



Beatitudes Center DOAR

DEVELOPING OLDER ADULT RESOURCES

Project GrandCare

Grand News

January-February-March 2009

Vol. 13. No. 1

FROM THE DIRECTOR'S DESK

Another year has passed and it seems like yesterday that we introduced our annual holiday party and picnic. It is so rewarding to meet the grandparents and grandchildren at our special family get-togethers and see how much growth and development that they have acquired.

We welcome all grandparents raising grandchildren and kinship caregivers to get acquainted with our programs. Through our programs we try to support, enhance, inform and educate the caregivers to live happier and more significant lives.

Last year we celebrated our first statewide kinship conference inviting grandparents raising grandchildren from all over the state. Many of them took advantage of the opportunity to come and meet others, have fun and gain information on grandparenting.

Also, during 2008, we were able to offer several workshops providing perspectives on buying a car and preventing identity theft. Through a state respite program that supplied money for the grandparents ages 60 and younger we were able to have a retreat to Kartcher caves. Another important event was Grandparent's day which was celebrated with free tickets to the Diamondback's ball game, enjoyed by over 500 grandparents and grandchildren.

We are filling our 2009 calendar, starting with the February picnic which attracts about 100 grandparents and grandchildren; an event that you don't want to miss. See our announcement in the newsletter.

Everyday, grandparents call reaching out for help. It is comforting to be able to give information about resources that are available for them, tell about our enrichment programs, provide respite care and recommend legal assistance. Many times we have been able to assist with furniture through another organization. There are so many needs and hopefully we can be of some support. We encourage you to join our support and sharing groups, family social affairs, and please call if you feel lost and unaware of what resources you could tap into. We are here to help.

May this year, though lean, be as productive as 2008 and be a resource for you to find answers and assistance in raising your grandchild.

We're looking forward to meeting all of you at one of our functions. God Bless

Patricia Dominguez
Project GrandCare Director

Project GrandCare

This innovative program offers assistance to grandparents raising grandchildren and kinship caregivers and the children in their care. Project GrandCare provides support/sharing groups, workshops, benefit entitlement information, legal assistance, social opportunities, and respite care.

Programming made possible through grants funded in partnership with Area Agency on Aging, Region One, Thunderbird Charities, Desert Schools Federal Credit Union, The Sundt Foundation, and Creative Women of Pinnacle Peak.

HEALTH ISSUE –Taking Care of the Caregiver

Caregiving is an ongoing task. When grandparents take on the task of raising their grandchildren they face enormous challenges. They can become overwhelmed and not able to manage the stress. There are many factors that cause their lives to become unbalanced. Remember, as the caregiver, you must take care of yourself.

Recognizing Stress:

- ☁ Anger – Are you angry at others and yourself? Think no one understands you?
- ☁ Anxiety – Do you find it difficult to make decisions or caring less for needs?
- ☁ Depression – Do you feel that your spirit is broken?
- ☁ Exhaustion – Do small chores make you tired?
- ☁ Sleeplessness – Do you stay awake thinking about tomorrow's concerns?
- ☁ Lack of concentration – Are you forgetful? Can't seem to accomplish simple projects?



Some or all of these can be signs of too much stress. As grandparents raising a grandchild one expects some stress because your lifestyle has changed and you are limited in strength, finances and emotions, but you can take care of yourself, enjoy the new lifestyle and raise your grandchild in a beneficial and competent way. It takes discipline and determination to take care of yourself.

Taking Care of You:

- ♥ Change - Decide what you can change and what you must accept.
- ♥ Health - Always put your health first.
- ♥ Support - Join a support group and mingle with others in similar situations
- ♥ Help - Search for help from others and public resources.
- ♥ Laughter - Humor is so important. Learn to laugh and not worry.
- ♥ Simplicity - Keep things simple; don't over do holidays, meals, and projects.
- ♥ Take a break - Take time for you. Don't let your house work or dirty dishes bother you, if you need a break, take it.



