



KINSHIP TIMES

MARCH 2008

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

New Support Group Location

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

See page 7

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

ATTENTION ALL GRANDPARENTS

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

Grand Parenting

Parenting again is a tremendous responsibility for those of us who have 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. Keep in mind that there is no perfect parent/grandparent.

Are you wanting to save
for your grandchild's college?

Join millions of families who are
saving money for college everyday.

A fast way to learn more about MOST-
Missouri College Saving's Plan
is to call
1-800-686-3585 or visit the world wide
web at
www.missouricollegesavings.com

News and Notes

Reminders!

Daylight Saving Time Begins—March 9th
St. Patrick's Day—March 17th
First Day of Spring—March 20th
Easter Sunday—March 23rd

**“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 Friends Program has a New Web Site

**You may obtain our web on line through the
Children's Mercy Hospitals & Clinics Web Page**

**Go To childrensmercy.org
Type in department name:
“Family Friends”
Click on link.**

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 old 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 tomatoes

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!

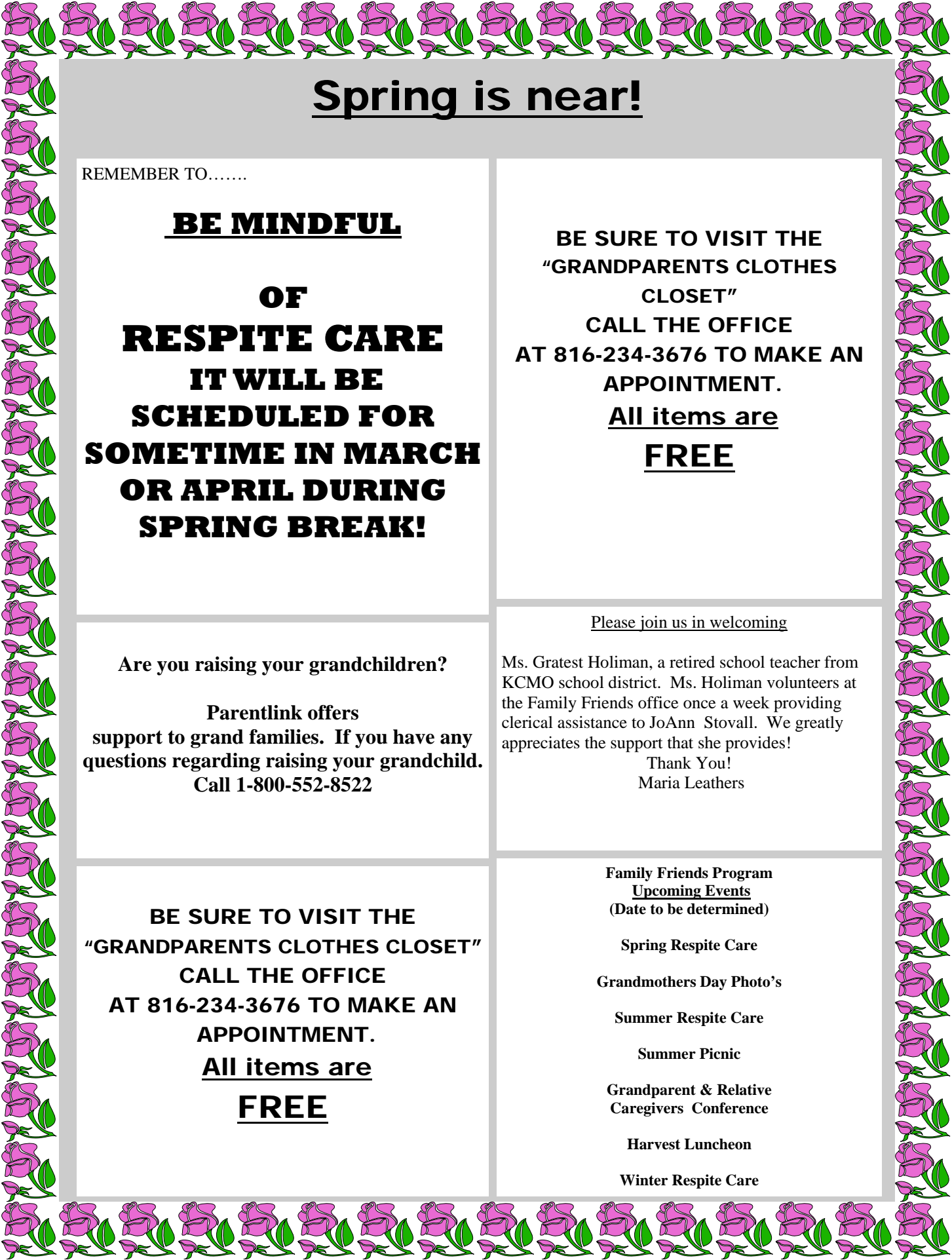
Did you know?

