



Macomb County Senior Citizen Services

Grandparents Raising Grandchildren



And Other Relative Caregivers

A PUBLICATION COURTESY OF THE MACOMB COUNTY BOARD OF COMMISSIONERS

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SUPPORT GROUP



VerKuilen Building

VerKuilen Building Senior Auditorium
21885 Dunham Road, Clinton Township
Tuesday, December 15, 7-9 p.m.
Tuesday, January 19, 7-9 p.m.

Mt. Calvary

Mt. Calvary Lutheran Church
8129 Packard, Warren
Tuesday, December 22, 6-8 p.m.
Tuesday, January 26, 6-8 p.m.

Grandparents Raising Grandchildren Support Groups – Grandparents Raising Grandchildren offers support groups for grandparents and other relatives raising their relative children. At these meetings you will find yourself surrounded by people that are going through some of the same things: grieving for the life that was set aside, conflict about the decision to raise the little people in their lives, conflict among family and friends about the “choice” to raise that child, financial concerns, and just being plain tired. As the members speak, frustration, concerns, and gratefulness is filtered through their voices. In the voices of the grandparents you can also hear the love that exists for their children and their grandchildren.

At a meeting of Grandparents Raising Grandchildren, you may find something that you didn’t know you were looking for. You may find a family; to support you, to understand you, to hear you and hope. Hope; that what you are doing IS making a difference; hope that is difficult to describe. You may even find a laugh or two. Many of our members have been coming for years and others are just beginning. Regardless of what you are looking for or what brings you here, you can find a special knowledge that comes from shared experience, a refuge from the day to day struggles and a place to gather strength to reenter the world. Please consider joining us. If you would like a reminder phone call 1-3 days before the support group, please contact Ann Wagner at 586-469-7826 and she would be happy to give you a quick call.



written by: Angela Holman, Catholic Services of Washtenaw County

GRG NEWS AND EVENTS

GRG Christmas Party – For all of you that attended the 2009 Christmas party, we hope you had a wonderful time. We would like to thank Mr. Gary DeCarlo and the staff of DeCarlo’s for all of the hard work they did to make certain that our Christmas Party was a success. DeCarlo’s have supported our program’s Christmas party for the past five years and we are very grateful to them. We would also like to extend our thanks to County Commissioners Marvin Sauger & Andrey Duzyj; Public Works Commissioner Tony Marrocco; Warren City Councilman Mark Liss; State Representative Lesia Liss, the Warren Rotary Club and the Warren Kiwanis Club for their generous donations. Many thanks go out to Dino & Marie Mocerri of Affordable DJ Service for the wonderful entertainment. Dino and Marie have provided their services to GRG’s Christmas party for two years now. They’re so great. Thank you to Joyce Riesterer, Cindy Reberg and Lynn Opperman of Comcast Spotlight for providing the raffled toys. Thank you to Denise Dorsz from Leaps & Bounds at Mt. Calvary Lutheran Church and Kelly Bockstanz from Great Parents Macomb at Macomb Intermediate School District for the donation of the books. Merry Christmas to all of you.

GRG Cookbook Fundraiser – If you’ve been watching for the publication of our GRG cookbook, it is still a work in progress. We have collected approximately 50 recipes. We need at least 100 to publish a successful cookbook so we are still collecting. Send them in if you have them. Some have been tried and tested by Ann Wagner, Clerical Support and busy Mom, and she claims that many of them are quick and easy but taste terrific.

DECEMBER - JANUARY 2010

OTHER TOPICS OF INTEREST

Books Are Fun Fundraiser – There will be a “Books Are Fun” fundraiser on Tuesday, December 8th from 9 a.m. – 3 p.m. in the VerKuilen Building Hallway. The address is 21885 Dunham Road, Clinton Township. A percentage of the proceeds will benefit the Macomb County Senior Services Adult Day Care. Please come out and support our Adult Day Service by purchasing some great books for the loved-ones on your Christmas shopping list.

