



KINSHIP TIMES

DECEMBER, 2007

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

**PEACE ON EARTH,
GOODWILL TO ALL**

Get Back to Life

Are you a Grandparent raising a grandchild or a relative caregiver?

If so,

Family Friends Program is committed to helping grandparents regain control of their life. We provide support group meeting, case management, a clothes closet, utility assistance, respite care four times a year (spring, summer, fall & winter), referral for legal guardianship and community resource information that may be helpful to you. Call 816-234-3676 for more information.

We believe the grandparent support group meetings are much more than just a place to be — it is where you belong. It's comfortable and secure. At the group meetings, friendly smiles and pleasant conversations are shared by all, in addition to a light snack. It is good to come together to simply enjoy the company of friends or family, to learn and share information regarding our grandchildren and the community in which we live. Don't miss another day to become apart of this wonderful group.

Holiday Respite Care

Family Friends will host its annual respite care for grandchildren during the week after the Christmas holiday, December 26th, 27th, and 28th. Please contact your Mobilizer to let them know if your child will be attending. We need for you to RSVP so that we can plan accordingly.

PLEASE COME TO THE
MONTHLY
SUPPORT GROUPS!

We would love
to see you there.
See page 7
for more details.



FAMILY FRIENDS HEALTH NEWS & NOTES

Age Related Fall Risk Factors

As the body changes with age, such things as poor vision, loss of muscle strength, and joint stiffness make elderly people more likely to fall. Here are some additional details about age-related fall risk factors:

- Muscle strength decreases gradually with age. Joint tendons and ligaments lose their flexibility and limit motion. For example, lack of muscle and reduced range of motion can cause low foot swing, which might make you trip over your own feet.
- Reflexes begin to slow as a people age, making it hard for them to react quickly...and “catch” their balance.

Regular exercise is the key to helping you remain as independent as possible.

- Environmental factors can have simple causes such as tripping over something. For your safety:

Be sure to check your environment for wet walking surfaces, loose area rugs or mats, highly polished floors, torn carpeting, clutter on the floor, electrical cords on the floor, uneven stairs, stairs without handrails, poorly fitting shoes or slippers, poor lighting, slippery bathtub or shower and ice, snow and fallen leaves.

- Vision diminishes with advancing age and this directly effects the sensory systems involved with movement. Depth perception is an important part of vision, as it allows a client to tell how far away certain objects are. As a clients vision worsens, so does his or dept perception, making it hard to judge distance, easily causing a fall.
- Some people begin to lose their hearing as they get older. If you do not hear well, you may not be aware of obstacles in your path. The ears contain sensory cells that affect the ability to balance. With age, these cells gradually decrease-and cannot be replaced.

As people age, changes in sleep patters are very common. Many seniors have trouble falling asleep and often wake up after only a few hours. Their daytime fatigue may be so overwhelming that they have trouble participating in normal activities. Falls can occur during a restless night, especially in a dark room. If you fail to get a good night’s sleep, you may be prone to fall during the daytime too.

To ensure a good night sleep, try floor exercises and a warm bath

How you can avoid a Fall:

- Watch out for wet floors and/or spills on floors
- Avoid climbing on stools or chairs to reach high objects.
- Wear non-skid shoes that fit you properly
- Make sure you have adequate light
- Have your eyes checked every year or two
- Get regular exercise. Activities that strengthen your core muscles
- Educate yourself about side effects of prescription medications

For more information: www.knowingmore.com



TIPS FOR GRANDPARENTS

Maintaining Good Eating Habits

- Make good choices. Choose most of the foods you eat from plant sources.
- Limit your intake of high-fat foods, particularly from animal sources. Choose foods low in fat.
- Get a plate. Fill your plate and enjoy it, but when you're done, be done.
- Don't fast before your dinner.
- Exercise. Don't wait for the New year's resolution. Maintaining your regular exercise routine will keep you trim throughout the holiday season.
- Limit consumption of alcoholic beverages, if you drink at all.

When in Doubt-Ask for Help

As you raise your grandchild, there may be times when you need some advice. You might think that your grandchild is having a problem, and you might not know how to help him/her. When this happens, be sure to reach out!

For education or other school-related issues:

- Talk to your grandchild's school counselor or social worker.

For health, emotional or other wellness issues:

- Start with the doctor or nurse practitioner

For general grand parenting information on childhood behavior and/or mental health issues:

- Contact AARP Foundation grandparent Information at 1-888-OUR-AARP

Kids Health: Can help you understand many childhood behaviors from toddlers to teenagers, including separation anxiety, temper tantrums, and depression. www.kidshealth.org/parent/emotions.

