

August 2017 ✦ Volume 14 ✦ Issue 2

**Feeling a bit down
or want to find
ways to improve
your mood?**

**Volunteer to
Participate in
THRIVE!**

assist in helping individuals understand how thoughts and behaviors influence mood and strategies to change negative thoughts. This fall, Mark Schure, Assistant Professor in MSU's Department of Health and Human Development, will be leading a study to assess the effectiveness of a computerized cognitive behavioral therapy program called THRIVE for individuals across Montana. This program may be particularly useful in Montana as we are a very rural state and there are few mental health professionals in our smaller communities.

Raising grandchildren can be stressful and tiring. When we get feeling down or depressed about life, our mood influences our thoughts and behaviors. We may do fewer fun or rewarding activities, we don't communicate our needs as well, and we start viewing the world as a glass half empty. The opposite is also true, that when we are in a good mood we have more positive thoughts about ourselves and life, are more likely to do activities that we find rewarding and view life more positively.

Cognitive Behavioral Therapy is an established approach to



We are seeking individuals who are interested in trying THRIVE and participating in a study to determine the program's effectiveness. All you need is access to the internet and a computer, tablet or smart phone. You can participate from home! Participants will also receive a stipend to complete the program. If you are interested in learning more about THRIVE or participating in the study, please contact Sandy Bailey, Montana GRG Project Director at **(406) 994-6745**, baileys@montana.edu, or Mark Schure at **(406) 994-3248**, msuthrive@montana.edu.

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Strong Families

You Can Help Children Cope With Natural Disasters

Summer in Montana means we will undoubtedly experience the heat and weather that may lead to drought conditions and wildfires. Unfortunately, these conditions came early this year and many parts of the state have already been touched by these natural disasters. During these times, it is important to look to your family and community for support and assistance. It is also important to remember how these events effect the children in your life.

Natural disasters can be traumatic events for families due to impacts from evacuations, displacement if the home is lost, loss of family incomes, and injuries or death. Children do not have the skills to process these events like adults. Additionally, children rely on their parents to take care of problems and when they see their parents not coping well, this further adds to their anxiety and stress. One study found that parental stress after a natural disaster predicted the level of stress their children experienced. Children who were highly exposed to the event – losing their home or experiencing the death of a family member – were even more vulnerable due to their parents' stress level. These studies point to the need for parents to be aware of their own stress levels and be in tune to stress in their children.

The goal after a natural disaster is to restore life back to normal. During these crises, family life is out of balance. Parents are upset and stressed. Children are worried, anxious, and scared and may lack necessary coping skills to effectively work through their feelings, especially if parents are not coping well with the crisis. In addition, children often lack a vocabulary to talk about their feelings. Some things you can do to help your children are:



- **Take care of yourself.** We cannot take care of our children well if we do not take care of ourselves. Make sure you are getting enough rest, exercise, nutrition, and have an appropriate outlet for your own stress and fears.
- **Listen to your child.** Allow your child to express his/her feelings about the situation. Affirm the feelings by simply stating back what you hear: "You are feeling scared." Young children may need to express their feelings through drawings or play. Older children will be able to verbalize their feelings. It is important to let your child know that you are listening, not telling them how to feel, but simply saying that you understand how they feel.
- **Talk to your child.** Let them know your feelings too, although limit what you say. For example, you could say, "I am scared and frustrated too." Then let them know that you are doing everything you can to keep them safe and help them get back home soon. Save personal breakdowns for private conversations with another adult.

