



KINSHIP TIMES

NOVEMBER, 2007

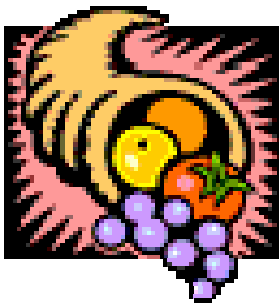
The Family Friends Program of Children's Mercy Hospital and Clinics
Support for Relative Caregivers

Reminder!

Daylight Saving Time Ends
November 4, 2007

QUOTE FOR THE WEEK

**"THE OBJECT OF
EDUCATION IS TO
PREPARE THE
YOUNG
TO EDUCATE THEM-
SELVES THROUGH-
OUT THEIR LIVES".**



Partners in Policymaking set Graduation Date

There are three types of people: People who make things happen, people who watch things happen, and people who wonder what happened! JoAnn Stovall of Lenexa, and twelve other Kansans spent the last eight months learning how to make things happen!

Trainees in the Kansas program, adults with disabilities and parents of children with disabilities, will be honored at a graduation ceremony and reception in Topeka at the Ramada Inn on SATURDAY, November 3, 2007, as they complete this innovative leadership development program. Partners training analyzes disability issues and builds skills that participants use to influence legislation, create systems change, and obtain appropriate supports and services for themselves, family members, and other Kansans with disabilities.

Participants receive 128 hours of training, over eight 2-day sessions, from March through November. In addition, each participant completed homework assignments and selected a personal project such as spearheading community efforts to increase accessibility, or assuming leadership roles in educating others in their communities.

Congratulations to JoAnn Stovall, Family Friends Program Coordinator for this outstanding accomplishment.

HAPPY HARVEST

TIPS FOR GRANDPARENTS

Personal Safety Tips for Grandparents

Because of recent abductions in daylight hours, refresh yourself of these things to do in an emergency situation.

1. The elbow is the strongest point on your body. If you are close enough to use it, do!
2. If a robber asks for your wallet, or purse, do not hand it to him. Toss it away from you, then run like mad in the other direction!
3. If you are ever thrown into the truck of a car, kick out the back tail lights and stick your arm out the hole and wave your hand.
4. Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.
5. If you are parked next to a big van, enter your car from the passenger door.
6. Always take the elevator instead of the stairs.
7. If you hear a baby crying on your porch, call the police. Robbers have a baby's cry recorded and uses it to coax women out of their homes thinking that someone dropped off a baby.

CHORES FOR SCHOOL-AGERS

What are some appropriate chores for school-aged children? Here is a list of chores which school-aged children should be able to do with teaching and guidance from grandparents.

- Helping with grocery shopping
- Setting and clearing the table
- Helping with simple food preparations (making toast, pouring drinks, stirring)
- Making simple breakfast or lunch
- Washing dishes
- Putting away dishes
- Dusting furniture
- Separate clothes for washing
- Watering plants and flowers
- Gathering wood for the fireplace
- Feeding pets
- Walking pets
- Washing the family car
- Cleaning their rooms
- Making beds and vacuuming

For more information, see:

<http://missourifamilies.org/quick/parenting>

How to get the most from your doctor visit

- **Ask questions!** Doctors and health care professionals want you to understand your condition and learn how to manage it.
- **Prepare for your doctor visit.** Make a list of questions.
- **Take along a friend or family member.** He or she can help you remember what the doctor says.
- **Be sure to report anything to your doctor that doesn't seem quite right.**
- **Before you leave the office, make sure you understand what the doctor has told you.**
- **Take all your medicines to each visit.** Prescriptions as well as over the counter medicines.
- **If you have any questions, call the office and ask to speak with someone who can answer your questions.**



FAMILY FRIENDS HEALTH NEWS & NOTES

ONLY IN AMERICA..... HUMOROUS FACTS

Only in America, ...do drugstores make the sick walk all the way to the back of the stores to get their prescription while healthy people can buy cigarettes at the front.

Only in America , ...do people order double cheeseburgers, large fries, and a diet coke.

Only in America, ...do banks leave both doors open and then chain the pens to the counters.

Only in America,... do we use the word "politic" to describe the process so well: "POLI" in Latin meaning "MANY" and "tics" meaning "bloodsucking creatures".

EVER WONDER.....

Why the sun lightens our hair, but darkens our skin?

Why is it that doctors call what they do "practice"?

Why is the man who invests all your money called broker?

Why isn't there mouse-flavored cat food?

Why are they called apartments when they are all stuck together?

If con is the opposite of pro, is Congress the opposite of progress?

If flying is so safe, why do they call the airport the terminal.

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.



