



KINSHIP TIMES

NOVEMBER, 2008

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



HAPPY HARVEST

**WHAT WE
ARE MOST
THANKFUL
FOR**

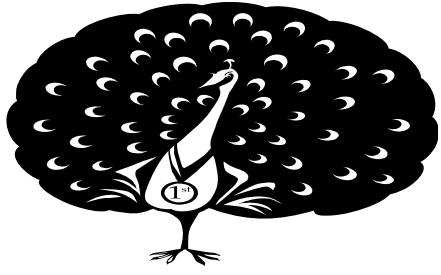


Grandparents raise their grandchildren for a variety of reasons, including death, mental or physical illness, divorce, incarceration or substance abuse. There are many challenges of raising a grandchild and it can be staggering. If you are having trouble:

- Dealing with stress and staying healthy
- Finding money to care for your grandchild
- Gaining and maintaining legal guardianship or custody
- Coping with physical and mental health problems of your grandchildren
- Finding the energy to keep up with young children
- Figuring out how to raise a grandchild and still "have a life"
- Grieving about the loss of their "traditional" grandparent role

We invite you to come out to and participate in the weekly support group meetings to find out more information and tips to help you raise your grandchild. See page 7 for meeting locations.

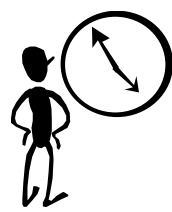
Health and strength, our Church family, kids and grandkids, for the trees that blow in the wind, the trials god brings us through, to see a new day, for food on the table, a stable mind, for the beautiful flowers, for friends and relatives, and most of all for Grandparents.



Reminder!

**Daylight Saving Time Ends
November 2, 2008**

**Move clocks 1 hour
backward!**



The Joys of Grand parenting

What is so great about grand parenting?

- Grandparents enjoy seeing the cycle of life continue. They are thrilled to see physical and personality traits in their grandchildren that they've seen in themselves, their children and their own parents or siblings.
- Grandparents have time. They like being able to spend more quality time with their grandchildren than they sometimes had when raising their own children.
- Most grandparents don't have to be parents. They enjoy the pure pleasure that comes from loving a grandchild without having to be responsible for that child's behavior, education or financial needs. Of course, many grandparents still provide financial assistance to their grandchildren, but we do it because we want to or in response to a family emergency. That is what makes grandparents so special and that is what makes all the difference.

NOTES, JOKES AND FACTS

ONLY IN AMERICA..... HUMOROUS FACTS

Only in America, ...do drugstores make the sick walk all the way to the back of the stores to get their prescription while healthy people can buy cigarettes at the front.

Only in America , ...do people order double cheeseburgers, large fries, and a diet coke.

Only in America, ...do banks leave both doors open and then chain the pens to the counters.

Only in America,... do we use the word “politic” to describe the process so well: “POLI” in Latin meaning “MANY” and “tics” meaning “bloodsucking creatures”.

EVER WONDER.....

Why the sun lightens our hair, but darkens our skin?

Why is it that doctors call what they do “practice”?

Why is the man who invests all your money called broker?

Why isn't there mouse-flavored cat food?

Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is Congress the opposite of progress?

If flying is so safe, why do they call the airport the terminal.

**“THE OBJECT OF EDUCATION
IS TO
PREPARE THE YOUNG
TO EDUCATE
THEMSELVES THROUGHOUT
THEIR LIVES”.**

**Quote for the week
“Age is a mater of feeling,
not of years”**

Biblical Humor

- Q. What kind of motor vehicles are in the Bibles?
A. Jehovah drove Adam and Eve out of the Garden in a Fury. Also, probably a Honda, because the apostles were all on one Accord.
- Q. What do they call pastors in Germany?
A. German Shepherds.
- Q. What kind of man was Boaz before he married Ruth?
A. Ruthless.
- Q. Who was the greatest comedian in the Bible?
A. Samson. He brought the house down.
- Q. What excuse did Adam give to his children as to why he no longer lived in Eden?
A. Your mother ate us out of house and home.
- Q. Which area of Palestine was especially wealthy?
A. The area around Jordan, The banks were always overflowing .

