



# Kinship Care News

County of Saginaw

August 2010



## Making Time for Yourself

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As a parent, you know that your life is no longer your own. You're helping children grow up well. To do that well, you also need to take care of yourself. Here's how.

### Tips for . . .

#### all parents

- Find ways to integrate your personal interests into your life. Even if you don't have time to play your favorite instrument, you can still listen to music.
- Know that there will be times when parenting is overwhelming and stressful. That's true for all parents. You're not alone.
- Pace yourself. Parenting is not a sprint. It's a marathon (and maybe more like a triathlon). You need time to unwind, even if only for a few minutes.
- Keep track of your overall demeanor. Do you feel energized and excited—or exhausted and drained? You'll parent better when you feel energized.

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## Kinship family POTLUCK PICNIC Event

Bring a dish to pass & a couple gently used books to exchange

**Date:** August 5, 2010 **Time:** 12:30-2:00 p.m.

**Place:** Fordney Park (off Gratiot behind the fire station)

### Topic presented to the Adults:

## "Video Game/Computer Addiction"

Symptoms, Prevention, Family Change Plan

## Exercise with SVSU OT Students for the youth

"Lots of fun while increasing upper body strength"

\*\*If the weather looks poor, call the Kinship phone and listen to the recording \*\*

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\*Kinship Care Support Services (KCSS) offers assistance to adults ages 55 and over in Saginaw County who are raising grandchildren, great grandchildren, nieces, nephews or other related minors (where the biological parent is not in the home). The program provides support to both the adult caregiver and the minor children. KCSS offers support groups, information and referral to community resources, educational opportunities, recreational events, respite care funds, and emergency funds.

# Information passed on from E-Kinnections

—A newsletter of the Kinship Care Resource Center

## Survey for caregivers of youth with disabilities

Are you caring for a relative child with a disability? They may be interested in the following information. - Parents or primary caregivers of young people with disabilities 12-22 years old are invited to take part in a national research study by completing the National Family Support Survey, conducted by the FAST Project. Answers to the questions on the National Family Support Survey are confidential and will help the Administration on Developmental Disabilities, parent centers, and researchers understand the information and supports families need to prepare for moving into adulthood. This information may help to inform program development for youth with disabilities in the future. The survey is available in Spanish also. <http://www.fastfamilysupport.org>

## Camp for girls with disabilities

The Michigan Disability Rights Coalition is hosting a three day (August 13-15) event for girls between the ages of 14 and 19 with both visible and invisible disabilities at Camp Cavell in Lexington, Michigan. Her Power - Her Pride - Her Voice is the title for the three day experience where, as a group, girls will explore what it means to be a girl teen with a disability in today's world. The entire event is \$35 for the three days, which includes all food, lodging, and activities. Scholarships are available to ensure that no teen girl is left out. For more information contact Theresa Squires at the Michigan Disability Rights Coalition at 517-333-2477 ext. 326. Registrations are due by August 10; so don't delay.

## Healthcare Resource

[www.HealthCare.gov](http://www.HealthCare.gov)—A resource for families who are looking for healthcare or who are wondering how the changes in health care are going to affect them. The U.S. Department of Health and Human Services unveiled an innovative new on-line tool that will help consumers take control of their health care by connecting them to new information and resources that will help them access quality, affordable health care coverage. Called for by the Affordable Care Act, HealthCare.gov is the first website to provide consumers with both public and private health coverage options tailored specifically for their needs in a single, easy-to-use tool. This site also has a tool that identifies local health centers by zip code.

**You can obtain more information, resources and contact information for the MSU Kinship Care Resource center at: [www.kinship.msu.edu/](http://www.kinship.msu.edu/)**

Kinship Care Support Services  
2355 Schust  
Saginaw, MI 48603  
Phone: 989-797-6884  
Fax: 989-797-6882  
Email: mvalvano@saginawcounty.com

## Kinship Care Coffee Club

The Support Group for Kinship Caregivers  
1st and 3rd Thursdays of each month  
12:30 to 2 p.m.

Location—Unless otherwise noted:  
Eleanor Frank Center  
2355 Schust Rd



## Kinship Care Coffee Club

### August Meetings

August 5th—

**Kinship Family Picnic**  
12:30-2:00—Fordney Park  
**See Page 1 for Details**



August 19th

**Kinship meeting at the park**  
12:30-2:00—Fordney Park

**Activities will be announced at the 8-5 meeting**



If the weather looks poor, call the Kinship phone  
and listen to the recording for alternate plans

*(Continued from page 1)*

- Cut yourself some slack. Our society has very high expectations of parents. Most parents are doing the best they can. You don't have to be the perfect parent.
- Get to know other parents who have children the same age as yours. Talk about what you're going through. It helps you feel less alone.

### parents with children ages 6 to 9

- Set boundaries on your kids' activities.
- Encourage your child to have play dates.
- Connect with other parents.

### parents with children ages 10 to 15

- Set guidelines for the noise level in your house.
- Find small ways to take care of yourself.
- Discover ways to release pent-up emotion.

### parents with children ages 16 to 18

- Balance monitoring your teen and taking care of yourself.
- Think about what you'll do when your child graduates.
- Pace yourself with college application tasks.

**Go to the following website to read more:** [www.parentfurther.com/resources/enewsletter/archive/self-care#1618](http://www.parentfurther.com/resources/enewsletter/archive/self-care#1618)

## E-mail

If you would like to be added to the Kinship Care Support Services  
E-mail list to receive your KCSS Newsletter and other updates as available,  
send an e-mail with your request to [mvalvano@saginawcounty.com](mailto:mvalvano@saginawcounty.com)



Saginaw County Commission On Aging  
 2355 Schust Rd · Saginaw, Mi 48603

# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 <b>KCSS PICNIC</b> Event 12:30-2:00	6	7
8	9	10	11	12	13	14
15	16	17	18	19 <b>KCSS</b> Meet at the park 12:30-2:00	20	21
22	23	24	25	26	27	28
29	30	31				