



KINSHIP TIMES

SEPTEMBER 2008

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

**YOU ARE
CORDIALLY INVITED
TO ATTEND
FAMILY FRIENDS
11th ANNUAL
CONFERENCE
ON
FRIDAY,
SEPTEMBER 26TH
AT
THE MARRIOTT
MUEHLBACH HOTEL
200 W. 12TH ST
KANSAS CITY, MO**

**WE WILL PROVIDE:
CONTINENTAL BREAKFAST
GREAT WORKSHOPS
VENDORS
DOOR PRIZES
GUEST SPEAKER
LUNCH**



**THERE IS
NO COST
FOR ATTENDEES.
CALL THE
FAMILY FRIENDS
OFFICE
AT (816) 234-3676 TO
REGISTER
FOR THE
CONFERENCE.
RSVP IS
NECESSARY.**

**A SPECIAL OFFICE VISIT FROM
DWAYNE BOWE
KANSAS CITY CHIEFS
WIDE RECEIVER**



Dwayne Bowe wide receiver of the Kansas City Chiefs will make a special appearance at our 11th Annual Grandparent & Relative Caregivers conference on Friday, September 26, 2008. DBOWE as we call him, knows first hand what it is like to be raised by a grandparent. Dorothy Williams, Dwayne's grandmother will be our keynote speaker. Dorothy who lives in Florida, travels to Kansas City to see her grandson play football with the Chiefs.

Both Dwayne and his grandmother have shared heartfelt stories of their lives; many years of worry, restless nights, whirl winds and triumphs that they have overcome.

Dwayne stated "that my grandmother is my backbone, and that she is the reason why I'm going and the reason why I won't stop". For more information on Dwayne Bowe and Family Friends go to our web site at www.childrensmercy.org/familyfriends.





Back To School Fundamentals

When it comes to the debate regarding which skill is the most important for success in school and life, educators usually agree that **reading is the key** that unlocks everything else in the classroom. Without basic literacy, a student can't learn much of anything else. What can a parent do to improve their child's reading skills? Always ask your child's teacher or school for advice. One simple thing you can do is read to your child or give them ways to read on their own. Children learn best in the morning so a good time to read would be before or after breakfast. Here are some hints to squeeze some reading into morning routines:

1. Post the school lunch list on the refrigerator and read the lunch menu with your child.
2. Cereal spelling—Buy alphabet shaped cereal and spell some words on the table for your child to read when he/she gets to the table.
3. Comic books. Read "Garfield" with your child each day.
4. Make a special place at home for reading and writing. Spend regular time with your kid in the reading space.
5. Designate an area as the "library" with a bookshelf or provide some other means of shelving books. Stock the library with books your kid will enjoy and try to find meaningful, age-appropriate books about your kid's hobbies and interest. A child's response to a book helps comprehension.

**HAVE A GOOD SCHOOL
YEAR!**

Preparing your Grandchild for Returning to School

- Focus on "FUN" by providing opportunities to build social skills
- Practice following two and three step directions with your child
- Help your child practice with their coats, zippers, washing hands properly and knowing how to tie their shoes
- Children learn through play. Encourage your child to identify colors, count and recognize shapes. Let your child help around the house by setting the table, sweeping the floor and dusting
- If your child will need before & after school care start researching your options early. There are often services offered through school, a YMCA or other community organizations.

Quote for the Day!

"The object of education is to prepare the young to educate themselves throughout their lives."

I hope these tips will help you as you endeavor to raise your grandchildren.

We must set goals and just take one day at a time.

Keep in mind that there is no perfect parent, and you can not do this alone.

RESPIRE CARE

A great success!

The Family Friends Program provided a much needed respite care for grandparents raising grandchildren. The event took place at the Linwood YMCA during the week of August 4th through August 8th. The children enjoyed so many wonderful activities such as basketball, swimming, rap sessions, music and movement and food. A big thank you goes to Rich Linden, facilitator, Emily Mader, Curtis Jackson, Malia Guillaume, and Brendan Garrison.



RESPIRE CARE CAPTIONS

Let Children Help You

Children can learn at an early age that group living is a cooperative venture and there are many ways they can help out. When you give children a chance to be useful members of the family, you are boosting their self-esteem and helping them become responsible members of society.

