

# Kinship Care Chronicle

CATHOLIC CHARITIES  
CAREGIVERS SUPPORT SERVICES  
KINSHIP CARE PROGRAM

**CATHOLIC CHARITIES-  
CAREGIVERS  
SUPPORT  
SERVICES**

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## MESSAGE FROM PROGRAM DIRECTOR

Aah... January, the month of resolution, the dreaded month of resolution. I don't know about you, but for me, none of the resolutions I made for 2008 were met, and most were abandoned in the early weeks of January. We would probably all agree that change is difficult, especially changing one's behavior. Why then do we expect that when the clock strikes midnight on January 1<sup>st</sup>, we can lose weight, stop smoking, exercise, organize and so on and so on, and subsequently develop an overwhelming sense of personal failure when this is not immediately achieved. Realistic?? I think not.

This year I've decided to take a new approach to the New Year. Rather than using the word resolution, which implies there is something that needs improvement, I will use the word "beginning." I have always loved the quote, "Today is the first day of the rest of your life," which means to me that everyday has a new beginning. Rather than my usual laundry list of resolutions

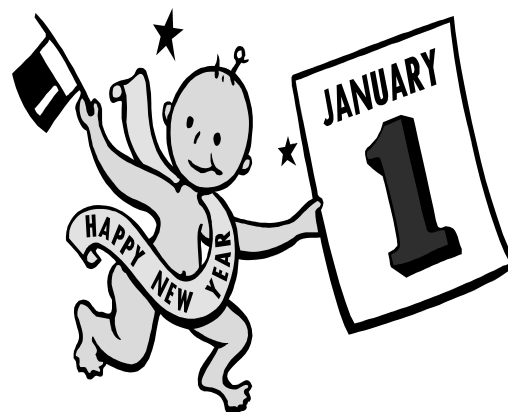
which I'll share, has remained basically unchanged for the past 20 plus years, I will make a list of all that I would like to create and do in 2009. I will strive over the course of the year to focus on this list of all that I want to achieve, whether it be as simple as creating a gratitude journal to that of running a marathon, from the possible to the highly unlikely. I will focus on living the best possible life that I can, and all that this entails. This, of course, will be an ongoing process, not something that can be achieved on January 1<sup>st</sup> or immediately thereafter. Perhaps some of you will join me in this pursuit of happiness and personal fulfillment. It's worth a try and yes we even get to eat chocolate on January 2<sup>nd</sup> without feeling guilty.

Happy New Year to all!!

—Jodi Rosa

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## THE KINSHIP CARE CHRONICLE IN 2009

Catholic Charities Caregivers Support Services is dedicated to supporting those caring for relatives and loved ones in need. The Kinship Care Program focuses on those amazing individuals who step forward to care for a relative's child, either temporarily or permanently. Kinship Caregivers open their homes, hearts and arms to children and teens, often at great personal sacrifice. But such sacrifices pale in comparison to the idea of a grandchild, niece, or nephew being placed into foster care. Making a difference in the life of a child provides *infinite potential* to the world.

In 2009, The Kinship Care Chronicle will have a section devoted specifically to providing sound, practical advice on ways kinship caregivers can maximize the *infinite potential* in the child or children in their lives. Much of the information that will be shared comes from research done

by the Search Institute. With almost 20 years of research into what it takes to help children grow up healthy, caring and productive, Search has identified 40 key factors that make a powerful difference in young people's lives. These factors are called **Developmental Assets**. Over the course of the year, the following questions will be answered:

- What are the 40 Developmental Assets?
- How many Assets does my child possess?
- What can I do to add Assets to my child's life?

As the year unfolds, more questions will likely come up; together we will find the answers. Recognize that asset building is a life long process, certainly not a quick fix. Creating an asset rich environment will take time and effort. But what have we got to lose, when the world will have so much to gain?