BOWE'S BUNCH

WHAT'S HAPPENING



Dwayne Bowe, WR of the Kansas City Chiefs sponsored 13 children to the game on Sunday, October 19th. The children (**BOWES BUNCH**) will received KC Chief t-shirts to wear to the game.

Also, Dwayne took 22 children on a Party Bus Ride and bowling at Lucky Strike downtown in the KCPL District on Tuesday, October 28th.

The grandparents of Family Friends greatly appreciates all of the time Dwayne has spent the children and greatly appreciates his contributions.

Thank You Dwayne!



**THE OFFICE WILL BE CLOSED IN OBSERVANCE OF
THANKSGIVING ON NOVEMBER 27TH & 28TH**

Preparing the Turkey

Quick Thaw: Leave in original wrapper. Put in cold water in a deep sink or large pan. Change water often. A 4 to 6 lb turkey thaws in 4-7 hours. A 16-20 lb turkey thaws in 7-12 hours.

Roast Young Turkey (Un-stuffed)

Weight	Time@ 325 degrees F.
6-8 lbs	3-4 hrs
8-12 lbs	3 1/2-4 1/2 hrs
12-16 lbs	4 1/2-5 1/2 hrs
16-20 lbs	5 1/2-6 1/2 hrs

Wash inside and out with cold water; drain and dry. Turn the wing tips so that they cross the back and hold down the skin of the neck. Tuck legs under band of skin at tail. Place breast side up on rack in a shallow pan. Place in a preheated 325 degree F oven. Do not cover pan or add water. If poultry starts to brown too soon cover brown areas loosely with aluminum foil. Loosen legs when about half done to permit brown meat to cook better. Poultry is done when drumstick feels soft and moves up and down easily. Thermometer inserted in the center should read 180-185 degrees. Place on platter and wait 15 minutes or more before carving.

BEAUTIFUL ADVICE

Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice. Remember to:

1. Pray
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say No to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others
6. Simplify and un-clutter your life.
7. Less is more.
8. Allow extra time to do things and to get to places
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can do anything about a situation, forget it.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the yard, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the kid in you everyday
16. Carry a bible with you to read while waiting in line
17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write down thoughts and inspirations and share with others.
22. Everyday, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Laugh.
27. Laugh some more!
28. Take your work seriously.
29. Develop a forgiving attitude (most people are doing the best they can).
30. Remember the shortest bridge between despair and hope is often a good "Thank you".
31. Be kind to unkind people (thy probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
34. Slow down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.

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 or-

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



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.

NOVEMBER 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
November 5th & 18th
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
November 27th
Contact Lynn Vanderweel (816) 415-4144

Habitat for Humanity
1423 East Linwood, KCMO
1st Thursday of each month
November 6th
11:00 am - 12:30 pm
Contact: Carolyn McGlothen (816)778-5350

Christian Fellowship Baptist Church
4509 Troost Avenue, KCMO
2nd & 4th Thursday of each month
11:00-12:30 pm
November 13th & 27th
Contact: Doris Brown (816) 304-8702

The VIEW
13500 Byars Road, Grandview, MO
1st & 3rd Wednesday of each month
November 5th & 19th
11:00 am - 12:30 pm
Contact : Doris Brown (816) 304-8702

Waldo Library—Meeting Room B
201 W. 75th Street
Kansas City, MO
2nd Saturday of each month
November 15th
12:30 -2:00 pm
Contact: Carolyn McGlothen (816) 778-5350

North Cross United Methodist Church
1321 NE Vivion Road
North Kansas City, MO
2nd & 4th Wednesday of each month
November 12 & 26th
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
November 6th & 20th
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

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Family Friends
Coordinator

Doris Brown

Grandparent Mobilize

Mary Campbell

Grandparent Mobilizer

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Grandparent Mobilizer

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