



KINSHIP TIMES MAY 2010

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

GRANDmother’s Day Photo’s

Family Friends grandparents’ will receive a free Mother’s Day photographing with their grandchildren on Saturday, May 15th. We know it took a lot to get all the grandchildren together, but it was well worth it. These photo’s will be something you and your grandchildren will always remember and they can share them with their children and grandchildren. A big thank you to Brian Delaney, photographer who provided the photos.

Photos will be available during the first week in June. Contact your Mobilizer to receive your photo.

Be sure to visit the
**Family Friends Program
grandparent & relative
caregivers support group
nearest you.**
See page 7 for locations



www.childrensmercy.org/familyfriends



The Wyandotte County Grandparent support group held a 2010 celebration of Black History on February 25th. The event took place at the Wyandotte County Health Center at 700 Ann Avenue Kansas City, Kansas. Special guest included Granvile T. O’neal and Alvena Henderson. Granvile O’neal has been involved in many community events at the Granada Theatre, Folly Theatre, the Coterie Theatre, Lawrence Community and the KCK Community College. One of his performances was “A Raisin in the Sun”.

Alvena Henderson is a gifted soloist who helped organize a gospel singing group which is well known throughout the community for their collective talents. The event was hosted by Family Friends Program of Children’s Mercy Hospitals and Clinics. Barbara Freeman, Family Friends Grandparent Mobilizer organized the event.



The grandparent support group meets on the 2nd & 4th Thursday of each month at the Wyandotte Health Department, 619 Ann, Kansas City, Kansas 66102.
You are invited to attend.

FAMILY FRIENDS
Upcoming Events

Summer Respite Care
June 14th thru June 18th
Boys & Girls Club
Activities, field trips

**GRANDPARENT
AND
RELATIVE CAREGIVERS
12TH ANNUAL
CONFERENCE
September 24, 2010**

**MARK YOUR
CALENDAR!**

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.



For more information, call the office
A 816-234-3676

**APRIL
SHOWERS**



**BRING
MAY
FLOWERS**

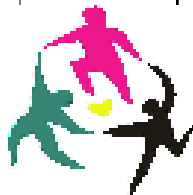
Grandparent TIPS

Grandparents make profound contributions to their families, so take your role seriously. Allow you and your grandchildren to develop trust and understanding . Have special things that you do with your grandchild on an individual basis. It will make him/her feel important. Share family history, traditions, and holidays with your grandchildren, it helps instill a sense of family, belonging, continuity and security.

**KANSAS CITY TRADITIONS -
THURSDAY, MAY 13 , 210**

First you'll enjoy "The Monarchs of KC". This musical play takes place at Union Station and raises the ghosts of great baseball players of the Negro Leagues. Rube Foster, who founded the Negro National League in Kansas City, comes to life to manage an all star dream team that includes Leroy "Satchel" Paige, James "Cool Papa" Bell, Wilbur "Bullet" Rogan, Josh Gibson, and Jackie Robinson. You will also enjoy "Ride Around the World" on the Extreme Screen where you'll discover the amazing 1200-year global history of the cowboy. You will visit the National Archives of Kansas City and see two interesting exhibits. "Mapping Missouri" features historical maps from the 19th century and an 1837 Missouri River survey map. The other exhibit is "Deadly Medicine", a temporary exhibit from the United States Holocaust Memorial Museum. Your lunch will be at a Kansas City landmark, the Golden Ox. Your choices are Luncheon Steak, Oven Roasted Salmon or Pot Roast. Please give you choice when registering. Cost: \$42.00 includes transportation, tours, shows and lunch. Bus departs at 9:15 a.m. and will return at approximately 4:30 p.m. Reservation deadline: April 28th.

Newsletter, Gladstone 50 + News



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.

Visit a Support Group nearest you.

- Clay County Health Dept.
- Christian Fellowship Baptist Church
- Habitat for Humanity
- North Cross United Methodist Church
- St. James United Methodist Church
- New Covenant Ministries
- The Waldo Library
- Wyandotte County Health Dept.

We will enjoy having you there!

Here are some rules for safe biking for grandchildren:

- ◆ Check the wheels and brakes before riding.
- ◆ Restrict where the child rides (such as paths and drive-ways) 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 inter-sections.
- ◆ Do not ride in the wrong direction down a 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.

www.kidshealth.org/parent/emotions.

GRANDPARENTS

WOULD YOU LIKE TO HAVE A GRANDPARENT'S CORNER IN THE MONTHLY NEWSLETTER, WHERE YOU CAN SHARE STORIES, EXPERIENCES, RECIPIES AND MORE!

PLEASE CONTACT MARIA LEATHERS AT 816-234-3676 TO SUBMIT INFORMATION FOR THE NEWSLETTER!

THE JOURNEY

By Ralph Marston

You arrive at the airline ticket counter with your bags packed and ready. You pull out a billfold full of cash, and say to the ticket agent, "I'd like a ticket, please."

"Certainly," says the agent. "Where would you like to go?"

"Someplace nice. Where I can have a good job, make plenty of money, drive a new car, live in a big house, and have a lot of friends," you answer.

"And exactly where would that be?" asks the agent.

