



KINSHIP TIMES

FEBRUARY, 2009

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

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 spend 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 to see if 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— If you just finished a big task, reward yourself. This will help you focus on what you did, rather than on what remains undone.

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. This is training them 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 constant reinforcement of good manners is what grandchildren need.

Continued Best Wishes for 2009

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.**

Visit the Support Group nearest you.

- Clay County Health Dept.
- Christian Fellowship Baptist Church
- Habitat for Humanity
- North Cross United Methodist Church
- St. James United Methodist Church
- The VIEW Community Center
- The Waldo Library
- Wyandotte County Health Dept.

We will enjoy having you there!

GRANDPARENTS

WOULD YOU LIKE TO HAVE A
GRANDPARENT'S CORNER
IN THE MONTHLY NEWSLETTER, WHERE
YOU CAN SHARE STORIES, EXPERI-
ENCES, RECIPIES AND MORE!

PLEASE CONTACT MARIA LEATHERS AT
816-234-3676 TO SUBMIT
INFORMATION FOR THE NEWSLETTER!

SPRING RESPITE CARE

A FREE ONE WEEK DAY CAMP
FOR GRANDCHILDREN

**WE ARE NOW PLANNING
OUR RESPITE CARE FOR
THE SPRING. IT WILL
TAKE PLACE DURING
MARCH OR APRIL, 2009.**

**WE ARE ASKING ALL
GRANDPARENTS TO
PLAN ON SENDING
YOUR GRANDCHILD TO
THIS EVENT. WE WILL
HAVE A FUN WEEK WITH
ACTIVITIES, FOOD AND
OUTINGS.**

**IF YOU WOULD LIKE TO
VOLUNTEER, PLEASE
CALL THE OFFICE AT 816-
234-3676.**

HELPFUL INFORMATION

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

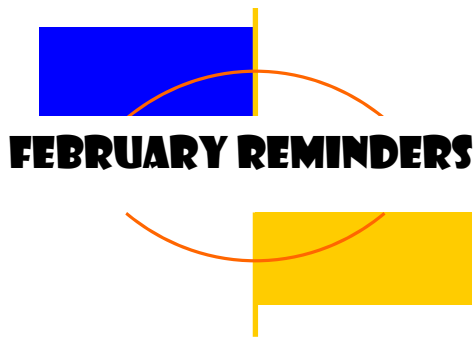
KANSAS LOCATION

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

Did you know about?

THE KANSAS CITY MISSOURI EMERGENCY HOME REPAIR PROGRAM

Eligible homeowners in urgent need of roofing, plumbing, electrical and mechanical work can apply. Applicants must own only one property and have not received assistance from the program (the old Minor Home Repair Program) and meet income guidelines. Applications are available at the Property Preservation Division office on the fourth floor of City Hall, 414 E. 12th Street, KCMO or to have an application mailed (816) 513-3025.



TIME MANAGEMENT

Time Management puts you in control of your life. If you get a handle on how you spend your time, you'll work smarter, get closer to your goals, have time for creative thought and enjoy life.

Develop your ability to schedule your time realistically. Devise a manageable list for the day.

When you are at home or work, set aside an hour each day to return phone calls, instead of letting the phone distract you throughout the day.

Close your door at the same time each day to get your creative work done.

Get help organizing your home files or office files in a way that works best for you.

Family Friends Program Web Site

Go To www.childrensmercy.org
Type in department name:
"Family Friends"
Click on link.

Flu Season

Don't forget your flu shot. If you are over 65 and have a chronic medical condition or a weakened immune system, your doctor may recommend a pneumonia vaccination also.

If you get the flu, there are some actions you can take at home:

- Rest
- Drink plenty of liquids
- Avoid using alcohol and tobacco
- Take medication to relieve the symptoms of flu, after talking to your doctor.