-Adapted from "Helping Children Cope with Natural Disasters". Download the entire MontGuide at <http://msuextension.org/publications/HomeHealthandFamily/MT201302HR.pdf>

MSU Extension Offers Additional Drought and Wildfire Resources

MSU Extension offers a variety of resources to help you if you are experiencing wildfires or drought conditions. Topics include how to manage stress, hay donation assistance, yard and garden water management, erosion control after fire, and much more. Find these resources at:

<http://www.msuextension.org/countyreports/wildfiredrought/>

You can always call, email, or walk into your local county Extension office:

<http://www.msuextension.org/directory/>



Strong Families

Our Grandchildren Are Watching

-Sandy Bailey, Ph.D., CLFE, Extension FCS Specialist

Albert Bandura developed Social Learning Theory, a popular theory in parenting. A major part of this theory is that children model the actions and behaviors they observe of others around them. Many grandparents raising grandchildren understand this well as they try to change inappropriate behaviors children may have learned while living with their biological parents. Preschool teachers see this when children play “house” and teachers of older children see this in how kids treat others.

Today, with social media and news events showing bad behavior from the average person to those in prominent positions, we need to be especially careful in how we handle our daily actions as adults. The saying is true that “actions speak louder than words.” Appropriate modeling needs to occur consistently and children need to be reminded of why good behavior is important in life. As you work with your grandchild to promote good behavior, consider the following:

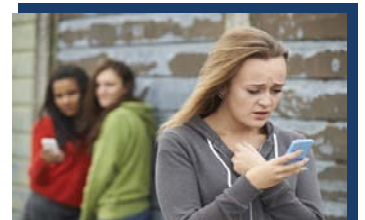
- **Modelling** good behavior helps your grandchild learn how to act in various situations.
- **Learning** good behavior helps your grandchild learn to properly express feelings and emotions.
- **Be mindful** of how you respond to stressful situations and work to change poor behavior in your own life.
- **When angry**, tell your grandchildren you are angry without exhibiting violent or negative behaviors and verbalize why you are angry.
- **When sad**, let your grandchildren know what is causing your sadness and explain that sadness is not permanent.
- **Acknowledge** and apologize to your grandchild when you display bad behavior. This allows an understanding that no one is perfect and mistakes can be corrected.
- **Talk** with your grandchild about news or social media that includes bad behavior and let them know that such behavior is not appropriate.
- **Compliment** your grandchild when he/she demonstrates good behavior and acts of kindness.
- **Children** who are mean spirited, demonstrate bad behavior, or bullying, that can continue as adults; therefore, it is important to address the behavior when noticed.

-For more information on bad behavior and bullying, download the new MontGuide “Bullying Behavior Across Childhood” at

<http://msuextension.org/publications/HomeHealthandFamily/MT201702HR.pdf>

Be on the Lookout For Cyberbullying Too!

Cyberbullying occurs online using electronic technology, such as cell phones, computers or tablets. It could occur on social media sites, via text messages, or websites and chat rooms. Cyberbullying could come in the form of an embarrassing picture posted to a social media site or a rumor sent to a group of people via electronic messaging.



The effects of cyberbullying are similar to face-to-face bullying. Youth may have lower self-esteem, be unwilling to attend school or skip school, use drugs and alcohol, have poor grades, or have health problems. Cyberbullying may be more intense than bullying because it is harder to get away from the behavior and can occur at any point. Parents and guardians can prevent cyberbullying by creating boundaries for their child’s technology use and social media engagement. There should be conversations about the sites your child visits and discussions about who their “friends” and “followers” are on the sites. It is appropriate to set up parental control on their devices to help them stay safe and ask for passwords to their devices and sites they visit. Communicate with your child and learn about what they do online and at school. You can learn much more about cyberbullying at <https://www.stopbullying.gov/cyberbullying/index.html>.



Resources & Services

Upcoming Events From Our Partners

Family Picnic!



Child and Family Services is hosting a family picnic for all Pre-Adoptive and Adoptive families at **Centennial Park in Helena on August 19th from 10 am-12 pm**

Please join us for sun (hopefully), food, fun and activities!

Tell your friends! Come share laughs, experiences and support with our community...or just come to play!
Who knows, you might even make a friend or two!!
See you there!

Please contact the Post Adoption Services Program Manager with RSVP's and questions:

Kyla Rock
(406) 841-2464
krock@mt.gov

Want to take a GrandCares series but don't live in the Great Falls area?

