



# KINSHIP TIMES

## APRIL 2010

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

The Month of April is

**Child Abuse  
Awareness  
Month**

### Social Connections

Grandparents with a social network of supportive friends, family and neighbors often find that it is easier to care for their grandchildren and themselves. Most grandparents need people they can call on once in a while when they need a sympathetic listener, advice, or concrete support. Conversely, research has shown that grandparents who are isolated, with few social connections may be at higher risk for child abuse and neglect. Call the Family Friends program for support and or feel free to attend a support group meeting at a location nearest you. Call 816-234-3676 for more information.

### Child Abuse and Neglect

.....is not always easy to identify.

For example, bruises may or may not have been caused by abuse. Recognizing a child in need of protection goes beyond the definitions of abuse, neglect and dependency. It is an accumulation of everything you know and sense about a child or a situation. Recognition does not always come about in a concrete way. If it is not right, that's when you should call:

Child Abuse Hotline at: 1-800-392-3738 for  
Missouri or 1-800-922-5330 for Kansas.

You're invited to attend the grandparents support group meetings. See Page 7



Volunteers needed to help out with the clothes closet. If you are interested, please call the office at (816) 234-3676.

### EASTERN JACKSON COUNTY SUPPORT GROUP MEETINGS

If you are raising a grandchild or relative child we now have two new support groups in Eastern Jackson County. We are please to announce group meeting locations at 416 West Maple, Independence, MO and New Covenant Ministries, 532 South Main St., Independence, MO. We are excited to be there and invite you to come out and participate. Everyone is invited.

### SPRING RESPITE CARE

The Family Friends Program provided a much needed respite care for grandparents raising grandchildren.

The events took place at the Wyandotte County Boys & Girls Club at 1240 Troup, KCKS during the week of March 15th-19th and the Boys & Girls Club, 3831 E. 43rd St., KCMO on March 29th—April 2nd. The children participated in many wonderful activities such as arts & crafts, basketball, board games, music and movement and outdoor play.

Thank you to our facilitator Felicia Black, Rickey T. Leathers, Kathy Shaw, Rich Linden and Megan Keller who presented information regarding importance of education, drug prevention, budgeting, and staying in school. The children received books, and stuffed animals as a gift for participating. Also, a special thank you to Dwayne Bowe who made an appearance on Thursday, April 1st.

# Promoting Healthy Families in Your Community



## What's Happening

No matter why or how they came to live with you, your grandchildren will benefit from being in your home. When children cannot be with their parents, living with a grandparent may provide:

- Fewer moves from place to place.
- The comfort of a familiar language and culture.
- A chance to stay with siblings.
- More contact with their parents, depending on the situation.

## What You Might Be Seeing

Despite these benefits, the children will face some unique challenges:

- They may feel insecure and unsure that you will take care of them.
- They may act out or challenge you.
- They will miss their parents.
- They may be anxious or depressed.
- They may seem young or act too old for their ages.

## What You Can Do

It will take time for your grandchildren to feel safe and secure in their new home with you.

You can encourage these good feelings in a number of ways:

- Set up a daily routine of mealtimes, bedtime, and other activities.
- Help your grandchildren feel "at home" by creating a space just for them.
- Talk to your grandchildren, and listen when they talk to you.
- Set up a few rules and explain your expectations. Then, enforce the rules consistently.
- Reward positive behavior. When children make mistakes, focus on teaching rather than punishing.
- Be as involved with their school as you can, and encourage your children to participate in school activities.

This is a big job, and you may need help from your community. Here are some suggestions:

- Help with housing or other bills, clothing, or school supplies may be available specifically for grand parents raising grandchildren in your community.
- Join a support group. Often there are local groups for grandparents raising grandchildren.
- Ask for help and referrals from a church leader, the counselor at your child's school, or a social services agency.
- If necessary, get professional help to address your grandchild's special needs, such as medical care, mental health care, or special education.

