

Ohio Grandparent/Kinship Coalition — Where Your Voice is Heard!

W W W . O H I O G R A N D P A R E N T K I N S H I P . O R G

PLANNING FOR THE UPCOMING OGKC CONFERENCE 2011

The Upcoming Ohio Grandparent Kinship Coalition Conference (OGKC) is in the planning stages and will be held late summer or early fall 2011. The venue has not been decided but we want it to be child and family friendly. We would like to hold it in the Columbus area because it is centrally located. If you know of a great place, have topics for workshops, know of possible presenters, speakers or spon-

sors or other ideas for the conference, please submit them via email to www.ohiograndparentcoalition@yahoo.com. We look forward to hearing from you!



KINSHIP PERMANENCY INCENTIVE (KPI) PROGRAM

Correction

KPI was created to support children in the homes of family or friends who have committed to caring for them when birth parents cannot. Eligibility is only available for children you assumed custody of on or after July 1, 2005. The KPI amounts are up to \$2025 for each child

over a 36 month time span: \$525 would be received at the initial approval and \$300 at each subsequent approval.

Contact your county public children's services agency for more information or if you think you may be eligible.

CAREGIVER'S CORNER

Taking care of yourself is your most important step as a caregiver. Caregivers are more likely than those who are not caregivers to be at risk for colds and the flu and also chronic illness, such as heart disease, diabetes, and cancer. On the other hand, when caregivers take time to care for themselves, good things usually happen:

- They stay healthier.
- They feel better about themselves.
- They have more energy and enthusiasm and can keep giving care.

Here are some important things that you need to find time to do-just for yourself:

Get some exercise. You may feel better and sleep better if you exercise. One way is to be active in blocks of 10 minutes or more throughout your day and week.

- Eat healthy meals and snacks. When you are busy giving care, it may seem easier to eat fast food than to prepare healthy meals. But healthy meals are

easy to prepare, and healthy eating will give you more energy to carry you through each day.

- Get enough sleep. If you are not getting enough sleep at night, take a nap during the day. Plan to get at least one full night's rest each week.
- Make time for an activity you enjoy-reading, listening to music, painting or doing crafts, playing an instrument-even if you can only do it for a few minutes a day. If you like to go to church activities or take classes, ask a friend or family member to stay with your loved one for an hour or two one or two times a week so you can do those things.

Get regular medical checkups. This includes dental checkups. Even if you have always been healthy, you need to stay healthy. Know about the signs of depression, and watch for them not only in the person you are caring for but also in yourself. If you have feelings of lingering sadness or hopelessness, talk with your doctor. Information from :www.webmd.com/balance/tc/caregiver



WWW.OHIOGRANDPARENTKINSHIP.ORG

The history of Grandparent's Day

The first Grandparents day was celebrated in 1970 by the Marian Lucille Herndon McQuade who was a West Virginia homemaker and also a mother of 15 children. To celebrate Grandparents day she also got a support of businesses, political leaders, churches and civic groups but publicly it was celebrated in West Virginia in 1973 by the Governor Arch Moore.

She got an inspiration to celebrate this day from her grandma Maude McClung Dickerson where she often visited during her childhood. Her grandma who used to work on 130 acre farm, after completing her task on the farm often visited the elderly people of their community to share their feelings and loneliness. From that day McQuade had a soft corner for the seniors which also inspired her to celebrate the Grandparents day. Today this day is celebrated by millions of people in the United States.

When Grandparents day gets popular in West Virginia McQuade tried to convince the media, Senators, governors and congressional representatives of every state to celebrate the National Grandparents day. At last she succeeded and Congress had passed the law which was signed by the President Jimmy Carter declaring that every year the Sunday after the Labor Day was observed as the National Grandparents Day.

Grandparents day was officially celebrated for the very first time on September 9, 1979. After this she also started a National Grandparents day council which is basically a non profitable organization and whose main motto is to strengthen the bond between the generations by promoting the appreciation and activities and by encouraging the citizens to visit the old people in the nursing homes.

We take our hats off to all kinship grandparents for going the extra mile in caring for and parenting all over again so that your grandchildren can have a better life!

Ohio Grandparent Kinship Coalition T-Shirts!

"Let Your voice Be Heard"

The bright green T-Shirts will raise awareness and help support the Coalition. These shirts will be great to wear all year long, especially at Grandparent events.

\$10.00/ each sizes M-XL

\$12.00/ each sizes 2X-3X

If you are interested in buying a T-shirt, please call Adel at 937-775-8247, or visit the website at www.ohiograndparents.org



MARK YOUR

PLEASE MARK YOUR CALENDARS FOR THE FOLLOWING UPCOMING OGKC MEETINGS

All meeting are held at the Overbrook Presbyterian Church
4131 N. High Street
Columbus, Ohio 43214
10:00 a.m. -12:30 p.m.

Next meeting:
Wed, Nov 17, 2010

To receive future copies of the OGKC Newsletter, visit the website at www.ohiograndparentkinship.org