



KINSHIP TIMES

MAY 2008

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

MARK YOUR CALENDER!

THE FAMILY FRIENDS PROGRAM
WILL HOST ITS
11TH ANNUAL
GRANDPARENTS
AND
RELATIVE CAREGIVERS
CONFERENCE
ON
FRIDAY, SEPTEMBER 26, 2006

Mother's Day Photo's

There will be free photographing on Saturday, May 17th from 10:00a-2:00p. I know it takes a lot to get all the grandchildren together, but it will be well worth it. This will be something your grandchildren will always remember and can share with their children and grandchildren. Please call the office to sign up for your free photo's (816)234-3676.

HEALTHY MINDS Leads to good mental health!



"HEART TRUTH"

Swope Health Services would like to invite you to participate in our "Heart Truth" event to take place in May 29, 2008.

We will have many heart healthy activities through out the week, including a "Heart Truth" dinner.

The goal is to increase awareness of risk factors that can lead to heart disease.

Please join us in our efforts to touch the lives of people through health, wellness and empowerment.

Contact: Jaelean A. Wofford
Swope Health Services
816-922-7645 X 4065

People with good mental health tend to have certain characteristics. Examples are:

- The ability to care for themselves
- The ability to have caring and empathic feelings for others
- The ability to deal with life stressors and bounce back from them
- The ability to enjoy life, have fun and laugh
- A sense of self-confidence and self-esteem
- A sense of contentment
- A support network of friends and family

Do you have these characteristics?

Be sure to visit the Family Friends
grandparent
& relative caregivers support group
nearest you.



TO ALL GRANDPARENTS AND RELATIVE CAREGIVERS

CONGRATULATIONS

TO ALL OF OUR
GRANDPARENTS WITH GRANDCHILDREN
WHO ARE GRADUATING FROM HIGH
SCHOOL THIS YEAR!

**BE SURE TO CHECK
WWW.COLLEGBOARD.COM
FOR COLLEGE INFORMATION.**

Are Your Kids Ready for the Summer?

Grandparents should be enthusiastic about their child's summer experience. For many kids, a highlight of the summer is going to camp, swimming, hiking, horseback riding, playing sports and making new friends. Summer events and activities usually provides some of the best and strongest memories of our childhood. Being that the end of school is near, now is the time to search for summer activities. Here are a few suggested locations for the summer activities or events:

YMCA of KC, Jackson County Parks and Recreation, Brush Creek Comm. Center, Gregg Comm. Center, Hillcrest Comm. Center, Westport Roanoke Comm. Center, Burr Oaks Woods Camp, St. Paul Episcopal Summer Camp, Camp Shawnee, & Noah's Ark. Contact Carol Greene at 784-4000 for additional phone numbers for Missouri & Kansas.

WHAT ARE HEALTHY RELATIONSHIPS?

Healthy relationships are by no means perfect. In fact, it would be better to say "healthier" relationships. In "healthier" relationships, there is less manipulation and less coercion, or hopefully an absence of it altogether. In "healthier" relationships people strive for the following qualities:

- Taking responsibility for themselves and their own feelings
- Respecting each other's boundaries
- Embracing each other's differences
- Listening to each other feelings without judgment
- Discussing each other's option and agreeing to disagree when necessary
- Learning to compromise
- Resolving conflicts in mutually agreed upon ways
- Sharing goals and dreams
- Helping each other work toward goals and dreams
- Doing things together and independently
- Trusting each other
- Supporting and encouraging each other

Volunteers needed to help out with the clothes closet. If you are interested, please call the office at 816-234-3676



APRIL SHOWERS



BRING MAY FLOWERS

Bicycling Tips for the Summer



Here are some rules for safe biking:

- ◆ Check the wheels and brakes before riding.
- ◆ Restrict where the child rides (such as paths and driveways) until they show how well they can ride and observe basic rules of the road.
- ◆ Riding out into traffic from a driveway, sidewalk or other area is the same as crossing the street. Look left, right and left again to make sure it is safe to cross.
- ◆ Ride a bike on the right side of the road, with the flow of traffic.
- ◆ A child **MUST** obey all stop signs and red lights. Children should walk their bikes through busy intersections.
- ◆ Do not ride in the wrong direction down one way street.
- ◆ Use proper hand signals to indicate turns.
- ◆ **Wear a helmet EVERY time you ride your bike, roller skate, roller blade or skateboard.**
- ◆ Consider having your child attend a bicycle safety course.

It's official: Stress makes you old.

What happens is that constant stress causes the telomeres, (tiny caps on cells chromosomes that govern cell regenerations) to get smaller.

Listed below are several stress-reducing secrets:

Playing Games— Games like bridge zaps stress. This falls under the study of mental “flow” The state of mind in which people are so fully focused on what they are doing that times seems to stand still .