We will be offerings series throughout the state in fall 2017 and spring 2018.

Contact us to find out where and when we will offer a GrandCares series near you.

(406) 994-5099

deborah.albin@montana.edu



Six week strengths-based, educational workshop series that will enable grandparents, kinship caregivers and early care professionals to:

- ♥ Take Better Care of Themselves
- ♥ Reduce Caregiver Stress
- ♥ Communicate Effectively with Family and Professionals
- ♥ Make Tough Decisions
- ♥ Reduce Caregiver Guilt, Anger, and Depression
- ♥ Set Goals and Problem Solve

Series Times: Thursday evenings 5:30pm—8:30pm

Series Dates: September 21 & 28; October 5, 12, 19, & 26

Location: MSU Cascade County Extension Office
3300 3rd Street NE #9, Great Falls, MT

Cost: \$25 (Scholarships available upon request)

GrandCares is an evidence-based education program, to give kinship and professional caregivers the skills and tools needed to manage the stress of caring for and/or raising grandchildren. Workshops take place for 2 hours once a week for six weeks by professionals who are certified to teach the program by the national Powerful Tools for Caregivers organization.

* 12 ECP training hours for Early Care and Education professionals will be available for this course *

For more information and to register for this series please contact:

Katrin Finch
MSU Cascade County Extension
Family and Consumer Sciences Agent
406-454-6980
katrin.finch@montana.edu

And, a special thank you to our partners for the GrandCares Program

Tammy Phelps Family Connections
Jona McNamee Powerful Tools for Caregivers & GrandCares National Trainer



Are you eligible for Medicare but not sure where to begin?

Join us for...
New to Medicare

A two-part workshop taught by trained and certified State Health Insurance Program (SHIP) counselors where you will learn about:*

- Medicare basics including Part A, B, C and D
- The difference between original Medicare and Medicare Advantage plans
- Medicare Supplemental Insurance Policy (Medigap)
- Important enrollment periods dates
- Financial assistance to help pay for the cost of Medicare

Part two provides a hands-on computer workshop; learn to access your claims and more!

** Includes a packet of educational materials.*

EST. 1982
MISSOULA aging SERVICES
RESOURCE CENTER



NEW LOCATION AT UM CAMPUS!

**Sept. 18 & 20
Oct. 16 & 18
Nov. 13 & 15
Dec. 11 & 13
6 - 8 p.m.**

**Continuing Education
Conference Center
James E. Todd Bldg.,
32 Campus Dr.**

*Please register online at:
<https://newtomedicare.eventbrite.com>*

or call

728-7682

Class cost is \$35 or 2 for \$60; call for scholarship information.



Resources & Services

Montana Office of Public Instruction—Families and Students in Transition

Many of the children and youth in Montana who are being raised by grandparents or other relatives may qualify for services under the **Montana OPI Families in Transition Program**. The term "family in transition" refers to individuals who lack a fixed, regular, and adequate nighttime residence and under the law, a child may qualify as homeless if he/she is:

- Living in an emergency shelter, domestic violence shelter, or transitional housing.
- Living in a motel or hotel due to economic hardship.
- Living in a car, park, public place, bus or train station, abandoned building, or other structure not meant for housing.
- Doubled up with relatives or friends due to a loss of housing, economic hardship, or a similar reason.

Children who are not living with a parent or legal guardian may be considered a homeless, unaccompanied youth if their living situation meets one of the four definitions listed above.

These children and youth have the rights to:

- Immediate enrollment in school, even if the student does not have required paperwork.
- Continue attending the school in which they were enrolled when they became homeless, the last school attended, or the school closest to their temporary residence.
- Remain in the sequence of schools with their peers when homelessness is longer than one school year.
- Receive transportation to and from school.
- Enrollment for free meals at school without proof of income.
- Automatic qualification for Title I services, even if the student is enrolled in a non-Title I school.
- Receive all school-based services for which they qualify.
- Participate in all programs and activities offered to other students, including athletics, music, clubs, and other extracurricular activities.