Parenting the second time around brings special challenges and special joys. Do not hesitate to ask for help or seek services in your community for yourself and your grandchildren.

# APRIL NEWSLETTER

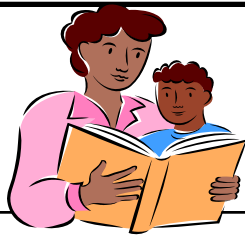
## Family Friends Program

Will be sponsoring the  
Mother's Day Photo  
for Grandparents raising their grandchildren  
Contact your Mobilizer to sign-up.

### Upcoming Events

Annual Conference for Grandparent &  
Relative Caregivers

Summer Respite Care



## Independent Reading

Spending time reading silently is important for your child's development because independent reading increases reading speed, comprehension and vocabulary. Giving fifteen or twenty extra minutes at bedtime for kids to read can inspire their interest in books. It also helps to establish some quiet times and places at home for reading. For example, you could put a sheet over a table and add a few pillows under it for a secluded tent-like feel. You might want to have silent reading time each week, in which all of you get comfy in the family room and read independently. Periodically, take a few minutes to discuss what each person has been reading.

Your comments are welcomed.  
Please contact Maria Leathers  
at 816-234-3676,  
if you wish to place an ad in the  
**KINSHIP** monthly newsletter!

## GRANDPARENT'S CORNER

Recipe by Maria Leathers  
April, 2010

Fast & Easy Quick Skillet Lasagna

Categories: Pasta noodles & Ham  
Yield: 6 servings

- 4 cups Rotini Pasta (12 oz)
- 1 tsp Vegetable Oil
- 2 Zucchini, cubed
- 1 Onion, chopped
- 1/2 Sweet red/green pepper, dice
- 4c Mushrooms, sliced
- 1 1/2 c Cooked ham, diced
- 1 tsp Dried oregano
- 1/4 tsp Pepper
- 12 oz Jar spaghetti sauce (375g)
- 15 oz Tub ricotta cheese (475g)
- 2 c Mozzarella, part-skim,  
-shredded

In pot of boiling salted water, cook rotini until tender but firm, about 6 minutes. Drain in colander; set aside.

Meanwhile, in nonstick ovenproof skillet, heat oil over medium-high heat; cook zucchini, onion, red pepper, Mushrooms, ham, oregano and pepper for 8 minutes or until tender, tossing often.

Add spaghetti sauce; cook, stirring occasionally, for 5 minutes. Stir in pasta. Spread ricotta evenly over top; sprinkle with mozzarella.

Broil for 5 minutes or until golden brown.

## APRIL SHOWERS



**BRING  
MAY  
FLOWERS**

# FACTS ON HONEY & CINNAMON

It's a fact that a mixture of honey and cinnamon cures most diseases. Honey is produced in most countries of the world. Scientists of today also accept honey as a "RAM BAN" (very effective) medicine for all kinds of diseases. Honey can be used without any side effects for any kind of diseases. Today's science says that even though honey is sweet, if taken in the right dosage as a medicine, it does not harm diabetic patients. Weekly World News, a magazine in Canada, in its dated 17 January, 1995 has given the following, list of diseases that can be cured by honey and cinnamon.

## HEART DISEASES

Make a paste of honey and cinnamon powder, apply on bread, instead of jelly and jam, and eat it regularly for breakfast. It reduces the cholesterol in the arteries and saves the patient from heart attack. Also those who have already had an attack, if they do this process daily, they are kept miles away from the next attack. Regular use of the above process relieves loss of breath and strengthens the heart beat. In America and Canada, various nursing homes have treated patients successfully and have found that as you age, the arteries and veins lose their flexibility and get clogged; honey and cinnamon revitalize the arteries and veins.

