



KINSHIP TIMES

JUNE 2008

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

Northland Support Group

A special thanks to all the grandparents and grandchildren that came out for the Northland ice skating party on Saturday, May 3rd at Line Creek Ice Arena. A good time was had by all! There was pizza, pop and plenty of fun on and off the ice! More fun activities will be coming in the Northland this summer, we hope to see you there!

Reta Lynn Vanderweel, Mobilizer

FAMILY FRIENDS 11TH ANNUAL GRANDPARENT AND RELATIVE CAREGIVERS CONFERENCE

When is the last time you have taken time out for yourself? This years conference is designed to help you do just that. The conference is for all grandparents and relative caregivers who are raising grandchildren. We will provide breakfast, lunch, and have also lined up great speakers with valuable topics.

All of this at no charge to you. Yes ! It is Free. We have added a few surprises and entertainment just for fun. This year's theme is "Communities Serving Communities". 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 would like to thank Debra Olive and Jobs for America's Graduates (JAG) organization for the donations that was presented to the St. James Grandparent Support Group in May . Shown above are members of the JAG organization.

Mother's Day Photo's

Thank you to Brian Delaney who provided free Mother's photos for several grandparents and grandchildren on Saturday, May 17th. We know it took a lot to get all the grandchildren together, but it was well worth it. This will be something you and your grandchildren can cherish and share with their children and grandchildren. Photos should be available during the first week in June. Contact your Mobilizer to receive your photo.



RESPIRE CARE
(FREE SUMMER CAMP)
Coming Soon!

The Family Friends Program will provide a much needed respite care for grandparents raising grandchildren for children ages 5-13 . The event is free and will take place at the Linwood YMCA located 3800 East Linwood in Kansas City, Missouri during the weeks of June 14th-June 20th, and August 4th—August 8th.

The summer event will be facilitated by Rich Linden, with many wonderful activities such as arts & crafts, basketball, swimming, board games, and entertainment. Please call your Mobilizer or the office to sign your child up to attend. Office at 816-234-2676 .

TAKING CARE OF
THE CAREGIVER

A caregiver must tend to the basic needs of self. At times it is difficult to care for a child in need if you yourself are run-down. Make sure to address your immediate needs for adequate rest and sound nutrition. Schedule in a few brief but potent breaks into your day. A short walk around the block helps or catnap can do wonders to refresh you. If you can't physically get away, you can literally take a "breather".

Don't be hesitant to ask for help. Being a caregiver is an extremely demanding task. Rather than becoming overwhelmed and ineffective, ask someone to share the load before it becomes unbearable. It may be as simple as having a friend pick something up for you at the grocery store.

Also, nurture yourself. Meet a friend for coffee, or just take time to do something for you.

Community Centers
for
Summer Programs

Tony Aquirre	Marlborough
Brush Creek	Roanoke
Garrison	Southeast
Gregg	Hillcrest
Kansas City North	Line Creek

Check your local listings

FAMILY FRIENDS
CARING,
COMPASSIONATE,
& COMMITED

Our support groups are communities where caring hearts and friendly smiles awaits you.

At the groups, you will find comfort and support that you deserve.

**Our Mobilizers are there for you.
Please call the Family Friends office at
816-234-3676 if you need support raising
your grandchildren.
for more information.**



You're cordially invited to attend!

NEW BEGINNINGS

For many people, spring is seen as a time of new beginnings. It seems that the trees and flowers are all coming back to life. We enjoy the feel of the sun shining on our faces. The rain even seems to wash away the dullness of winter. So why not use this time of new beginnings to try something new and take a risk or two. Some people have long lists of things they want to accomplish, and some people live day to day doing the same things over and over again. The balance is probably somewhere in the middle. The problem with change is that it requires us to make adjustments. In Chinese the character for change has two meanings. One is “threat” and the other is “opportunity”. To manage change, it helps to do some planning. The best way to plan is to set goals. One way of looking at life is as a series of choices we make everyday. The bigger the choice the more it will affect our life. Acting on the choices we make often means giving up old patterns of behavior and adopting new behavior. To be affective, goals should be specific, achievable, and within your control. Goals should be observable and something you really want to do. An example is maybe the doctor has given you a list of practices that will make you healthier. Until you decide you want to follow that advice, there’s slim chance it will happen, So, instead of just sitting back and watching it all, make this spring a time to setting goals, making changes, and trying new things——a time of new beginnings .

By Carol Reoder-Esser

SIMPLE ADVICE FOR SENIORS

People who have lived long enough to be senior citizens usually have had experiences from which to give advice that might help others. A group of older adults at a recent meeting near Manhattan, came up with several suggestions for advice:

Here they are:

***Don’t save everything! *Find something to laugh about seven times a day. * If you consider yourself spiritual, start you day in prayer. * Look for good deeds to do; you can always find something. * Accept help from your adult children in keeping things organized, to make it easier for everyone involved in your life. * If you want your grandchildren to have something, give it to them now. * When you are in a large crowd, carry your billfold in your front pocket and not I you hip pocket. * Write the names and dates on the backs of snapshots. * Try to express your concern and love to all each day. * Try to weed out the clutter so your grandchild don’t have to do so much later.* Tell your spouse and other family members and friends how much you care about them, before it’s too late. * If you don’t have the money to pay for it, you don’t need it. *If you don’t have the money to pay for it, don’t buy it.**

Healthy Recipes

Cool and Refreshing Fruit Dip

1 package (3.4 oz) instant vanilla pudding

1 carton (8 oz) nonfat or low-fat fruit yogurt

1 cup low-fat milk

Fresh Fruit (bananas, apples, grapes, pears, pineapple, kiwi, strawberries or nectarines)

Using a wire whisk, mix together pudding mix, fruit yogurt and milk until smooth. Spoon the mix into dish and chill in refrigerator. Makes 2 cups.

Wash fruit and cut into bite size pieces. Arrange fruit around bowl and serve.

Layered Salad

In a glass bowl or 3X9" pan layer.

Washed and torn lettuce

Washed and torn spinach

Frozen green peas

Washed and cut-up cauliflower

Drained, sliced water chestnuts, optional

Chopped green onion

Crisp, crumbled bacon

Shredded cheese

Sprinkle one package of dry Italian Dressing over top.

Frost with mayonnaise.

Decorate with hard cooked eggs if desired. Refrigerate

2-24 hrs.

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

JUNE 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
June 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
June 26th
Contact Lynn Vanderweel (816) 415-4144

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
June 5th & 19th
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
June 12 & 26th
Contact: Debra Watson (816) 358-4142

The VIEW
13500 Byars Road, Grandview, MO
1st & 3rd Monday of each month
June 2nd & 16th
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
June 7th
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
May 11th & 25th
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
June 5th & 19th
6:00 pm -7:30 pm
Contact: Rita Walker (913) 299-4304



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

Family Advocate

Beatrice Mack
Grandparent Mobilizer

Mary Campbell
Grandparent Mobilizer

Grandparent Mobilizer

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