

Gateway Grandparents/Kinship Network is a collaboration of organizations & agencies in the St. Louis Metro Area working to enhance the lives of grandparents and relative caregivers.

MEMBERS

- AARP
- Cardinal Ritter Senior Services
- Children & Family Services Authority of St. Charles County
- County Older Resident Programs (CORP), Saint Louis County Human Services
- Edgewood Children's Center
- Legal Services of Eastern Missouri
- Let's Start Caregivers Group, St. Vincent de Paul Church
- Mid-East Area Agency on Aging (MEAAA)
- Minority Aging Program, Missouri Department of Health and Senior Services
- Missouri Department of Social Services, Children's Division
- St. Louis Area Agency on Aging (SLAAA), Department of Human Services
- University of Missouri Extension

University of Missouri Extension Contacts:

- ▶ **St. Louis City/County**
Elizabeth Reinsch
314-615-7605
- ▶ **Franklin County**
Sandra McKinnon
636-583-5141
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Sherron Hancock
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636-970-3000

<http://extension.missouri.edu/cregion/grandparent>

University of Missouri,
Lincoln University, U.S.
Department of Agriculture &
Local University Extension
Councils Cooperating

EQUAL OPPORTUNITY/
ADA INSTITUTIONS

KinCare Connections

A newsletter for grandparents and other relatives in a parenting role

Nothing to do? Explore St. Louis for many free summer activities

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Missouri Department of Social Services
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If you have traveled anywhere in this country or abroad, you have discovered the treasure of our hometown. I have paid \$10 to visit the Coca-Cola museum in Atlanta. Their art museum costs \$15, and their zoo also charges an admission fee.

Welcome home! The St. Louis area is rich in opportunities that won't break the budget for most families. Check these out:

Saint Louis Zoo (Forest Park). Free admission. Daily hours (non-peak season): 9 a.m.-5 p.m. Summer hours (Memorial Day weekend-Labor Day): 8 a.m.-7 p.m. For the first hour of operation daily, free parking in the lot and free admission to Children's Zoo and Insectarium. Rest of day, limited, free street parking available. Information: 314-781-0900; <http://www.stlzoo.org/>

Saint Louis Art Museum (Forest Park). Free admission. Free parking, but limited. Special exhibits can be expensive for a family, but they are free on Friday (10 a.m. – 9 p.m.) due to the Ford Foundation. The second Sunday of the month, they host family programs. Information: 314-721-0072; <http://www.slam.org/>

Cahokia Mounds State Historic Site.

Remains of prehistoric native civilization, designated a U.S. National Historic Landmark and World Heritage Site. Free admission, but donation suggested. Located eight miles from downtown near Collinsville, IL. Open Wednesday-Sunday, 9 a.m.- 5 p.m. Information: 618-346-5160; <http://www.cahokiamounds.com/cahokia.html>

Grant's Farm. Offers free tram rides and an exotic collection of animals. Free admission, but parking costs \$6 per car. Hours April 13-May 15: Closed Monday & Tuesday, hours

The St. Louis area is rich in opportunities that won't break the budget for most families.

vary by day. Hours May 17-August 21: Closed Monday, hours vary by day. Information: 314-843-1700; <http://www.grantsfarm.com>

Purina Farms. Located in Gray Summit, just past Pacific on Highway 44, 10 miles west of Six Flags St. Louis. Admission is free, but reservations required. Nominal fee for special events. This family attraction offers kids a view of farm life, with animal shows and a barn to tour. It's a great trip for the whole family.

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Nothing to do? Explore St. Louis for many free summer activities

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Information: 314-982-3232; <http://www.purina.ca>.

Missouri Botanical Garden.

