



KINSHIP TIMES

AUGUST, 2007

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

Mark your calendar!
The
Family Friends Program

"Tenth Annual"
Grandparent & Relative Caregivers
Conference

Theme: "Parenting-A Second Time Around"

DATE: Friday, September 14, 2007

9:00 am-3:00 pm

at

KAUFFMAN CONFERENCE CENTER

4801 ROCKHILL ROAD

KANSAS CITY, MISSOURI 64110

CONGRATULATIONS TO DELORES BUTLER! Delores submitted a title for our conference and was chosen to be the winner.

Our conference title is

"Parenting—A Second Time Around".

She will be recognized at our conference. There will be speakers that will share information regarding our health and health of our children and grandchildren. Community resources will be made available to you, food, door prizes and more.....

MARK YOU CALENDER!

FRIDAY, SEPTEMBER 14, 2007

Free

Free

Free

FAMILY FRIENDS NEWS AND NOTES

Its Back To School Time

Can you believe it is already that time of year again? The time for mad dashes to the stores for school supplies and clothes. Remember its time for children to get back into the routine of early bedtimes. Here are a few helpful tips for the school year.

Try building the best Parent-Teacher relationship:

- Make Your first interaction positive
- Don't get angry before getting the facts
- Don't go over their heads
- Remember that most teacher are Sensitive
- Finally.....Teachers welcome dialogue with parents because it gives them a better understanding of their students. Parents have the right to expect periodic updates from teachers and timely notification of academic problems. Remember, communication is the key to a good parent/teacher relationship.

Homework:

With the start of school, it may be a good idea to create a homework area in your home. A place that is quiet, well-lit, and stocked with some essential supplies like:

- paper
- pencils
- erasers
- dictionary
- pencil sharpener
- ruler
- calendar

BE WISE, BE EARLY, IMMUNIZE ON TIME

August is National Immunization Month. Please take advantage of this opportunity to get FREE IMMUNIZATIONS for your grandchildren, and beat the back to school rush. All the clinics will be held at the Health Department, 2400 Troost Avenue, Suite 1100. Phone: 816-513-6108.

Children under the age of 18 must be accompanied by a parent/legal guardian. A copy of grandchild's previous shot record along with a copy of your grandchild's social security number are needed.

Walk-In Clinic Schedule:

Monday, Tuesday, Wednesday, Friday	8:00 am to 4:00 pm
Thursdays only	8:00-2:00 pm

RESPITE CARE A great success!

The Family Friends Program provided a much needed respite care for grandparents raising grandchildren. The event took place at the 40 Acres & A Mule Activity Campus during the week of July 30 - August 3rd. The children enjoyed so many wonderful activities such as arts & crafts, basketball, swimming, board games, music and movement. Thank you to Rich Linden, Deron Lloyd, Devin Lloyd and our staff who worked diligently in providing transportation and great care of the children. Also, thank you to Margie Alcanter of Wyandotte/Leavenworth Area on Aging for providing transportation to the Kansas grandchildren.

REMINDERS!

To show your continued support, The Family Friends Staff is asking **ALL grandparents to PLEASE** wear your yellow grandparent button that you received at the conference to proudly represent the Family Friends Program.

Internet paths for active, healthy lives

National Institute on Aging,
Provides information about how older adults can benefit from being more physically active. Visit www.nia.nih.gov

National Health Information
This site includes general health information, health news, and info on a variety of federal agencies. Visit www.health.gov

Women's Health
Was created to provide free, reliable health information for women everywhere.

Center for Disease Control & Prevention
Offers information about nutrition and physical activities. Visit www.cdc.gov/nccdphp/dnpa/physical/indes.htm

Dietary Guidelines for Americans
Expert advice about how good dietary habits can promote health and reduce risk for major chronic diseases.

FAMILY FRIENDS

CARING

COMPASSIONATE

COMMITTED

**Our support
groups are
communities
where
caring hearts and
friendly smiles
await you. At the
groups, you will
find
comfort and sup-
port that you
deserve.**

**Our Mobilizers are
there for you.
Please call the
Family Friends
office at
816-234-3676
for more information.**

Healthy Recipes

Cool and Refreshing Fruit Dip

1 package (3.4 oz) instant vanilla pudding

1 carton (8oz) nonfat or low-fat fruit yogurt

1 cup low-fat milk

Fresh Fruit (bananas, apples, grapes, pears, pineapple, kiwi, strawberries or nectarines)

Using a wire whisk, mix together pudding mix, fruit yogurt and milk until smooth. Spoon the mix into dish and chill in refrigerator. Makes 2 cups.

