

NEW BEGINNINGS!!

... a newsletter for Grandparents
& Kinship Caregivers Raising Children...
from the Fulton Co. Office for Aging
Andrea Fettinger, Director

Spring 2011

19 N. William St., Johnstown~518-736-5650~www.fcfa.org/

Good-Bye Winter

Good-bye winter, we wish you'd go away.

Good-bye snow, good-bye slush.

Good-bye puddles, good-bye snowsuits.

Good-bye cold wind!

Come back springtime, we wish you'd come to stay.

Come back grass! Come back flowers!

Come back birds! Come back swimsuits.

Come back warm sun!

~ Author Unknown ~

By this time of year most of us agree that we have had enough of winter and are more than ready for spring to come and for summer to follow quickly behind. We hope that everyone had a healthy winter and is ready for a beautiful Spring and Summer. We look forward to seeing any one who is raising grandchildren or other family members at our Grandparent/Kincare support group. All are welcome and encouraged to attend monthly meetings listed below. Everyone is welcome to join our support group at any time.

Any questions feel free to call Barbara Heide at 736-5650.

Meeting Dates for the Fulton County Office for Aging Grandparent's / Kincare Support Group:

April 15, 2011 May 20, 2011 June 17, 2011 September 16, 2011 October 21, 2011 November 18, 2011

and December 16, 2011

All Grandparent and Kincare Raising Grandchildren Support Group meetings are held at the Fulton County Office for Aging, 19 N. William Street, Johnstown, NY 12095. From 12 noon -1:30pm. Light refreshments are served. Call 736-5650 for more information.

BIKE SAFELY

Get the family active this spring. May is National Bike Month. Just take these precautions, says Glen Harrison bicycle education director of the Washington Area Bicyclist Association:

- **Size it right:** When you straddle a bike, with a foot on each side of the frame, there should be at least 3 inches between the top tube and your crotch.
- **Make sure the helmet fits:** When you look up, you should see the front edge. The side straps should be just under your earlobes, and the chin strap should be snug. For more help, go to womansday.com/helmet
- **Review the basics:** Practice how to start and stop, and how to look behind to check for cars without wobbling. (Kids 9 and under should probably stick to the sidewalk.) And remember turn signals.
- **Do a pre-ride "ABC Quick Check":** Check the Air pressure, test the Brakes, and make sure the Cranks, Chains and Cogs are working properly. For details, go to bikeleague.org/resources/better/beginningcycling.php

4 biggest allergy myths

- **myth: the cleaner, the better. Fact:** A little dirt and germs help build up immune system, so you don't have to endlessly dust and bleach. But experts do recommend that you should follow some basic guidelines. For starters, try to vacuum once or twice a week with a model that has a HEPA filter ; this will trap pollen particles and other irritants instead of sending them back into the room through the exhaust. To reduce other irritants that tend to hang in the air, equip your furnace with a heavy duty filter (with a rating between MERV 8 and MERV 11) and change it every 2 months. If you can keep windows closed to cut down on pollen coming in and leave shoes at the door to avoid tracking allergens through the house. Wash bedding once a week in hot water.
- **myth: you don't need to take medication until your symptoms flare up. Fact :** Most allergy meds work best if you start them *before* symptoms kick in. "You want to have them in your system when you are first exposed" says Richard Honsinger, MD, clinical professor of medicine at the University of New Mexico. If you know you get sneezy and wheezy at the same time every year consider taking meds a week or two before the pollen season starts. If what you are doing isn't helping your symptoms and you can't pinpoint the cause ask your doctor about seeing an allergist and getting tested. Also, if you repeatedly get sinus or other respiratory infections, finding out your specific triggers can help you avoid them.
- **Myth: allergy shots are only for kids. Fact:** They can work at any age. In fact, research shows that allergy shots reduce symptoms in about 85 percent of people who have hay fever. Typically, the shots (a.k.a. immunotherapy) are a blend of small amounts of various allergens that you react to. The theory is that by exposing yourself to them gradually, you'll build up tolerance and decrease your sensitivity so that when you come across the allergen naturally, you won't react, explains Dr. Miranowski.

- **Myth: if you didn't have allergies as a kid, you won't as an adult. Fact:** This misconception often stands in the way of adults figuring out that their itchy throat and sneezing isn't a cold. While the vast majority of allergies develop in children many adults also develop allergies as well.

STOP FIGHTING WITH YOUR TEEN

Slammed doors and screeching arguments can be facts of life with a teen in your home. Here are some ideas to defuse the fireworks. Fighting- done fairly- delivers a huge payoff: a stronger relationship with your child, and the confidence that comes from knowing you've equipped your child with emotional survival skills that will last a lifetime. Conflict is a part of life, and our kids need to know how to handle it with their friends, employers, partners and their own kids someday. Fighting is also your chance to say "I want you to have your own thoughts even if they clash with mine. And when the fight is over, I'm still going to love you." Gone are the days when you could resolve conflicts with a withering glare or the all purpose "Because I'm the mom, that's why."

