



# Links

## In Honor of National Grandparents Day We Salute All Grandparents

National Grandparents Day originated with Marian McQuade, a housewife in Fayette County, West Virginia. She championed the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage that their grandparents could provide. In 1978, President Jimmy Carter recognized her cause and proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day.



For those of us who work with grandparents raising grandchildren, we know that "Grandparents Day" has transformed into something far greater than initially intended. Grandparents are heads of over 86,000 households in Ohio, according to the US Census. Of these heads of household, 90 percent are female. When we recognize grandparents, we recognize relatives who know the children and their history. In turn, these children have better outcomes.

## linking kinship caregivers

As we have made September memorable for grandparents, let's challenge ourselves to daily salute them. They have taken on so many different roles in families and many working professionals could not be successful without the assistance of grandparents. So many grandparents fill in, with part-time and full-time roles to provide support to our children, and so much of our success is truly because of the grandparents. The Kinship Navigator Program salutes the many grandparents who are raising children in their home today. ✦

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## Mark Your Calendar

- What:** Kinship Families recognized at WSU Basketball Game
- When:** Wednesday, December 2, 2009
- Time:** 6:00 p.m. Dinner and Photos w/ Rowdy  
7:00 p.m. Game
- Cost:** Can goods and small toys  
Free Admission to registered kinship families

*Read more about the Kinship Holiday Basketball Game on page 8 ▶*

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## Current News

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### A Special Guest Appeared at the 3rd Annual Kinship Family Fair

### A Resource for Families with School age Children



The 3rd Annual Kinship Family Fair was a huge success. On August 22, over 40 families attended the Kinship Family Fair at the Five Rivers Metro Park Adventure Central on James H. McGee Boulevard. Most of the families who attended the event had never been inside of the Adventure Central. The Adventure Central was the ideal location to host a family-friendly event because it has several small classrooms and a large multipurpose room which allows for several groups to participate in different activities during the workshop.

The fair consisted of a half day workshop for the caregivers and the children. The caregivers

participated in two workshops, "Safety in Your Home," presented by Jessica Saunders of Dayton Children's Medical Center, and "Creative Parenting," presented by Anita Koemer of South Community Medical Center. Both presentations were engaging and created a lot of conversation and exchange of ideas. The children were separated into three groups according to their ages, and every child who attended the Kinship Family Fair received free school supplies. The school supplies were donated by **Wright State University (Student Health Services Department)** and **South Community Medical Center**.

The Kinship Family Fair also had a surprise guest this year, Mayor Rhine McLin. Mayor McLin stopped in to show her support for kinship caregivers. She visited with each of the children groups and expressed her appreciation to the many grandparents who are raising grandchildren. ✦



Workshops : "Safety in Your Home," presented by Jessica Saunders of Dayton Childrens Medical Center, and "Creative Parenting," presented by Anita Koemer of Southwest Community Medical.

### Can a Kinship Navigator help you?

Call the Kinship Navigator Intake Line at  
937-775-8245 or visit:  
[www.med.wright.edu/chc/kinship](http://www.med.wright.edu/chc/kinship)  
for kinship resources.

# Current News

## Are you looking for your Kinship Navigator?

Look no further

## The Kinship Navigator Offices Moved to One Elizabeth Place

The Center for Healthy Communities Kinship Navigator Program moved to One Elizabeth Place on July 28, 2009. We are now located in the West Medical Plaza, Suite 110. We did have temporary phone numbers for a short while. To contact your kinship navigator, please call our new permanent numbers listed on the right. →

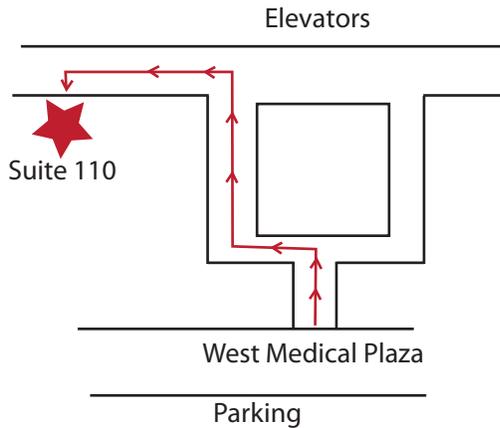
Dionne Simmons  
Program Director  
937-775-8249  
Email [dionne.henderson@wright.edu](mailto:dionne.henderson@wright.edu)