Christmas Help for Low Income Families - Every year, there is Christmas help for low income families in every state, every city and almost in every community. Low income families often cannot afford to give their families a good Christmas. Often, fathers and mothers work full time jobs as well as side jobs or part-time jobs to be able to pay bills and put food on the table. Many low income families also have health problems so they have to spend a lot of money on medical bills. Fortunately, there are places that they can go for Christmas help.



If you need help this Christmas, please ask. There are many families that need help but do not ask because of various reasons. There is plenty of help out there. You just have to find the right place. Many people try a few places and then give up. There are a lot of charitable people who are always willing to help others. They face the same problem you do. They try to help people but then end up not being able to find the families that truly need help. Some of the places that offer Christmas help are the Salvation Army, United Way, many local county or city community centers, shelters, ministries, and local churches. These organizations are among many others with the same common goal, to help people in their time of need for Christmas.

10 Parenting Tips for Raising Teenagers - *How do you breach the barriers of adolescence? Here are 10 parenting tips for raising teenagers.* Your chatterbox son now answers your questions with a sullen "yes" or "no." Your charming daughter won't go to the store with you at all anymore. They must be teenagers. Don't despair. It's natural -- and important -- for kids to break away from their parents at this age. This emotional separation allows them to become well-adjusted adults. Yet these must be among the most difficult years for any parent.

10 Parenting Tips

- 1) Give kids some leeway. Giving teens a chance to establish their own identity, giving them more independence, is essential to helping them establish their own place in the world. "But if it means he's going out with a bad crowd, that's another thing."
- 2) Choose your battles wisely. "Doing themselves harm or doing something that could be permanent (like a tattoo), those things matter," purple hair, a messy room -- those don't matter. Don't nitpick.
- 3) Invite their friends for dinner. It helps to meet kids you have questions about. You're not flat-out rejecting them, you're at least making an overture. When kids see them, see how their friends act with their parents, they can get a better sense of those friends. It's the old adage; you catch more bears with honey than vinegar. If you flatly say, you can't go out with those kids, it often can backfire -- it just increases the antagonism.
- 4) Decide rules and discipline in advance. If it's a two-parent family, it's important for parents to have their own discussion, so they can come to some kind of agreement, so parents are on the same page. Whether you ban them from driving for a week or a month, whether you ground them for a week, cut back on their allowance or Internet use -- whatever -- set it in advance. If the kid says it isn't fair, then you have to agree on what is fair punishment. Then, follow through with the consequences.
- 5) Discuss 'checking in.' Give teens age-appropriate autonomy, especially if they behave appropriately. But you need to know where they are. That's part of responsible parenting. If it feels necessary, require them to call you during the evening, to check in. But that depends on the teen, how responsible they have been.
- 6) Talk to teens about risks. Whether it's drugs, driving, or premarital sex, your kids need to know the worst that could happen.
- 7) Give teens a game plan. Tell them: "If the only option is getting into a car with a drunk driver, call me -- I don't care if it's 3 in the morning." Or make sure they have cab fare. Help them figure out how to handle a potentially unsafe situation, yet save face. Brainstorm with them. Come up with a solution that feels comfortable for that child.
- 8) Keep the door open. Don't interrogate, but act interested. Share a few tidbits about your own day; ask about theirs. How was the concert? How was the date? How was your day? Another good line: "You may not feel like talking about what happened right now. I know what that's like. But if you feel like talking about it later, you come to me."
- 9) Let kids feel guilty. Feeling good about yourself is healthy. But people should feel bad if they have hurt someone or done something wrong. Kids need to feel bad sometimes. Guilt is a healthy emotion.
- 10) Be a role model. Your actions -- even more than your words -- are critical in helping teens adopt good moral and ethical standards. If they have a good role model from early on, they will be less likely to make bad decisions in their rebellious teen years.