Ideas for fun: Fly a kite with your grandchild, go to a movie, pop popcorn & watch TV, make a scrapbook - don't deny yourself a little luxury, such as a new dress, perfume or a massage.

HOLIDAY POTLUCK PARTY REVIEW - December 22, 2008

Every December we are delighted to celebrate the holiday season with a family-get-together for grandparents and the grandchildren they are raising. It was a joyous time to meet with the grandparents and children in a festive atmosphere. The laughter and happy voices filled the room indicating a time of letting go of daily pressures and enjoying sharing with others. Children took part in games and crafts while the grandparents had an opportunity to visit with each other, play bingo and everyone shared in the delicious food. After a full afternoon of activities and feasting, the children left with a surprise gift thanks to the U.S. Marines Toys4Tots, and the grandparents left with the feeling of a time well spent, plus a special gift too from our friends at HOME INSTEAD Senior Care Santa for a Senior program.

SIMPLE SNACK MIX

What you need:

- 1 cup whole grain cereal (squares or Os work best)
- ¼ cup dried fruit of your choice
- ¼ cup dried fruit of your choice
- ¼ cup nuts, such as walnut pieces, slivered almonds, or pistachios
- ¼ cup small, whole grain snack crackers or pretzels

What to do:

- Measure out ingredients
- Combine in large bowl

Makes 3 to 4 1/2 cup servings



**Review: 1st Statewide Kinship Conference:
 “Coming Together for Kinship Care” –
 Friday and Saturday, Nov. 15 & 16, 2008**

On Friday, the warm Arizona sunshine greeted over 60 professionals in the caregiving vocation and kinship caregivers to opening day of our two day conference at the Crowne Plaza hotel in Phoenix. The half day consisted of presentations, and a panel with audience participation to motivate and offer leadership opportunities and perspectives to improve communication and understanding for the kinship caregiver.

Saturday was a big day for over 150 Kinship caregivers and professional kinship providers. The wonderful keynote speakers, Mary Bissell and Sharon McDaniel-Lowe gave an enthusiastic and informative talk consisting of stories from their own experiences and from kinship caregivers that they encountered. The comfort level was high for many of the kinship who felt familiar with what was being said. Following was a discussion panel offering answers to some of the difficulties faced by the kinship caregivers. The participants had an opportunity to visit tables set up for family fun and information on various concerns of the caregivers.

Several workshops were provided targeting different subjects: stress, advocacy, services available, legal, and child behavior. On the lighter side was the raffling of prizes and the grand prize for a nights stay at the hotel for four, including dinner and a \$100.00 cash award won by Mary Bliss from Tucson. What better way to close our conference than to have Phyllis Habib energize the audience leaving everyone with the feeling of inspiration and a desire to come together with kinship caregivers in support and advocacy.

**SHARING GROUPS
 FOR GRANDPARENTS RAISING GRANDCHILDREN
 & OTHER KINSHIP CAREGIVERS**

JANUARY

Church of the Beatitudes
 555 W. Glendale Ave., Lounge
 Thursday, January 8, 9:00 – 11:00 a.m.
 Thursday, January 22, 9:00 – 11:00 a.m.
Evening: Tuesday, January 20, 5:00 – 7p.m.

Glendale Adult Center
 5970 W. Brown St. Glendale, AZ
Evening: Wednesday, January 7, 4:30 - 6:00 p.m.

Buckeye Community Center
 201 E Centre Ave. Buckeye, AZ
 Tuesday, January 27, 1:00 -2:30 p.m.

FEBRUARY

Church of the Beatitudes
 555 W. Glendale Ave., Lounge
 Thursday, February 12, from 9:00 - 11:00 a.m.
 Thursday, February 26, from 9:00 – 11:00 a.m.
Evening: *No support group/ annual picnic*

Glendale Adult Center
 5970 W. Brown St. Glendale, AZ
Evening: Wednesday, Feb. 4, 4:30 - 6:00 p.m.