WHAT WE ARE MOST THANKFUL FOR



I am thankful for God's mercy; the trees that blow in the wind; the trials god brings me through, and my health

*I am thankful for:
Having God in my life
Having a healthy family
Waking up this morning*

*I am thankful to be living;
I am thankful for my kids and grandkids.*

Our Church

Our homes

I am thankful for...

- > Having God in my life.
- > Having a healthy grand daughter/grandson.
- > Having life, and waking up this morning.
- > That every thing is in Gods hands.

Food

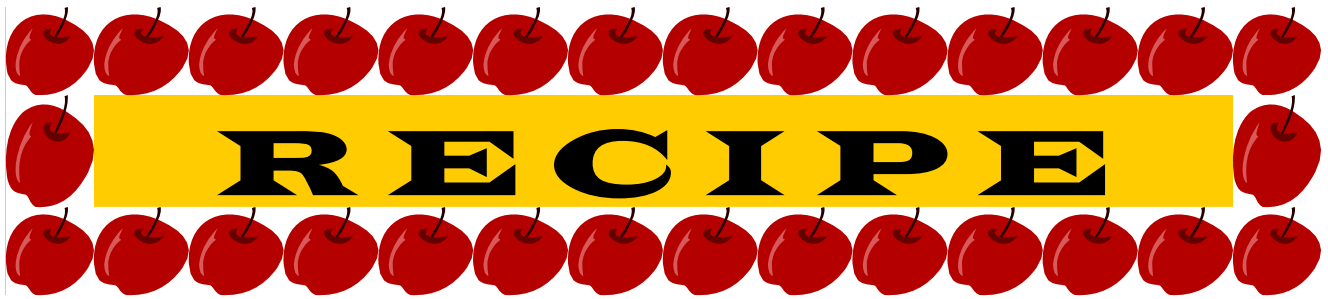
Our Children

Good Health



To see a new day



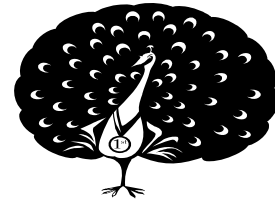


Preparing the Turkey

Quick Thaw: Leave in original wrapper. Put in cold water in a deep sink or large pan. Change water often. A 4 to 6 lb turkey thaws in 4-7 hours. A 16-20 lb turkey thaws in 7-12 hours.

Roast Young Turkey (Un-stuffed)

Weight	Time@ 325 degrees F.
6-8 lbs	3-4 hrs
8-12 lbs	3 1/2-4 1/2 hrs
12-16 lbs	4 1/2-5 1/2 hrs
16-20 lbs	5 1/2-6 1/2 hrs



Wash inside and out with cold water; drain and dry. Turn the wing tips so that they cross the back and hold down the skin of the neck. Tuck legs under band of skin at tail. Place breast side up on rack in a shallow pan. Place in a preheated 325 degree F. oven. Do not cover pan or add water. If poultry starts to brown too soon cover brown areas loosely with aluminum foil. Loosen legs when about half done to permit brown meat to cook better. Poultry is done when drumstick feels soft and moves up and down easily. Thermometer inserted in the center should read 180-185 degrees. Place on platter and wait 15 minutes or more before carving.

Sausage & Sage Cornbread Dressing

1 sheet of Aluminum Foil
3 cups cubed dry bread or stuffing cubes
3 cups cubed cornbread
1 cup chopped onion
1 cup chopped celery
1 cup chopped red or yellow bell pepper
6 teaspoons melted butter or margarine
1 pd of sausage crumbled
1 1/2 cups of chicken/turkey broth
2 eggs beaten
1 tablespoon dried sage & poultry seasoning

Directions:

Preheat oven to 375. Combine bread and cornbread in large bowl. Cook onion, celery, bell pepper & 2 teaspoons of butter in skillet over medium heat. Add crumbled sausage mixture into bread cubes. Stir in remaining ingredients; mix well. Spread mixture in foil-lined pan. Bake 40-45 minutes until lightly brown.

ENJOY!

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.

NOVEMBER, 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
November 6th & 20th
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
November 8th & 22nd
Contact: Debra Watson (816) 358-4142

Palestine Neighborhood Dev. Corp.
3445 Indiana, KCMO
1st & 3rd Thursday of each month
November 1st & 15th
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
November 14th & 28th
Contact : Estelle Williams (816) 868-7088

Community Assistance Council
10901 Blue Ridge, KCMO 64134
1st & 3rd Monday of each month
November 5th & 19th
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
November 1st & 15th
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**
2401 Gillham Road
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64108

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Beatrice Mack
Grandparent Mobilizer

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