



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

## Kinship Activities October 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.***

**Please Take Note: The Kinship Navigator Program is currently offering two Kinship Clubs.**

### **Mayores Kinship Club** Thurs., Oct. 7, 11:30 a.m.

Mayores Senior Center, Two Gonzalez Way  
(Between The Trail and Broadway on South Street.)

#### **TOPIC: Heart Health and a Better You**

Presenter: Wendy Keener, Special Events Dir. American Heart Association

### **South Kinship Club** - Wed., Oct. 27, 5:30 p.m.

Hunt Senior Center, 2121 Garden Lake Parkway (See map at below.)

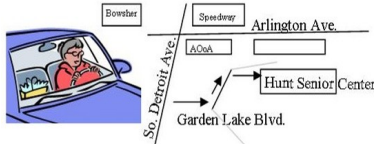
#### **Adult TOPIC: How to talk to your child about SEX and STD's**

Presenter: Sherita Evans, Planned Parenthood

#### **Children's & Teens programming**

#### **TOPIC: Productive Leaders For Tomorrows Future**

Presenter: Shawn Mahone, Sr., Executive Director  
Young Men and Women For Change



### **Are you looking for support, encouragement and a chance to relax?**

Come try one of our Kinship Clubs. You'll see you are not alone. Come enjoy a meal, relax, meet others and get support. Questions? Call Lorri at 419-725-7042.

Cut Off Kinship Club Schedule & Post on the Fridge.



## Heroes In Our Midst



Variety is the spice of life. Lutricia describes herself as a person who likes variety. She is raising her 15 year old grandson Le-Jai. Any time Lutricia talks about Le-Jai, she just lights up. Lutricia states that if she were not raising Le-Jai she would be on the road. Lutricia serves as a seasonal employee for the Board of Elections. Lutricia volunteers her time and cleans up a boulevard in her neighborhood. Lutricia attends First Church of God where she serves and supports whatever is needed and has participated in outreach to the elderly. When asked what one thing she would like to do that she has never done, Lutricia said she would like to go skiing. Lutricia Gray 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.*



## Active Listening Builds Your Child's Self-Esteem

Kids can sometimes surprise you with the comments they make. Before jumping in with advice or discipline, sometimes it's more important to listen first. For starters, get yourself in the proper frame of mind: "I'm going to hear this kid out—even if it kills me—and find out exactly what he thinks and feels about what's going on." Next, several different things can be done. These include openers, non-judgemental questions, reflecting feelings and perception checks.

**OPENERS:** Start what are called "openers" – brief comments or questions designed to elicit further information from your child. These comments may appear too passive, but remember that active listening must precede any problem-solving discussion. If discipline or other action is necessary, worry about that after you've gotten the facts. Openers can be simple: "Oh?" for example. Anything is OK as long as it communicates that you are ready and willing to listen sympathetically. Nonverbal behavior, such as putting down the paper to look at him, is also very helpful.

### NON-JUDGEMENTAL QUESTIONS:

Following openers, more questions are often necessary. To be effective, these must not be loaded or judgmental. "What do you think made you do that?" NOT "What on earth were you thinking!"

**REFLECTING FEELINGS:** If you're going to tell someone that you think you understand him, try to let him know that you can imagine how he must have felt under the circumstances. Something like: "Boy, I haven't seen you this mad in a while!"

Reflecting feelings lets the child know that whatever he is feeling is OK (it's what he sometimes does about it that can be right or wrong). Reflecting feelings reinforces self-esteem and also helps diffuse negative feelings so they are not acted out somewhere else.

**PERCEPTION CHECKS:** From time to time, it is helpful to check out whether you are really getting a good idea of what your child is saying. This kind of comment not only lets you know whether you're understanding him correctly, it also has a second purpose: it tells the child that you are really listening and trying to see the world for a moment through his eyes.

Source: *ParentMagic Newsletter* by Dr. Thomas Phelan © 2010. For more simple, straight-forward parenting advice and helpful tips from Dr. Thomas Phelan's best-selling parenting programs visit: [www.ParentMagic.com](http://www.ParentMagic.com)

## Heart Health



Your heart is in your hands. Heart disease and stroke are largely preventable if you work to lower your risks. It's important to know that there are a range of factors that can raise your risk of heart disease and stroke. Go **RED Better U Program** is a **FREE** 12 week online nutrition and fitness program that can make over your heart. Each week will focus on a different area of your health and provide step-by-step guidance. You'll have access to everything from daily expert tips and an online journal to a downloadable **BetterMe** coaching tool.

Source: "Go Red For Women: Better U." 22 Sept.2010 <http://www.goredforwomen.org>

## Sensory Learning Program...

### ~Training Opportunities for Professionals and Kinship Caregivers:

**Guest Speaker:** Dr. Jeffery Schmakel

~Professional Workshop on  
**The Sensory Learning Program**  
~When: **Thursday, October 21, 2010**  
~Time: **8 - 9:30 a.m.**

~Where: **Margaret Hunt Senior Center**  
**2121 Garden Lake Parkway**

**Application submitted for continuing education credit for social workers.**

~Kinship Caregiver Workshop on  
**The Sensory Learning Program**  
~When: **Saturday, October 23, 2010**  
~Time: **9:30 a.m. – 1:00 p.m.**  
~Where: **Mayores Senior Center**  
**2 Aurora Gonzalez**  
**(Between the Trail and South off Broadway)**  
**Pre-registration required:**  
**Call Lorri at 419-725-7042.**

## Free Tutoring Assistance Available

### LEARNING CLUB of Toledo -Tutoring

**Address:** Office - 1702 Upton Avenue, Toledo, OH 43607

**Locations:** Monroe Street United Methodist Church - 3613 Monroe St.

Redeemer Lutheran Church - 1702 Upton Ave.

Warren AME Church - 915 Collingwood Blvd.

Zablocki Senior Center - 3015 Lagrange St.

### Description:

Provides free tutoring services for students who need help but may not be able to afford for-profit learning centers. Funded by the United Way and private donations and has been serving students for sixteen years.

**Days and Times:** 3:30-5:30 pm and 5:30-7:30pm

Monday through Thursday dependent upon the location

<http://www.learningclubtoledo.org> or 419-360-2842



## Reminders: Families Receiving Food or Cash Assistance Must Return Interim Report.

Households approved for food or cash assistance after April 2010 are certified for 12 months of assistance. But, they must complete and return an "Interim Report" that is sent to them in month 5 of their certification period by Job and Family Services.

If the Interim Report is not received by the deadline any food or cash assistance will be cut off. The report is sent on the 9th day of the month and is due on the 21st day.

Source: *The Ohio Benefit Bank*  
*Ohio Association of Second Harvest Foodbanks*  
1-800-648-1176

