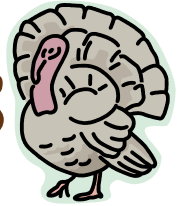




# Kinship Care News



County of Saginaw

November 2009

## Courage (taken in part from: [www.ed.gov/parents/academic/help/citizen/part4.html#honest](http://www.ed.gov/parents/academic/help/citizen/part4.html#honest))

*Courage* is the ability to overcome fear in order to do what is right, even if it is difficult or risky. Courage can mean facing physical dangers, but it also can mean standing up for beliefs and making hard decisions on the basis of evidence rather than on what is the easy or popular thing to do. It means being neither reckless nor cowardly but facing up to our duties and responsibilities.

Courage, however, does not mean never being afraid; and children should be told that there are times when it is all right to be frightened and to run away from danger. But they also need to learn how to face and overcome some fears, such as a fear of the dark.

### What You Can Do

- Coach your child on how to be brave. Praise him when he acts

courageously (but never ridicule him for any reason—ridicule can have long-lasting effects on a child's self-confidence).

• Discuss with your child how to say no. Sometimes children don't know how to say no to peers who ask them to do dangerous or risky things. After identifying ways that she might be tempted, teach your child a three-step process for self-protection:

1. Apply the "trouble" rule: Will this action break a law or rule?
2. Make a good decision—think carefully about the risks or possible consequences.
3. Act fast to avoid trouble, using options such as the following:



- Say no!
- Leave.
- Make a joke.
- Suggest something better to do.
- Make an excuse such as, "My dad will get really mad."
- Act shocked.

—Mom, some of the kids were smoking after school today. One of them offered me a cigarette.

—What did you do?

—I said no.

—Then what happened.

—Everybody laughed at me and called me a baby.

—So then what did you do?

—I just walked away.

—Good for you! That took a lot of courage, and I'm proud of you.

## A Kid-Friendly Recipe—A Leftover Turkey Favorite

- 1 pkg. noodles
- 2 Tbsp Olive oil
- 1 cup chopped carrots
- 1/3 cup diced onion
- 1/3 cup diced celery
- Dash of garlic, salt & pepper
- 1 tsp of parsley
- 2Tbsp of butter
- 3 cups of leftover roasted turkey cut in small pieces
- 1/3 c Parmesan cheese

Cook pasta according to package and set aside. Sauté the vegetables in the olive oil on medium till the onions are clear.

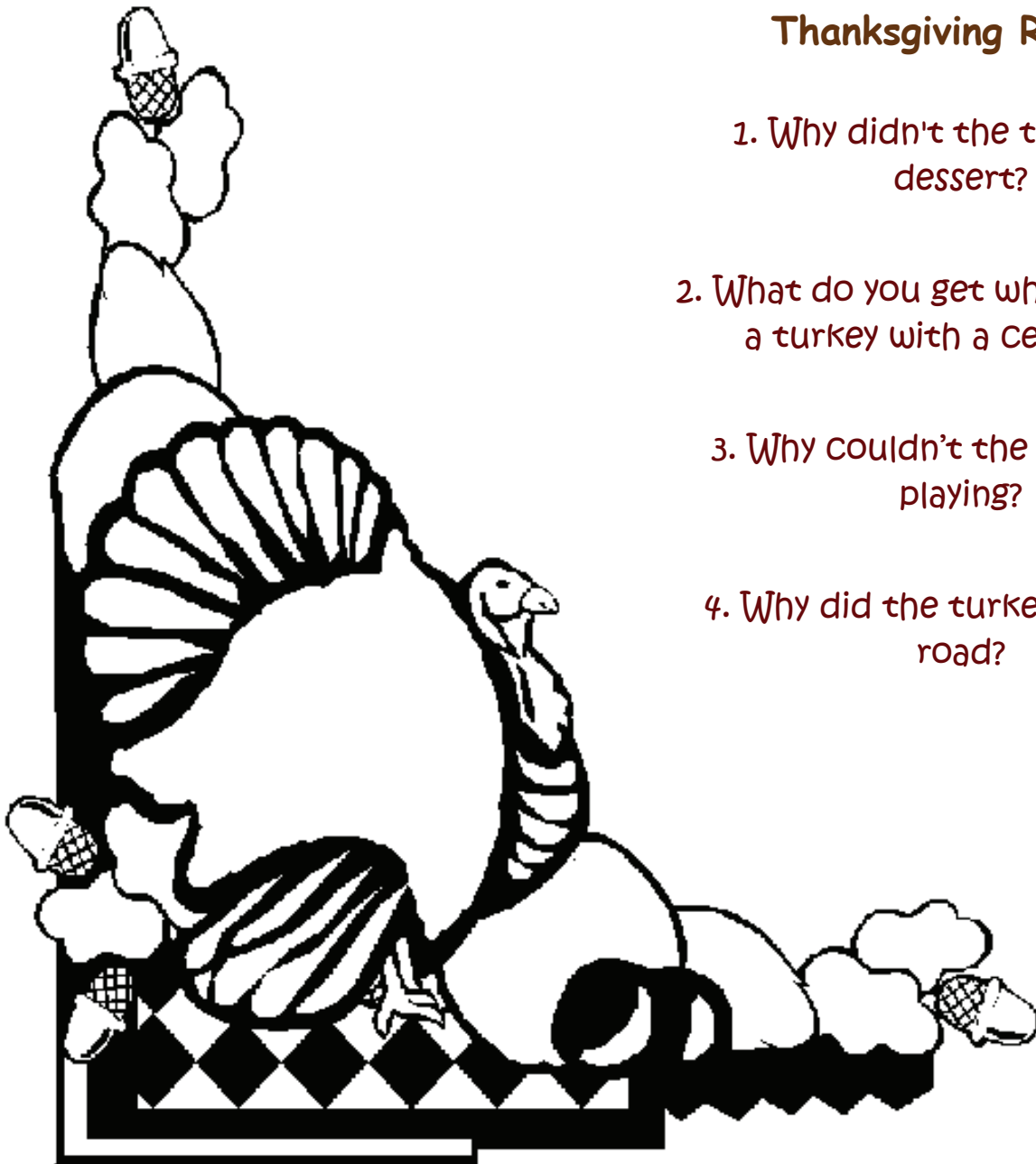
Make a hole in the center of the veggies and add the butter to the pan. Once the butter is melted, add the turkey, salt, pepper and garlic. Sauté till lightly browned mixing together with veggies.

