



KINSHIP TIMES

July 2008

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

FAMILY FRIENDS INVITATION

**Do you want to find out more about your neighborhood?
Come visit the Grandparent Support Groups
for
Grandparents and Relative caregivers
who are raising their grandchildren**

There will be refreshments and give-a-ways.

Please come out to learn what events are taking place in your community, how you can receive help and improve the quality of your life.

Contact the Family Friends Office at 816-234-3676

Quote for the week

“Age is a matter of feeling, not of years”

RESPITE CARE
A great success!

The Family Friends Program provided a much needed respite care for grandparents raising grandchildren. The event took place at the Linwood YMCA at 3800 E. Linwood during the week of June 16th-20th. The children enjoyed so many wonderful activities such as arts & crafts, basketball, swimming, board games, music and movement. Thank you to Rich Linden, Gloria Nepote and our staff who worked diligently in providing transportation and great care of the children.

Also, thank you to Margie Alcanter of Wyandotte/Leavenworth Area on Aging for providing transportation to the Kansas grandchildren.

FAMILY FRIENDS TIPS & NOTES

FAMILY FRIENDS 11TH ANNUAL GRANDPARENT AND RELATIVE CAREGIVERS CONFERENCE

Yes ! It is Free. We have added a few surprises and entertainment just for fun. This year's theme is "To Grandmothers House We Go and Stay.....". Please joins us as we focus on things that grandparents need to know about raising grandchildren in today's society.

Please contact your Mobilizer to pre-register or call Maria Leathers at the Family Friends office at 816-234-3676.

We hope to see you on Friday,
September 26th!

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 foods, get plenty of exercise and take the medications your doctor prescribes.

GRANDPARENTING

Parenting again is a tremendous responsibility for those of us who accepted the job of raising our grandchildren. But our parenting experience is helpful as we deal with each child as an individual. Our priorities have changed as we have grown older, making us better parents. Children are also great teachers, and we can learn much about love and life from them. Keeping a positive attitude is so important in dealing with our grandchildren on a daily basis.

Summer Camps

Swope Corridor Renaissance
Reading Camp

Boys & Girls Club

Kansas Urban Youth Center

YMCA of Greater Kansas City

Jackson County Parks & Rec

Heartland Center

ENCOURAGING AND MENTORING TOOLS FOR BUILDING CONFIDENT KIDS

Recreate the Village

It may be safe to say that most grandparents and relative caregivers can be considered “ole school.” So as “ole scholars”, we know that it really does take a village to raise a child. In growing up “back then” our village was usually the collaborative efforts of family, neighborhood, church and school. In those days this was an extended family.

Now most of our families are called dysfunctional; our neighborhoods are sometimes scary places where we rush to get the kids inside by dark-thirty; our schools are having to turn to uniforms in order to prevent students from having to defend the colors they wear. So how, as caregivers of this generation, do we make a big enough impression on their lives to ensure that children grow into wholesome, educated contributors to society? And how do we reverse most of the negatives that may have already affected them?

If you’ve ever attended a support group you know that it is the prayer and heart’s cry of every grandparent to give the children in their care a fighting chance at life.

Even though some tried and true “ole school” methods may still apply, it is still sometimes difficult to use those principles in this day and age with this generation.

One thing we can do is to re-create the village. Although the elements of the communities of the past may no longer be stable, you can still surround your children with a positive support network. The key to the villages of the past is that each element of the village shared the same value system. Surround your children with people and groups that share your value system.

At the beginning of every school year get to know your children’s teachers and other school administrators. Don’t make your only contact with them on back-to-school night, open house or when little Johnnie gets in trouble. School officials should also have the opportunity to get to know you and understand your values as well. Become a part of the student’s educational team.

There are several community agencies and programs that children can get involved in to help them gain a positive view of themselves and the world around them. Most churches offer activities designed to promote

growth and development of young people. It is a good idea to become involved in the support groups so that you can form alliances with other caregivers who are striving toward the same goals for their children as you are.

The most important aspect of the village is still YOU. You can be the best teacher, role model, and mentor your children will ever know. To fulfill this role you must learn the importance of encouraging your children. In addition to your child’s assets and liabilities they need to feel worthwhile. The goal of encouragement is to enable the child to develop courage and a good self-image.

Here are some methods of encouragement from the book “*Encouraging Children to Learn*” by Don Dinkmeyer and Rudolph Dreikurs:

- Place value on the child as he is.
- Show faith in the child that enables the child to have faith in himself.
- Recognize a job “well-done.” Give recognition for effort.
- Recognize and focus on strengths and assets.

Helpful Tips for Grandparents

1. *Take care of yourself.* It is impossible to take the best care of your grandchildren if you are not in the best possible shape yourself.
2. *Make sure you have proper health coverage.* One of the most important issue you face when you become a primary caregiver is finding health insurance for your grandchildren.
3. *Consult the professionals.* Chances are you weren't planning on raising another generation after your own children grew up and left home, nor were you planning on all the accompanying expenses.
4. *Consider your legal status.* A family law attorney can help you determine whether or not it would be beneficial for you to become the legal guardian of your grandchildren, which would allow you to make important decisions regarding their education, medical treatment and other aspects of their upbringing. However, becoming a legal guardian can be complicated.
5. *Take advantage of tax breaks.* There are several ways to be qualify for tax credits if you are raising your grandchildren under the age of 17.
6. *Start an education fund.* If you have the available resources, start putting money away for college funds.
7. *Don't forget your retirement plans.* With all the planning and saving for your grandchildren, it is easy to put your on financial future on the back burner.
8. *Seek help when you need it.* Help can come in many forms, whether it be financial assistance, childcare assistance, spiritual advice or support from neighbor and friends.
9. *Stay positive.* Taking on the roll of a parent again can be challenging and oftentimes overwhelming, but it can also be an extremely rewarding experience. It all depends on how you look at.

http://www.parentingweekly.com/granparents/tips_raising_grandchildren.htm.....or
google.com



RESPIRE CARE 2008

The students really enjoyed them selves this year in Respite Care. They got a chance to participate in activities such as swimming, basketball and many different types of educational activities as well.



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 Parallel Pkwy, KCKS
913-721-1546

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

South woods 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 Santé 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

JULY 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
July 1 & 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
July 24th
Contact Lynn Vanderweel (816) 415-4144

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
July 3rd & 17th
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
July 10th & 24th
Contact: Debra Watson (816) 358-4142

The VIEW
13500 Byars Road, Grandview, MO
1st & 3rd Monday of each month
July 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
July 12th
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
July 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
July 3rd & 17th
6:00 pm -7:30 pm
Contact: Rita Walker (913) 299-4304



Children's Mercy

HOSPITAL

www.childrensmercy.org

**Family Friends
Program**
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64108

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