

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 and the children in their care.

MEMBERS

- The Boyhood Initiative of MO
- Cardinal Ritter Senior Services
- Children's Home Society of MO
- Foster & Adoptive Care Coalition
- Legal Services of Eastern Missouri
- Let's Start Caregivers Group, St. Vincent de Paul Church
- Mid-East Area Agency on Aging (MEAAA)
- Missouri Department of Social Services, Children's Division
- St. Louis Area Agency on Aging (SLAAA), Department of Human Services
- University of Missouri Extension

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[extension.missouri.edu/
ecregion/grandparent](http://extension.missouri.edu/ecregion/grandparent)

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

EQUAL OPPORTUNITY/
ADA INSTITUTIONS

Gateway Grandparents/Kinship Network

KinCare Connections

A newsletter for grandparents and other relatives in a parenting role

GG/KN Transitions to New Leadership

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The Gateway Grandparents/Kinship Network (GG/KN) will soon start a new chapter in its 11-year history. Effective May 13, 2011, University of Missouri Extension will transfer responsibility for coordination of the Network to the Children's Home Society of Missouri. The current coordinator, Elizabeth Reinsch, PhD, LCSW, ACSW, will retire May 13, from her position as Human Development Specialist with MU Extension. Consequently, she will turn over Network coordination responsibilities to Karen Nolte, Executive Director of the Children's Home Society of Missouri.

We are sad to see Betty leave! She was the driving force behind the

collaboration as early as 1998, when she became involved nationally with the Grandparents Raising Grandchildren issue through Cooperative Extension. Betty reached out to identify and bring together more than 75 individuals and agencies in the St. Louis area to establish the collaborative effort. This resulted in formation of the Gateway Grandparents Network in 2000. A few years later the name was changed to Gateway Grandparents/Kinship Network to be inclusive of relative caregivers of children as well.

The GG/KN collaboration led to numerous programs and resources for relative caregivers. Among its major accomplishments:

- 1) Two Grandparents Acting as Parents (GAAP) fairs providing

Continued on page 2

A Word from the New Coordinator: Karen Nolte

Karen Nolte

Executive Director

Children's Home Society of Missouri

314-968-2350



Since 1891, Children's Home Society of Missouri has been dedicated to improving the quality of life for children in need. We are honored and excited to assume the role as coordinator of the Gateway Grandparents /Kinship Network. We value our association with the Network and have been consistently impressed with both the services and the array of resources available to enhance the lives of grandparents and other kin who are raising relatives' children. We look forward to continuing this critical mission and to partnering with each of you as we move forward.

Continued from page 1

resources and networking among 450 grandparents, relatives and professionals.

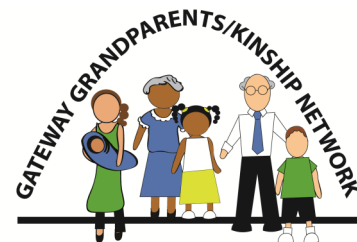
- 2) A regional resource guide.
- 3) Online resources through the MU Extension Web site.
- 4) Establishment of a Warm-Line, operated by GG/KN members Cardinal Ritter Institute of St. Louis and Legal Services of Eastern Missouri.

- 5) Funding from Brookdale Foundation to develop more grandparent/relatives support groups across Missouri.
- 6) Creation of the *Kincare Connections* newsletter, now available in print and online.
- 7) Several intergenerational events offering grandfamilies a fun day together.

We who have been involved with the Gateway Grandparents/Kinship Network have

appreciated and valued Betty's leadership. We especially thank Betty for her dedication, enthusiasm and passion to help improve the lives of relative caregivers and the children in their care.

We will miss you!



Introducing the Children's Home Society

Children's Home Society offers a variety of services to meet the needs of foster families, adoptive families, and relative caregivers.

Individual and Family Counseling

Families are eligible for counseling services from a licensed counselor or social worker with experience in the needs of children who have now joined a new family through adoption or other means. Medicaid is accepted and a sliding fee scale is available. Call 314-968-2350, ext. 241 or ext. 223 for more information.

Therapeutic Group Services

Therapeutic groups are designed to meet the needs of children with histories of trauma, institutional life, abuse and neglect, or other challenges that make social interaction, school functioning, and family life difficult. These groups are limited in size and have two clinically-trained

professionals at each session. Please call 314-968-2350, ext. 241 for additional information or to register.

Trauma Assessment and Psychological Evaluation Services

Services are available for any child in foster care, who has been adopted, or who lives in a guardianship/kinship situation. Evaluation is provided by doctorate-level mental health professionals specifically trained in the administration and evaluation of standardized profiles.

The focus is placed on gathering a "whole" picture of the child by incorporating past events, living situations, genetic information, and current functioning. Medicaid is accepted and a sliding fee scale is available. Call 314-968-2350, ext. 243 or ext. 223 for more information or to schedule an appointment.

Support Groups

Grandparents as Parents Support Group

Grandparents raising their grandchildren can bring many joys but also many challenges. Come meet with other families who are facing similar struggles. Meetings are on the second and fourth Thursdays 9:30 to 11:30 a.m. at 9445 Litzsinger Rd., St. Louis, MO 63144. For directions, more information or to register call 314-968-2350 ext. 223.

Adoptive Families Support Groups

- Some children, especially those who have a history of having been traumatized, bring many struggles to their families. Parenting them can be a constant battle and can be very isolating. Come meet with other families who are facing similar struggles. Meetings are on the first and third Tuesdays 6:30 to 8 p.m. at 9445 Litzsinger Rd., St. Louis, MO 63144. For directions, more information or to register call 314-968-2350 ext. 223.

