



# No Empty Nest



## Thanksgiving 2011

### Mat-Su Valley:

Meets the 2nd  
Wednesday of each  
month

11:00AM -12:30PM

ACRF at 5050  
Dunbar Ste A2 in the  
Brentwood Plaza

For information and  
directions call:

Betsy @ 376-4678  
or

**Rozann @376-7322**

Light Refreshments

I try not to watch the evening news these days as the focus is often on negative stories. Too much crime and the economy is questionable, the reports make my blood pressure rise and my mood a bit gloomy. Maybe you have a reaction to this challenging time in our country? To change the focus to the positive in our lives I asked Grandparents and coworkers what they were truly THANKFUL for this season. Here are their heartfelt responses; I hope this list motivates you to reflect on the positive in your Grandfamily.

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"Life is hard but my kids are healthy, bills are behind but we are blessed to have each other."

"I'm really thankful for my good health and to take care of the kids each day."

"I have health issues but I'm healthy enough to get through each day with the grandchildren."

"I'm thankful I live in America where I can choose my own beliefs and have religious freedom."

"I'm thankful I have a loving God who cares for me."

"I'm thankful my car is running today."

"We have enough food and the grandchildren are together ...one big family for this I am thankful."

"I didn't think I would get the kids but I finally did and I am thankful they are safe now."

"Being a fulltime Grandma is a big job but I'm glad I can have my health and do this for the little ones."

"We have a roof over our heads and food to eat that's something to be thankful for I think!"

"It's hard sometime to be thankful.....when the kids and I are struggling to make ends meet. But we are ok today."

"My grandson has emotional problems and trouble in school and I'm thankful they help him the best they can at school."

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### **Anchorage Support Group**

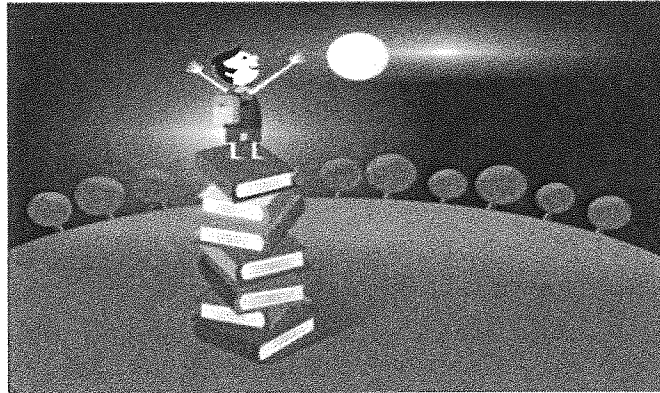
Meets the last  
Tuesday of each  
month

10:30am – noon

**Volunteers of  
America Alaska**

1675 C. Street  
Suite 201  
Anchorage, AK  
99501 Call:  
Linda Price for  
information  
888) 522-9866

## **Grandfamilies Network Project Lending Library:**



The statewide lending library for Grandparents raising grandchildren includes a variety of titles available for check out. If you would like to check out a book from this collection, email or give me a call on the Warm line... Linda Price @ 1-888-522-9866. If you are outside the Anchorage or the Mat-su area return postage provided by the Grand's

Title: *More Than Love: Adopting and Surviving Attachment Disorder Children* by Sherril M. Stone, PHD

This book is an account of contrasting emotions –hope and lost hope, joy and despair, perseverance and helplessness that resulted from parenting three Attachment Disorder adopted boys. It highlights the adoptive parent's frustration at the system for not providing support for the family as promised. This book takes the reader through the emotional roller coaster experienced by both of the adoptive parents as they searched for answers from social service providers. It also provides explicit details of the boys' defiant behaviors. Others outside of the family only saw calm, sweet behavior while the parents experienced extreme negative behaviors. Unfortunately children with attachment problems are experts at manipulation and often dupe others, including those trained to detect deceit. Tragically, these adoptive parents finally had no choice but to let go of the boys in order to protect their family and friends.

### **Statewide Groups for Grandfamilies**

**1. The Anchorage Support group facilitated by Linda Price/Coordinator and Carol Hopper a volunteer Grandparent. This group meets the last Tuesday of each month from 10:00am-noon at 1675 C. Street, Anchorage Alaska 99501, room 211. Coffee and Tea provided! For information, contact Linda @ 1.888.522.9866 or Carol at 1.907.720.7998.**

2. **The Fairbanks Support Group** is facilitated by Susan Bohart, volunteer Grandparent that collaborates with VOAAK. She works closely with the Grandfamilies Coordinator as she implements and manages this valuable kinship care group. The Fairbanks Support group meets the second Monday of each month from 6:00-7:30pm @RCPC 726 26<sup>th</sup> ave., Suite 2. Free childcare provided. For more information, call Susan @ 1-907-457.4146.
  
