



KINSHIP TIMES

March, 2007

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



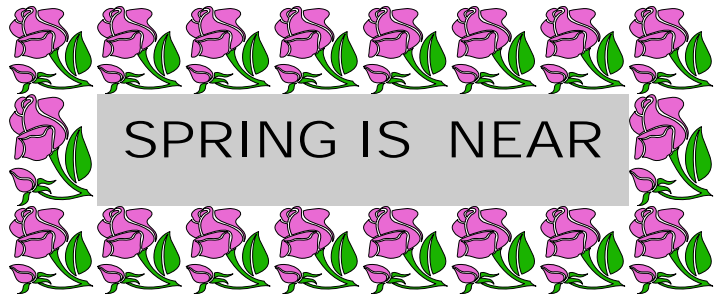
FAMILY FRIENDS CLOTHES CLOSET IS NOW OPEN!

YOU ARE WELCOME TO COME BY AND
SELECT FREE CLOTHING ITEMS FOR
YOU OR YOUR GRANDCHILD.
Call 816-234-3676 to make an appointment.



FREE TAX PREPARATION SPONSORED BY AARP

- Grandview City Hall
- Mid Cont Library Colbern Rd
- Mid Cont Library Oldham Rd
- Heritage House
- Kansas City Public Library
- Old Oak Tree Apartments
- Pleasant Heights Manor
- Richmond Housing Authority
- Southview Manor
- Mid Cont Library Raytown
- Chamber of Commerce
- Foxwood Springs
- Peculiar Lions
- Mid cont Library Red Bridge
- Waldo Branch Library
- John Knox Village
- Buckner Senior Center
- Fairmont Community Center
- Mid Continent City Library
- Palmer Center
- Robert J. Mohart Center
- Southeast Public Library
- Harrisonville Library
- Mid Cont Library Oak Grove
- Trails Regional Library
- Vesper Hall
- Plaza Apartments
- Salvation Army Midtown KC



SPRING IS NEAR

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 constant reinforcement.

News and Notes

**LEARN
FROM
YESTERDAY,

LIVE FOR
TODAY,

HOPE FOR
TOMORROW.**

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!**

Reminders!

**Daylight Saving Time Begins—March 11th
St. Patrick's Day—March 17th
First Day of Spring—March 21st**

Breakfast Tips

A recent study on the effects of eating breakfast or skipping it was performed on elementary school children. Across the board, **breakfast eaters performed better than those children who had skipped breakfast.** Children should avoid heavily sweetened cereals. Why? Sugary cereals have a high glycemic index. The glycemic index is a measure of how quickly the carbohydrates in the food are absorbed into the body and converted to fuel. Sugar in cereal gets into the body quickly and cause a peak in blood glucose. But then the blood levels fall dramatically after two hours or so.

So here is a salute to good ole Breakfast!

- Whole-wheat or whole grain toast or English muffins, or whole-grain waffles topped with honey or peanut butter
- Whole-wheat tortilla or pita picket with scrambled egg with or without salsa
- Whole-grain toast with melted low-fat cheese and tomato
 - Whole-grain cereals, hot or cold, with low fat milk or yogurt
 - Top cereals with choice of granola, fresh or dried fruit, add low fat milk or yogurt and voila!

Where can You find out more about safety for children on the Internet?

Here are some good sources of additional information on Internet safety for children:

National Center for Missing and Exploited Children (NCMEC): <http://www.missingkids.com>

Safe Kids.com: <http://www.safekids.com>

GetNetWise: <http://www.getnetwise.org>

Substitute power drinks for soft drinks

A 44 oz soft drink has about 450 calories and 3/4 cup of sugar with no nutritional value. Skip the liquid candy and enjoy the **power of milk** (with protein, calcium and vitamins) or **orange juice** (with vitamin C and folic acid) instead. Or save money and enjoy refreshing, calorie-free water.



Family Is Important

**ALWAYS
REMEMBER
TO
INSPIRE
BY
EXAMPLE!**



JOKE FOR THE DAY!

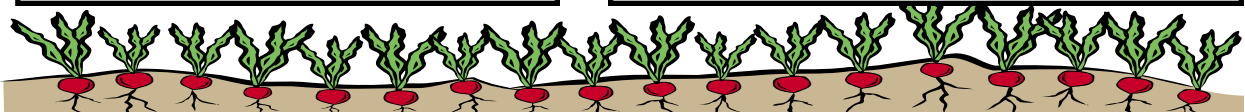
QUOTE FOR THE DAY!

Be Careful What you Wish For!

A man and his wife, now in their 60's were celebrating their 40th wedding anniversary. A good fairy came to them and said because they had been such a devoted couple she would grant each of them a very special wish. The wife wished for a trip around the world with her husband. Whoosh!..... Immediately she had airline/cruise tickets in her hands. The man wished for a female companion 30 years younger. Whoosh.....immediately he turned ninety!

“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.





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 2007 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.



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 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.

MARCH, 2007
FAMILY FRIENDS SUPPORT GROUP SCHEDULE

**PLEASE COME,
YOUR PARTICIPATION IS
IMPORTANT TO US!**

St. James United Methodist Church
5540 Wayne, KCMO
1st & 3rd Tuesday of each month
1:00-2:30 pm
March 6th & 20th
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
March 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
March 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
March 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
March 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 March 1st & 15th
Contact: Rita Walker (913) 299-4304

**You're cordially invited to attend
the support group meetings!**



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

Estelle Williams
Family Advocate

Beatrice Mack
Grandparent Mobilizer

Mary Campbell
Grandparent Mobilizer

Leann Hochstetler
Grandparent Mobilizer

Rita Walker
Grandparent Mobilizer

Debra Watson
Grandparent Mobilizer

Maria Leathers
Administrative Assistant
(816) 234-3676