Rule 1: ESTABLISH SOME BOUNDARIES: One day when all is calm, start a conversation about the inevitability, as well as the benefits of conflict. Encourage your child to talk to you about anything, but I am still the parent, so the buck stops with me. Let them know it's normal to get angry with one another and for things to get heated. Discuss what's off-limits like cursing, name-calling, damaging the home. Stepping out of bounds will carry consequences, as previously determined.

Rule 2: UNDERSTAND YOUR KIDS MINDSET: Teens are hardwired to establish an identity apart from their parents, which often results in fighting. Plus, your teens life is tumultuous- hormones, social drama and school pressures. Try to be patient and empathetic and not take things personally. Take a breath or a break and talk it through.

Rule 3: DON'T ESCALTE THE DRAMA: If your child is yelling and you stay calm your teen will see you as someone they can trust, even if you disagree with one another. Teens are often confused about their emotions. They need you to be stable for them, and model how to manage strong emotions. Try asking your teen "what they really want?" if asked with sincerity it can be very effective. It lets your kid know that you care and want to understand their needs. Also give some ground by compromising sometimes, when you are able to.

Rule 4: IT'S OK TO WALK AWAY: Allow yourself to walk away when it is necessary. Also you should allow your teen to walk away. Even if you are tempted to say "don't you walk away from me when I am talking to you." Allow each of you to remove yourselves from the situation if it's getting out of hand. Waiting allows for a conversation that is much more productive. To restart you can say "now that the dust has settled, let's finish the conversation so we can move on." Know how to recover from a bad fight. Smooth things over quickly, remind them that you love them and plan something fun together as soon as both of you are ready to. *Condensed from an article by Debra Kent.*

Some triggers to avoid: **1** Stick to one issue at a time. **2** Nix “forever” and “always” words. **3** Avoid comparisons like “Your brother never did that “**4** Skip these proven kid-enraging phrases: “End of conversation”, “When I was your age..”, “Just do it, OK?”, “Here we go again with this”, “I cannot believe you just said that”, “My mother would have slapped me in the face if I’d talked to her that way.” or “I’ve had it with you.”

SOME IDEAS TO LIMIT SUGAR INTAKE FOR ALL:

Eliminate soda and other sugary drinks. Use sugar or honey sparingly, no more than 1 or 2 teaspoons per serving. Choose packaged food with minimal added sugar (cereal should have no more than 8 grams per serving). Limit the amount of sugar substitutes to 1 or 2 items each day (i.e., 1 light yogurt and 1 packet of Splenda or Stevia). While sugar substitutes are calorie free, they leave sweetness on your taste buds and may exacerbate cravings. Allow yourself a daily sweet treat between 100 and 150 calories (i.e., lowfat or light ice cream sandwich, 1 fun-size candy bar or 2 small cookies). A good idea is to blend sugar with something healthy, such as ½ cup of ice cream or pudding-both high in calcium; 1 oz of dark chocolate- has tons of antioxidants; a dollop of whipped cream with berries- loaded with fiber and vitamin C.

IT’S ALL SWEET! The names may be different, but the following are all sugar in various forms: agave syrup, beet sugar, brown sugar, cane sugar, corn sweetener, corn syrup, dextrose, evaporated cane juice, fructose, fruit juice concentrate, glucose, high fructose corn syrup, honey, invert sugar, Maple syrup, raw sugar, sucrose, syrup, table sugar, turbinado sugar.

How much sugar is in that?

The food label pretty much spells out how much sugar is in a packaged food. Look for sugars under total carbohydrate. Keep in mind that there are 4 grams of sugar in 1 teaspoon. So if a cereal, for example, has 12 grams of sugar per 1 cup serving, you’re getting 3 teaspoons of added sugar in your breakfast. There are two exceptions: fruit and milk products, both of which contain “natural” sugars.

Fruit: When it comes to packaged fruit, there is no added sugar if the ingredients list does not include it; but remember to check for all forms of sugar as listed above. A good rule of thumb is always to choose “ no-added-sugar” fruit products. Dairy: To figure out how much sugar has been added to a sweetened yogurt simply subtract the amount that naturally occurs in dairy (about 12 grams per cup) from the amount listed on the label.

SURPRISE BENEFIT FOR : Joe Chapman~ a grandfather who is raising two of his grandchildren who is suffering with a form of Parkinson’s Disease. The money raised will be used to make their home handicap accessible.

When: April 10, 2011 from 2-6 pm *Where:* Johnstown Moose Club *Donation:* 10.00

MUSIC FOOD & RAFFLES AVAILABLE

