



# KINSHIP TIMES

## OCTOBER 2008

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



### FAMILY FRIENDS ELEVENTH ANNUAL GRANDPARENTS & RELATIVE CAREGIVERS CONFERENCE HIGHLIGHTS



On Friday, September 26th, Family Friends hosted an 11th Annual Grandparent and Relative Caregivers Conference at the Marriott Muehlebach. There were approximately 100 attendees.

We were honored to have Dorothy Williams, grandmother of Dwayne Bowe, WR of the KC Chiefs as our keynote speaker.

Thank you to all who participated. Below are clips from the conference.





**ATTENTION: THE PALESTINE GRANDPARENT SUPPORT GROUP HAS A NEW MEETING LOCATION**  
**WHEN: SATURDAY, OCTOBER 11TH AND THURSDAY, OCTOBER 2ND & 16TH**  
**WHERE: THE WALDO LIBRARY 201 EAST 75TH STREET, KANSAS CITY, MISSOURI**  
**HABITAT FOR HUMANITY, 1423 EAST LINWOOD, KANSAS CITY, MISSOURI**

**When to seek medical help.**

Any time you are not comfortable with a medical situation call your family physician or go to your nearest emergency room or call 911

**The following list is not inclusive but provides examples of medical situations and conditions that warrant immediate medical attention.**

- Chest or abdominal pain or pressure
- Difficulty breathing; shortness of breath
- Puncture wound
- Spinal cord, head, or brain injury
- Major burn
- Poisoning( including food, chemical, lead or gas)
- Bleeding that does not stop after applying pressure
- Problems with movement or sensation following an injury or fall
- Animal, snake, insect, or human bite
- Broken bone
- Severe pain in any part of the body
- Severe allergic reaction
- Sever or persistent vomiting
- Sudden dizziness, weakness, or change in vision
- Suicidal or homicidal feelings
- Hallucinations and clouding of thoughts
- A stiff neck in association with fever or headache
- Unequal pupil size, loss of consciousness, blindness, staggering, or repeated vomiting after a head injury
- Drug overdose

**Staying Healthy**

Remember to eat a balanced diet from all five food groups. Meat, milk, grains, vegetables and fruit. A well-balanced diet will help a lot in keeping the flu and cold bugs away.

**ARE YOU INTERESTED IN HAVING YOUR CHILD’S HEALTH AND THE HEALTH OF YOUR HOME CHECKED FOR FREE?**

**THE KANSAS CITY SAFE & HEALTHY HOME PARTNERSHIP PRESENTS THE HEALTHY HOME PROGRAM**

- DO YOU LIVE IN KANSAS CITY METRO AREA?
- DO YOU HAVE A CHILD WITH ASTHMA, ALLERGIES, SINUS PROBLEMS, A CONSTANT COUGH, HEADACHES, OR OTHER CONSTANT HEALTH PROBLEMS?
- IS YOUR CHILD BETWEEN 2 AND 17 YEARS OF AGE?
- DOES YOUR CHILD STAY AT YOUR HOME AT LEAST 4 NIGHTS PER WEEK?
- DO YOU OWN YOUR HOME, OR HAVE YOU LIVED IN THE SAME RENTAL UNIT THE LAST 6 MONTHS AND PLAN TO LIVE THERE THE NEXT 12?
- DOES YOUR FAMILY MAKE LESS THN 80% OF THE KC METROMEDIAN FAMILY INCOME (MFI)?

**CALL THE HEALTHY HOME PROGRAM AT 816-235-6331 AND GET ENROLLED TODAY!**

# TIPS FOR GRANDPARENTS

## **Ages and Stages Understanding Children's Development**

Children don't come with instruction manuals and each child is a unique individual. However, grandparents with a basic understanding of the way children develop can be more confident in their role. It is important as grandparents that we:

- Become familiar with the stages of physical, cognitive and social development of children.
- Learn when children can be expected to be able to complete certain developmental tasks.
- Evaluate their expectations in terms of the child's developmental level.
- Discuss ways to learn more about their grandchildren and to understand them.