3. **The Juneau Support Group** is facilitated by T. J. Arnold, a volunteer Grandparent that is collaborating with VOAAK. This group is undergoing change in location and will have a new meeting place and time. Contact T.J for more information regarding this kinship caregiver group at # 209-0519.
  
5. **The Mat-Su Grandparent Support Group** is facilitated by volunteer Grandparents Rozann Kimpton at 376-7322 /and Melody McCullough at 373-8963. These volunteer Grandparents collaborate with VOAAK to support other kinship caregivers in the Valley area. The group meets at Alaska Center for Resource Families on the Palmer –Wasilla Highway. They meet on the 3<sup>rd</sup> Tuesday each month from 11-12:30. Snacks provided for all attending!
  
6. **The Homer Grandparent Support Group** facilitated by volunteer Grandparent Carol Coleman at 235-1003: This group meets on the third Wednesday of each month 6-7:30pm. Carol is eager to meet other Grandparents in Homer and develop a supportive community of those raising their grandchildren. The meeting is at the Homer Senior Center located at 3935 Svelund, Homer, Alaska 99603. Coffee and tea provided.

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### **The Alaska Medicare Clinic in Anchorage is Open for NEW Patients**

The efforts of the state medical community spearheaded by Dr. George R. Ringer, MD, have borne fruit with the recent opening of the Alaska Medicare Clinic in O'Malley Square, 11260 Old Seward Highway, Suite 107, South Anchorage.

The clinic is staffed by Dr. Robert C. Thomas ,a board certified practioner and several support staff members .The staff will see Medicare part B beneficiaries for all of their primary care needs .The staff is working in concert with area health care specialists to manage the health care of their patients. Toward the goal of providing great customer service, the clinic is partnered with Quest Diagnostics to provide on-site lab services. Space is allocated for future installation of lab equipment.

The clinic was made possible by a grant from the State of Alaska and donations from several businesses, organizations and individuals including Providence Health and

**Services Alaska, Alaska State Hospital and Nursing Home Association, Alaska State Medical Association, Amerinet, Norcal Insurance, and Alaska Physicians and Surgeons.**

**The office is open Monday-Friday, 8am to 5pm, except major holidays. Patient appointments are made by calling #433-5100.**

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### **5 tips for protecting your eyesight if you have diabetes!**

- See an eye specialist or optometrist when you are first diagnosed with diabetes and at least every 1–2 years afterwards. If retinopathy is detected, you will need to have your eyes examined more often and you may be referred to an ophthalmologist. Get in touch with your eye care professional immediately if you notice any changes in your vision.
- Because diabetic retinopathy is likely caused by both chronic high blood glucose levels and variation in blood glucose, the best way to prevent it is by keeping your blood glucose levels and HbA1c at recommended levels. Talk to your doctor or diabetes educator about this.
- Your lifestyle matters. Being active every day and eating a healthy and balanced low GI diet will help you manage your blood glucose levels. The key dietary recommendations are – choosing nutritious carbohydrate foods with a low GI as your staples; being aware of how much carbohydrate you eat; getting plenty of fiber in your diet; limiting foods that are high in saturated fat; eating lean protein foods to suit your appetite including fish once or twice a week or if you are vegetarian, making sure you focus on including foods that contain quality proteins and are good sources of omega-3 fats; using monounsaturated fats (such as olive oil); eating plenty of fruit and vegetables every day and limiting your salt and alcohol intake.
- If you have high blood pressure, research also shows that by reducing it you can slow the progression of diabetic retinopathy, so do see your doctor for regular checks.
- If you smoke, quit.

By taking these steps to protect your vision, you'll also improve your diabetes management. Now that's a win-win situation.

### ***A Place to Learn about Your Health!***

***If you have access to a computer, and are interested in health information, The University of Oregon offers a free online training program designed for Elders seeking to improve***

*their health. The program title: Mastery of Aging Well a program for Healthy Living. Their web address: <http://ecampus.oregonstate.edu/workforce/aging-well/>*

Erma Bombeck, *No One Diets on Thanksgiving*

What we're really talking about is a wonderful day set aside on the fourth Thursday of November when no one diets. I mean, why else would they call it Thanksgiving?

### **Community Partnerships needed on behalf of Grandparents raising grandchildren**

The Grandfamilies Network Project is seeking Civic organizations, businesses and/or Church, Synagogue and Temple partners to sponsor a Saturday or Sunday 10am-noon brunch for the Grandfamilies participants in their region of Alaska. The sponsor provides a brunch meal and activities for grandchildren while the Grandparents enjoy a time of respite and sharing in their community of kinship caregivers. The following locations: Anchorage, Fairbanks, Juneau, Wasilla/Palmer, and Homer are in need of support for this valuable mission. There are Grandparents raising grandchildren in every city and town and village in this state that could benefit from your help! If you are interested in collaborating with the Grandfamilies Program in this service, please contact Linda Price at 1.888.522.9866. We are a nonprofit spiritually based program serving Grandfamilies in the State of Alaska and appreciate your consideration of this project.

