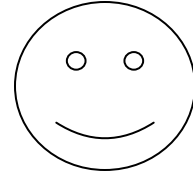




# KINSHIP TIMES JULY 2010

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

Please make note that effective July, 2010 the Kinship Times will be distributed bi-monthly. Your next publication will be sent during the month of September.



Come see  
what you've  
been missing...



Family Friends Provides.....

- Group support, guidance and education by trained Mobilizers.
- One-on-one support by trained grandparents and professionals by telephone and/or in your home.
- Links to community resources.
- Access to programs for children and youth for support and guidance as they cope with life changes.
- Opportunity to learn more about your legal rights, parenting a new generation of youth, substance abuse, and caring for your emotional, physical and spiritual needs.

## **FAMILY FRIENDS**

### Upcoming Events

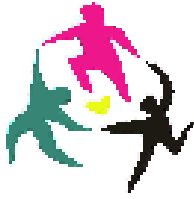
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**GRANDPARENT  
AND  
RELATIVE  
CAREGIVERS  
13TH ANNUAL  
CONFERENCE  
September 24, 2010**

**MARK YOUR  
CALENDAR!**

### Legal Aid of Western Missouri

Is pleased to be opening an outreach office at Community Services League, 300 West Maple Avenue, Independence, MO. They are taking appointments 8:30 am to noon on the 3rd Wednesday of each month. Legal Aid will only help in the following areas: Public Benefit/Income Maintenance, Housing, Employment or Consumer issues. Call 816-254-4100 for appointments.



**Family Friends Program  
Thirteenth Annual Grandparent's  
Conference**

**The Kauffman Conference Center  
4801 Rockhill Road  
Kansas City, MO 64110**

**You are invited!**

**Friday, September 24, 2010  
8:30 AM- Registration 9:00 AM to 3:00 PM**

**Grandparent Support**

It is important that grandparents seek out support even if support groups aren't normally your cup of tea, it's more important than you may realize for you to connect with other people who understand what you're experiencing. You can find out about in-person support groups for grandparents in your area by tapping into these resources: AARP, the National Committee of Grandparents for Children's Rights, and the Family Friends Program of Children's Mercy Hospital. Call 816-234-3676 for more information.

## A GRANDPARENT'S GUIDE

(for family nurturing and safety)

According to the 2000 U.S. Census Report, 4.5 million children live in households headed by a grandparent. The most exciting thing about being a grandparent is watching your own child become nurturing. Many times we watch wit, awe, pride and sometimes, trepidation as our sons and daughters do their best to raise strong and healthy children and we know at first hand how demanding of a job it really is. We want to help. We should help, and we do. We work to keep our grandchildren safe and sound and make our homes their safe havens where nothing bad can happen to them. It is important that we share our own life lessons with them so that they will learn from our mistakes.

The contribution grandparents make to their families are extraordinary. When we role model for our grand children, it is intangible, powerful and real. More and more we see grandparents providing reliable and dedicated child care services but it is the daily acknowledgement that we get from our children and grandchildren that inspires us to develop and maintain those loving connections. What fun it is to watch their eyes widen and sparkle when you tell your grandchild about their parents were when they were children.

## How to Build a Community

- Know your neighbors
- Greet people
- Plant flowers
- Use your library
- Play together
- Buy from local merchants
- Share what you have
- Help a lost dog
- Take children to the park
- Garden together
- Support neighborhood schools
- Have potlucks
- Honor elders
- Pick up litter
- Read stories aloud
- Organize a block party
- Ask for help when you need it
- Open your shades
- Sing together
- Share your skills
- Listen before you react to anger
- Mediate a conflict
- Seek to understand
- Learn from new and uncomfortable angles
- Know that no one is silent, though many are not heard

# FAMILY FRIENDS NEWS NOTES & REMINDERS

## Chair Exercises' for Seniors

Chair exercises help seniors stay in shape and increase your metabolism. Exercises also help increase energy levels and alertness. Doctors recommend exercising at least 30 minutes a day. Benefits of chair exercises are improved vitality and range of motion, pain relief, cognitive improvement, increased circulation, increased muscle strength and healthier aging.