Usually charges a small fee for admission, but if you are an early bird and a resident of St. Louis City or County, admission is free on Wednesday and Saturday before noon. Children 12 and under are always free. Hours: 9 a.m.- 5 p.m. daily. Memorial Day-Labor Day: Open Wednesday evenings until 9 p.m. Morning walking hours, Wednesday and Saturday, 7-9 a.m. Information: 314-577-9400; <http://www.mobot.org/>

There are so many places to discover in and around St. Louis. We have barely scratched the surface. Some others:

Anheuser-Busch Brewery tours are free, and the kids love to see the bottling plant. Information: 314-577-2626; <http://www.budweisertours.com>

How to work with the birth family

Renee Farmer, MSW

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Families provide us with our identity, an understanding of our culture, and the connections that give us a sense of belonging and permanence. Children who need kinship families, foster families, and adoptive families risk missing out on these traits.

Check out the **Dog Museum** in Queeny Park. Nominal admission fee, children under 5 free. Information: 314-821-DOGS (3647); <http://www.co.st-louis.mo.us/parks/dog-museum.html>

St. Louis Science Center. More than 700 free hands-on exhibits for kids and adults to enjoy. Information: 314-289-4444 or 800-456-SLSC; <http://www.slsc.org/>

St. Louis City and County Parks offer free concerts and many fun events. Information: Visit <http://stlouis.missouri.org/citygov/parks/> (St. Louis City) and <http://www.stlouisco.com/parks/> (St. Louis County).

For more ideas on free things to see and do in St. Louis, visit <http://www.explorestlouis.com/>.

Self-esteem is jeopardized through the trauma of physical abuse, sexual abuse, neglect, and maltreatment. When the trauma of placement occurs, and children must face loss and separation, self-esteem and identity are threatened again. The primary way you can help is by supporting family relationships. Here are some ways:

- Support family visits.
- Talk to the children about their family.
- Obtain pictures of the birth family.

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Check out these free or low-cost activities

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Franklin County

Founder's Day, June 1-4.

Celebrate the founding of Union 80 years ago. Carnival, synthetic ice skating rink, music for all ages, vendor food, contests, Moon bounce, rock wall, remote control NASCAR race track and more! Free and low cost.

Lawn Chair Movie Night.

At the JC Pavilion in Union City Park. Bring your lawn chair or blanket to sit on. Free.

June 24 (Shrek II)

July 22 (TBA)

August 26 (TBA)

Fishing at City Park Lake

Adults and children can fish for free. No permit required.

Summer Camp (5-10 years old; K-4th graders)

Starts May 31 for 10 weeks

Choose any week or weeks.

Monday-Friday, 8 a.m.-4:30 p.m.

Cost: \$55 per week.

Pre-registration required. Choose from 10 weeks of activity and fun.

Contact: Union Parks & Recreation Department, 636-583-8471.

Washington County

Summer Camp (6-12 years old)

June 6-July 22; Pre-registration required; space limited!

Short Program (9:30 a.m.-2:30

p.m.) and Extended Program (6:30 a.m.-5:30 p.m.). Fee varies.

Contact: Washington City Parks & Recreation, 636-309-1080.

If you're a GRANDPARENT RAISING GRANDKIDS or a RELATIVE CAREGIVER of a child in East Central Missouri, this FREE event is for YOU!



Sock-It-To-Me Saturday!

June 18, 2005

9 a.m. to 1 p.m.

(Free swimming in the afternoon)

Shaw Park in Clayton

For Kids:

- ▶ Batman, Spider-Man & Superman!
- ▶ Hands-on activities!
- ▶ Free food!
- ▶ Afternoon swim pass!
- ▶ Games!
- ▶ Prizes!

For Adults:

- ▶ Parenting resources & information!
- ▶ Networking!
- ▶ Free food!

Free day of fun & resources for grandparents raising grandkids, relative caregivers and kids in their care!

Pre-registration required by mail, postmarked by June 6!

Call 314-615-2911 for registration form, or visit <http://extension.missouri.edu/ecregion/grandparent/>

Sponsored by Gateway Grandparents/Kinship Network. Funded by University of Missouri Extension, Children's Trust Fund, Mid-East Area Agency on Aging (MEAAA) and St. Louis Area Agency on Aging (SLAAA).