### **Some ideas for Grandparents and grandchildren on Thanksgiving Day**

A Thanksgiving food activity for the Grandchildren

Thanksgiving marshmallow pilgrim hats recipe:

Marshmallow pilgrim hats

#### **Ingredients:**

- 12 chocolate-striped shortbread cookies
  - 6 ounce package of chocolate chips
  - Tube of yellow decorators frosting
  - 12 marshmallows
-

### **How to make thanksgiving marshmallow pilgrim hats:**

Place the chocolate striped shortbread cookies stripes down on a wax-paper-covered tray, spacing them well apart. Melt the chocolate chips in a microwave. Then stick a wooden toothpick into a marshmallow, dip the marshmallow into the melted chocolate, and center it atop a cookie. Using a second toothpick to lightly hold down the marshmallow, carefully pull out the first toothpick. Chill the marshmallow hats until the chocolate sets, then pipe a yellow decorators frosting buckle on the front of each hat. Your thanksgiving marshmallow pilgrim hat is ready.

### **Easy Apple Pie**

#### *Ingredients*

- Pre-refrigerated pie crust - 2
- Skinned and finely-sliced apples - 8 (large)
- Egg - 1 (only the white portion)
- Granulated sugar - 1/3 of a cup
- Flour - 2 tbsp.
- Ground cinnamon - 1 tbsp

#### *Procedure*

Set your microwave to a pre-heating temperature of 400°F. Place one of the pie crusts on a plate and coat it with the egg white to keep it from getting soggy. As this coating dries, mix the apples with all the other ingredients by tossing everything together. Next, place the filling on top of the coated crust and place the other pie on top. Now help your kid to crimp the edges of the two crusts together. They can then makes slits or cut out small designs on the upper crust with the help of a knife. The pie then needs to be covered lightly with an aluminum foil and baked for 10 minutes. Reduce the temperature to 375°F and bake for another 40 minutes, after removing the foil. Your apple pie, high on both the health and taste quotients, is ready to be eaten.

## Holiday Craft Ideas for grandchildren and Grandparents

### More Thanksgiving activities

#### Turkey Apples

Turkey apples are a fun craft to make with the kids as well as a healthy snack. You will need an apple, 6 toothpicks, 1 large and 5 miniature marshmallows as well as some raisins and one piece of candy corn for each turkey.

Set the apple stem up on a flat surface. Stick a toothpick in the top part of one side of the apple. Add the large marshmallow to the top of the toothpick. Decorate the face of the turkey with two raisins as eyes and stick the candy corn in upside down into the marshmallow to make the beak.

Thread each of the remaining toothpicks with 3 raisins, and then top it off with one of the miniature marshmallows. These will be the tail feathers of your turkey. Stick the 4 toothpicks evenly spaced on the opposite side of the top of the apple.

#### Corn Collage

Cut a basic corn shape out of yellow construction paper. Tear little pieces of yellow and purple tissue paper and crumble them into little balls. Glue them on the corn shape to represent kernels of corn. Cut leaf shapes out of green construction paper and glue them behind your ear of corn.

#### Pilgrim Hat

You need a large paper grocery bag and some construction paper in black and yellow for each child. Fold the rim of the bag over to make a brim for the hat. Then cut a large strip of black construction paper and tape or glue it around the hat. Cut a belt buckle shape out of the yellow construction paper and glue it to the belt in the front of the hat.

*Grandfamilies Network Project receives funding from the Brookdale Foundation and the State of Alaska Family Caregiver Support Program and donations from individuals, businesses and civic organizations.*

*Volunteers of America Alaska is a spiritually based nonprofit providing service to communities and accepts donations to support our mission. You may contact us at [www.voalak.org](http://www.voalak.org) or at 1.907.279-9640.*

Grandfamilies Network Project  
Volunteers of America  
1675 C St. Ste 201  
Anchorage, AK 99501

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99501

Phone:  
(888)522-9866

FAX:  
(907) 279-0148

E-MAIL:  
grands@voaak.org

**There will be a Grandfamilies Pot Luck Brunch at Volunteer of America Alaska on October 15<sup>th</sup>, 2011 from 10am – noon. Please bring a food item to share.**

**Location: 1675 C. Street Anchorage, Alaska 99501  
Please RSVP to 522-9866 by October 12th, 2011, with the number of Grandparents and grandchildren attending. The head count helps us plan for the Grandfamily activities.**

**WE HOPE TO SEE You For this Gathering of Grandfamilies!**