- Write a short notes to each other (a simple hello, praise for job well done, good luck for an event). Example: Tuck notes under the person's pillow, backpack, lunch bag or gym bag.
- Learn to take on new roles unexpectedly. Example: Trade task with each other. The next day talk about it with each other and how it felt.
- Choose a good time for discussions: at the dinner table, in the car, in the evening while relaxing. Eliminate distractions.
- Plant vegetables or flowers with your grandchildren.
- Strengthening ties with neighbors by finding ways to be helpful. Example: Shop for someone who is ill.

## **MIRACLE BALLS (A RECIPE FOR ELIMINTING ROACHES)**

1 POUND BORIC ACID  
1 1/2 CUP FLOUR  
1 SMALL ONION (OPTIONAL)  
1/4 CUP SUGAR  
1/2 CUP SHORTENING  
SMALL AMOUNTS OF WATER

MIX TOGETHER AND ADD SMALL AMOUNTS OF WATER UNTIL MIXTURE FORMS A BALL. ROLL INTO BALLS AND PLACE AROUND THE HOUSE IN THE AREAS THAT ARE NOT IN PLAIN VIEW BECAUSE YOU WILL WANT TO LEAVE THESE DOWN UNTIL TIME FOR A FRESH BATCH.(POSSIBLY A YEAR LATER).

ROACHES WILL TRAVEL IN YOUR WALLS. PLACE ACID BALLS UNDER THE KITCHEN AND BATHROOM SINKS WHERE THE PIPES ARE INSERTED IN THE WALLS. A COUPLE OF BALLS IN EACH ROOM AND CLOSET WILL SUFFICE.

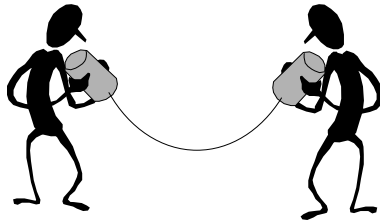
GOOD LUCK; HOWEVER, NO LUCK IS NEEDED, JUST BORIC ACID BALLS.

## **Staying Healthy**

**Remember to eat a balanced diet from all five food groups.**

**Meat, milk, grains, vegetables and fruit. A well-balanced diet will help a lot in keeping the flu and cold bugs away.**

## How can I get my grandchild to talk to me?



The most important thing you can do to encourage open communication is **to be available** for your child to talk to you. Children often want to talk at times that are inconvenient for adults, e.g. when you are reading the paper or trying to cook dinner, or when the phone is ringing. Stop what you are doing, when possible, and give your child your full attention will let your child know that you value what he/she has to say. Overtime, your child should communicate more openly.

### Kitchen Assistance

#### Classic Banana Bread

We love this moist texture and simple flavor Banana bread should form a crack down center as it bakes—a sign the baking soda is doing its job.

2 cups all purpose flour,  
3/4 teaspoon baking soda,  
1/2 teaspoon salt,  
1 cup of sugar,  
1/4 cup butter, softened,  
2 large eggs,  
1 1/2 cups mashed ripe banana (about 3 bananas),  
1/3 cup plain low-fat yogurt,  
1 teaspoon vanilla extract,  
and cooking spray.

Preheat oven to 350 F.

Lightly spoon flour into dry measuring cups; level with a knife. Combine the flour, baking soda, salt, stirring with a whisk.

Place sugar and butter in a large bowl, and beat with a mixer at medium speed until well blended (about 1 minute). Add the eggs, 1 at a time, beating well after each addition. Add banana, yogurt, and vanilla; beat until blended. Add flour mixture; beat at low speed just until moist.

Spoon batter into an 8 1/2 X 4 1/2 inch loaf pan coated with cooking spray. Bake at 350 F. for 1 hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on a wire rack; remove from pan. Cool completely on wire rack..