To find out if your grandchildren are eligible for the resources offered by Montana OPI, contact the staff and faculty at your nearest school—<https://apps.opi.mt.gov/SchoolDirectory/> - or contact Heather Denny, State Coordinator for Homeless Education, hdenny@mt.gov, (406) 444-2036.

Hopa Mountain—Indigenous Scholars of Promise

Indigenous Scholars of Promise (ISP) is a **college preparation program that provides Native American and Latino high school juniors and seniors in Montana with training, mentoring, and support services** to help them prepare to apply to the top tier colleges/universities of their choice. ISP scholars have a 3.4 GPA or above and are considering applying to highly competitive colleges and universities. Applications are now being accepted from high school seniors and juniors that meet these qualifications. Benefits of being an Indigenous Scholar of Promise are:

- Visits to college and university campuses.
- Monthly training and coaching meetings for one year to help prepare you to apply to colleges/universities and succeed once you are there.
- Assistance with university essays, application/testing fees, and scholarship applications.
- Mentor and peer support throughout the college preparation process.
- Recognition through participation in the Indigenous Scholars of Promise program.



Check out the website—<http://hopamountain.org/> —or contact Bonnie Sachatello-Sawyer, Executive Director, at (406) 586-2455.



Food & Nutrition

New, Fun Ways to Eat That Old Staple—Yogurt

Summer is a perfect time for eating that cool, creamy favorite—yogurt. According to *Eating Smart, Being Active*, developed by Colorado State University:

- Yogurt is a good source of calcium, protein, and zinc.
- For individuals older than nine, three servings of dairy is recommended every day; one cup of low-fat yogurt is one of those servings.
- Dairy foods including milk, yogurt, cheese, and cottage cheese are good sources of calcium. These foods also contain vitamin D which works with calcium to build and maintain strong bones and teeth. The calcium in dairy foods is easier to absorb than the calcium in most non-dairy foods.
- To keep yogurt safe to eat, do not leave dairy foods at room temperature for more than two hours. Yogurt can be stored in the refrigerator in a closed container for one to two weeks.

Instead of serving it up to your family in the same old ways, try these easy and delicious recipes below and find more at <http://www.buyeatlivebetter.org/recipes.html> and <https://go.usa.gov/xN5tQ>.

Strawberry Kiwi Yogurt Pops

- 1 cup low-fat vanilla yogurt
- 1 kiwi
- 4 large strawberries (about 1/2 cup)
- Ice cube tray of paper cups
- Cut fruit into small pieces
- Mix fruit and yogurt
- Divide into 4 small paper cups of 8 ice cubes
- Insert a popsicle stick or cut paper straw
- Freeze and enjoy!



Greek Salad with Chicken

For the dressing:

- 1/2 cup Greek yogurt, fat-free
- 2 teaspoons lemon juice
- 2 teaspoons olive oil
- 1 clove garlic
- 1 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper



For the salad:

- 1 head romaine lettuce
- 1/2 cup cherry tomatoes, cut in half
- 1 cucumber, diced
- 1/4 cup red onion, sliced
- 1/4 cup black olives, cut in half
- 1 cup cooked chicken breast, cubed
- 1/4 cup feta cheese, crumbled
- To make the dressing, mix Greek yogurt, lemon juice, olive oil, garlic, oregano, salt and pepper.
- Cover dressing and refrigerate for at least 1 hour.
- Wash lettuce and tear into bite-sized pieces. Place in large salad bowl and add tomatoes, cucumber, red onion, olives and chicken.
- Sprinkle with feta cheese, top with yogurt dressing and enjoy!

Cucumber Yogurt Dip

- 2 cups yogurt (plain, low-fat)
- 2 cucumbers
- 1/2 cup sour cream (non-fat)
- 1 tablespoon lemon juice
- 1 tablespoon dill (fresh)
- 1 garlic clove (chopped)
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup carrot (baby)
- Peel, seed, and grate one cucumber. Slice other cucumber and set aside.
- Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic. Chill for 1 hour.
- Arrange remaining veggies on a colorful platter, serve with cucumber dip and enjoy!



