

# Ohio Grandparent Kinship Coalition - Where Your Voice Is Heard

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## CONGRATULATIONS SUE ON YOUR RETIREMENT

We would like to congratulate Sue Schmalzried on her retirement from Lucas County Children's Services. Her dedication and passion to serve children has remained constant for over 30 years. Sue has been a member of the OGKC for over ten years. She has served in many capacities over the last several years. Sue has been a valuable resource to the current officers of OGKC. She has expressed a desire to travel and make some lifestyle choices that will include more exercise and spending time with her family.



We hope that Sue will find time to join us as we continue to fight for kinship families. Sue has resigned as Co Vice President of OGKC. We will hold a special election on Wednesday, November 17th, during the regular meeting to fill this position.

## LOOKING BACK AT 2010

This year has gone by so quickly. We would just like to take a pause to highlight some of the accomplishments of OGKC.

Here are just a few accomplishments :

- New website design
- Bi Monthly Newsletter ( 6 newsletters)
- Excellent Fundraising Efforts (T-Shirt Sales)
- Refreshments during all OGKC meetings
- Caregivers Conversation at OGKC

## MARK YOUR CALENDAR FOR THE 2011 OGKC MEETINGS

Wed, Jan 26  
Wed, March 23  
Wed, May 25  
Wed, July 27  
Wed, Sept 28  
Wed, Nov 16

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

## T I P S T O R E D U C E H O L I D A Y S T R E S S

The most important things to remember is to try to avoid setting holiday expectations. Holidays are made to share time with family /friends. As individuals we set high expectations for the holidays . Some recipes will not be perfect, coworkers will be unapprecia-

tive, and children will often misbehave. However, we are not perfect and just relax and enjoy spending time with family and friends.

### 4 Tips to Reduce Holiday Stress

1. Take care of yourself by eating a healthy diet and exercising daily.

2. Take control of your time and limit commitments.

3. Take the time to enjoy family and friends. It is important to create traditions.

4. Create a budget and do not go over your limits. Remember the best gifts are homemade.



*Seasons Greetings  
from  
OGKC*

## G R A N D M A ' S S U G A R C O O K I E R E C I P E

1/2 cup shortening  
(Crisco)  
1/2 cup butter  
2 cups sugar  
2 eggs

Cream together the  
above ingredients.

Add:

1 cup sour cream  
1 teaspoon vanilla ex-  
tract  
1 teaspoon baking  
soda  
4 teaspoons baking  
powder

4 1/2 cups flour  
1/2 teaspoon salt

Roll out thick and cut into  
shapes or just rounds.

Bake at 350 degrees for  
10-12 minutes. Cool and  
frost with your favorite  
icing.



*The OGKC officers would like to thank several of you for your commitment all year long. We look forward to working with you in 2011. We encourage you if you are a relative caregiver or human service worker advocating for kinship families to join us in 2011. We will host the Second Annual Statewide Kinship Conference in mid September. Please plan on joining us.*

*We would like to thank the following organizations/vendors for their support :*

*Overbrook Presbyterian Church  
Halfpap Web Designs  
Ohio Department of Job & Family  
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J Creations  
ActiuStyle*