Source: <http://www.webmd.com/parenting/guide/10-parenting-tips-for-raising-teenagers>



Top Ten Tips To Beat The Winter Blues - Winter means shorter days, colder weather and for many people SAD (Seasonal Affective Disorder). This condition affects up to 6 percent of American adults and as many as 5 percent of children between 9 and 19 years old. At least another 10 to 20 percent of Americans are estimated to suffer from milder symptoms related to the changing seasons. Women, it appears, outnumber men four to one. SAD has been recognized and written about in medical reports and journals since 1845. So those winter blues are not just in our imagination. They are a very real condition.

The lacks of light exposure in the winter or an imbalance in the amount of melatonin produced by the pineal gland are believed to be the cause of SAD. A common treatment for SAD is light therapy, a way to replace the sun and make the body think it's spring all year round. Light therapy may be an answer for some people. In fact the majority of SAD sufferers report positive benefits after sitting with open eyes quietly in front of 2,500- to 10,000-lux light boxes.

Not all of us suffer chronically with SAD, but we are all prone to overeat in the winter, and to feel seasonal related lows. Our bodies seem to crave carbohydrates, sweet, sugary and starchy foods. Could it be that we are comfort eating to feel good and compensate for light and sun or do we need more calories to keep our bodies warm? Although we are drawn to carbohydrates and even fattier foods in the winter, we can always choose hot tasty and satisfying foods like wholesome soups and include plenty of fresh fruit and veggies in our diet, which will give that feeling of bulk and supply essential nutrients. If fresh fruit and vegetables are difficult to find in your area in the winter months, frozen ones are the next best choice. There is a part of us that longs to hibernate during the winter months, to go to bed, to snuggle down in the covers and not wake up until spring. But life goes on and few of us are in the position to hibernate! It does make sense though to go with the flow and let our bodies have the extra sleep that they crave. And with adequate sleep, there is less chance of overeating.

Even if we are not always inspired or at our best during the cold months of winter, there is a lot we can do to stay creative, fresh, alive and happy. Just follow these simple tips and beat the winter blues:

- 1) Wear layers of clothes rather than heavy pieces to avoid feeling weighed down.
- 2) Make the most of the season: wrap up and go for a brisk invigorating walk or try a winter sport. Adapt exercise routines to the winter conditions. Keep moving. Don't forget to keep your head covered when it's really cold. You can lose anywhere from 30 to 50 percent of body heat otherwise.
- 3) Learn something new. Start a hobby. Developing an interest in something new will make you feel good during those long winter months. Try to stay sociable and interact with family and friends.
- 4) Wear bright colors, even if everyone is wearing dark earthy tones. Color will give you a real lift. You might be surprised at how many of your friends and family will admire you for bringing color into your life and wardrobe. Who knows, you could start your own fashion statement and trends! Dare to be different, dare to be yourself!
- 5) Bring color into where you live. Paint a room with bright cheerful colors. Bring flowers into your home, fresh when possible, dried or even artificial ones when it's not. Surround yourself with beauty.
- 6) Take a few minutes for yourself and ask yourself: "Which color do I need?" Then, imagine you are bathing and floating in that color. Remember that it's not necessary to see the color in vivid details in your mind; just the basic outline and feeling, even using the name of it is enough. When ready, breathe the color deeply all through your body. This short exercise is guaranteed to make you feel great.
- 7) If the sun is not shining where you are, visualize in your mind a beautiful sunny scene. Again, just the basic outline, feeling, or even thought is enough. Feel the warmth of a sunny day and breathe deeply those good feelings all through your body until you feel full.
- 8) Feed yourself a diet of positive news (avoid watching or reading horror, disasters, violence, crime, etc). Invite and allow love into your life. If you are alone, keep working on loving you and the rest will follow.
- 9) Use positive affirmations to lift your mood and keep you balanced and centered. Repeat firmly twice a day:

*My body heals, clears and balances itself
I am a free and powerful being
I love myself completely without condition*

- 10) Say no to colds, flu and other winter illnesses. You don't have to be sick because of the season or others around you. So focus on positive words and positive thoughts, and decide to feel great this winter and all the other seasons.

By: *Petrene Soames*, author of [The Essence of Self-Healing](#)

Source: http://www.omplace.com/articles/Winter_Blues.html

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