## ARTHRITIS

If you can not walk or move Arthritis patients must take daily, morning and night on cup of hot water with two spoons of honey and one small teaspoon of cinnamon powder. If taken regularly even chronic arthritis you will be cured. In a recent Research conducted at the Copenhagen University, It was found that when the doctors treated their patients with a mixture of one tablespoon Honey and half teaspoon cinnamon powder before breakfast, they found that within a week, out of the 200 people so treated, practically 73 patients were totally relieved of pain, and within a month, mostly all the patients who around because of arthritis started walking without pain.

## BLADDER INFECTIONS

Take two tablespoons of cinnamon powder and one teaspoon of honey in a glass of lukewarm water and drink it. It destroys the germs in the bladder.

## CHOLESTEROL

Two tablespoons of honey and three teaspoons of cinnamon powder mixed in 16 ounces of tea water, given to a cholesterol patient was found to reduce the level of cholesterol in the blood by 10 percent within two hours. As mentioned for arthritic patients, if taken three times a day, any chronic cholesterol is cured. According to information received in the said journal, pure honey with food daily relieves complaints of

## COLDS

Those suffering from common or severe colds should take one tablespoon lukewarm honey with 1/4 spoon of cinnamon powder daily for three days. This process will cure most chronic cough, cold, and clear the sinuses.

## UPSET STOMACH:

Honey taken with cinnamon powder cures stomach ache and also clears stomach ulcers from the root.

## GAS

According to the studies done in India and Japan, it is revealed that if honey is taken with cinnamon powder the stomach is relieved of gas.

## IMMUNE SYSTEM

Daily use of honey and cinnamon powder strengthens the immune system and protects the body from bacteria and viral attacks. Scientists have

found that honey has Various vitamins and iron in large amounts. Constant use of honey strengthens the white blood corpuscles to fight bacteria and viral diseases.

## INDIGESTION

Cinnamon powder sprinkled on two tablespoons of honey taken before food relieves acidity and digests the heaviest of meals. INFLUENZA: A scientist in Spain has proved that honey contains a natural Ingredient which kills the influenza germs and saves the patient from flu.

## LONGEVITY

Tea made with honey and cinnamon powder, when taken regularly, arrests the ravages of old age. Take four spoons of honey, one spoon of cinnamon powder and three cups of water and boil to make like tea. Drink 1/4 cup, three to four times a day. It keeps the skin fresh and soft and arrests old age. Life spans also increases and even a 100 year old, starts performing the chores of a 20-year-old.

## SKIN INFECTIONS

Applying honey and cinnamon powder in equal parts on the affected parts cures eczema, ringworm and all types of skin infections.

## WEIGHT LOSS

Daily in the morning one half hour before breakfast on an empty stomach and at night before sleeping, drink honey and cinnamon powder boiled in one cup of water. If taken regularly, it reduces the weight of even the most obese person. Also, drinking this mixture regularly does

not allow the fat to accumulate in the body even though the person may eat a high calorie diet.

**REMEMBER WHEN WE WERE KIDS? AND WHAT A TREAT CINNAMON TOAST WAS?**

APRIL 2010

# Kindred *Spirits*

## All salt can raise your blood pressure Sea Salt or Table Salt?

### Don't Rely on Hand Sanitizers

Hand sanitizers, especially alcohol-based gel sanitizers have become popular with the H1N1 flu outbreak. In many cases, people are using hand sanitizers as a replacement for hand washing. For consumers, the use of hand sanitizers is not needed and they are expensive.

**Proper hand washing is sufficient.**

Hand sanitizers should only be used in situations where hand washing with soap and water are not available. In those situations, use of an alcohol gel is certainly better than nothing at all.

Published in partnership with the Family Friends Program, Children's Mercy Hospitals and Clinics.

MU Extension contributors: Dr. Nina Chen, Saralee Bury Jamieson, Kris Jenkins, Lynda Johnson, Glenda Kinder, Susan Mills-Gray, Diana Milne and Lisa Wallace.

"Sea salt is very popular right now, but consumers need to know that both contain sodium and that means both can raise blood pressure," said Susan Mills-Gray, MU Extension nutrition and health specialist.