Add pasta and parmesan cheese and mix. Offer parmesan at the table to sprinkle as desired.

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## Thanksgiving Riddles



1. Why didn't the turkey eat dessert?

2. What do you get when you cross a turkey with a centipede?

3. Why couldn't the band start playing?

4. Why did the turkey cross the road?

## Thanksgiving Word Scramble:

dyanc ocrn  
 ipe inukpmp  
 yekurt  
 sidgresn  
 cryarebnr ecsau  
 poseotat  
 yilmaf  
 gginiv nktsha  
 hasusq  
 eyagr

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off.  
 4. It was the chicken's day  
 sticks!  
 3. The turkey had the drum-  
 2. A lot of drumsticks!  
 1. He was stuffed!

Riddle Answers:

## Toys for Tots

If you would like to sign up for Toys for Tots please do so in person at the Salvation Army main office: 2030 N. Carolina St. Saginaw, 48602

### Registration Dates and Time:

**November 16-20, 23-25**

**9:00-11:00 A.M., 1:00-3:00 P.M.**

In order to qualify you must bring the following items:

- Picture ID with current address
- Proof of income
- Proof of who currently lives in home

## Holiday Donation Policy

Kinship Care Support Services shall assist clients during the holiday season by referring clients and connecting them with resources.

KCSS shall follow these guidelines:

- Low-income clients are assisted before higher income clients.
- Low-income clients who were not assisted last year are given priority.
- Clients who have already received assistance through another agency are ineligible for assistance unless there are extreme circumstances.
- Your file must be up to date for you to receive assistance through our agency. We must make several contacts a year, by phone and in person, for your file to remain up to date.

**We try to assist as many families as possible, however just because we helped you last year does not mean we will be able to help you this year.**

## LOOKING AHEAD: December Support Group Activities

**December 3rd—Speaker: Sylvia Brantley,**  
Early Intervention Teacher, Special Education with Saginaw ISD  
**“Dealing with ADHD in Children”**

**December 17th— Holiday potluck– TBD**

## A few Web Sites to Try:

- [saginawpublichealth.org/services/childrenshealthcare.asp](http://saginawpublichealth.org/services/childrenshealthcare.asp) — Children’s Special Health Care Services– a supplemental government insurance program assisting families with children with special health care needs.
- [studentaid.ed.gov/PORTALSWebApp/students/english/index.jsp](http://studentaid.ed.gov/PORTALSWebApp/students/english/index.jsp) — information on applying for college, choosing a school, or figuring out how to pay for it
- [nsf.gov/news/classroom](http://nsf.gov/news/classroom) — information and links to sites to assist you in helping your child learn science



## County of Saginaw

### Kinship Care Support Services

2355 Schust  
Saginaw, MI 48603

Phone: 989-797-6884

Fax: 989-797-6882

Email: mvalvano@saginawcounty.com

### Kinship Care Support Group

For Kinship Care Clients

See Calendar for meeting  
dates and Topics

Unless otherwise noted:

12:30 to 2 p.m.

Commission On Aging

2355 Schust Rd

## Kinship Care Support Group

The support group for grandparents and other adults raising their  
relative's child(ren)

**Speaker: Dawn Earnesty MS, RD**

MSU Extension Educator

**"Healthy Eating for Adults and Children"**

**Snacks**

NOVEMBER 19, 2009

**Prizes**

12:30 to 2 p.m.

2355 Schust Rd, Saginaw, MI 48603

Childcare activities are available if you call in advance.

# November 2009

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