Bonnie Grooms  
Kinship Navigator  
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Email [bonnie.grooms@wright.edu](mailto:bonnie.grooms@wright.edu)

Adel Samad  
Kinship Navigator  
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Kinship Intake Line: 937-775-8245

Mailing Address  
1 Elizabeth Place  
West Medical Plaza, Ste. 110  
Dayton, Ohio 45417



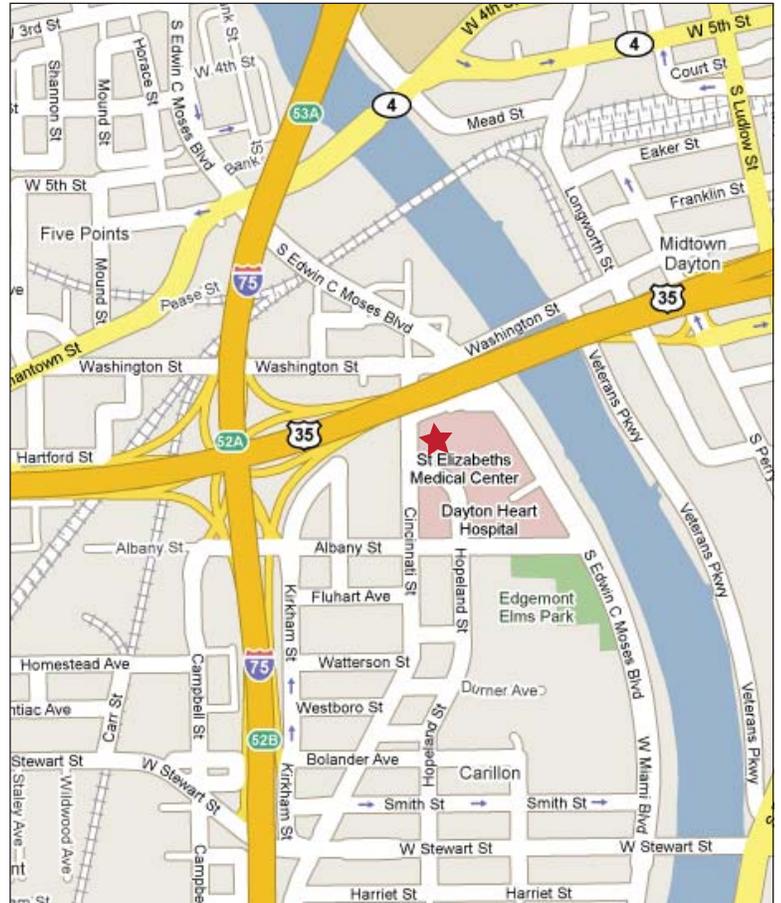
## Links

*is a publication of the Kinship Caregiver Coalition (KCC), an initiative of the Center for Healthy Communities.*

*For more information or to make suggestions, please contact Dionne Simmons, Program Director, Kinship Caregiver Coalition, at the Center for Healthy Communities, 1 Elizabeth Place, West Medical Plaza, Ste 110, Dayton, Ohio 45417; (937) 775-8249.*

The Center for Healthy Communities is primarily funded through Wright State University Boonshoft School of Medicine, Sinclair Community College, Area Health Education Centers (AHEC), Physicians Charitable Foundation, Dayton Public Schools, Springfield Safe Schools/Healthy Students, Health Policy Institute of Ohio, Ohio Commission on Minority Health, Ohio Department of Health, and U.S. Department of Health and Human Services.

Charter funding: The W.K. Kellogg Foundation, Community Mutual Insurance Company, Ohio Board of Regents Action Fund, Ohio Department of Health, and the Dayton Foundation.



## Resources



**W**e are happy to announce that the Center for Healthy Communities Kinship Navigator Program has become an Ohio Benefit Bank site.