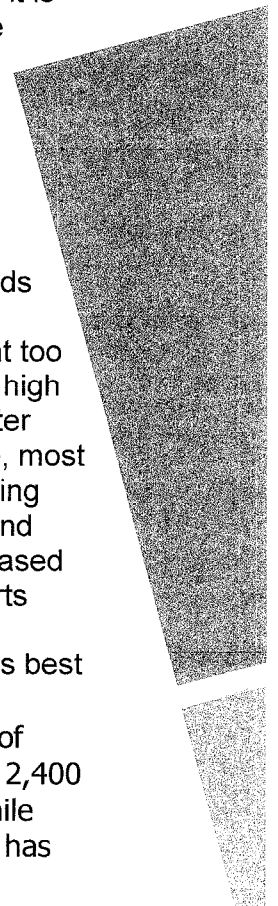
**Sea Salt:** Sea salt is harvested from seawater through evaporation. It is available in fine or coarse grain and has a slightly different taste than table salt because of the different minerals it contains. Most sea salts don't contain iodine or any other additives. However, sea salt does have impurities like the tiny bits of clay that give gray sea salt its color or the iron-rich red volcanic clay added to Hawaiian sea salt.

**Table Salt:** Table salt is typically from rock salt, which is mined from mineral deposits. It is a fine-grained salt that often contains added iodine, which is necessary for normal thyroid function. Most table salts also contain an anti-caking ingredient to keep them from sticking.

Both rock salt and sea salt contain sodium chloride, and

other minerals like calcium, potassium and magnesium sulfates. Rock salt deposits are often a more pure mass of sodium than what you get by drying out sea salt. Since rock salt for human consumption is typically processed to remove grit and other impurities, by the time it reaches the table, it is almost pure sodium. The additional minerals and impurities in sea salt dilute the sodium levels slightly.

According to Mills-Gray, "Although your body needs some sodium to function properly, most people eat too much, which can lead to high blood pressure." No matter what kind of salt you use, most experts recommend limiting sodium between 1,500 and 2,300 milligrams daily. Based on much research, experts also believe that 1,200 milligrams or less a day is best for lowering high blood pressure. One teaspoon of table salt contains about 2,400 milligrams of sodium, while one teaspoon of sea salt has about 2,250 milligrams.



# Life is Full of Changes

## Learn to understand and deal with change

Life is full of changes...some of these changes are predictable transitions, such as a baby learning to walk, sending a child off to his first day of school or being able to vote when we're 18. Other changes may not be so predictable, nor are they something we are equipped to handle right away: losing a job and struggling to pay the bills; getting married or divorced; pregnancy/childbirth/parenting. According to Diana Milne, MU Extension human development specialist, "These life events are common, yet many

people are ill-prepared to handle these changes."

When life events impact our relationships, it's not unusual to feel over-whelmed and stressed-out. Usually, when a grandparent or relative steps in and fills the parenting role, it is because of a loss of some kind. The children may be with you due to the death of their parent, or serious situations such as drug/alcohol addiction, mental illness, domestic violence/child abuse or incarceration.

People respond to life changes in different ways. We tend to feel more in control when a change is something we want. When change is thrust upon us, it often means

we have to take on some new challenges. Here are some ideas that may help you look at transitions in your life as opportunities for positive change:

- **Take care of yourself.** Eat healthy, exercise, and get enough sleep.
- **Learn from experience.** What is really important to you and your family?
- **Find the humor.** No matter what you're going through, you can always find a reason to smile or laugh.
- **Talk with others.** Build a network of friends, family and community resources.

