

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**

- 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
- ▶ **Jefferson County**  
Sherron Hancock  
B.J. Eavy  
636-797-5391
- ▶ **St. Charles County**  
Teresa Mareschal  
636-970-3000

<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

# Kincare Connections

*A newsletter for grandparents and other relatives in a parenting role*

## How to talk with your grandchild

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**T**here are times when it seems our grandchildren and others just don't seem to be listening to what we say. Maybe our talk with them seems unpleasant and uncomfortable, with a lot of shouting, threats, and name calling going on between us. Worse, they may ignore us or not talk at all. If you are having difficulty talking to your family and others, here are some ways you may improve the situation.

**Take inventory.** Notice the tone of your communication with others. Do you speak in a normal tone, or do you find yourself shouting? Is your voice calm, interested, and respectful, or is your voice angry? Do you stand near your grandchild or shout across the room? In every case, the first choice will set the tone for effective communication.

**Create the right environment.** Set aside time when you and your grandchild have time to talk without distractions, even if it is for a moment or two. Take turns talking. Try not to interrupt, even if you disagree with what is being said. Set up rules with your grandchild as to how you will talk to each other—then follow them. Include mutual respect, no threats, no name-calling. Make your environment safe for your grandchild to talk. Can he/she respectfully disagree or say

“no” without fear of physical or verbal punishment? (Punishment is different from giving consequences that are previously agreed upon for rules that are broken.)

**Set aside time when you and your grandchild have time to talk without distractions, even if it is for a moment or two.**

**Listen.** Listen with eye contact, full attention, a quiet mind, a head clear of everything but trying to understand what your grandchild is saying. Tell your grandchild what you thought he/she said to check if you understand the point, even if you don't agree with it. (Example: “You're mad at me because I won't let you play outside. Is that right?”) When you talk, ask your grandchild to say back what he/she thought you said to be

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# Home care, repair services offered for St. Louis seniors

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**O**lder adults raising grandchildren may encounter many obstacles that involve the upkeep and maintenance of their homes. Having the ability to make needed repairs themselves or finding a trustworthy repair person can present a problem.

**Residents of Saint Louis County who are 60 years or older** may take advantage of a unique program to find reliable, reasonably priced, skilled individuals for a wide range of minor home repair and personal care services.

Offered by Saint Louis County Department of Human Services' County Older Resident Programs

(CORP), the *Home Care and Repair Program* provides names of workers who have been personally interviewed by CORP staff. Reference and police record checks are conducted on all prospective workers. Scope of the work and cost are negotiated between customer and worker.

## Loans for home repair in rural Missouri available

**V**ery low-income residents who own and occupy a dwelling in need of repairs in rural Missouri may be eligible for loans from USDA Rural Development. Funds are available for repairs to improve or modernize a home, or to remove health and safety hazards. For more information call USDA Rural Development, 573-876-0976; TDD 573-876-9480. ■



For more information about CORP Home Care and Repair:

- ▶ **NORTH of Highway 40**, call Victor Kalk, 314-615-7446; TTY 314-615-7457.
- ▶ **SOUTH of Highway 40**, call Kathy Paulsen, 314-615-4021, TTY 314-615-4001.

**St. Louis City** older residents may call St. Louis Department of Human Services Area Agency on Aging (SLAAA), 314-612-5918 for information about home repairs in your area. ■

## Tips for preparing taxes as deadline nears

**Claudia Angenor**

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**I**f you are 65 years or older or 100 percent disabled, you may qualify for Missouri Property tax credit (Form MO-PTC), known as the *Circuit Breaker*. Under the Circuit Breaker, the credit amount returned is determined by your income and the amount of tax or rent you have paid on your home.



You may apply to receive tax credit for 2003, 2004, 2005. If you apply before April 15, 2006, you may also file for 2002. Grandparents raising grandkids in their home may qualify to file for Earned Income Tax Credit, Child and Dependent Care Credit. Contact a tax consultant to determine if you qualify.

The following agencies provide tax preparation assistance:

- ▶ **50 or older:** AARP, 314-918-7563
- ▶ **60 or older, St. Louis County resident living north of Hwy 40:** St. Louis CORP, 314-615-7447
- ▶ **60 or older, St. Louis County resident living south of Hwy 40:** St. Louis CORP, 314-615-4037
- ▶ **60 or older, St. Louis City resident:** St. Louis Area Agency on Aging (SLAAA), 314-612-5918
- ▶ **60 or older, other counties:** Mid-East Area Agency on Aging (MEAAA), 1-800-243-6060
- ▶ **No age limit:** *State:* Mo. Dept. of Revenue, 314-877-0177; *Federal:* IRS, 1-800-829-1040. ■

# Your prescriptions: More facts about Medicare Part D

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**T**he May 15, 2006, deadline to enroll in a Medicare prescription drug plan is fast approaching. Here are more facts you should know.