Career Assistance Programs

Work Activities include:

Unsubsidized Employment

Subsidized Private Sector Employment

Job Search

Community or Alternative Work Experience (Volunteerism)

Occupational Training

Adult Basic Education Classes

Literacy Classes

English as a Second Language

G.E.D. Testing

Transportation Assistance

CONTACT: FULL EMPLOYMENT COUNCIL

816-471-2330 EXT 307

(This information is for adults and grandchildren age 18 and older)

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.

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

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

GRANDPARENT RESOURCES

Kansas City Power & Light Company Winter Preparedness

Set up an emergency drawer with a kit that is easy to access even in the dark.

Stock it with batteries, a flashlight and avoid using candles, lanterns or oil lamps due to fire risks.

Unplug or protect sensitive computer and television equipment with a high quality surge protector.

Do not open your freezer or refrigerator more than necessary.

Do not use charcoal grills to heat your home or to cook indoors. This can cause a serious injury or death.

Call 1-888-LIGHTKC to report an outage. For more information view www.kcpl.com.

Bishop Sullivan Center Loan Program

Applicants who live in the Kansas City, Missouri Metro area may be eligible for a loan to help stabilize their lives and to help them become self-sufficient. Please contact Beth Armes at:

**Bishop Sullivan Center Loan Fund
6435 Truman Road
KCMO 64126
(816) 231-0984**

Need help with financial budgeting? We have websites for you.

www.mint.com
www.expensetracker.com
www.mortgagecafe.com
www.annualcreditreport.com

Need Legal Guardianship?

Call the Family Friends Office if you are in need of a referral for Legal Guardianship. We will do an intake application and your information will be forwarded to the Legal Aid of Western Missouri
1125 Grand Blvd.
Kansas City, MO 64106

Kansas Legal Services
Call: 913-621-0200

BE SURE TO VISIT THE
"GRANDPARENTS CLOTHES
CLOSET"
CALL THE OFFICE
AT 816-234-3676 TO MAKE AN
APPOINTMENT.

All items are
FREE!

UNITED WAY
211
GET HELP, GIVE HELP

FAMILY FRIENDS PROGRAM
SUPPORT GROUPS
SEE PAGE 7

FEBRUARY 2009

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 3rd & 17th
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
February 26th
Contact Lynn Vanderweel (816) 415-4144

Habitat for Humanity
1423 East Linwood, KCMO
1st Thursday or
Waldo Library February 14th
201 W. 75th St.
2nd Saturday
11:00 am - 12:30 pm
Contact: Carolyn McGlothen (816) 778-5350

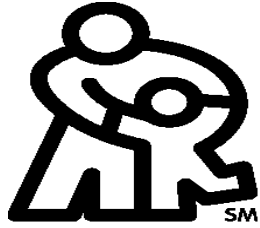
Christian Fellowship Baptist Church
4509 Troost Avenue, KCMO
2nd & 4th Thursday of each month
February 12th & 26th
11:00-12:30 pm
Contact: Cheryl Shaw (816) 333-7984

The VIEW
13500 Byars Road, Grandview, MO
1st & 3rd Wednesday of each month
February 4th & 18th
11:00 am - 12:30 pm
Contact : Doris Brown (816) 304-8702

Southeast Library
6242 Swope Parkway
Kansas City, MO
2nd Saturday of each month
February 14th
12:00 -2:00 pm
Contact: Carolyn McGlothen (816) 778-5350

North Cross United Methodist Church
1321 NE Vivion Road
North Kansas City, MO
2nd & 4th Wednesday of each month
February 11th & 25th
11:00 am-12:30 pm
Contact: Lynn Vanderweel (816) 415-4144

Wyandotte County Health Department
619 Ann St
Kansas City, KS
2nd & 4th Thursday of each month
February 12th & 26th
6:00 pm -7:30 pm
Contact: JoAnn Stovall (816) 234-3676



Children's Mercy HOSPITAL

www.childrensmercy.org

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

Family Friends Staff

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Family Friends
Coordinator

Doris Brown
Grandparent Mobilize

Mary Campbell
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