



Guardians

Raising

And

Nurturing

Dependents

Individual Highlights

Ohio's KPI	2
Childhood Obesity	2
Tween Stress	3
Fall Fun Activities	3
Thank you	3
Who we are	4

GRAND Kinship Navigator Program and Support Group

What is a Kinship Navigator?

Kinship Navigator Services provide linkage and support for kinship families and the children they care for. Services may include: Legal Assistance, Financial Assistance, Medical Coverage, Educational Services, Day Care Assistance, Referrals to Community Agencies, Advocacy, and Support Kinship caregivers have made a courageous and life changing decision that exemplifies their commitment and devotion to the children in their care.

With that in mind, GRAND Kinship Navigator Services strives to maintain children with their caregivers, to promote stability and sense of belonging, maintain extended family relationships and continue to benefit from inclusion in family traditions and cultural beliefs.

Who is a Kinship Family?

Relatives and Non-Relatives providing substitute care who have a longstanding relationship with a child.

G.R.A.N.D. Support Group:

G.R.A.N.D. Kinship Support Group was established by community kinship families seeking to support and empower others.

When we meet:

The G.R.A.N.D. group meets the 3rd Monday of the month at 6:30 pm to 8:00 pm.

We meet at Family & Community Services, Inc. at 705 Oakwood St. Suite 122 Ravenna, OH.

All family members welcome.
Daycare provided.

Preparing for the Holiday Season

Here are some quick tips to help you get ready for the fast-approaching holiday season:

1. Make a list of everything you want to accomplish before the holidays and cross items off as they are completed.
2. Make a list of who you need to buy gifts for and create a budget for each gift purchase.
3. Start saving money now to reduce stress later. When people are stressed they tend to forget what the real meaning is for the holiday season.
4. Shop early and shop while the children are in school. Most stores start their sales in November and paying for a babysitter is not always in the budget.
5. Wrap presents over a period of time. It's easy to put off all the wrapping until it HAS to be done. Try to wrap some gifts each week if possible.
6. Call stores prior to making the trip to make sure they have the item(s) you are looking for in order to save time.
7. If you are baking cookies, start early! Many recipes can be frozen.
8. When baking, be sure to have all ingredients on hand prior to the start.
9. Make sure you have enough cold and cough medicine on hand to combat the cold season, just in case anyone gets sick.
10. Be sure to take care of yourself! Take time to eat, exercise and rest. It's easy to get off track when one is so busy!

This information is courtesy of Room 2 Room Organizing, (2008)

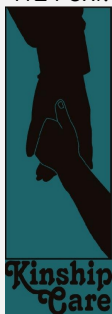
Ohio's Kinship Permanency Incentive Program

Ohio's Biennial Budget (HB 66) established the Kinship Permanency Incentive Program (KPI). The new program was implemented January 1, 2006.

This program will provide **financial support** for minor children in the legal custody or guardianship of grandparents, relatives, or other "kinship caregivers" (defined in Ohio as any relative or non-relative adult who has a long-standing relationship or bond with the child and/or family).

Eligible kin caregivers must have received judicial custody or guardianship on or after July 1, 2005.

For more details on KPI – Contact the Kinship Navigator at 330-677-4124 ext. 28.



Childhood Obesity

What is "childhood obesity"? Childhood obesity, according to the Mayo Clinic, is a "serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his or her age and height". Childhood obesity can lead to many complications for children. The National Center for Chronic Disease Prevention and Health Promotion state that childhood obesity rates have increased substantially in the last 30 years. Obesity rates of children between the ages of 6 and 11 have risen from 6.5% in 1980 to 19.6% in 2008. A 13.1% increase has also been seen with adolescent children between the ages of 12 and 19. As this issue becomes more prevalent, it is important to know the signs, what can happen if a child is obese and ways to treat this occurrence.

What causes obesity?

Obesity is caused by a caloric imbalance, basically one consumes more calories than are used, and can be impacted by a number of factors, such as:

- Diet
- Lack of exercise
- Family history
- Hormonal disorders
- Environmental factors
- Behaviors
- Psychological factors
- Socioeconomic factors

What health problems can be caused by childhood obesity?

- Cardiovascular disease
- High blood pressure
- High cholesterol
- Bone and joint problems
- Diabetes
- Increased risk to be overweight as an adult
- Asthma and breathing problems
- Sleep disorders
- Metabolic Syndrome
- Early puberty or menstruation

What other problems can be caused by childhood obesity?

- Self-esteem issues
- Psychological disorders
- Behavior problems
- Risk of being bullied
- Depression
- Learning problems

How do I know if my child is obese?

Your doctor can help clarify any weight concerns by using a growth chart and/or by calculating a child's body mass index (BMI). The growth chart compares your child to other children the same age and gender and BMI is calculated by using a child's height, age and weight. If your child's BMI is between the 85th and 94th percentile, your child may be overweight. If your child's BMI is above the 95th percentile, your child may be obese.

When should I take my child to see a doctor?

