



**Come on, join in ...
meet others ...**

Kinship Activities May 2011

Judy attends Kinship Clubs and is one of the friendly voices on the phone urging you to attend too.

Grandparents and other relatives (of any age) raising children come meet other kinship families.

No charge—free meals, programs for adults, elementary aged children and teens; child care for infants and toddlers.

Mayores Kinship Club Thurs., May 5, 11:30 a.m.
Mayores Senior Center, 2 Aurora Gonzalez Drive
(Between The Trail and Broadway on South Street.)

Topic:

Managing your utilities.

Presenter: Amy Carles, Office of the Ohio Consumers' Council

West Kinship Club -Friday, May 20, Noon
Sylvania Senior Center, 7140 Sylvania Ave.

Topic:

"Let's talk."

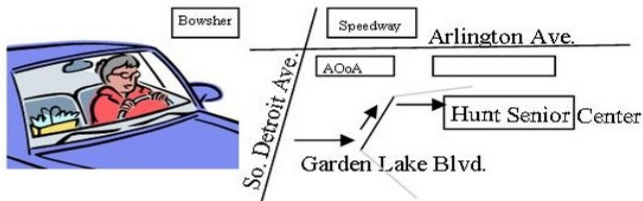
South Kinship Club - Wed., May 25, 5:30 p.m.
Hunt Senior Center, 2121 Garden Lake Parkway

Adult Topic:

Services for children of all ages Through the Lucas County Board of Developmental Disabilities

Presenter: Sue Kibbler, Transition Specialist

Children's & teens programming will be provided.



**Transportation available
if requested 48 hrs in advance.**

Cut Off Kinship Club Schedule & Post on the Fridge.

Heroes In Our Midst



Mr. and Mrs. Washington are caring for five grandchildren and one great grandson ranging in age from one year to nineteen. The Washington's have been married forty-six years. Mr. Washington retired from General Motors and is a talented photographer. Mrs. Washington a former teacher and minister for nearly thirty years; ministers to the incarcerated. In their own words..."The Kinship Navigator Program has empowered us to advocate more effectively for our children and we know we are not alone!" Mr. and Mrs. Washington we honor you!

**Area Office on Aging
Kinship Navigator Program**
2155 Arlington Ave.
Toledo, Ohio 43609



The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children's Services, Lucas County Job & Family Services, and the Area Office on Aging's Family Caregiver Support Program.



Education Corner

Here are a few ... Low Cost or No Cost Activities to Entertain Your Kids This Summer

Outdoor Activities

1. **Make sailboats and race them.** Put water in a plastic kid's pool and race your handmade sailboats. Use only the natural wind power to make them go and see who makes it to the finish line first! (If you live near a ditch or other moving water source, you might consider racing them down the stream after a rainstorm!)

2. **Jump rope.** This is fun for one child or a group of children. Learn a few songs and games to play for group jump roping, and try to see how many jumps each person can make before making a mistake.

3. **Puddle jumping.** Nothing is more fun than getting to play outside when it's raining. Summer rainstorms don't always mean you have to head inside- put on bathing suits and rain boots and stomp in the puddles!

4. **Have your own drive-in movie.** On a clear, dry night, bring the television set outdoors and let the kids watch a movie on blankets under the stars. For added fun, invite the neighborhood kids to drive-in on their bicycles to enjoy the movie, too. Don't forget the popcorn!

5. **Plant a container garden.** Many vegetables and herbs can be grown indoors or out inside containers. Let your children pick some varieties to grow and tend to them throughout the summer. It may even convince them to eat a vegetable if they know they grew it!

6. **Target squirting.** Set plastic cups on the top of a fence, deck railing, or balanced on kids heads and let other children squirt them off with water guns or plastic water bottles. You can create points by writing on the plastic cups and keep score or just see who's the fastest to knock over the cups.

7. **Car wash.** Arm your kids with the hose, a bucket, soap and some sponges and set them to work washing the family car (and each other). You could let them hang a sign around town advertising their car wash service, as well.

8. **Dirt restaurant.** Kids love to play restaurant, and who doesn't love to play in the dirt? Send the kids outside with plastic cups and plastic spoons, a few dollar store dishes and see what kind of gourmet meals they come up with. They can make salads from leaves and flower petals, mud pies, and tree bark chicken. The kids can take turns making meals, being waiters and restaurant patrons.

9. **Water balloons.** An always fun, but often forgotten activity, water balloons are easy to make and cheap! Fill some balloons with water and play water balloon toss- start kids standing close together and each time the balloon is caught without breaking everyone takes a step back!

10. **Go for a hike, walk or bike ride.** Most towns have parks and areas that are perfect for this, but even if you have to make it a full day trip and travel a bit, this is a great activity to beat summer time boredom. Pack a picnic lunch and plenty of fluids and enjoy some exercise.

Source: <http://www.destroydebt.com/articles/90-low-cost-or-no-cost-activities-to-entertain-your-kids-all-summer-long.html> April, 15, 2011.

Healthy U Workshops! Chronic Disease Self Management Workshops

May 2 – June 13, 2011

Oblate Senior Residences

1225 Flaire Drive

Toledo, OH 43615

To Register contact:

Sharon Hall at 419-536-3862

Mondays, 10 am – 12:30 pm or

1:00 pm – 3:30 pm;

workshop time to be determined

FREE SATURDAY CLINICS:

Lowes Stores - Build and Grow available the 2nd and 4th Saturday each month. Time: 10 am-11 am. Open to children age 4 through 6th grade. Call local store to register or register online at Lowes.com.

The Home Depot Stores - Kids Workshop available 1st Saturday of each month. Time: 9 am—12 noon. Open to children ages 5 –12. The hands-on sessions are fun and kids take home their project. May 7th project a Tulip Planter.



A Little TLC

A Time Just For You

Friday, May 13, 2011

11:30 a.m. to 1:30 p.m.

Lunch and Relaxing Entertainment.

Child care and lunch for pre-schoolers.

Reservations a must. Call Lorri at 419-725-7042.

Please give the number of adults and pre-school children who will attend.

For Kinship Caregivers Only.



Kinship Day at the Mud Hens Game!

Monday, May 23, 2011

Game Time: 6:30 p.m.

For tickets call:

Lorri starting May 2nd at 419-725-7042.