*Source: Work and Family Life Newsletter, January 2010, Vol. 24, No.1.*

### University of Missouri Extension

#### Bates County

1 N. Delaware, Eutaw, MO 64730  
660.679.4167

#### Cass County

302 S. Main St., Harrisonville, MO 64701  
816.380.8460

#### Clay County

1901 NE 48th St., Kansas City, MO 64118  
816.407.3490

#### Henry County

100 W. Franklin, Rm 16, Clinton, MO 64735  
660.885.5556

#### Jackson County

1106 W. Main St.  
Blue Springs, MO 64015  
816.252.5051

2700 E. 18th St., Suite 240  
Kansas City, MO 64127  
816.482.5850

#### Lafayette County

14 E. 19th St., Suite 102  
Higginsville, MO 64037  
660.584.3658

#### St. Clair County

655 2nd St., Osceola, MO 64776  
417.645.2419

[extension.missouri.edu](http://extension.missouri.edu)

equal opportunity/ADA institution

## Now You're Cooking!

Combining cooking time with family time is a great way to spend time with your children and to juggle the responsibility of preparing the family meal. According to Saralee Jaimeson, MU Extension human development specialist, "When children are involved in helping to buy and cook food, they usually enjoy the food more."

Assign kitchen tasks appropriate for your child's age and that can be done successfully. There are many jobs that a young child can do in the kitchen with adult supervision. Give clear instructions, demonstrate the task, and let your child practice.

- **Set the table**
- **Tear lettuce**
- **Break eggs in a bowl**
- **Measure ingredients**
- **Spread soft spreads**

Let your children know that you enjoy working with them and appreciate their efforts.

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**APRIL 2010**  
**FAMILY FRIENDS SUPPORT GROUP SCHEDULE**

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St. James United Methodist Church  
5540 Wayne, KCMO  
1st & 3rd Tuesday of each month  
April 6th & April 20th  
1:00-2:30 pm  
Contact: Doris Brown (816) 304-8702

Platte Woods United Methodist Church  
7310 NW Prairie View Rd., Liberty, MO 64151  
Every 4th Monday of each month  
April 26th  
Evenings: 6:30-8:00 pm  
Contact Lynn Vanderweel (816) 415-4144

Habitat for Humanity  
1423 East Linwood, KCMO  
1st Thursday  
April 1st  
11:00 am - 12:30 pm  
Contact: Norma Flowers (816) 589-0355

Christian Fellowship Baptist Church  
4509 Troost Avenue, KCMO  
2nd & 4th Thursday of each month  
April 8th & April 22nd  
11:00-12:30 pm  
Contact: Cheryl Shaw (816) 333-7984

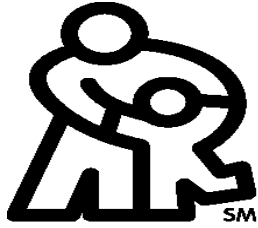
Truman Memorial Building  
Jackson County Parks & Recreation  
416 West Maple, Independence, MO  
Every 2nd Wednesday, 1:00 pm-2:30 pm  
April 14th  
Contact: Kim Saleh (816) 726-6780

Waldo Library  
201 W. 75th St.  
2nd Saturday of each month  
April 10th  
11:00 am - 12:30 pm  
Contact: Norma Flowers (816) 589-0355

New Covenant Ministries  
532 South Main Street, Independence, MO  
2nd & 4th Tuesday of each month  
April 13th & 27th  
6:00 pm—8:00 pm  
Kim Saleh, Mobilizer II (816) 726-6780

Wyandotte County Health Department  
619 Ann St  
Kansas City, KS  
2nd & 4th Thursday of each month  
April 8th & April 22nd  
11:00 am—12:30 pm  
Contact: Barbara Freeman (913) 593-481

North Cross United Methodist Church  
1321 NE Vivion Road, North Kansas City, MO  
2nd & 4th Wednesday of each month  
April 14th & April 28th  
11:00 am-12:30 pm  
Contact: Lynn Vanderweel (816) 415-4144



# Children's Mercy HOSPITAL

[www.childrensmercy.org](http://www.childrensmercy.org)

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**Cheryl Shaw**  
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**Reta Lynn Vanderweel**  
Grandparent Mobilizer

**Barbara Freeman**  
Grandparent Mobilizer

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