Buckeye Community Center
 201 E Centre Ave. Buckeye, AZ
 Tuesday, February 24, 1:00 -2:30 p.m.

MARCH

Church of the Beatitudes
 555 W. Glendale Ave., Lounge
 Thursday, March 12, from 9:00 – 11:00 a.m.
 Thursday, March 26, from 9:00 – 11:00 a.m.
Evening: Tuesday March 17, 5:00 – 7:00 p.m.

Glendale Adult Center
 5970 W. Brown St. Glendale, AZ
Evening: Wednesday, March 4, 4:30 - 6:00 p.m.

Buckeye Community Center
 201 E Centre Ave. Buckeye, AZ
 Tuesday, March 24, 1:00 -2:30 p.m.

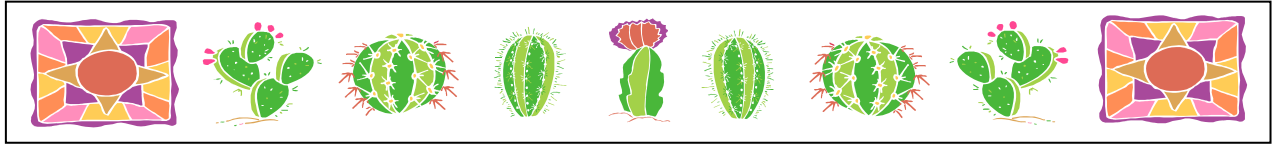
**SOCIAL THERAPEUTIC GROUPS
 FOR GRANDCHILDREN**

All meetings are on the 3rd Tuesday of each month-
 simultaneously with evening grandparents groups

JANUARY - Tuesday 20, 2008 5:00 – 7:00 p.m.

FEBRUARY - *No meeting / Annual GRG picnic*
See Announcement

MARCH –Tuesday 17, 2008 5:00 – 7:00 p.m.



Project GrandCare
a program of **Beatitudes Center DOAR**
is sponsoring an

Annual Spring Picnic for Grandparents Raising Grandchildren

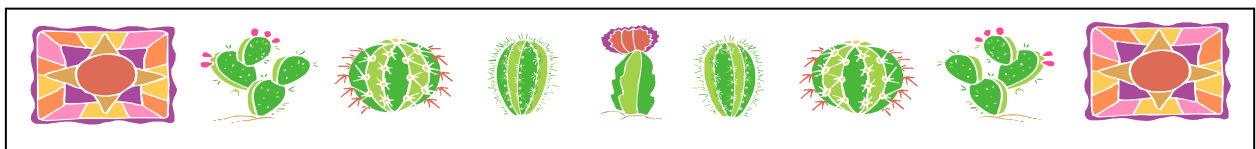
When: *Saturday, February 28, 2009*
12:30 to 3:30 P.M.

Where: *Sahuaro Ranch Park*
9802 North 59th Avenue
(On 59th Avenue North of Olive Avenue)
Ramada's # 8 & 9

A time for grandparents and their grandchildren to come
Enjoy Food, Games, Music, & Prizes!
(Each family is asked to bring a side dish to share)

Please R.S.V.P. by Friday, February 20, 2009
Call Ginger or Rosalinda at 602-274-5022 ext 42

IMPORTANT: When calling please indicate number of people attending,
ages of children, and what wonderful side dish you plan to bring.



Partially funded by Area Agency on Aging, Region One, The Sundt Foundation, Thunderbird Charities, Desert School Credit Union, Creative Women of Pinnacle Peak and a special thanks to Fennemore Craig for volunteering and financial support

Special Topic Meetings/ Support Group sponsored
By Church of the Beatitudes UCC

Who should come: Parents, relative caregivers & grandparents raising children with emotional & physical special needs.