Remember, most children are capable of taking on more responsibility than they are given. In addition, children learn to be responsible when those who care for them set a good example, expecting them to give as well as receive and showing them how to do things for themselves.

Grandparents can Help Grandchildren in Times of Stress

- Set realistic expectations
- Provide encouragement
- Nurture and cherish and say I Love You
- Redirect your grandchild by helping him/her find acceptable ways to express negative feelings
- Take time to develop mutual respect and trust
- Listen who what your grandchild is saying
- Share stories
- Spend time
- Allow your grandchild to help you and remember to be patient.

THANKS TO WYANDOTTE/LEAVENWORTH AREA ON AGING

Grateful Family Friends members of Wyandotte County enjoyed a well deserved respite weekend sponsored by The Wyandotte/Leavenworth Area on Aging. They enjoyed The Passion Play, Thorncrown Chapel, Holy Land and Christ of the Ozark Tour. Lastly a visit to the world famous Lambert Café (home of the tossed rolls) in Sikeston, Missouri completed the tour.



VISITING EUREKA SPRINGS, MISSOURI

September, 8th is Grandparent's Day

September 8th is Grandparent's Day. Family Friends would like to acknowledge each of you and thank you for the special job you are doing! May God continue to bless each one of you!

Grandparent's Day originated in 1970 by Marian Lucille Herndon McQuade, a West Virginia housewife, who initiated a campaign to set aside a special day for Grandparents. The first Grandparents Day was proclaimed in 1973 in West Virginia by Governor Arch Moore. Also in 1973, Senator Randolph introduced a Grandparents Day resolution in the United State Senate. In 1978, five years after its West Virginia inception, the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day. The proclamation was signed by President Jimmy Carter.

More than 2.4 million grandparents are raising their grandchildren. They stepped in at a moment's notice when their families needed help, put their own plans on hold and decided to take care of their grandchildren when the parents of those children could not. Thank you to all grandmothers for all that you do!

HEALTH NEWS

Physical activity lowers health risks.

People need to think about being active everyday the same way they think everyday about brushing their teeth. We miss out on a lot of benefits that comes from physical activity, including lowering their risk of chronic diseases, reducing stress and sleeping better.

It does not take a whole lot of activity to have positive effects. It is reported that 60 percent of Missouri older adults do not get enough activity to provide health benefits. A lifestyle with no physical activity contributes to overweight and obese in children and adults.

Physical activity has been shown to lower the risk of developing health-related diseases such as coronary heart disease, stroke, high blood pressure, non-insulin diabetes and colon cancer. Physical activity also reduces stress and feelings of depression and anxiety, as well as building healthy bones, muscles and joints.

Adults should get at least 30 minutes of moderate activity-equal to a brisk walk. For children, 60 minutes of moderate to vigorous daily activity is recommended.

ANXIETY

Do not be anxious about anything but in everything, by prayer and petition, with thanksgiving, present your requests to God.

We live in a world that sometimes seems to shift beneath our feet. From time to time, all of us face adversity, discouragement, or disappointment. Throughout life, we must endure life changing personal losses that leave us breathless. When we do, God stands ready to protect us. Psalm 147 promises that "He heals the broken hearted, and binds their wounds". When we are troubled, we must call upon God and, in His own time and according to His own plan, He will heal us.

Occupational Therapy

Occupational Therapy is designed to help people regain and build skills that are important for their functioning. They test a person's strength, range of motion, endurance and dexterity to do everyday tasks that were done easily before an illness or injury happened. They can also design programs of activities and solutions that ensure the greatest possible independence. They can also help you decide whether special equipment is needed. If you need these services, contact your primary care physician for recommendations and referrals.

SEPTEMBER 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
September 2nd & 16th
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
September 25th
Contact Lynn Vanderweel (816) 415-4144

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
September 4th & 18th
11:00 - 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
September 11th & 25th
Contact: Doris Brown (816) 304-8702

The VIEW
13500 Byars Road, Grandview, MO
1st & 3rd Monday of each month
September 1st & 15th
12:00 am - 1:30 pm
Contact : Beatrice Mack (816) 861-5718

Waldo Library—Meeting Room B
201 W. 75th Street
Kansas City, MO 64132
2nd Saturday of each month
September 13th
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
September 10th & 24th
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
September 4th & 18th
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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