If you have any concerns about your child's weight, talk to your doctor or health care provider. The healthcare professional can look at your child's growth history, your family health history and determine where your child lands on growth charts. Your doctor can help to determine if your child is in an unhealthy range.

How do I prepare for the visit with my healthcare professional?

Your healthcare professional may ask you to track information before your appointment, make sure to do so if it is requested. If no information is requested, take in a record of your child's diet, write down questions you have, write down symptoms and record any measurements you have taken at home. Be sure to make the healthcare professional aware of any health problems the child may have.

What are the treatment options for childhood obesity?

- Healthy eating
- Physical activity
- Weight loss medication
- Weight loss surgery

For more information, go to MayoClinic.com or the website for the Center for Disease Control.

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all" – Dale Carnegie

Stress Management for Tweens?

Being young doesn't necessarily mean being "carefree". In fact, young people report feeling STRESSED often and cite it as one of the top reasons they choose to use alcohol, tobacco and other drugs.

Stress overload can wreak havoc on developing bodies; negatively affecting youth's physical, mental and emotional health. Therefore, the sooner we can help our children learn appropriate ways to deal with stress, the less likely they will be to turn to substances for stress relief.

Share these tips for handling stress "in the moment":

- Take deep breaths
- Punch a pillow or kick a can
- Step away to relax and cool off
- Visualize what you want to happen
- Call a friend to talk (vent)
- Do not dwell on your weakness
- Think positive
- Bring to mind your accomplishments
- Pray or read something inspirational
- Go do something fun
- Do muscle tension relaxation exercises
- Do something for others
- Take a walk, a run or exercise
- Eat a nutritious snack or meal
- Forgive yourself and others
- Stop worrying about the "what ifs"
- Take it one step at a time

It is important for children to understand that stress is normal and can actually be a healthy part of their ongoing development, when given the tools to handle it in a positive manner. It is also essential for caregivers to model effective stress management in their own lives. For more information, go to http://helpguide.org/mental/quick_stress_relief.htm

Information from the Drug Free Alliance (2010) located in Columbus, OH.

Family Activities

Every Tuesday in November and December – Arts Alive! FREE activities are open to Portage youth from age 5-21 from 3:30 pm– 5:30 pm at 705 Oakwood St., Ravenna

Every Thursday in November and December – Arts Alive is hosting Poetry Alive! This event is FREE to any Portage youth from age 5-21 beginning at 4:30 pm – 5:30 pm at 705 Oakwood St., Ravenna

November 6, 2010 – The Cider Festival is happening in downtown Kent from 12:00 pm – 3:00 pm

November 20, 2010 – American Girl Party at the Portage County District Library in Aurora from 1:00 pm-2:00 pm

November 26, 2010 – Midnight Madness in downtown Ravenna will kickoff with a parade and a visit from Santa

December 4, 2010 – Festival of Lights downtown Kent

Thanks to you all!

Hi GRAND Members,

A heartfelt thank you goes out to all those who helped to make our first field trip (to the Cleveland Indian's game in July) a success. A big thank you, especially, goes out to all of the drivers for getting us to Progressive Field in Cleveland and home again safely. The weather was perfect and to top it all off, the Cleveland Indian's WON! The score was 4-1 with Cleveland winning over the New York Yankees. What a game!

Thank you all again for creating wonderful memories,

Linda Carmen Bouchonville
President of the GRAND Support Group



**Family & Community Services, Inc.
GRAND Kinship Navigator Program**

143 Gougler Avenue
Kent, Ohio 44240

Phone
330-677-4124 ext. 28

Fax
330-677-4134

A program of:



In conjunction with:



Portage County Jobs &
Family Services



**Find out more about
Kinship**

www.kinshipohio.org

About Our Organization and the Grant

About Family & Community Services, Inc. -

For more than 60 years, people in Northeast Ohio have turned to **Family & Community Services, Inc.** As one of the largest, non-profit social service agencies in Northeast Ohio, we can respond quickly and compassionately to Individuals and families who encounter adversity or have difficulty coping with the basics of living can contact us for help. We have the ability and program diversity to help meet emergency situations, as well as work directly with clients to develop long-term independence and self-reliance.

Our belief in individual dignity and our strong sense of community determine our focus direct our policies and drive our efforts. Our programs and community centers could not operate efficiently operate without our dedicated 3,000+ volunteers. In fact, our volunteers help us to provide the wide array of community-based programs and services we offer throughout Northeast Ohio. Our volunteers cook and serve meals, tutor school children, distribute clothing, assist senior citizens and work as advocates for the homeless and abused.

About the Grant-

As part of implementing the Fostering Connections to Success Act, Public Children Services Association of Ohio, in collaboration with seven Ohio counties and the Human Services Research Institute received a grant from the US Department of Health and Human Services to demonstrate the effectiveness of Kinship Navigator Programs in high need areas. Each of the seven county agencies involved including Portage Children Services , will provide enhanced Kinship Navigator services to a broad population of kinship caregivers, regardless of their involvement with the child welfare system.

**Family & Community Services, Inc.
GRAND Kinship Navigator Program**
143 Gougler Avenue
Kent, Ohio 44240