Grandfamily Support Contacts Across Montana—By County

Blaine County—Harlem & Fort Belknap Indian Reservation
Barbara Skoyen, RN
(406) 353-3157

MSU Extension
(406) 353-2656

Big Horn County—Wyola
Kristy Old Coyote
LBHC Extension
(406) 638-3114

Big Horn County—Hardin
Hardin Parent Center
(406) 665-4151

Big Horn & Rosebud Counties—Northern Cheyenne Indian Reservation
Ryhal Rowland
MSU Extension
(406) 477-6498

Cascade County—Great Falls
Tammy Phelps
Family Connections
(406) 761-6010

Beth Branam
Opportunities, Inc. Head Start
(406) 453-5415

Katrin Finch
MSU Extension
(406) 454-6980

Chouteau County—Ft. Benton
Janell Barber
MSU Extension
(406) 622-3036

Dawson County—Glendive
Family Life Institute
(406) 939-5591

Deer Lodge County—Anaconda
Abbie Phillip
MSU Extension
(406) 563-4036

Fergus County—Lewistown
Denise Seilstad
MSU Extension
(406) 535-3919

Flathead County—Kalispell
Kalie Andoretti
The Nurturing Center, Inc.
(406) 756-1414

Gallatin County—Bozeman
Deb Albin
MSU Extension Family & Human Development
(406) 994-3395
grg@montana.edu

Gerre Maillet
Youth Dynamics
(406) 548-6606

Glacier County—Browning & Blackfeet Indian Reservation
Carrie Bear Chief-Evans & Connie Bremner
Eagle Shield Center
(406) 338-7257

Hill County—Havre
MSU Extension
(406) 265-5481 x233

Hill County—Rocky Boys Indian Reservation
Mary St. Pierre
Stone Child College & MSU Extension
(406) 395-4875

Lake County—Ronan & Flathead Indian Reservation
Nori Pearce
MSU Extension
(406) 676-4271

Lewis & Clark County—Helena
Jackie Stoeckel
MT Office on Aging
(406) 444-6061

Madison/Jefferson Counties—Whitehall
MSU Extension
(406) 287-3282

Missoula County—Missoula
Kelly Moore
MSU Extension
(406) 258-4206

Pondera County—Conrad
Wendy Wedum
MSU Extension
(406) 271-4052

Ravalli County—Hamilton & Bitterroot Valley
AnnaMarie White
La Paloma Agency
(406) 396-1937

Jo Ann Wilson
(406) 926-1711

Richland County—Sidney
MSU Extension
(406) 433-1206

Roosevelt County—Culbertson
Ardis Oelkers
MSU Extension
(406) 787-5312

Roosevelt County—Fort Peck Indian Reservation
Carol Bemer
(406) 768-2430

Rosebud County—Forsyth
Jennifer Anderson
MSU Extension
(406) 346-7320

Rosebud County—Lame Deer & Northern Cheyenne Indian Reservation
Kay Medicine Bull
Boys & Girls Club of the Northern Cheyenne Nation
(406) 477-6654

Sanders County—Thompson Falls
Juli Thurston
MSU Extension
(406) 827-6934

Silver Bow County—Butte
Brenda Hergott
Butte 4-C's
(406) 723-4019
1-800-794-4061

Stillwater County—Columbus
Lisa Terry
MSU Extension
(406) 322-8035

Teton County—Choteau
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Valley County—Glasgow
Roubie Younkin
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(406) 228-6239

Yellowstone County—Billings
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www.montanagrandparents.org



Montana State University Extension is an ADA/
EO/AA Veteran's Preference Employer and
provider of educational outreach.

Montana Grandparents Raising Grandchildren Project

*"Call it a clan, call it a network,
call it a tribe, call it a family.
Whatever you are, whoever you are,
you need one."
~Jane Howard*