



KINSHIP TIMES FEBRUARY 2008

The Family Friends Program of
Children's Mercy Hospital and Clinics

Attention!

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We now have a new location for the south Kansas City, Missouri/Grandview/Belton & Raymore areas. We are pleased to announce group meetings every 1st & 3rd Monday of each month starting February 4th.

THE VIEW,
13500 Byars Road,
Grandview, MO
Everyone is invited!

FREE TAX PREPARATION FOR FEDERAL AND STATE

MISSOURI LOCATIONS

Housing Authority of KCMO
299 Paseo, Kansas City
Open 2/1-2/27 Mon. 5:30-8:00pm Sat 9am-2pm

Mid Continent Public Library
North Independence
317 W. 24 Hwy, Independence
Open 2/1-4/12 Call 816-252-0950 for appt.

Penn Valley Community College
3201 SW Trafficway,
Learning Resource Bldg, Rm 204
Kansas City
Tues 4:30pm-8pm, Open 1/29-4/15 Closed 3/18

Salvation Army-Bellefontaine
3013 E. 9th Street, KCMO
Open 1/26-4/12 Sat. 9am-2pm

St. Monica's Elementary School
5809 Michigan, Kansas City
Open 2/2-4/12

United Way of Greater Kansas City
Belton Success by Six Resource Center
614 W. Mill Street, Belton
Open 2/6-4/9 Wed. 4:30 pm-8pm

Blue River Community College
20301 E. 78th Highway, Independence
Fri. 9am-1pm and Sat 9am-1pm Open 2/8-4/12
Closed 3/1, 3/14, 3/15, 3/28 & 3/29

United Way Center for Success
4727 Logan, Kansas City
Open 2/5-4/15 Tues. 1pm-7pm

Northland Human Services-Maples Woods CC
3100 NE 83rd St, Suite 2250
Open 2/6-4/9 Wed. 4:30pm-8pm Sat. 10am-2pm
Closed 3/12, 3/15

UMKC Law School-Law Library
52nd and Oak, Kansas City
Tues. & Wed 5:30-8:30pm, Sat. 10am-4pm

KANSAS LOCATION

Catholic Charities/El Centro, Inc.
2220 Central Avenue Kansas City, KS
Kansas City, KS Community College
7250 State Avenue, Flint Bldg, Rm 3632, KCKS
Open, 1/30-4/12 Closed 3/19 & 3/22

News and Notes



WORDS OF ENCOURAGEMENT TO TELL YOUR GRANDCHILDREN

**You're doing a good job!
You did a lot of work today!
That's RIGHT!
That's the way!
How did you do that?
Good thinking!
Way to go!
I knew you could do it!
You figured it out fast!
You're getting better every day!
Keep it up!
TERRIFIC!**

Why You Should Teach Your Grandchildren Manners

Raising today's kids to have kind manners and good hearts will help them succeed in life. Good manners make a person stand out in life, and if you are well mannered, other people will naturally want to be around you. If you behave well, you become an inspiration and encouragement to others.

Teaching good manners also instills confidence in them because they know what to do and when to do it. They have been trained to do the right thing. Having manners is not just saying polite words when they are expected or knowing which fork to use in an upscale restaurant, but instead it instills the confidence in a child to know how to steer themselves through life and to engage with other people in efficient and kind ways. The most important thing for grandparents to remember is that good manners need.

Talking with your Grandchildren

Talking with grandchildren involves the exchange of words, ideas, and feelings between two people. Communication is what we say and how we say it. We communicate with looks, with actions, with silence, as well as with words. Good communication leads to warm relationships, cooperation and feelings of worth. Remember to take time out daily to talk with your grandchild.

**“GRANDPARENTS
WHO RECEIVE
SUPPORT FROM COMMUNITY
PROGRAMS, SUCH AS FAMILY
FRIENDS, MANY TIMES
REPORT POSITIVE
EXPERIENCES FROM
THEIR CHILDREN.”
JUST REMEMBER, WE ARE
COMMITTED TO HELPING
FAMILIES SPEND MORE TIME
TOGETHER AND DEVELOPING
CLOSER RELATIONSHIPS.**

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?

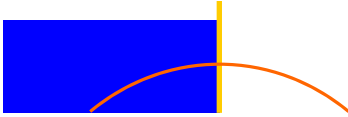
Give Yourself a break—Recognize that you don't have to do everything and you don't have to be perfect.

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.



DON'T FORGET TO

FEBRUARY REMINDERS



Visit the Support Group nearest you.

- St. James United Methodist Church
- Community Center
- Palestine Neighborhood
- The VIEW
- Family Resource Center
- Roeland Park Community Center
- Wyandotte County

(See Page 7 for dates & time)

**ATTENTION
ALL
GRANDPARENTS**

**WOULD YOU LIKE TO HAVE A GRANDPARENT'S
CORNER IN THE MONTHLY NEWSLETTER, WHERE YOU
CAN SHARE STORIES, EXPERIENCES, RECIPIES AND
MORE! PLEASE CONTACT MARIA LEATHERS AT 816-
234-3676 TO FIND OUT
MORE INFORMATION!**

Continued Best Wishes for 2008

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.

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

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



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 than TANF pays. To apply, check with your case manager. If she doesn't know 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 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
February 5th & 19th
1:00-2:30 pm
Contact: Mary Campbell (816) 921-4299
Debra Watson (816) 358-4142

Christian Fellowship Baptist Church
4509 Troost Avenue, KCMO
2nd & 4th Thursday of each month
11:00-12:30 pm
February 14th & 28th
Contact: Debra Watson (816) 358-4142

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
February 7th & 21st
11:00 - 12:30 pm
Contact: Debi Lee (816) 726-6532

Johnson County
Roeland Park Community Center
4850 Rosewood, Roeland Park, KS
2nd & 4th Wednesday of each month
February 13th & 27th
12:30 pm-2:00 pm
Contact : Estelle Williams (816) 868-7088

The VIEW
13500 Byars Road, Grandview, MO
1st & 3rd Monday of each month
February 4th & 18th
12:00 am - 1:30 pm
Contact : Beatrice Mack (816) 861-5718

Wyandotte County
6813 Garfield Dr., Kansas City, KS
1st & 3rd Thursday of each month
February 7th & 21st
6:00 pm -7:30 pm
Contact: Rita Walker (913) 299-4304

North Cross United Methodist Church
1321 NE Vivion Road
North Kansas City, MO
2nd & 4th Wednesday of each month
February 13th & 27th
11:00 am-12:30 pm
Contact: Reta Lynn Vanderweel (816)415-

NCADD
633 E. 63rd Street
Kansas City, MO 64132
2nd Saturday of each month
February 9th
12:30-2:00 pm
Contact Debi Lee (816-)726-6532



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

Rita Walker
Grandparent Mobilizer

Debra Watson
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Maria Leathers
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