When: Second Wed. of the month, 6:30 -7:30 p.m.

On January 14, 2008 – Mary Robson, Ombudsman, Magellan Health Service will be the special speaker

On February 11, 2008 – Vicky Rozich, Family Support Specialist, Education & Training, Arizona Raising Special Kids will be the special speaker

Where: Church of the Beatitudes, 555 W. Glendale Ave. Nelson Hall at 5:30 pm – for a light meal then gathering in room 11 for meeting/support group

Contact: Robert Koth, Facilitator, for more information 602-284-4159



**WE NEED
YOUR HELP
TO REDUCE WASTE!**



Times are lean and we are trying to find way to cut expenses and becoming more environment-friendly.

We have over 1000 names on our mailing list. This is why we want to urge you to sign up to receive our publications by email. By choosing to receive information via email instead of in you mailbox, you will not only help the earth, you will be assisting us keep printing & mailing cost down.

Please act NOW! To sign up send us an email at dominguez@centerdoar.org

Also, some of you have not had any contact with us for many years and maybe your grandchildren have left the home or gone back to live with their parents. In this case you may not want to continue with our mailings.

Please let us know, call [602-274-5022](tel:602-274-5022) or email. We want to reach all grandparents raising grandchildren and relative kinship caregivers with information and opportunities that might help make their lives better.

PLEASE MAKE A NOTE OF COMING CLASSES



FREE TO YOU! We are planning another Powerful Families 9 week series in April. Information & times will be our next newsletter.

The class will focus on Leadership: Grandparents as Community Leaders the class will discuss community development, legal rights and becoming a neighborhood activist. Take advantage of these informative and fun classes. Includes child care and lunch.

What's new... Please note

The Arizona Central Kinship Care Coalition has a NEW meeting location for 2009

Where: Family Resource Center - 817 N Country Club Dr. Mesa, AZ
(Country Club & North of University, behind First Christian Church)

When: Every second Monday of each month

Our Mission:

Central Arizona Kinship Care Coalition supports and empowers kinship care families with the purpose of promoting resilient loving families

The Coalition is dedicated to the support of grandparents raising grandchildren and kinship caregivers raising relative children. Various agencies throughout the valley collaborate to promote healthy families. Through the collaborative efforts from all, we are able to develop programs, provide assistance, and advocate for better conditions in our state to enhance the caregiver's lives.

We welcome & NEED all kinship caregivers to join our meetings. Your voice is important in the advancement of care for you and your family.



Project GrandCare

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Phoenix, AZ 85021

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FROM THE BOOKSHELF

“Do I Have a Daddy?” By Jeanne Warren Lindsay

This is a book that can be read to young children and help explain the absence of a father. Too often children are raised in a single parent family, due to divorce or the father never was in the child’s life. The grandparents raising grandchildren sometimes experience this problem. The book tells a story of a child who asked why he did not have a daddy, and it answers the child in an honest but constructive way. The author offers advice if a child asks about his dad. Honesty is essential. Explain the reason the dad is not around in a confident way. Stress positive points, even though the child has no contact with the father, don’t make him feel that his father is unworthy. A child’s feelings are important and he should be encouraged to share them. Sometimes the situation needs professional help. “Do I Have a Daddy?” Gives some simple advice to a very prevalent problem. The book can be found at your local library in the children’s section.



Beatitudes Center DOAR (Developing Older Adult Resources)

Is a nonprofit, interfaith organization dedicated to enhancing the quality of life for older adults and their families. Founded in 1981, Beatitudes Center DOAR promotes health and well-being through a broad range of community-based services that assist caregivers, homebound adults, grandparents raising grandchildren, & congregational health programs. Programs include Generations, Nurse & Health Ministries Network, Project GrandCare and VICaP Faith in Action.

Call 602-274-5022 or visit www.centerdoar.org to request assistance or learn how you can join our efforts.

We welcome your support and participation!