midtown 929-7100, South town 325-1012.

In Kansas:

Social Rehabilitation Services (SRS)

Currently assistance for grandparents and other relatives raising children is available by applying for TAF (Temporary Assistance for Families). The average monthly stipend is \$175.00 per child. Other assistance available may include: medical assistance, food assistance and child care assistance. Contact your nearest SRS office for specific details at (Wyandotte Co. (913)279-7000 and Johnson Co. (913) 826-7300). The toll free state wide number is 1-888-369-4777.

FEBRUARY, 2007

FAMILY FRIENDS SUPPORT GROUP SCHEDULE

**You are invited to attend the
support group meetings.**

**St. James United Methodist Church
5540 Wayne, KCMO
1st & 3rd Monday of each month
1:00-2:30 pm
February 5th & 19th
Contact: Mary Campbell (816) 921-4299**

**Christian Fellowship Baptist Church
4509 Troost Avenue, KCMO
2nd & 4th Thursday of each month
11:00-12:30 pm
February 8th & 22nd
Contact: Debra Watson (816) 358-4142**

**Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
11:00 - 12:30 pm
February 1st & 15th
Contact: Mary (921-4299) or Debra (358-4142)**

Kansas Groups

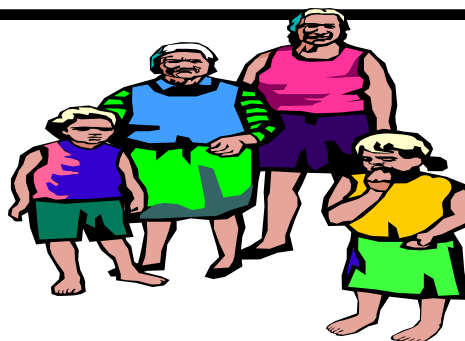
**Johnson County
Roeland Park Community Center
4850 Rosewood, Roeland Park, KS
2nd & 4th Wednesday of each month
February 14th & 28th
Contact : Leann Hochstetler (913) 362-1899
12:30 pm-2:00 pm**

**Community Assistance Council
10901 Blue Ridge, KCMO 64134
1st & 3rd Monday of each month
12:00 am - 1:30 pm
February 5th & 19th
Contact : Beatrice Mack (816) 861-5718**

**Wyandotte County
6813 Garfield Dr., Kansas City, KS
1st & 3rd Thursday of each month
6:00 pm -7:30 pm
February 1st & 15th
Contact: Rita Walker (913) 299-4304**

PLEASE COME!

We would love to see you there.





Children's Mercy HOSPITAL

www.childrensmercy.org

**Family Friends
Program**
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64108

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