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 food, get plenty of exercise and take the medications your doctor prescribes.**

## **Here are some rules for safe biking:**

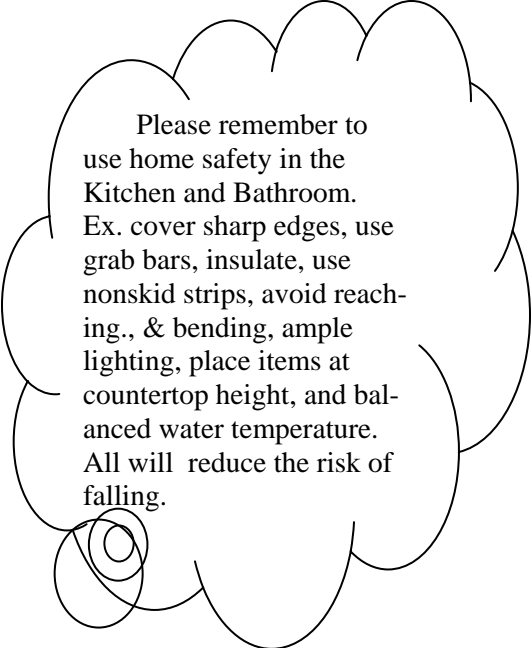
- ◆ Check the wheels and brakes before riding.
- ◆ Restrict where the child rides (such as paths and driveways) until they show how well they can ride and observe basic rules of the road.
- ◆ Riding out into traffic from a driveway, sidewalk or other area is the same as crossing the street. Look left, right and left again to make sure it is safe to cross.
- ◆ Ride a bike on the right side of the road, with the flow of traffic.
- ◆ A child **MUST** obey all stop signs and red lights. Children should walk their bikes through busy intersections.
- ◆ Do not ride in the wrong direction down one way street.
- ◆ Use proper hand signals to indicate turns.
- ◆ **Wear a helmet EVERY time you ride your bike, roller skate, roller blade or skateboard.**
- ◆ Consider having your child attend a bicycle safety course.

**FAMILY FRIENDS**

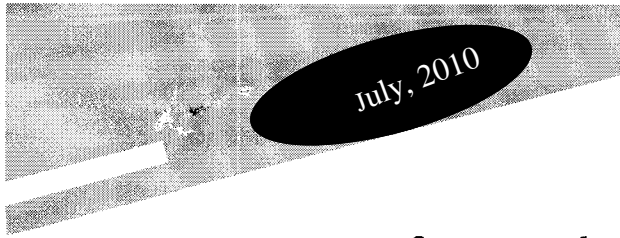
**CARING**

**COMPASIONATE**

**COMMITTED**



Please remember to use home safety in the Kitchen and Bathroom. Ex. cover sharp edges, use grab bars, insulate, use nonskid strips, avoid reaching, & bending, ample lighting, place items at countertop height, and balanced water temperature. All will reduce the risk of falling.



# Kindred *Spirits*

## Don't Let Kids Backslide Academically Make Summer Learning Fun

### Experiment this summer!

Experimenting is when kids test an idea to see if it's true. They try different solutions to see if one works.

An easy example is to combine paints to get different colors: yellow and blue make green; white and red make pink. Then add black paint. What happens? Kids can learn a great deal by trial and error.

A hot day in the sun with some finger paints makes this experimental activity fun as well as educational.

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

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

It's summertime and most of us think of fun, sun, swimming and play. But three months of summer vacation can mean a time of academic back sliding for children. With a little thought and imagination, you can incorporate learning into summertime fun.

According to Lisa Wallace, MU Extension human development specialist, "You can help your grandchildren continue to learn while playing by giving them open-ended materials and plenty of time to play."

You can guide their play by asking questions and making suggestions. Let them figure things out by themselves and avoid the temptation to take over and make them play "your way."

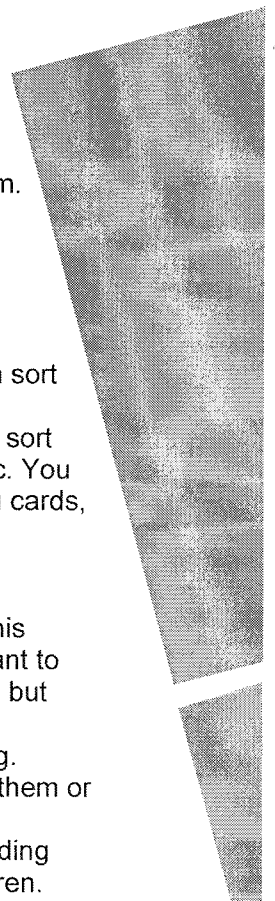
Build on your grandchildren's natural tendencies for observation. Take a walk and look closely at things like bugs, leaves, concrete, sidewalks, plants, the sky and even litter. Talk about shapes and colors. Ask "what if" questions like, "What if there were no bugs or birds?" and "What if it was hot here all the time and we never had rain?"