## THE ABC'S & XYZ'S OF BUILDING CHILDREN'S ASSETS

**A**maze children with extraordinary and everyday experiences.

**B**oost children's enthusiasm for learning.

**C**omment on children's new skills and appropriate behavior.

**D**elight in children's discoveries.

**E**ase children into new situations and challenges.

**F**ascinate children with memorable stories.

**G**iggle and laugh together.

**H**ang out with children.

**I**nspire children's creativity.

**J**oin children in their adventures.

**K**eeep children safe.

**L**ove children — no matter what.

**M**agnify children's magnificence (their accomplishments and kind acts) with encouragement and praise.

**N**otice children.

**O**pen up possibilities for children.

**P**amper children when they're sick, sad, or crabby.

**Q**uote children's remarkable sayings.

**R**ecognize the incredible — and the commonplace — things children do.

**S**urround children with caring, inspiring people.

**T**hank children when they act in kind or generous ways.

**U**nderstand children's points of view by listening to what they say.

**V**alue who children are and what they want to do.

**W**onder at children's ideas and insights.

**E**xplore new places and activities with children.

**Y**odel with children. Sing, chant and make up songs together.

**Z**ero in on what makes each child unique — and terrific!

## AROUND TOWN COUNTY – BY – COUNTY

### Albany

#### **Strengthening Families Program (SFP)**

A program for caregivers and their youth, ages 10 – 14. The Strengthening Families Program has seven sessions that are designed to help: 1) caregivers build on their strengths in showing love and setting limits; 2) youth develop skills in handling peer pressure and building a positive future; 3) families grow together. The sessions focus on caregivers and youth separately for the first hour and then brings caregivers and youth together as a family the second hour.

Contact Ellen Cooper at 765-3500, Ext. 552 for details or [eec7@cornell.edu](mailto:eec7@cornell.edu)

#### **Albany County Government Intern Program for High School Students**

This school year long program is an opportunity available to high school juniors and seniors living and attending schools in Albany County. Students are matched with local government officials to discover first hand how government works. Guest speakers, independent projects, seminars, legislative meetings, and field trips throughout the school year provide additional information. Students successfully completing the government intern program receive academic credit and some schools award (12th grade) a "Participation in Government" credit.

High school students or anyone interested in the government intern program should contact Nancy Lerner at [NKL1@cornell.edu](mailto:NKL1@cornell.edu) or 518-765-3521.

**Palace Theater**—Movies for \$5 and reasonably priced treats! 465-3334 or [www.palacealbany.com](http://www.palacealbany.com) for schedules.

### Rensselaer

#### **Children's Museum of Science and Technology – CMOST**

250 Jordan Road  
(in Rensselaer Technology Park)  
Troy, New York 12180

**Phone:**  
518-235-2120

**Monday, January 19th, 1:00 PM**

#### **Color Fun Lab**

Did you know that color and light are inseparable? Join us as we explore the workings of the eye and how we

see different colors and light. Work together to create cool color experiments including spotlights for color mixing that you can take home to further your experimentation! Ages 6+ (Pre-registration is required. Free for CMOST members, \$2.00 for non-members plus admission to CMOST)

#### **East Greenbush Community Library**

10 Community Way, East Greenbush, NY 12061  
Ph. 518-477-7476 Fax 518-477-6692

<http://www.eastgreenbushlibrary.org>

#### **2nd Annual Anime Fest (Gr. 6-12) 10:00 AM - 3:00 PM**

Join us for a day of CosPlay, Anime and Japanese-themed foods . . . Please sign up for our snack potluck when you register!

### Schenectady

#### **The Schenectady Museum & Suits-Bueche Planetarium**

Nott Terrace Heights  
382-7890

#### ***Martin Luther King Jr. Day Kid's Activities*, January 19**

Special hands-on activities for the kids 12:30 – 3:30 p.m.

Free with museum admission:

Children \$4.00

Seniors \$5.25

Adults \$6.50

Add \$2.75 for planetarium show

**Hamilton Hill Arts Center** 409 Schenectady Street  
346-1262

**The Schenectady History Museum** 32 Washington Ave.  
374-0263





Tours are available Monday thru Friday from 1– 4 p.m.  
Admission is free to students and \$4.00 for adults.