1. Your pharmacy should be able to help you determine the plan in which you have been enrolled.
2. Each Part D plan must have a transition policy for people who have both Medicare and Medicaid. The purpose is to cover drugs that may not be covered by the plan when you first enroll in a Part D plan.

People with both Medicare and Medicaid should not be turned away from their pharmacy without a medication.

3. Plans generally have choice in drugs they cover, but they are required to include “all or substantially all” of the drugs in categories of: antidepressant, antipsychotic, anticonvulsant, anticancer, immunosuppressant, and HIV/AIDS.
4. Your pharmacy can refuse to fill your prescriptions if you do not pay your co-pays.
5. You will have to pay full price for drugs not covered by your plan.
6. Plans can change drugs they cover if they give 60-days notice to people affected by the change.

7. If you were not charged the correct amount for your prescriptions after you were enrolled in Medicare Part D, contact your plan to find out how to get reimbursed. Your pharmacy may also be able to help.
8. Bring your Medicare (red, white and blue) card and Medicaid (red) card to the pharmacy with you. If you don't have your Medicare card, bring a Medicare Summary Notice or other proof of Medicare coverage.
9. You may change your Medicare Part D plan once before May 15, 2006. Individuals with both Medicare and Medicaid have a special right to change their Medicare Part D plan once a month if necessary. ■

For more information:

▶ 1-800-MEDICARE

▶ <http://www.medicare.gov>

## How to talk with your grandchild

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sure you're understood. That way you both can clarify what you mean. Also “listen” for nonverbal communication. For example, if you notice your grandchild looks sad, you might say, “You look sad,” and wait for a reply.

**Use “I” statements.** Take responsibility for what you say or feel. For example, rather than saying, “You're a bad boy for telling me to ‘shut up,’” you might say, “I'm hurt and feel disrespected when you tell me to ‘shut up.’” In that way, you as the grandparent describe the *behavior* as “bad,” but don't label the *child* as “bad.” You

also let your grandchild know how he/she is affecting you.

**Don't react; try to clarify.**

Sometimes children, especially teenagers and those who are troubled, will say hurtful things or cuss at grandparents. Rather than react to the words and take them

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**Children tune out long lectures because you have probably said it to them before.**

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personally, ask the child, “You seem angry at me, what is that about?” Often, that response gives the child a chance to find words to give his/her thoughts and feelings, which often has little to do

with the original outburst.

**Don't lecture; say it with a word.** Children tune out long lectures because you have probably said it to them before. Say “the dishes” when you want them to do the dishes, rather than, “How many times have I told you. . . .” (*Too many!*)

In this brief space, we have explored some ways to think about talking with loved ones and others. Effective communication is hard work sometimes, but it can bring rewards by building strong relationships and trust, and by healing wounds of the past. ■

Source: *How to Talk So Kids Will Listen & Listen So Kids Will Talk* (1999). Adele Faber and Elaine Mazlish.

## 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

#### Hispanic Grandparents Support Group

St. Louis 63118

Contact: Claudia Angenor, 314-752-1901, x17

#### Keepers of the Flame, St. Louis 63118

Contact: Claudia Angenor, 314-752-1901, x17

#### 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, x17,

or Rich Young, 314-383-6539

### ST. LOUIS COUNTY

#### Hispanic Grandparents Support Group

St. Louis 63074

Contact: Claudia Angenor, 314-752-1901, x17

### CRAWFORD COUNTY (group forming)

#### HOPE (Helping Others Parent Effectively)

Contact: MU Extension, 573-775-2135

### 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, IL

#### Grandparents Raising Grandchildren

Maryville, IL 62062

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

*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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#### For a free subscription contact

314-615-2911, or StLouisCo@missouri.edu

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

#### Support group details on the Web:

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

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

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

## Free subscription to Kincare Connections

### Fill this out, clip and mail to:

Kincare Connections Newsletter

St. Louis County Extension Center

121 S. Meramec, Suite 501

St. Louis, MO 63105

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

## 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

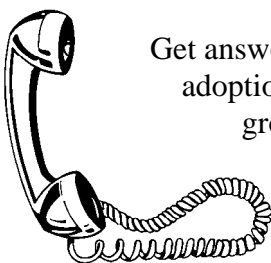
Legal Services of Eastern Missouri

### Jefferson County Grandparents Warm-Line

#### ► Jefferson County: 1-888-640-3113

Answered by: Jefferson County Health Department

Sponsor: Jefferson County Grandparents as Caregivers Coalition



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