Wash fruit and cut into bite size pieces. Arrange fruit around bowl and serve.

Layered Salad

In a glass bowl or 3X9" pan layer.

Washed and torn lettuce

Washed and torn spinach

Frozen green peas

Washed and cut-up cauliflower

Drained, sliced water chestnuts, optional

Chopped green onion

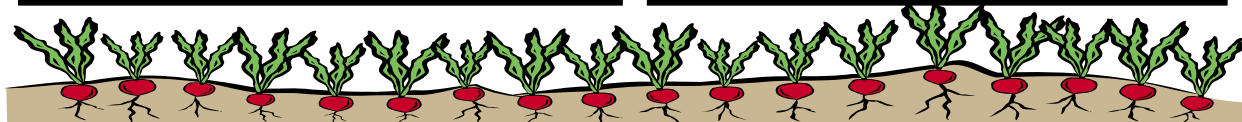
Crisp, crumbled bacon

Shredded cheese

Sprinkle one package of dry Italian Dressing over top.

Frost with mayonnaise.

Decorate with hard cooked eggs if desired. Refrigerate 2-24 hrs.

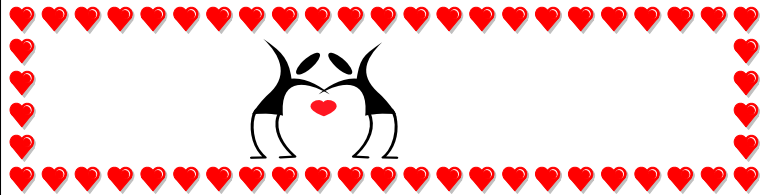


TIPS FOR GRANDPARENTS

Tips for Raising a Grandchild

Children of different ages will need different kinds of support after they come to live with a grandparent. The Kinship Care Project at Ohio State University Extension suggests that you give extra time and attention to your grandchildren when they first arrive. This is especially important for younger children. Plan some special time together to talk or do fun things. In addition, try to involve the children in the moving process.

Encourage them to make lists and help with packing. Let each child decide how to decorate his or her new room. Be sure to set up a comfortable routine so the children feel safe and secure. Finally, give the children time and space. Don't be surprised if they aren't cheerful right away. Adjusting to change takes time.



Cut your risk for
heart disease and stroke!

To cut your risk for heart disease or stroke, keep your blood sugar, blood pressure and cholesterol under control. How? Eat the right amount of healthy foods, get plenty of exercise and take the medications your doctor prescribes.

Family Is Important

**ALWAYS
REMEMBER
TO
INSPIRE
BY
EXAMPLE!**

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.

AUGUST 2007
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
August 7th & 21st
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
August 9th & 23rd
Contact: Debra Watson (816) 358-4142

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
August 2nd & 16th
11:00 - 12:30 pm
Contact: Debi Lee (816) 726-6532

Kansas Groups

Johnson County
Roeland Park Community Center
4850 Rosewood, Roeland Park, KS
2nd & 4th Wednesday of each month
12:30 pm-2:00 pm
August 8th & 22nd
Contact : Leann Hochstetler (913) 362-1899

Community Assistance Council
10901 Blue Ridge, KCMO 64134
1st & 3rd Monday of each month
August 6th & 20th
12:00 am - 1:30 pm
Contact : Beatrice Mack (816) 861-5718

Wyandotte County
6813 Garfield Dr., Kansas City, KS
1st & 3rd Thursday of each month
August 2nd & 16th
6:00 pm -7:30 pm
Contact: Rita Walker (913) 299-4304

Family Friends Grandparents and Relative Caregivers program was created to empower grandparents and others in helping them improve the quality of their lives and those of the children they care for.



Children's Mercy HOSPITAL

www.childrensmercy.org

**Family Friends
Program**
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64108

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