Cut Down on How Much Gas You Use — and Save

Brenda Procter, M.S.

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With high gas prices, saving a little at the pump can add up to big savings. Here are some ideas for increasing your car's fuel efficiency, saving money and helping the environment.

- **Walk or bike when you can.** The best way to save on gas is not to buy it. If you live in town, sometimes you can walk or ride a bike to where you want to go.
- **Avoid traffic** If possible, adjust your work schedule to work at off times so you don't get stuck in traffic and can use less fuel.
- **Carpool** You and a neighbor who work together can arrange to take turns driving or one of you can drive while the other helps out with gas.
- **Use air conditioning less at slow speeds** On short trips or at low speeds, air conditioners reduce gas mileage. Drive with your windows down or run the air at a low setting.
- **Use air conditioning more at high speeds** At high speeds, open windows create drag and reduce your gas mileage, so it's cheaper to use air conditioning on highways. Turn it off a few minutes before you get where you're going and let the fan circulate the cool air.
- **Keep your car in good shape** Cars in poor running condition use more gas. If you can come up with the money for a tune-up, it will pay for itself in better gas mileage.
- **Clean or change the air filter** Replacing or cleaning a clogged air filter can improve your car's gas mileage by as much as 10 percent.
- **Clean the spark plugs** Dirty spark plugs waste gas.
- **Check your tires** The wrong tire pressure wastes gas and is hard on tires.
- **Use the recommended grade of motor oil** Using the manufacturer's recommended grade of motor oil can improve your gas mileage by 1 to 2 percent. Look for motor oil that says "energy conserving" on the API performance symbol to be sure it contains friction-reducing additives.
- **Use steel-belted radial tires** Radial tires can increase gas mileage by up to 10 percent.
- **Drive for fuel efficiency** Aggressive driving (speeding, accelerating and braking too fast) can lower your gas mileage by 33 percent on the highway and by 5 percent around town.
- **Drive the speed limit** Gas mileage decreases rapidly at speeds more than 60 miles per hour. Each 5 miles per hour you drive past 60 is like paying an extra 10 cents per gallon for gas.
- **Accelerate slowly** A lead foot on the accelerator can cost you over time. It takes less gas if you accelerate to higher speeds gradually and methodically.
- **Don't let your car idle too long** Try not to idle your car engine. Idling gets 0 miles per gallon. It usually takes less gas to restart the car than to let it idle for more than two minutes.
- **Use cruise control on highways** Cruise control helps you maintain a constant speed and usually saves you money on gas.
- **Don't top off the tank when you fill up** Some of the gas may expand in the heat and overflow from the tank.
- **Don't use a higher octane gas than you need** Most cars are built to run on regular unleaded gas, so it's like burning money if you use a higher octane.
- **Clean out the trunk** You need a spare tire and an emergency kit in your trunk, but check to see if you're carrying extra weight you don't need. Remove the pet food, kitty litter, chains, school books and other extras from the trunk to save money. The more weight you haul, the more it costs.
- **Buy a fuel efficient car if you can** Fuel is a big part of the total cost of owning a car. A fuel efficient car can save you thousands of dollars over a few years. Even if the car costs a little more, the gas savings may pay for itself.

To view this article online, go to <http://missourifamilies.org/features/financearticles/savegas.htm>.

Raising your grandchildren? Do you have parenting questions?

Call: 1-800-552-8522 or visit: www.extension.missouri.edu/parentlink

Parents and professionals can call ParentLink's toll-free WarmLine to access nutrition information, parenting information and receive problem solving support. The WarmLine is available in English and Spanish and answered Monday-Friday from 8:00 a.m.—5:00 p.m. by a family support specialist.

**Need information? Don't know where to go?
Call a Warm-Line!**

Relatives As Parents/Grandparents Information Warm-Line

- ▶ **St. Louis area: 314-961-8000, ext. 242**
Answered by: Cardinal Ritter Senior Services
Sponsors: Cardinal Ritter Senior Services
 Legal Services of Eastern Missouri



Get answers to questions on custody, guardianship, adoption issues, public benefits, legal services, support with groups and other community services. When you call, be prepared to leave a message and contact number. Within 2 days, you'll receive a follow-up call.
This service is not for emergencies.

Kincare Connections is written and published by Gateway Grandparents/Kinship Network for grandparents and other relatives in a parenting role in the St. Louis Metropolitan Area. Contributing writers are staff members of member organizations of the Network. **Articles may be reprinted for educational purposes. Please credit as follows:** Author, Organization, *Kincare Connections*. Kincare Connections is available in print or on the web. **To subscribe**, contact Elizabeth Reinsch, Human Development Specialist, 121 S. Meramec, Suite 501, St. Louis, MO 63105, Ph: (314) 615-7605, Email: reinsche@missouri.edu

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St. Louis City

- Carver House Grandparents Group**
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- Keepers of the Flame**
Contact: Kathleen Mc Aleenan, 314-961-8000 ext. 302
- Let's Start Caregivers Group**
 (Grandparents raising kids of incarcerated or chemically dependent parents)
Contact: Cynthia Stevenson-Johnson, 314-241-2342

St. Louis County

- Kimble Cares Relatives As Parents Program & The Boyhood Initiative of Missouri**
Contact: Huey Hawkins, Jr., 314-882-6840 or
 Ericka Webb 314-882-6830
- Proud Grandparents**
Contact: Kathleen Mc Aleenan, 314-961-8000 ext. 302

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- Children's Home Society of Missouri**
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- Foster & Adoptive Care Coalition**
Contact: Nickie Steinhoff 314-367-8373 ext. 35