Harvest Celebration



We would like to thank everyone who participated in the Family Friends Harvest Luncheon. As you know, Family Friends is thankful to have all of you as a part of our program.

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

HAPPY HOLIDAY!

HOLIDAY WORD SEARCH

E W S T N E M A N R O R C G
 L I F H G H Y J J D K L H D
 I S S D O R E E D N I E R D
 G H N D D P F J K A L R I K
 H L O S F R P N K L L H S F
 T I I F A E N I E R H J T T
 S S T W M S N M N A G M M R
 D T A B I E D W G G J K A E
 S G R H L N G H C W O N S E
 S V O M Y T Y F K L D G J W
 C N C S C S A N T A C N J K
 Z R E P A P G N I P P A R W
 C B D J K F E A S T E F H C
 M I S T L E T O E D W D V R

christmas
 decorations
 family
 feast
 garland
 lights
 mistletoe
 ornaments

presents
 reindeer
 Santa
 shopping
 snow
 tree
 wish list
 wrapping paper



RECIPES

Festive Corn and Broccoli Dish

1/2 cup sweet cream butter
 12 oz. Can whole kernel corn with red and green
 sweet pepper, drained
 10 ox. Pkg. Frozen chopped broccoli, thawed,
 drained
 1/2 tsp. Salt
 1 tsp. Basil leaves
 1/8 tsp. Each—garlic powder and pepper.

In heavy 1-quart saucepan melt butter. Add
 remaining ingredients; stir to blend. Cover, cook
 over medium heat, stirring occasionally, until
 crisply tender 8 to 10 minutes. Yield: 4 (3/4 cup)

Cranberry Apple Sweet Potatoes

4 medium sweet potatoes, peeled and cut into
 1/4-inch slices
 2 Granny Smith or Golden Delicious apples, c
 cored, thinly sliced in rings
 1/2 cup dried cranberries
 3 tablespoons margarine or butter, melted
 1/2 teaspoon ground cinnamon
 1/2 cup packed brown sugar

PREHEAT oven to 325°F. Precook sweet potato slices by
 boiling in water for 5 minutes. Drain and set aside.

COMBINE half of sweet potatoes, apples and cranberries in
 shallow 2-1/2 quart baking dish. Mix margarine and cinnamon;
 drizzle half over sweet potato mixture. Add remaining sweet
 potatoes, apples and cranberries. Drizzle with remaining mar-
 garine mixture. Sprinkle with brown sugar.

COVER with Aluminum Foil.

BAKE 45 minutes or until sweet potatoes and apples are ten-
 der.

Number of Servings: 6-8

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.

DECEMBER, 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
December 4th & 18th
1:00-2:30 pm
Contact: Mary Campbell (816) 921-4299
Debra Watson (816) 358-4142

Christian Fellowship Baptist Church
4509 Troost Avenue, KCMO
2nd & 4th Thursday of each month
11:00-12:30 pm
December 13th & 27th
Contact: Debra Watson (816) 358-4142

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
December 6th & 20th
11:00 - 12:30 pm
Contact: Debi Lee (816) 726-6532

Johnson County
Roeland Park Community Center
4850 Rosewood, Roeland Park, KS
2nd & 4th Wednesday of each month
12:30 pm-2:00 pm
December 12th & 26th
Contact : Estelle Williams (816) 868-7088

Community Assistance Council
10901 Blue Ridge, KCMO 64134
1st & 3rd Monday of each month
December 3rd & 17th
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
December 6th & 20th
6:00 pm -7:30 pm
Contact: Rita Walker (913) 299-4304

North Cross United Methodist Church
1321 NE Vivion Road
North Kansas City, MO
2nd & 4th Wednesday
December 12th
11:00 am-12:30 pm
Contact: Reta Lynn Vanderweel (816) 415-4144

NCADD
633 E. 63rd Street
Kansas City, MO 64132
2nd Saturday of each month
12:30-2:00 pm
Contact Debi Lee 816-726-6532



Children's Mercy

HOSPITAL

www.childrensmercy.org

**Family Friends
Program**
2401 Gillham Road
Kansas City, MO
64108

Family Friends Staff

JoAnn Stovall
Family Friends
Coordinator

Estelle Williams
Family Advocate

Beatrice Mack
Grandparent Mobilizer

Mary Campbell
Grandparent Mobilizer

Debi Lee
Grandparent Mobilizer

Reta Lynn Vanderweel
Grandparent Mobilizer

Rita Walker
Grandparent Mobilizer

Debra Watson
Grandparent Mobilizer

Maria Leathers
Administrative Assistant
(816) 234-3676