



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

## Kinship Activities April 2010

Judy attends Kinship Clubs & 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. April 1, 11:30 a.m.  
Mayores Senior Center, Two Gonzalez Way  
(Between The Trail and Broadway on South Street.)

**TOPIC: “Calming the stormy waters of visits with birth parents, brothers and sisters.”**

Presenter: Jamie Richardson, Kinship Navigator Programming Specialist

**West Kinship Club** Fri., April 16, Noon  
**“Let’s talk about whatever you want!”**  
Sylvania Senior Center, 7140 Sylvania Ave.

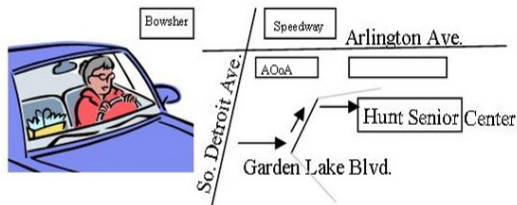
**South Kinship Club** - Wed., April 28, 5:30 p.m.  
Hunt Senior Center  
2121 Garden Lake Parkway (See map at below.)

**Adult TOPIC: “Ways to say ‘No’ that get a good response.”**

Presenter: Sr. Suzette Fisher, Double ARC

**Children’s TOPIC: “Consequences”**

**Teens TOPIC: “Positive Choices”**



**Are you new to this “kinship parenting” thing?**

You are not alone! Come try one of the Kinship Clubs. Enjoy a meal, relax, meet others and get support. Meet the Kinship staff — they want to meet you! Questions? Call Lorri at 419-725-7042.

Cut Off Kinship Club Schedule & Post on the Fridge.

## Children’s Programming for All Ages



**Brad Weaver, Harbor clinician, works with children at the South Kinship Club.**

It was eight years ago when a kinship parent said, “You ought to have programs for the children.” We listened and ever since we’ve had programming — not just child care — for children ages five and up.

Clinicians from Harbor work with elementary –aged children on issues such as: family rules, consequences, lying, telling versus tattling and others. Positive choices from St. Vincent work with teens. Child care is provided for infants and toddlers.

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

[www.areaofficeonaging.com](http://www.areaofficeonaging.com)

For the Kinship call:  
419-382-0624

*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.*



## Answers For You

**QUESTION:** The kids' bedrooms are such a mess. What's the best way to handle this?

**ANSWER:** Try to relax about it — a clean room is not a life-or-death matter.

**Option 1:** Why not just ask the child to keep the door closed so you don't have to be aggravated? Most parents don't like this idea, but before you dismiss the Close-the-Door-and-Don't-Look notion, ask yourself this: Do you have a child with a significant behavioral or emotional problem, such as ADHD, learning disability, anxiety or depression? Imagine your son hates school, hates homework, has no friends, feels lousy most of the time and fights with his sister constantly. Should you also get after him about the junk on his bedroom floor? "No." Straighten out your priorities; you have bigger fish to fry. "Just close the door" is quite legitimate for some families, but it presents two problems: dirty dishes and dirty laundry.

**Option 2:** Use a kitchen timer, if the dishes or clothes can be picked up in less than two minutes. Remember to praise compliance frequently.

**Option 3:** Some parents whose kids are older tell them that any clothes that don't make it the laundry or hamper simply don't get washed. Then the child has to wash them herself.

**Option 4:** You pick-up the dirty clothes and/or dishes from the room, but you "charge" your son or daughter for your labor (you'll feel better about having to do the job). Don't lecture and keep the fees reasonable.



## Summer Safari Camp at The Toledo Zoo

"Calling all four-year-olds!" Scholarships for four-year-olds to attend a five-day *Summer Safari Camp* are available at The Toledo Zoo for income eligible kinship parents. No fees would be charged but the children would have to have their own transportation to The Toledo Zoo.

The 3-hour sessions are held from 9 a.m. to noon as follows:

- **Terrific Textures**, June 28-July 2 & Aug. 2-6
- **Polar Paws**, July 5-9
- **Animal Action ABCs**, July 12-16
- **CAT-Tastrophe**, July 19-23
- **Animal Talk**, July 26-30
- **Animal Olympics**, Aug. 9-13
- **Elephant Expedition**, June 21-25 & Aug. 16-20



This scholarship program is funded by the William R. Winkle Memorial Fund of the Toledo Community Foundation. If you want more information, or to apply, call The Toledo Zoo at 419-385-5721 extension 2042 or email [peggy.coutcher@toledozoo.org](mailto:peggy.coutcher@toledozoo.org).

## Connect with Kinship on the Internet

All the libraries in the Toledo-Lucas County Public Library system have computers for public use and librarians willing to help you. You will need a library card and a basic knowledge of how to use a computer.

Check it out—try these Web sites:  
[www.areaofficeonaging.com/kinship.html](http://www.areaofficeonaging.com/kinship.html)  
[www.kinshipohio.org](http://www.kinshipohio.org)

## How to Have Positive Relations with the Birth Parents

From what many of you tell us, allowing the children to visit with their birth parents, can be problematic.

First of all, most of you think it's something you **should** do, but it can cause such a disruption to the household, to say nothing of the emotional state of everyone, that sometimes you wonder if the visits are a good idea.



**Jamie Richardson, Kinship Navigator Programming Specialist, will lead a discussion that tackles this challenge at the April 1 Mayores Kinship Club. Plan to attend and learn strategies to help your family with those "pesky visits." See the other side of this newsletter for times and location.**

Topics covered April 1 at the Mayores Kinship Club will include:

- Pros and cons of birth parents visits;
- Preparing the children for the visits;
- Preparing yourself for the visits;
- Tips on how to set aside your own emotions;
- Setting limits with the birth parents —prior to and during the visit;
- Tips to help the visit be a pleasant time;
- Dealing with the stress of the visits; and
- Picking up the pieces when the visits don't go as planned.

## Shopping Smarts Tours



**Elizabeth Hood (left), BGSU student and dietetic intern, and Pat Washington look over Pat's healthy purchases at the Sea Way Market Place. The Kroger Store at Glendale and So. Detroit was also a tour site.**

Seventeen kinship parents went on Shopping Smarts Tours sponsored by Share Our Strength's Operation Frontline and the Area Office on Aging's Department of Nutrition and Kinship Navigator Program. A Bowling Green State University student intern, Liz Hood, who is studying nutrition led the tours along with Rebecca Liebes, Ph.D. R.D., Director of the Department of Nutrition and Wellness at the Area Office on Aging.

The focus of the tours was to help participants get the most out of their food dollars and also to understand the importance of fresh fruits and vegetables and whole grains.

## Mark Your Calendar

A time just for you! A little TLC. Lunch and Relaxing Entertainment.  
**May 14 — 11:30 a.m. to 1:30 p.m.**  
More information to come.  
Watch for it in May's newsletter.