Yield: 1 loaf, 14 servings

#### Chicken Broccoli and Pasta Casserole

1 1/2 macaroni (about 3 cups)  
1 1/2 broccoli florets, cooked (about 1/3 bunch)  
1 1/2 cooked cubed chicken  
1 1/2 tbsp margarine  
2 tbsp all purpose flour  
1 cup skim milk  
1/3 cup nonfat dry milk powder  
1 tsp. dry mustard  
1/8 tsp salt  
1/8 tsp pepper  
4 oz Cheddar cheese, shredded ( 1 cup)  
Preheat oven to 350 degrees F. Prepare macaroni as label directs and drain. Transfer to a large bowl. Add broccoli and chicken; mix well. In small saucepan, over low heat, melt margarine. Stir in flour until smooth. Gradually stir in milk, nonfat dry milk powder, mustard, salt and pepper. Cook, stirring constantly, until thickened and smooth. Stir in all but about 2 tablespoons of the cheese. Continue to cook over low heat, stirring just until cheese melts. Pour sauce over pasta mixture; mix well. Pour mixture into 1 1/2 quart casserole. Sprinkle with remaining into 2 tablespoons of cheese.

Bake about 25 minutes or until bubbly. Makes 6 servings, 1 cup each.



AWARDEES





## **Exercising into Old Age May Prevent Dementia-Like Illnesses**

Based on a review of studies on exercise and its effect on brain functioning in human and animal populations, researchers find that physical exercise may slow the effects of aging and help people maintain cognitive abilities well into older age.

Animals seem to benefit from exercise too and perform spatial tasks better when they are active. Furthermore, fitness training -- an increased level of exercise -may improve some mental processes even more than moderate activity, say the authors of the review, which is being presented at the 114th Annual Convention of the American Psychological Association (APA).

"There are varying opinions on the benefits of exercise and activity," said authors Arthur F. Kramer, PhD, Kirk I. Erickson, PhD and Stanley J. Colcombe, of the University of Illinois at Urbana-Champaign, "but our review of the last 40 years of research does offer evidence that physical exercise can have a positive influence on cognitive and brain functions in older animal and human subjects." Different methodologies were examined to comprehensively study what effects exercise can have.

The researchers first examined the epidemiological literature of diseases to determine whether exercise and physical activity can at certain points in a person's lifetime improve cognitive ability and decrease the likelihood of age related neurological diseases, like Alzheimer's.

The authors then reviewed longitudinal randomized trial studies to see if specific fitness training had an affect on cognition and brain function in older adults. Finally, they examined animal studies to understand the molecular and cellular mechanisms responsible for exercise effects on the brain as well as on learning and memory.

Based on a review of the epidemiological literature, the authors found a significant relationship between physical activity and later cognitive function and decreased occurrence of dementia. And the benefits may last several decades.

In a few of the studies that examined men and women over age 65, the findings showed that those who exercised for at least 15-30 minutes at a time three times a week were less likely to develop Alzheimer's disease, even if they were genetically predisposed to the disease.

By examining the human intervention studies, a relationship was also found between fitness training and improved cognition, more efficient brain function and retained brain volume in older people, said Kramer. He cautions that different fitness training regimens and aspects of mental functions need further study to solidify a causal relationship.

<http://www.caregivershome.com/news/article.cfm> 8/15/2006

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# **OCTOBER 2008**

## **FAMILY FRIENDS SUPPORT GROUP SCHEDULE**

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**You're cordially invited to attend!**

St. James United Methodist Church  
5540 Wayne, KCMO  
1st & 3rd Tuesday of each month  
October 7th & 21st  
1:00 pm–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  
October 23rd  
Contact Lynn Vanderweel (816) 415-4144

Habitat for Humanity  
1423 East Linwood, KCMO  
1st Thursday of each month  
October 2nd & 16th  
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  
October 9th & 23rd  
Contact: Doris Brown (816) 304-8702

The VIEW  
13500 Byars Road, Grandview, MO  
1st & 3rd Monday of each month  
October 6th & 20th  
12:00 am - 1:30 pm  
Contact : Beatrice Mack (816) 861-5718

Waldo Library—Meeting Room B  
201 W. 75th Street  
Kansas City, MO  
2nd Saturday of each month  
October 11th  
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  
October 8th & 22nd  
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  
October 2nd & 16th  
6:00 pm -7:30 pm  
Contact: Rita Walker (913) 299-4304



# Children's Mercy HOSPITAL

[www.childrensmercy.org](http://www.childrensmercy.org)

**Family Friends  
Program**  
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64108

## **Family Friends Staff**

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Grandparent Mobilize

**Mary Campbell**  
Grandparent Mobilizer

**Carolyn McGlothen**  
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