Mom's Brownie Recipe Author Unknown

1. Remove teddy bear from oven and preheat oven to 375 degrees.
2. Melt 1 cup margarine in saucepan.
3. Remove teddy bear from oven and tell child "no no."
4. Add margarine to 2 cups sugar.
5. Take shortening away from child again and bathe the cat.
6. Apply antiseptic and bandages to scratches sustained while removing shortening from cat's tail.
7. Assemble 4 eggs, 2 Tsp. Vanilla, and 1 1/2 cups flour. Take smoldering teddy bear from oven and open all doors and windows for ventilation.
8. Take telephone away from child and assure party on the line the call was a mistake. Call operator and attempt to have direct-dialed call removed from bill.
9. Measure 1 tsp. salt, 1/2 cup nuts and beat all ingredients well.
10. Let cat out of refrigerator.
11. Poor. Mixture into well-greased 9x13 pan.
12. Bake 25 minutes.
13. Rescue cat and take razor away from child. Explain to kids you have no idea if shaved cats will sunburn. Throw cat outside while there's still time and he's still able to run away.

How to work with the birth family

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- Encourage birth family participation in decision making (such as education, medical treatment and services).
- Take children back to visit their community, church, school.
- Plan for phone calls and letters.
- Have the child create artwork for the birth family.
- Respect possessions given to the child.
- Include the birth family in the child's prayers at bedtime.
- Reassure the child that the birth family cares for him/her despite its difficulties in parenting.
- Be courteous and respectful to the birth family in front of the child.
- Don't talk negatively about the birth family in front of the child.

- Ask the birth parent for advice on a parenting issue (such as what the child likes to eat, favorite toys, etc.).

We may want to protect the child from visits, the past, and his/her family. We also want to protect ourselves—from having to handle the child's behavior after visits, or from the discomfort we feel when we know children's emotional pain. Yet we cannot protect a child from visits, the past or the family—these are already part of the child.

It is our responsibility to help the child manage his/her feelings. These feelings may be intense after a family visit. It helps to plan something pleasant after a visit. Some children benefit from being active, while other children withdraw and prefer to be alone. You will know what works best for your child.

Kincare Connections is written and published by the Gateway Grandparents/Kinship Network for grandparents and other relatives in a parenting role in the St. Louis Metropolitan Area.

Articles may be reprinted for educational purposes. Please credit author, organization, and *Kincare Connections*.

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Free subscription to Kincare Connections

Fill this out, clip and mail to:

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St. Louis Metro Area Support Groups

ST. LOUIS CITY

Grandparents as Parents Program

St. Louis 63108

Contact: Darnell Fowler, 314-754-4483

Grandparent's Circle, Parenting a

Second Time Around, St. Louis 63112

Contact: Williestean Fulks, 314-383-0836

Keepers of the Flame, St. Louis 63118

Contact: Claudia Angenor,

314-752-1901, x 17

Let's Start Caregivers Group

(Grandparents raising kids of incarcerated or chemically dependent parents)

St. Louis 63104

Contact: Daphne Anderson, 314-241-2342

Parents and Grandparents of Drug

Abusers (PAGODA), St. Louis 63104

Contact: Eddie Mae Binion, 314-432-0109

Proud Grandparents, St. Louis 63112

Contact: Claudia Angenor, 314-752-1901,

x 17 or St. Jane-CFS, 314-383-6539

Wise Women, St. Louis 63136

Contact: LaDoris Payne, 314-381-1915

Email: womanspirit@aol.com

ST. LOUIS COUNTY

Grandparents Caring and Sharing

Maryland Heights 63043

Contact: Cheri Held, 314-662-0692

FRANKLIN COUNTY

HOPE (Helping Others Parent Effectively)

Contact: Sandra McKinnon, 636-583-5141

JEFFERSON COUNTY

Grandparents As Caregivers

Contact: Sherron Hancock or B.J. Eavy,

636-797-5391

ST. CHARLES COUNTY

Grandparents and Relatives Acting As

Parents (GRAAP)

Contact: Teresa Mareschal, 636-970-3000.

MADISON COUNTY, ILLINOIS

Grandparents Raising Grandchildren

Maryville, IL 62062

Contact: Pat Wandling, 618-288-3100, x 3373