



KINSHIP TIMES JANUARY 2008

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

Happy New Year

*Do you need help with raising your grandchild?

*Do you need referral information?

*Do you enjoy talking, eating and sharing information? If so, please come out to Family Friends grandparent/Relative caregivers support groups that are held weekly.

See Page 5 for date and time.

WE HOPE TO SEE YOU THERE !



Martin Luther King
2008



This holiday will be observed on January 21st. Be sure to check your local newspaper for upcoming celebrations.

FROM YOUR FRIENDS AT FAMILY FRIENDS PROGRAM

JOANN ESTELLE

BEATRICE

MARIA MARY

RETA LYNN

RITA DEBRA

Best wishes for the Coming Year!

During this Holiday Season, Family Friends would like to extend their best wishes to all of the grandparents and their families and to say thank you for your support during the past year.



Helping grandchildren learn about Kindness

Learning to help is important for building strong friendships. Children who have strong friendships with other children care about how they feel. Helping others is a key to good friendship. It is also an important social skill that will help children in all types of relationships. Even at a very early age, children can tell when others are in distress, but they still must learn how to help others. Grandparents can help children learn these skills. The most common kind of help takes place everyday. Children can learn to give praise when others do well, give thanks when they receive help, encourage others and take an interest in what others are doing, and to use kind words. Grandparents must remember to encourage and build up your grandchild. Kind words bring happy results! They give the child more self-confidence and help him/her to behave better, to try harder and to achieve more. It will help them to communicate love and respect and create an atmosphere in which problems can be discussed openly and understandings reached.

Example given: Suppose a child has spilled his milk on the floor. You can say, "Don't be so clumsy! Just look at the mess you made" -which leads to unhappy results.

Or you can say, "Here is a sponge, Please wipe the milk up" -with happy results.

Example of kind words are: Thank you for helping me. You did a good job. That really makes me feel good. I love you. I like the way you remembered to do your chores.

Family Friends Holiday Respite Care

A Success

This years respite care provided grandparents with a much needed break while their children were on Christmas break from school. The children enjoyed the CARE Program of the National Council on Alcoholism & Drug Dependency. This year we were fortunate to have Rich Linden, Activity Coordinator and several students who facilitated with him. TeAirra Posey, a senior at Lincoln Preparatory High School, Rickey Leathers and Montel Evans, Juniors at University of Missouri, Columbia worked during the week after Christmas to provide Respite/ Day Care to children of the Family Friends Grandparent and Relative Caregivers program. The students were excited and enjoyed interacting with the grandchildren and displayed positive directions. They stated "This was an experience we will take back to school/college and share with instructors and classmates. Thank you Family Friends for allowing us the opportunity to work with our youth."

FAMILY FRIENDS TIPS & NOTES

Best Wishes for 2008!

As the New Year begins, the staff at Family Friends extend their deep gratitude for the continued support of all our grandparents who have come out to attend the meetings. We appreciate our readers because you encourage us to continue the good work that we do.

Thank You

From your Mobilizer.

Laundry Tip

Add one cup of white vinegar to the water when laundering new, brightly colored clothes. This helps to keep the colors from bleeding by setting the dye.

TAX INFORMATION

You may be eligible for a tax rent rebate. If you are interested in more information, contact the Department of Revenue located in the lower level of the Missouri State Office Bldg.

Items needed to qualify are:

Your Award income verification letter for year 2007, and rent statement or receipt.

Fighting the Flu **without a vaccine**

Steps to take to avoid the illness:

- ◆ Avoid close contact. Keep your distance from people who are known to be ill.
- ◆ Clean your hands. Wash them with soap and warm water for 15 to 20 seconds. Scrub vigorously to help remove all germs.
- ◆ Cover your nose and mouth when coughing or sneezing. Cough or sneeze into a tissue and then dispose of the tissue. Wash hands.
- ◆ Avoid touching your eyes, nose and mouth. Although the flu usually spreads through respiratory droplets caused by coughing and sneezing, occasionally a person may become infected by touching a surface with the virus on it and then touching their mouth or nose.
- ◆ Practice general good health habits. Get plenty of sleep, manage your stress, drink enough fluids, eat nutritiously and be physically active.

Making a New Year Resolution

It is hard not to get the resolution urge on New Year's Eve. There is that sense of renewal, rebirth, and the guilty awareness that you ate your own weight in chocolates during the holidays. Sure, last years resolutions did not make it past the fifth of January, but this years is going to be different. Here are a few tips for making resolutions: make a plan, write It down, word it carefully, don't try everything at once, and always keep a positive attitude.

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LEARNING TO STRETCH YOUR DOLLAR

Everyone likes to save money— especially those of us “of an certain age.” Yet, the techniques that worked a dozen years ago, or more, probably need some updating. Check this list for new ideas:

- ◆ Cancel your long-distance telephone service. Switch to a high quality, reliable prepaid telephone card. Shop around for the cheapest per minute rate.
- ◆ Check your phone bill to see if you are paying for optional calling services you don't use.
- ◆ Ask your physician and pharmacist for generic drugs whenever appropriate. Since pharmacies may vary widely in

**LEARN
FROM
YESTERDAY,**

**LIVE FOR
TODAY,**

**HOPE FOR
TOMORROW**

what they charge, call several for price quotes.

- ◆ Take advantage of various free health screenings.
- ◆ Keep the water temperature and your hot water heater on 120F.
- ◆ Don't use light bulbs with higher wattage than you need.
- ◆ If you have a dishwasher, save on your electric bill by running it only when it's completely full.
- ◆ Take stores up on their offers to beat competitors' prices
- ◆ As you implement some of these ideas, you'll probably think of other ways to save money. Even small savings add up over time.

H A P P Y K W A A N Z A

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

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 than TANF pays. To apply, check with your case manager. If she doesn't know 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.

JANUARY 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
January 1st (canceled) January 15th
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
January 10th & 24th
Contact: Debra Watson (816) 358-4142

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
January 3rd & 17th
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
January 9th & 23rd
12:30 pm-2:00 pm
Contact : Estelle Williams (816) 868-7088

Community Assistance Council
10901 Blue Ridge, KCMO 64134
1st & 3rd Monday of each month
January 7th & 21st
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
January 3rd & 17th
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 of each month
January 9th & 23rd
11:00 am-12:30 pm
Contact: Reta Lynn Vanderweel (816)415-

NCADD
633 E. 63rd Street
Kansas City, MO 64132
2nd Saturday of each month
January 12th
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
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