The Ohio Benefit Bank (OBB) is a web-based computer program that connects low and moderate-income Ohioans to potential eligible benefits such as health care coverage, WIC, USDA Nutrition Programs, Medicare Rx, FAFSA, Home Energy Assistance, Child Care Subsidies, and Food stamps. At an OBB site, a counselor can assist you in completing applications and informing you the next steps.

The OBB is aiding in boosting Ohio's economy. There are billions of dollars that are left unclaimed each year, which results in the money being taken by other states. Find out what you may be eligible for by consulting with your Kinship Navigator. To schedule an appointment call Adel Samad at 937-775-8247. ✦



### Can a Kinship Navigator help you?

Call the Kinship Navigator Intake Line at 937-775-8245 or visit: [www.med.wright.edu/chc/kinship](http://www.med.wright.edu/chc/kinship) for kinship resources.

## In The Spotlight



### Thank you Karen Doty!

Mrs. Doty presented at the 2nd Biannual Ohio Grandparent/Kinship Coalition Statewide Conference held on September 18, 2009 in Columbus, Ohio. Mrs. Doty is not only a grandparent raising her grandson, she also works as a Community Health Advocate for the WSU Center for Healthy Communities.

This years event also included a number of very informative workshops, and a personal perspective from keynote speaker, The Honorable Michael J. Ryan, a Cleveland Municipal Court Judge. Judge Ryan is one of the youngest judges in the country. He was raised by his grandmothers and spent some time with aunts as well. In his spare time he mentors children in the Cleveland area. ✦

## Kinship Kloset

The idea of the Kinship Kloset emerged from the Kinship Navigators intuitiveness to support kinship families. The Navigators are overwhelmed with the many requests for school appropriate clothing. The inventory of the Kloset has grown from school appropriate clothing to clothing of all types, shoes and toys. All items are provided to clients free.

Feel free to contact your Kinship Navigator to schedule an appointment at the Kinship Kloset. Each family is allowed up to 3 visits per year.

The Kinship Kloset is always accepting donations of children clothing. Feel free to contact our office to arrange delivery and or pick up, 937-775-8245. ✦



## Support Groups for Kinship Caregivers/ Children

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**Trotwood Grandparent and Other  
Relatives Support Group**  
Held at Trotwood Branch of Dayton Metro  
Library, 615 E. Main Street, Trotwood, Ohio  
45426

**Meeting Times: 10:00 a.m. – 12:00 p.m.**

**October 17, 2009**  
**Dr. Angela Long-Prentice, M. D.**  
**“What is H1N1: (SWINE FLU)”**

**November 21, 2009**  
**Deborah Davenport, Community Action  
Partnership**  
**2009 Taxes: “Get Free Help!! Fast Refunds,  
NO Fees!!”**

**December 19, 2009**  
**Holiday Fellowship**

**For additional information on the Trotwood  
Support Groups contact Marsha Jones at  
937-770-2137**

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**Kettering support group**  
**Christ United Methodist Church**  
**3440 Shroyer Rd., Kettering, Ohio 45429**

**Meeting Times 9:00 a.m. to 11:00 a.m.**

**November 4, 2009 - TBD**

**December 2, 2009 - Holiday Fellowship**

**For additional information on the Kettering  
support group contact Shirley Schumacher,  
at 937-298-4720**

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**Go to [www.med.wright.edu/chc/kinship/  
support.htm](http://www.med.wright.edu/chc/kinship/support.htm) to see more support groups**

## Kinship Stories

### *Conversations with Grandmothers*

*Hi Kinship Navigator:*

*I would like to thank you for all of your help with my Pro Se custody packet to gain custody of my granddaughter. My granddaughter, now nine had already been with me for two years when I called, and she had not been to a doctor or dentist in almost that long, because I couldn't afford to take her on my own. Your program helped me first to fill out the packet and then helped me to get the assistance I needed to take care of some of our day to day needs. The information you gave me helped me to understand that because I am caring for my grandchild, I am entitled to help, similar to the kind her mother would receive. I also learned about the many different services and groups that give aid and support to kinship caregivers.*

*When my grand daughter came to live with me, she was a withdrawn little person who, when her mother came to visit, (about once a year) was afraid that she would drag her back to living from house to house. Now she is a happy well-adjusted child who has just been named Student of the Month for her class. The fact that she now has is a stable home, love, and family support has made a great difference in how she interacts with people. Our court date is in October, and I anticipate that I will be awarded custody before the turn of the year. Thank you for all your help, information, and motivation during my time of need.*

To obtain a copy of the Pro Se custody packet go to [www.med.wright.edu/chc/kinship/legal-resources.htm](http://www.med.wright.edu/chc/kinship/legal-resources.htm)

*Sincerely,  
Grandma X*

# Caregivers Corner

## Tips for parents & caregivers: Flu prevention and treatment

Prevention and treatment are the same for H1N1 (the swine flu) and the seasonal flu. Fortunately, the things you can do to prevent getting or spreading the flu are easy, everyday activities.

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### Six ways to prevent the flu, including H1N1

1. **Wash hands often.** Use soap and water for 15-20 seconds - about as long as it takes to sing Happy Birthday twice. Alcohol-based hand cleaners are OK if soap and water are not available.
2. **Cover coughs and sneezes with a tissue.** If children don't have a tissue, teach them to cough or sneeze into their shirtsleeve.
3. **Keep sick children at home** including out of school or day care until they are better - usually seven days after the illness starts.
4. **Teach children to stay at least six feet away from people who are sick.** Avoid crowds and public places.
5. **Teach children not to touch their eyes, nose or mouth.** Germs spread this way.
6. **Eat healthy** and find healthy ways to deal with stress and anxiety.



Sherman Alter, MD, director of infectious disease at Dayton Children's, recommends that parents and grandparents receive a flu shot for the seasonal flu to help prevent them from passing the flu to their children.

### Treating seasonal flu and H1N1

If you suspect your child has the seasonal or H1N1 flu, call your child's doctor as soon as possible. Treatment is most effective if started within 48 hours. Severe cases of the flu may be helped by antiviral medications. "Talk to your child's doctor about these treatment options that may shorten the course and lessen the severity of the illness," Dr. Alter says.

He adds that parents should pay close attention to children younger than 2 years old. "They have smaller airways and are not capable of handling illness as well as older children or adults."

Remember, most people who get H1N1 recover completely with minimal, if any, medical treatment.

### In addition

- Have your child rest in bed or on the couch.
  - Make sure your child drinks plenty of liquids like water or juice.
  - Give your child acetaminophen (e.g. Tylenol) or ibuprofen (e.g. Advil or Motrin) for fever, aches and pains. Do not give your child aspirin or products that contain aspirin. This can cause Reyes syndrome. Talk to your child's doctor about treatment for infants younger than 6 months of age.
    - Keep your child home from school or day care.
- "Remember, in some cases it is normal for the flu to last a week or longer," he says. "Keep children home from school as long as they still have symptoms such as cough, fever, muscle aches or headaches," Dr. Alter advises.

### Skip the antibiotics

Finally, for most cases of the flu, bed rest, plenty of fluids and over-the-counter medications are the only things your child will need. Because it is caused by a virus, the flu cannot be treated with antibiotics. ✦

## Preparing for the seasonal flu and H1N1

The start of this year's flu season (typically November through April) includes the extra challenge of protecting children from H1N1 (also known as swine flu), as well as seasonal flu. Getting the facts about both kinds of flu will help ease anxiety, but more importantly, will help you protect children.

Remind parents to get their children vaccinated. Here is some information from the experts at Dayton Children's about the vaccines that are available:

- **For the typical, seasonal flu.** The vaccine for the seasonal flu is now available. You and your child should get it as soon as possible. The seasonal flu vaccine will not protect against H1N1.

## Caregivers Corner

- Vaccine for H1N1.** A vaccine for H1N1 has been developed, but it may not be widely available and supplies will be limited. The vaccine is reserved for high-risk individuals - pregnant woman, people who live with or care for children younger than 6 months of age, health care and emergency workers, persons between the ages of 6 months and 24 years of age, and people 25 through 64 years of age with chronic health disorders or compromised immune systems. The latest information on vaccine availability can also be found on the Centers for Disease Control and Prevention (CDC) website at [www.cdc.gov/h1n1](http://www.cdc.gov/h1n1).



- The cold:** low fever (if any), runny nose, slight coughing; child's appetite and energy level are usually not affected. The "stomach flu" is not the flu. You may hear people use "stomach flu" to describe a gastrointestinal illness with nausea, vomiting or diarrhea. These symptoms can be caused by other viruses, bacteria or even parasites. The flu or influenza is a respiratory illness and not a stomach or intestinal illness. ✦

### About our expert

*Sherman Alter, MD, is director of infectious disease at Dayton Children's. He completed fellowship training in infectious disease and is an associate clinical professor at Wright State University Boonshoft School of Medicine. Dr. Alter has published articles and papers, and conducted research in the area of infectious disease.*

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### CDC vaccination recommendations for seasonal flu:

- All children ages 6 months to 18 years should receive the seasonal flu vaccine every year. Children should have the flu vaccine as soon as possible for the 2009-2010 flu season.
- Very young children are at risk for serious or complicated flu if infected. To protect these young people, the flu vaccine is recommended for all children who are 6 months - 59 months (4 years) of age and their parents, especially if the children or parents have other health problems. Check with your pediatrician or family doctor to determine if the flu vaccine is appropriate for you and your child.

Children younger than 6 months cannot receive the flu vaccination. Those in close contact with children younger than 6 months of age should be vaccinated. This includes older children and adolescents, child care providers, household members, etc.

### Is it the flu or the common cold?

Knowing the difference between the flu and a cold is sometimes difficult. The following guidelines may help:

- The flu:** high fever, chills, muscle aches, headache, loss of appetite, cough (sometimes severe), sore throat, and exhaustion

## Child & Adolescent Immunization Schedule

Outreach Clinic	Day of Month
Kettering Recreation Center 2900 Glengarry Dr, Kettering	1st Monday 4-7pm
Butler Township Fire station 3780 Little York Rd, N. Dayton	1st Tuesday 4-6pm
Englewood Government Center 333 W. National Rd, Englewood	3rd Tuesday 4-7pm
West Carrollton WIC 113 E. Central, West Carrollton	4th Tuesday 1-4pm
Drew Health Center 1323 W. Third St, W. Dayton	1st Wednesday 1-4pm
Farmersville Church of Christ 42 S. Broadway, Farmersville	2nd Wednesday 4-6pm
Miami Township Government Ctr 2700 Lyons Rd, Miami Township	1st Thursday 4-6pm
Sulphur Grove Church 7505 Taylorsville Rd, Huber Heights	2nd Thursday 5-7pm
Downtown Clinic Reibold Bldg 117 S. Main St, Lower level Downtown Dayton	Mon-Thur 8am - 4pm Fri 9am-4pm Closed for lunch 11:30-12:30
<b>All Clinics Closed Holidays</b>	

## Join us at the Kinship Holiday Basketball Game

Once again the WSU Women Raiders basketball team will be recognizing kinship families on Wednesday, December 2, 2009 at the Ervin J. Nutter Center. The WSU Raiders will be taking on the Vanderbilt Commodores at 7:00 p.m. Join Rowdy for dinner and photos from 6:00 p.m. to 6:45 p.m.

In 2008 Wright State University and the Center for Healthy Communities teamed up to provide kinship families with a fun filled night of basketball. Fans that attended the game were encouraged to donate nonperishable goods and toys for attending kinship families. The families greatly appreciated receiving these during the holidays. Admission to this year's event will also be a nonperishable food items and toy.

## Mark Your Calendar



On Dec. 21, 2008 food items were collected at the door, sorted by the Kinship Navigators and volunteers, and were distributed to the kinship families that night.

WE



GRANDPARENTS!

**Contact a Kinship Navigator to register for this event 937-775-8245.  
Please register by Monday, November 23, 2009. There are limited slots available.**