Ask your grandchildren to estimate or guess. Get a large mixing bowl and a measuring cup.

Ask how many cups it will take to fill the bowl. Then go outside and fill it with water. Or, go to the sandbox with a shovel and bucket and count how many shovels it takes to fill the bucket. This helps children with mathematic skills also.

Classification is the process of grouping things together and identifying relationships and categories. Your grandchildren, like other kids, will create their own classification systems. They'll sort and order in categories that mean something to them. A fun time to work with classification is on a rainy summer day when you are indoors. Have your grandchildren gather their stuffed animals and then have them sort them into categories. Your grandchildren will be able to sort them by color, size, type, etc. You can also do that with playing cards, blocks or canned food items in the pantry.

Don't forget about reading this summer. Not only do you want to continue the bedtime rituals, but extra reading is important to continue the habit of learning. Whether you are reading to them or they are reading to you, the togetherness and actual reading both benefit your grandchildren.



FROM THE DESK OF  
JULIE NOBLES.....

## RECIPES

### Summer Smoothies

#### BANANA BREAD

1/2 CUP BUTTER  
1 CUP SUGAR  
2 EGGS  
3 BANANAS  
2 CUPS FLOUR  
1 TSP BAKING SODA  
1/2 TSP SALT

COMBINE BUTTER, SUGAR, & EGGS. STIR. ADD BANANA'S. ADD NUTS AND RAISINS AS WANTED. GREASE PAN  
BAKE IN SMALL LOAF PAN  
30 MINUTES 350 DEGREES, 325 UNTIL DONE

Learn to whip up a healthy, luscious treat in your blender. Now that summer is here, blenders are whirring away, full of juice and fresh fruit at the peak of ripeness. Possibly the perfect solution for dessert, smoothies also stand in as creamy breakfast or as sweet afternoon pick-me-ups. To make a cool smooth drink that's not watered down, by ice, partially freeze fruit before you blend it.



#### Mango-Peach Smoothie

1 cup peeled, chopped mango  
1 cup peeled, chopped peach  
1/2 cup orange juice  
2 tsp honey  
1/8 tsp ground cinnamon  
1 cup softened ice

Add ingredients to blender in order listed; pulse twice, then blend until smooth.

#### Banana-Berry Smoothie

1/2 cup blueberry  
1 cup apple Juice  
1/2 tsp vanilla extract  
1 cup partially frozen strawberries  
1 cup partially frozen banana slices

Add ingredients to blender in order listed ; pulse twice, then blend until smooth.



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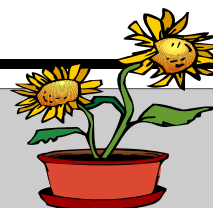
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## **JULY 2010**

### **FAMILY FRIENDS SUPPORT GROUP SCHEDULE**

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**YOU ARE INVITED!**



St. James United Methodist Church  
5540 Wayne, KCMO  
1st & 3rd Tuesday of each month  
July 1st & 15th  
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  
July 26th  
Evenings: 6:30-8:00 pm  
Contact Kathy Gardner (816) 536-3264

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

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

North Cross United Methodist Church  
1321 NE Vivion Road, North Kansas City, MO  
2nd & 4th Wednesday of each month  
July 14th & 28th  
11:00 am-12:30 pm  
Contact: Kathy Gardner (816) 536-3264

Wyandotte County Health Department  
619 Ann St  
Kansas City, KS  
2nd & 4th Thursday of each month  
July 8th & 22nd  
11:00 am—12:30 pm  
Contact: Barbara Freeman (913) 593-4818

Waldo Library  
201 W. 75th St.  
2nd Saturday of each month  
July 10th  
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  
July 8th & 22nd  
11:00-12:30 pm  
Contact: Cheryl Shaw (816) 509-0783



# Children's Mercy HOSPITAL

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

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

## **Family Friends Staff**

**JoAnn Stovall**  
Family Friends  
Coordinator

**Kim Saleh**  
Grandparent Mobilizer II

**Doris Brown**  
Grandparent Mobilize

**Norma Flowers**  
Grandparent Mobilizer

**Cheryl Shaw**  
Grandparent Mobilizer

**Barbara Freeman**  
Grandparent Mobilizer

**Kathy Gardner**  
Grandparent Mobilizer

**Maria Leathers**  
Administrative Assistant  
**(816) 234-3676**