**Proctors Theater**—Movies for \$3 adults and \$2 for children and great prices at the concession! Proctors 24-Hour Movie Hotline - (518) 881-4567 or [www.proctors.org](http://www.proctors.org)

# JANUARY 2009

## SCHEDULE OF EVENTS

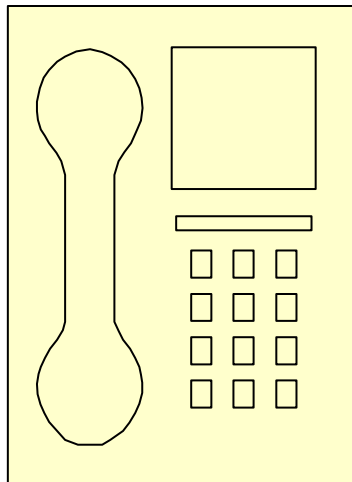
- 1 & 2—Holiday, Office Closed
- 6 – Support Group @ Trinity, 6:30–8:00 p.m.  
Concurrent Youth Program
- 10 – Cirque Dreams @ Proctor’s, 2 p.m.
- 13 – Support Group @ 100 Slingerland St., 11–12:30 p.m.
- 19 – Holiday, Martin Luther King, Jr. Day, Office Closed
- 20 – Support Group @ Sunnyside, 6:30–8:00 p.m.  
Concurrent Youth Program
- 27—Support Group @ East Greenbush Public Library, 10:30–12:00 p.m.
- 28 – Support Group @ St. Luke’s, 11:00–12:30 p.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 	2 	3
4	5	6	7	8	9	
11	12	13	14	15	16	17
18	19 	20	21	22	23	24
25	26	27	28	29	30	31

### Support Group Reminders

**Please let us know you are coming!** — Call at least 24 hours in advance, 449-2001.

**Light refreshments will be served at all groups.**



*Check This Out –*

**KINSHIP CARE  
SOURCELINE  
446-4000 Mailbox 8815**

The FAST, EASY way to get weekly program updates!  
Call anytime, 24 hours a day!

## NYS BUDGET PROPOSAL UPDATE - DOWN BUT NOT OUT!

In early December, many of you were contacted by an agency volunteer to ask for your support in a letter writing campaign to legislative staff in support of kinship care programs. Thank you to those who allowed us to submit a letter on your behalf. We are so proud and grateful to share that we had over 95% participation. Once again, kinship caregivers stepped up to the plate to get the job done.

We have since learned that the Governor has *proposed* a 50% cut in state funds for kinship care programs. The good news is that we expected a far worse result. We were informed by a reliable source that the letter writing campaign did indeed have a positive impact on the Governor's decision to retain some level of funding for kinship care programs. The bad

news is that with such a drastic cut being proposed, our program is forced to reexamine current staffing and program offerings. Events with big price tags, like Wiawaka Women's Retreat and Family Camping at Camp Chingachgook may have to be eliminated. As disappointing as this may be, we must never forget how close kinship care funding was to being completely eliminated.

We intend to continue our efforts of educating the Executive and Legislative staff about the impact of budget cuts on kinship care families and how Kinship Support Services helps to save funds in the long run. Please feel free to contact program staff for more information or if you are interested in participating in this educational campaign.

## THE NEXT STEP

Due to the attention generated by the budget process, we have been contacted by several media sources who would like to do a story or program series on the subject of kinship care. You may have been contacted by program staff with regard to this. Thank you to those who have agreed to participate in these public educational efforts.

We want to get the word out that the kinship care services help families to remain together and out of formal state systems. And in doing so, we ensure a brighter outcome for the children's future.



**Extra, Extra!**

### Did You Know???

There are **297,239 children** living in grandparent-headed households (6.3% of all the children in the state). There are another 111,806 children living in households headed by other relatives (2.4 % of all children in the state). Of the children living in households headed by grandparents or other relatives in New York, 165,493 are living there without either parent present.

**143,014 grandparents** report they are responsible for their grandchildren living with them.

From *Grandfacts: A State Fact Sheet for Grandparents and Other Relatives Raising Grandchildren*, New York, March 2008

[www.aarp.com/grandparenting](http://www.aarp.com/grandparenting)

WE'RE ON THE WEB  
WWW.CCCAREGIVERS.ORG



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**One simple mission --  
to make life better for those who care for  
friends and relatives in need.**



An Agency of  
Catholic Charities  
Diocese of Albany

United Way  
of the Greater Capital Region



HOW FAR THAT LITTLE CANDLE THROWS  
HIS BEAMS! SO SHINES A GOOD DEED IN A  
WEARY WORLD.

~ WILLIAM SHAKESPEARE

OUR HUMBLE AND SINCERE THANKS GOES  
OUT TO: