

Kinship Care Chronicle

CATHOLIC CHARITIES
CAREGIVERS SUPPORT SERVICES
KINSHIP CARE PROGRAM

**CATHOLIC
CHARITIES-
CAREGIVERS
SUPPORT
SERVICES**

*Renée Benson, LMSW
Executive Director*

**Kinship Caregiving
Program Staff**

Jodi Rosa, LMSW
Program Director
JodiR@ccalbany.org
449-2001 ext. 119

Krista Gallup
Youth Prog. Coordinator
KristaG@ccalbany.org
449-2001 ext. 117

Chris Schaffner
Family Caseworker
Albany & Rensselaer Co.
ChrisS@ccalbany.org
449-2001 ext. 116

Susie Fennell
Family Caseworker
Schenectady Co.
SusieF@ccalbany.org
449-2001 ext. 118

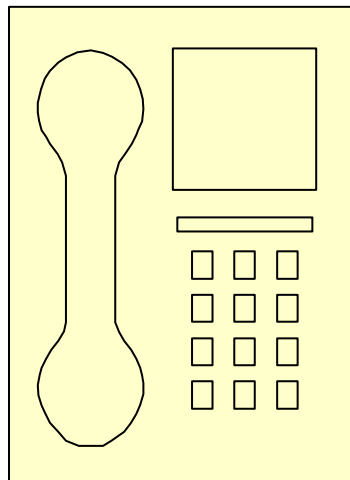
MESSAGE FROM PROGRAM DIRECTOR

Hi everyone and welcome to the June edition of the Kinship Care Chronicle. Is it June already? It's hard to believe. I hope everyone is geared up for the summer, I know I am. If you haven't made summer camp reservations for your child, please contact Krista. There are only a few spots left. We have an exciting summer planned, beginning with our June 2nd Picnic in Washington Park, the New York City Ballet at SPAC in July, our 2nd annual Valley Cats baseball game and picnic in August, and more!!! The best means of getting information about upcoming programs is through our Kinship Care Source Line. Yes, we will be planning a trip to Wiawaka at

the end of August. There are only 10 caregiver spots this year. Should we have more than 10 requests, and I suspect we will, we will do a lottery drawing to determine who the lucky retreaters will be. More information regarding this will follow.

I want to take the opportunity here to extend a Happy Father's Day to all our male caregivers. In the spring edition of Reach Out, our quarterly publication of Catholic Charities Caregivers Support Services, the entire issue focused on the theme of Male Caregivers. It is chockfull of wonderful information. Please let your caseworker, Chris or Susie, know if you are not receiving this publication and they'll be sure to include you on our mailing list. Have a great month!

—*Jodi Rosa*



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!

BOUNDARIES & EXPECTATIONS

“It’s important to let people know what you stand for. It’s equally important that they know what you won’t stand for.” – Mary H. Waldrup

When I first read the quote above I immediately thought it summed up the theme of this issue perfectly! While I understand how excited the children are about the upcoming summer break (my youngest son has been counting down the days for the past two weeks!), I sometimes wonder if I am alone in feeling more anxious than excited. I believe that a huge part of my anxiety stems from losing the daily structure the school year demands. Let’s face it, it’s much easier to get a child to get up, get dressed and eat breakfast when they know they will miss a bus if they don’t! It’s also much easier to keep the battle over video games at bay when play time is tied to homework being done. While the summer break does offer a much needed respite from the school year routine, it’s too long of a time to not have an alternate routine to fall into! But where do we begin???

The good news is that we have a couple of weeks before school gets out. This is just enough time to put together a plan.

Get the calendar – Map out everything you know will be going on for the next 10 weeks – e.g. summer school or camp, vacations, parties, birthdays, etc.

Create a daily plan – How would you like to see each day go? What time would you like everyone up by? How long can the kids stay in their p.j.’s? When will lunch be served?...You get the idea. Personalize it to the things that are important to you and your family.

Talk with the children – This part is critical to the success of your summer! Without the kids input and understanding you are in for a rocky road! Begin simply by asking the kids what they are hoping to do over the summer break. Calmly tell them what you are hoping for. Then ask the question: How can we work together to have a summer where we all get some, if not all, of what we want.

For example—two summers ago I admitted to my boys that I was dreading the upcoming summer be-

cause I thought all we were going to do is fight over video games. They, of course, had no clue what I was talking about! I described how I felt all they would want to do is play video games and when they weren’t actually playing them, they would be pestering me to play. I told them the thought of dealing with it all summer long made me want to pack up the system and all the games and sell them on e-bay! You can imagine the look of horror on their faces after I said that! Then I asked, “So how can we make this work?” Much to my surprise, they had plenty of ideas – some good, some bad and some in between. But from the ideas we hatched a plan that we all could live with! I am happy to report that video games did not cause much drama in the Gallup household that summer. Which leads me to my next suggestion...

Put it in writing – Write up whatever agreement you have made with the children and post it in a prominent place, like the fridge or a bulletin board. Have everyone sign it. It’s great to have it where everyone can see it, read it and be on the same page!

Create accountability -- Decide together the consequences for someone who doesn’t live up to the agreement—include yourself as well. Keep it realistic! If there’s no way it will actually be enforced, then why would anyone bother to abide by the agreement? This a great opportunity to infuse some humor into your family life too. I remember the consequence for me if I didn’t hold up my end of the bargain was to actually play video games with the boys for a half an hour. I don’t know why they find watching me attempt to bowl on the Wii so funny....but they do!

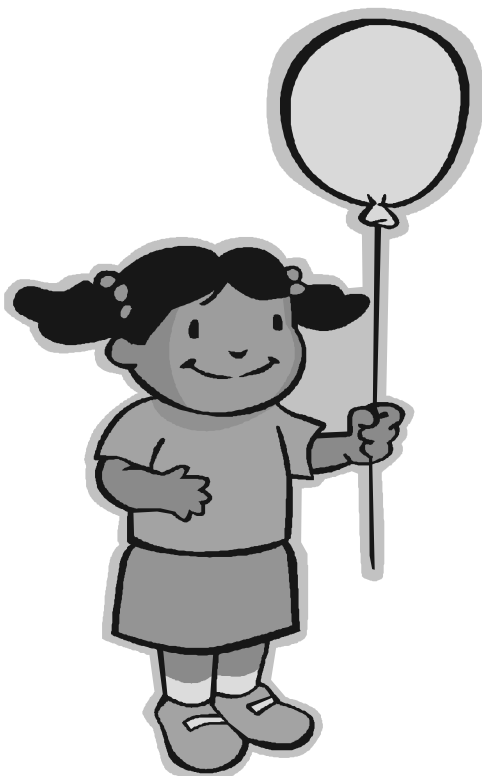
Creating the boundaries and expectations for summer before it actually begins will go a long way in ensuring EVERYONE has an enjoyable summer experience! In my case, it just may prevent someone from scoring the deal of the century on a gently used gaming system!

—Krista Gallup

Boundaries & Expectations Asset Checklist for Caregivers

<i>Family Boundaries</i>	<input type="checkbox"/> Our family has both clear rules and consequences for behavior. We also monitor each other's whereabouts.
<i>School Boundaries</i>	<input type="checkbox"/> The children's school has clear rules and consequences for behavior.
<i>Neighborhood Boundaries</i>	<input type="checkbox"/> Our neighbors take responsibility for monitoring the children's behaviors.
<i>Adult Role Models</i>	<input type="checkbox"/> I model positive, responsible behavior, and so do other adults in my child's life.
<i>Positive Peer Influence</i>	<input type="checkbox"/> My child's best friends model responsible behavior. They're a good influence.
<i>High Expectations</i>	<input type="checkbox"/> I encourage my child to do well and so do teachers and community members.

From *A Leader's Guide to What Young Children Need to Succeed* by Jolene L. Roehlkepartain and Nancy Lefert, Ph.D., © 2000 by Jolene L. Roehlkepartain and Search Institute. Free Spirit Publishing Inc., Minneapolis, MN; 800/735-7323; www.freespirit.com



Think of expectations as a helium balloon with a string attached.

- ☹ If the balloon loses too much air (*expectations* are low), nothing is fun or challenging.
- ☹ If the balloon isn't attached to the child's wrist and floats away beyond reach (*expectations* are too high), it's frustrating for the child.

Keep your expectations reasonable and everyone will be smiling!

JUNE 2009

SCHEDULE OF EVENTS

- 2 – Picnic in Washington Park
6:00–7:30 p.m. ** See related article for more details.

- 3 – Picnic Rain Date—Same time and place.



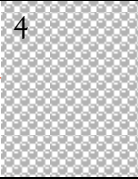
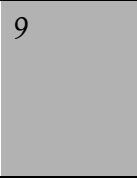
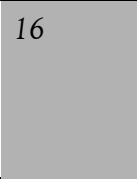
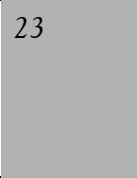
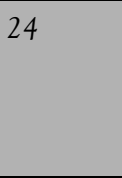
- 4 – Garage Sale Planning Meeting @ 100 Slingerland
11 a.m.–12 p.m. - OR- 5–6 p.m.

- 9 – Support Group at 100 Slingerland St. 11–12:30 p.m.

- 16 – Support Group at Sunnyside, 6:30-8:00 p.m. Concurrent Youth Program

- 23– Support Group @ East Greenbush Public Library, 10:30–12:00 p.m.

- 24 – Support Group @ Jerry Burrell Park, 11:00–12:30 p.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 	3 	4 	5	6
7	8	9 	10	11	12	13
14	15	16 	17	18	19	20
21	22	23 	24 	25	26	27
28	29	30				

Looking Ahead –

**July 18th–
NYC Ballet @ SPAC**

**August 5th–
Tri-City ValleyCats**

**August 21-23 –
Wiawaka Weekend**

Save the Dates!

THE GREAT ESCAPE & SPLASHWATER KINGDOM DISCOUNTED TICKETS AVAILABLE

Tickets are available at a discount price of \$25.00 each.

Tickets are good for any date during the 2009 operating season and must be paid for in advance with cash or a check made payable to Caregivers Support Services. Ticket orders will be submitted on June 3rd, June 17th, July 1st, July 15th and July 29th. No order will be placed unless payment has been received in advance. Allow a **two week** turn around from each order date to receive the tickets.

***Tickets are NOT returnable/refundable.
Please contact Chris or Patty @ 449-2001***

BEING A POSITIVE ROLE MODEL

Children encounter a barrage of choices every day. The process by which they make these choices begins at a very young age. As small, impressionable youngsters they are like little sponges, absorbing everything that happens around them, especially your actions. As they grow into teenagers they continue to watch you and learn how to behave like an adult based on your actions. Are you an ethical, tolerant and mature role model for them? Laying the best foundation will serve them well as they continue to learn and grow into teens and young adults. As a caregiver, you can choose to *tell* them what to do in an authoritative manner (which will likely be met with anger and rebellion), you can *hope* they will make the choices you want them to make, or you can *model* the behavior you would like to see your child develop from the start. The best way to teach children positive habits and ethical behavior is to show them. Here are some general ideas and topics to think about.

Respect yourself

Don't do things you will regret. You are the only person in control of you.

Lead by example

Act the way you want your child to act. Think

about what you are doing and how it will affect them.

Spread the word and make it something good

How is your language? Do you say things that your child might repeat?

Be tolerant of others

Go out of your way to be kind and compassionate to others.

Keep your cool when handling conflicts

Be fair, honest, and control your temper. Take responsibility for your part in the conflict and say you are sorry if you are wrong. Avoid yelling and screaming – these actions will simply encourage your child to handle difficult situations in a similar manner.

The value of education

Make learning new things a daily adventure. Continue to learn about new things yourself, enabling them to see the value of learning.

And the most powerful act of all...Hug Your Child!

—Susie Fennell

A SHOUT OUT TO THE CAREGIVER COMMITTEE!



Bishop Maginn High School has given us permission to use the faculty parking lot for our fund raising garage sale! Many people expressed the desire to hold the sale prior to the school year ending and not on Father's Day weekend. With that said, please put it on your calendars to meet together and plan the details of set-up, pricing, hours, tasks for children, etc.

There are two times set up here at 100 Slingerland Street for you to meet on **Thursday, June 4th : 11am-Noon -OR- 5pm-6pm**

Please call Chris at 449-2001 x116 to confirm attendance or sign up at the picnic in Washington Park!

If we do not hear from interested families, we will not be able to hold this fundraiser. Let's make this great idea work for us!

WE'RE ON THE WEB
WWW.CCCAREGIVERS.ORG



CATHOLIC CHARITIES
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KINSHIP CARE PROGRAM

100 Slingerland St.
Albany, NY 12202

Phone: (518) 449-2001
Fax: (518) 426-3662
E-mail: JodiR@ccalbany.org

**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



JUNE FAMILY PICNIC



Washington Park Playground
at the Henry Johnson Blvd. Entrance

Tuesday, June 2, 2009
6:00—7:30 p.m.

Rain date: Wed. June 3rd.

What to Bring:
Camp Chairs/Blanket
Your own beverages
A side dish/dessert to share

We will provide:
Hot Dogs/Rolls
Condiments
Paper Products
Fun & games for the whole family!

We hope to see you there!
RSVP by May 29— 449-2001