

# NEW BEGINNINGS!!

... a newsletter for Grandparents  
& Kinship Caregivers Raising Children...  
from the Fulton Co. Office for Aging/Youth

*Andrea Fettinger, Director*

**January – February – March 2014**

**19 N. William St., Johnstown~518-736-5650~[www.fcfa.org/](http://www.fcfa.org/)**

A HAPPY  
NEW YEAR



## HAPPY NEW YEAR EVERYONE!!

*We hope that everyone had an enjoyable holiday season and that the **NEW YEAR** is off to a fresh and healthy start! We are happy to report that our support group for grand-parents raising grand children or other family members continues to meet on the third Friday of each month. Several new people have joined our group and we encourage others to come as well at anytime. Any questions feel free to call Barbara Heide at 736-5650.*

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## Kindred Spirits

*How to be a really terrific grandparent...Make lasting memories*

As more and more Boomers reach their 50s and 60s, they are redefining what it means to grow older and to be a grandparent. No rocking chairs, shuffleboard or even being called “Grandma” for us. Some have chosen to be called “Mimi,” “Gigi,” or “Tutu!” We run marathons, attend zumba classes and continue to work in a variety of settings. According Extension human development specialists, our generation has the potential of being the best grandparents ever. These suggestions will help:

- ♥ Be fair. It’s hard to parent your grandchildren. Often, you have to juggle your needs with their needs and the needs of your own children. Be careful not to make unreasonable demands on your kids’ and grandkids’ time. Be sensitive to the fact that there may be grandparents on the other side of the family who want to see them as well.
- ♥ Be fun. Many entertaining things vie for your grandkids attention, and they don’t necessarily think of time with you as the highlight of their lives, especially if they live with you fulltime. Of course, having fun all the time isn’t possible; you have to have a balance. But, ask yourself, “Is life in this house fun?” Make lasting memories with your grandkids.
- ♥ Be flexible. Be sensitive to the fact that children are constantly growing. Their abilities and interests change regularly so you will need to stay abreast of their needs and developmental levels.

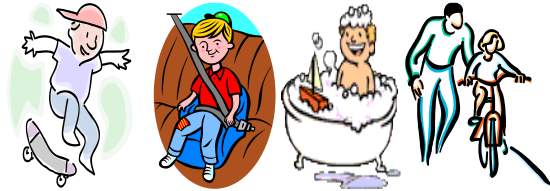
*Shared by the University of Missouri Extension*

# FRAZZLED?



Don't let the hectic times make you feel frazzled. Kids, in particular, are exceptionally sensitive to after the holiday stress. Here are three stress-busting tips for your grandchildren:

- ✓ **Don't wait for a meltdown.** If your grandchild gets a little fussy, take a break. Go into a quiet room or divert his attention by singing a holiday carol.
- ✓ **Set up rules ahead of time.** Before you go anywhere— whether it's a party or the mall—tell your grandkids what you expect from them. You might say, "You can only have one dessert at the party," or "We're going shopping, but we're not going to buy any toys for you today. We're buying gifts for your brother and sister, and I really need you to help me pick them out."
- ✓ **Keep up routines.** Make sure your grandchildren go to bed, eat dinner and do homework at a regularly scheduled time. Structure is very important to kids, and the more routines they have, the better they'll handle the excitement of the season and vacation days to come.



## Practice accident prevention

When you read the headlines, it might seem that the biggest threats to both a child's safety and well-being are abduction, sexual abuse or childhood cancer. However, the odds of your child being affected by any of those issues are very slim.

Actually, the biggest threats to younger children are mundane activities such as taking a bath, riding in a car, biking or skate-boarding and swimming, according to the Centers for Disease Control. Recent research shows that about 4,000 children, ages 1 to 14 die each year as a result of unintended injuries. This includes auto accidents, drowning, burn injuries, pedestrian accidents, suffocation and poisoning.

While rare, when crimes such as abduction or sexual abuse do occur. More often than not, it is a family member or acquaintance— not a stranger who is the perpetrator. The most likely victims of stranger abduction are preteen or teen girls; often they've met the perpetrator on-line.

When it comes to physical assault, the most common crimes against kids are assaults by other kids, including siblings. A vital skill for kids to learn is non-violent response to disagreements. Many accidents can be prevented by putting into practice good safety habits, such as:

- Enforcing car-seat use for young children and seatbelt use for others.
- Asking children to ride in the back seat until at least age 10—it's safer.
- Make sure kids always wear a helmet when riding bikes, skate-boarding or skiing.

Let's not forget about safety practices for teens. By far, teenagers are at greatest risk when behind the wheel. The crash rate for 16 to 19 year-olds is four times that of older drivers. That's why states

have instituted graduated licensing laws that promote safe and responsible driving. Consider drawing up a contract for your teen driver, with guidelines for hours, destinations, number of passengers, etc. If rules are broken, you must be willing to follow through with adequate consequences. Developing practices to prevent accidents before they happen is time well spent.



## Nutrition Notes...

With food costs rising during these hard economic times, it is often difficult to purchase good, wholesome foods while on a budget. Supermarkets today are filled with food choices, but many of them are not so healthy. With a little planning, it's possible to purchase a variety of healthy foods and not go over your budget. Here are a few suggestions.

- Make a shopping list. If you stick to the grocery list, you are less likely to purchase items you already have. You are also less likely to forget any necessary food items.
- Review supermarket advertisements. This helps ensure you are spending less by purchasing more items that are on sale.
- Don't shop when you are hungry! You are much more likely to make impulse purchases on less nutritious items that may cost more.

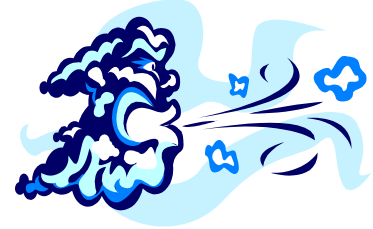
# 2013-2014 HEAP Eligibility Guidelines

Household of 1 Income up to \$ 2175 per month

Household of 2 Income up to \$ 2844 per month (combined)

Household of 3 Income up to \$ 3513 per month (combined)

Household of 4 or more please call the Office for Aging



## FULTON COUNTY OFFICE FOR AGING'S GRANDPARENT /KINCARE SUPPORT GROUP Meeting Dates:

January 17, 2014

February 21, 2014

March 21, 2014

April 18, 2014

May 16, 2014

June 20, 2014

No meeting in July or August

September 19, 2014

October 17, 2014

November 21, 2014

December 19, 2014

**All Grandparent and Kincare Grandchildren Support Group meetings are held at  
the Fulton Co. Office for Aging/Youth, 19 N. William Street, Johnstown, NY  
From 12 noon-1:30 pm. Light refreshments are provided.  
Call 736-5650 for more information.**