**Don't blow on cuts or abrasions
to try to make it feel better,
because this can cause germs to
grow.**

HEALTH NEWS

- ◆ Be a role model for your grandchild-have regular check-ups, eat healthy, exercise, and do not smoke.
- ◆ Learn CPR, care for choking, and first-aid basics.
- ◆ Make sure your grandchild has regular check-ups and is up to date on his or her immunizations.
- ◆ Safety proof your home and your grandchild's environment-the best treatment for injuries is prevention.
- ◆ Provide a healthy diet and regular exercise for your grandchild. Helping your child stay healthy and strong may help minimize problems when they do occur.
- ◆ Install safety devices in your home such as smoke detectors, handrails, stairway gates, and fire extinguishers. Cover electrical outlets, as needed.
- ◆ Place medicines, cleaners, chemicals, and potential poisons out of your grandchild's reach. Install safety locks on cabinets that contain dangerous or sharp items.
- ◆ Never, Never leave a baby or young child alone—not even for a moment.
- ◆ Develop a fire escape plan and make sure each family member knows what to do in case of fire.
- ◆ Supervise your grandchild and make sure he/she takes part in age-appropriate activities.
- ◆ Wear your seat belts and make sure your grandchild uses an approved car safety seat or seat belt that has been installed properly.
- ◆ Help your grandchild to learn how to handle anger and stress in appropriate ways.
- ◆ Keep a list of emergency phone numbers handy, including your local poison center. Teach your grandchild how to call the local EMS system in an emergency.
- ◆ Learn about your grandchild's school, friends, and environment. Be on the look –out for unsafe behaviors and be ready to intervene if they occur.
- ◆ Keep a first-aid handy at home and in the car.

Source: www.waukeshamemorial.org



Spring is near!

REMEMBER TO.....

BE MINDFUL

OF

RESPITE CARE

IT WILL BE

SCHEDULED FOR

SOMETIME IN MARCH

OR APRIL DURING

SPRING BREAK!

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

Are you raising your grandchildren?

Parentlink offers
support to grand families. If you have any
questions regarding raising your grandchild.
Call 1-800-552-8522

Please join us in welcoming

Ms. Gratest Holiman, a retired school teacher from KCMO school district. Ms. Holiman volunteers at the Family Friends office once a week providing clerical assistance to JoAnn Stovall. We greatly appreciate the support that she provides!

Thank You!
Maria Leathers

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Family Friends Program
Upcoming Events
(Date to be determined)

Spring Respite Care

Grandmothers Day Photo's

Summer Respite Care

Summer Picnic

Grandparent & Relative
Caregivers Conference

Harvest Luncheon

Winter Respite Care

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 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 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
March 4th & 18th
1:00-2:30 pm
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 13th & 27th
Contact: Debra Watson (816) 358-4142

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
March 10th & 24th
11:00 - 12:30 pm
Contact: Debi Lee (816) 726-6532

Wyandotte County
6813 Garfield Dr., Kansas City, KS
1st & 3rd Thursday of each month
March 6th & 20th
6:00 pm -7:30 pm
Contact: Rita Walker (913) 299-4304

The VIEW
13500 Byars Road, Grandview, MO
1st & 3rd Monday of each month
March 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
March 8th
12:30-2:00 pm
Contact Debi Lee (816-)726-6532

North Cross United Methodist Church
1321 NE Vivion Road
North Kansas City, MO
2nd & 4th Wednesday of each month
March 9th & 23rd
11:00 am-12:30 pm
Contact: Reta Lynn Vanderweel (816)415-

Your comments are welcomed.
Please contact Maria Leathers at
816-234-3676, if you wish to place an
ad in the monthly newsletter!



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
Grandparent Mobilizer

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