"I'm not sure just yet," you reply. "But once I get going, I should have a better idea."

"I'm sorry," says the agent. "You obviously have enough money for a ticket to anywhere you wish to travel.

However, in order to issue a ticket, I'll need to know exactly where you intend to go. If you don't know that, I'll have to ask you to step aside."

Next, please.

The person behind you. steps up. to the counter.

"I'd like a ticket to Paris," he announces.

"Certainly," says the agent. "And how will you be paying for this?"

"I'm not sure just yet," he answers.

"But once I get going I should be able to think of a way."

"I'm sorry," replies the agent. "But I cannot issue a ticket without your payment."

Next, please.

**A successful journey has two essential requirements:
a clear destination, and the means to get there.**

Your goals and dreams are the destination of your life's journey.

Your discipline and effort are the means of travel.

Without one, the other is wasted. With both, you can go wherever you want to be.

FAMILY FRIENDS NEWS & NOTES

Planning a “Nutrient-Rich” Garden

Spring has a way of flexing our weather. Snow, sleet, and sunshine-enough to give anyone spring fever. Summer is really what we need to get started. A garden can be large, small, or simply in containers. There are varieties which are specifically for containers. I’m also interested in the “baby” varieties of vegetables. While they are a novelty, they produce an amount which satisfies the soul of growing and reaping. Most people are not too interested in a large garden, but I do like the freshness and variety of vegetables during the summer. When planning and planting your garden, plant seeds which will produce vegetables which will be rich in nutrients. Since garden seed packets aren’t labeled with nutrient labeling, I’ll share some information from the vegetables planning calendar which provides that nutrient.

Vitamins A & C: Spinach, cantaloupe and broccoli along with many greens like turnip, kale, collards and mustard.

Vitamin A: Carrots, sweet potatoes and winter squash.

Vitamin C: Tomatoes, peppers, cabbage, cauliflower and kohlrabi.

Fiber: Fresh vegetables and fruits are excellent source of fiber.

And while some vegetables don’t measure up on the nutrients, they do when it comes to fiber. In addition to planting for nutrients, we need to plant for the “end use”. If you intend to freeze the extra produce, select varieties that have good freezing qualities. The same for canning and picking. Many often wonder when is it safe to plant tomatoes. The usually unsafe date to plant tomatoes is May 15 to 30. By usually safe, it all depends on the weather!

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
- Work to make a change

SENIOR ADVICE

Calling all grandparents: Are you stuck for a suggestion for activities grandparents can do with their grandchildren? Look no further, we have found a big list of things to do. Hopefully there will be at least one or two things that captures your imagination.

A trip to a lake or beach
Digital photography
Amusement park
A big jigsaw
Produce a video
Baking cookies
Visit an old folds home
Involve the kids in volunteer work
Camping trip
A hike to a natural place
A trip to the park
Fishing, boating, swimming
A trip to a museum
Scrapbooking
A train trip

The importance of Exercise

Senior exercise is an important part of the health and wellness of seniors. It helps increase your metabolism, energy levels and alertness. Research shows that those suffering from illnesses benefit from exercise

What Are Chair Exercises' for Seniors

Chair exercises help seniors stay in shape an increases your metabolism. Exercises also helps 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.

Types of Exercises for Seniors

Stretching—This involves stretching your arms, fingers, legs and torso. Try lifting your arms above your head, pushing your legs out, and raising your arms and leaning backwards. Stretching is an important step to take before beginning any exercise.

Boxing or punching—(forward arm push without fully extending or snapping the elbow)

Arm Circles—(round slow motion)

Foot bounces-(put your feet flat on the floor and lift your heel in time to the music, do one at a time or both or alternate)

Leg kick-(extend your leg and kick out)

Leg crosses-(scoot down on your chair so you can fully extend your legs, cross them and lift them in the air)

http://seniors.lovetoknow.com/chair_exercises_for_Seniors

MAY 2010
FAMILY FRIENDS SUPPORT GROUP SCHEDULE

St. James United Methodist Church
5540 Wayne, KCMO
1st & 3rd Tuesday of each month
May 4th & May 18th
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
May 24th
Evenings: 6:30-8:00 pm
Contact Lynn Vanderweel (816) 415-4144

Habitat for Humanity
1423 East Linwood, KCMO
1st Thursday
May 6th
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
May 13th & May 27th
11:00-12:30 pm
Contact: Cheryl Shaw (816) 509-0783

New Covenant Ministries
532 South Main Street, Independence, MO
2nd & 4th Tuesday of each month
May 11th & 25th
6:00 pm—8:00 pm
Kim Saleh, Mobilizer II (816) 726-6780

Waldo Library
201 W. 75th St.
2nd Saturday of each month
May 8th
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
May 12th
Contact: Kim Saleh (816) 726-6780

Wyandotte County Health Department
619 Ann St
Kansas City, KS
2nd & 4th Thursday of each month
May 13th & May 27th
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
May 12th & May 26th
11:00 am-12:30 pm
Contact: Lynn Vanderweel (816) 415-4144



Children's Mercy HOSPITAL

www.childrensmercy.org

**Family Friends
Program**
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Kansas City, MO
64108

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