Having a sense of humor—Keep laughing. People who appreciate humor are less stressed and anxious. Those who tell jokes have an added advantage too and tend to be more secure and confident in their interactions, less lonely and more likely to see the stress in their lives as lower than that of people who aren't able to joke.

Being optimistic—Learn to accept things as they happen and make them better if you can.

Having close friends—Women are more likely to “tend and befriend”. Though loneliness has been linked to making all people more susceptible to stress, depression, loss of cognitive ability and other ills, friendships seem especially protective for women. It is good to rely on long chats with one another. Friendships not only help fight stress but may partially explain why women tend to outlive men.

Praying — Spirituality which covers not only faith and prayer, but also the close-knit support of religious communities, significantly lowers stress and improves the chance of recovering from serious illness.

Exercise—while everyone knows that exercise promotes a healthy heart, it also helps moderate stress in the brain, hormonal system and the immune system. Find an exercise program that fits you and try to exercise every other day.

THE JOURNEY

By Ralph Marston

You arrive at the airline ticket counter with your bags packed and ready. You pull out a billfold full of cash, and say to the ticket agent, "I'd like a ticket, please."

"Certainly," says the agent. "Where would you like to go?"

"Someplace nice. Where I can have a good job, make plenty of money, drive a new car, live in a big house, and have a lot for friends," you answer.

"And exactly where would that be?" asks the agent.

"I'm not sure just yet," you reply. "But once I get going, I should have a better idea."

"I'm sorry," says the agent. "You obviously have enough money for a ticket to anywhere you wish to travel.

However, in order to issue a ticket, I'll need to know exactly where you intend to go. If you don't know that, I'll have to ask you to step aside. Next, please."

The person behind you. steps up. to the counter.

"I'd like a ticket to Paris," he announces.

"Certainly," says the agent. "And how will you be paying for this?"

"I'm not sure just yet," he answers.

"But once I get going I should be able to think of a way."

"I'm sorry," replies the agent. "But I cannot issue a ticket without your payment.

Next, please."

A successful journey has two essential requirements: a clear destination, and the means to get there. Your goals and dreams are the destination of your life journey. Your discipline and effort are the means of travel. Without one, the other is wasted. With both, you can go wherever you want to be.

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FAMILY FRIENDS NEWS & NOTES

How to Build a Community

- Know your neighbors
- Greet people
- Plant flowers
- Use your library
- Play together
- Buy from local merchants
- Share what you have
- Help a lost dog
- Take children to the park
- Garden together
- Support neighborhood schools
- Have potlucks
- Honor elders
- Pick up litter
- Read stories aloud
- Organize a block party
- Ask for help when you need it
- Open your shades
- Sing together
- Share your skills
- Listen before you react to anger
- Mediate a conflict
- Seek to understand
- Learn from new and uncomfortable angles
- Know that no one is silent, thought many are not heard
- Work to make a change

Planning a “Nutrient-Rich” Garden

Spring has a way of flexing our weather. Snow, sleet, and sunshine-enough to give anyone spring fever. Summer is really what we need to get started. A garden can be large, small, or simply in containers. There are varieties which are specifically for containers. I’m also interested in the “baby” varieties of vegetables. While they are a novelty, they produce an amount which satisfies the soul of growing and reaping. Most people are not too interested in a large garden, but I do like the freshness and variety of vegetables during the summer. When planning and planting your garden, plant seeds which will produce vegetables which will be rich in nutrients. Since garden seed packets aren’t labeled with nutrient labeling, I’ll share some information from the vegetables planning calendar which provides that nutrient.

Vitamins A & C: Spinach, cantaloupe and broccoli along with many greens like turnip, kale, collards and mustard.

Vitamin A: Carrots, sweet potatoes and winter squash.

Vitamin C: Tomatoes, peppers, cabbage, cauliflower and kohlrabi.

Fiber: Fresh vegetables and fruits are excellent source of fiber.

And while some vegetables don’t measure up on the nutrients, they do when it comes to fiber. In addition to planting for nutrients, we need to plant for the “end use”. If you intend to freeze the extra produce, select varieties that have good freezing qualities. The same for canning and pickling. Many often wonder when is it safe to plant tomatoes. The usually unsafe date to plant tomatoes is May 15 to 30. By usually safe, it all depends on the weather!

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

MAY 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
May 6th & 20th
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
May 22nd
Contact Lynn Vanderweel (816) 415-4144

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
May 1st & 15th
11:00 - 12:30 pm
Contact: Debi Lee (816) 726-6532

Christian Fellowship Baptist Church
4509 Troost Avenue, KCMO
2nd & 4th Thursday of each month
11:00-12:30 pm
May 8th & 22nd
Contact: Debra Watson (816) 358-4142

The VIEW
13500 Byars Road, Grandview, MO
1st & 3rd Monday of each month
May 5th & 19th
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
May 10th
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
May 14th & 28th
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
May 1st & 15th
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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Kansas City, MO
64108

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