



GRG Newsletter

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2008 Montana Grandparents Raising Grandchildren Conference

Hopefully you have received your "save the date" postcard for the upcoming Montana GRG Conference that will be held in Bozeman on June 21, 2008. This year we are focusing on the importance of grandparent self care. Parenting a second time around is a hard job and grandparents need to take care of their own health so that they can do the best parenting possible for their grandchildren. Topics at the conference include:

- taking care of yourself emotionally and physically
- taking care of your marriage
- understanding the process of grief

Watch for the brochure and registration form that will be coming out in March! If you have any questions, contact us at 994-3395 or grg@montana.edu.



Tax Tip! By: Jocelyn Sumner

You've worked all year to support yourself and your grandchildren and finally your tax refunds are here! How can you get the most bang for your buck? Remember that tax refunds are money that you have diligently earned throughout the whole year. Instead of spending your hard-earned money on items that are not necessities, think of other things you could apply it to. Do you have any loans that could benefit from having more principle paid off? Do you have an emergency fund set aside? These are all items to think about when you receive your well-earned tax refund check.

Parenting Today's Teen

Adolescence is an exciting time in a young person's life. He or she is entering high school, getting a driver's license, and spending more time with friends. This is also a time for self exploration as a young person tries to form an identity. That is why we see young people trying new hair styles, listening to popular music, and dressing in a style that is different from adults.

Adults often worry about their children as they go through this stage of development. Contrary to popular belief, the adolescent years are not generally a stormy time for families. Here are some suggestions for parenting through adolescence:

- Remember that it is normal for a teenager to start pulling away as he is trying to find his own identity.
- Gradually allow your teenager more responsibility and freedom.
- Guide your teenager in making decisions without lecturing.
- Make consequences for misbehavior logical. For example, staying out past a curfew with the car could mean that the privilege of using the car is suspended for a week.
- Help your teenager learn from mistakes.
- Learn to listen more and talk less when communicating with your teen.
- Remember that you are not the only parent who asks, who, where, and what when your teen wants to go out with friends.

"Remember you are not the only parent who asks, who, where, and what when your teen wants to go out with friends."

Vegetable Transplants

As winter begins to turn into spring, you may be anticipating an early start to this year's beautiful garden. *How early is too early?* may be the question you are asking. According to Montana State University Horticulture Extension, you probably don't want to begin growing seedlings on the windowsills just yet. Overcast, winter days do not allow for plants placed in the windowsill to receive adequate light. There is still hope for some spring greenery, however! The horticulture extension recommends using special plant growing lights or using a mixture of fluorescent and incandescent lights. For more information on starting your garden indoors and other plant information, please visit <http://gardenguide.montana.edu>.



Presidents' Day

Did you know?

Until 1971, both February 11th and 22nd were celebrated in honor of President Washington's, and President Lincoln's birthdays. In order to simplify matters, President Nixon made a Presidential proclamation designating Presidents' Day to be celebrated on the third Monday of every February.

Presidents' Day was meant to honor the accomplishment and servitude of all United States presidents. Although most call the third Monday in February, Presidents' Day, the Federal statute still designates this day as Washington's Birthday. President Nixon did not realize that a Presidential proclamation was not equivalent to an Executive Order.



Washington

New GRG Services Guides



A few weeks ago a new edition of *Montana Services for Grandparents Raising Grandchildren* was printed. If you are not familiar with the services guide, it contains information for GRGs about services that can assist them with finances, healthcare, legal issues, food, childcare, adoption/guardianship, education and connecting with other GRGs. The services guide also includes services specifically for Native American GRGs. If you would like the most recent copy of the services guide, please e-mail Jocelyn Sumner at grg@montana.edu or call 406-994-3395 and leave a message with your name and address.



"No."

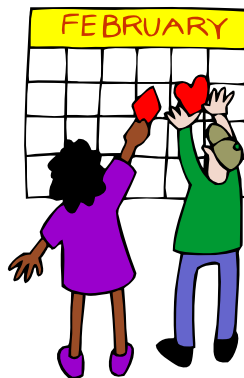
~ Amy Carter, President Carter's daughter, when she was asked if she had anything to tell the children of America

GRG Support Group Facilitator Training February 26-27, 2008 in Bozeman, MT

The Montana Grandparents Raising Grandchildren Project needs your help. If you have an interest in facilitating an ongoing support group for grandparents raising grandchildren we have an upcoming training that will prepare you to do so. The Montana Grandparents Raising Grandchildren Project is presenting its Support Group Facilitator Training, February 26-27, 2008, at the Comfort Inn in Bozeman, MT. The training will teach you the nuts and bolts of support group facilitation for grandparents raising grandkids, and familiarize you with a curriculum entitled *Parenting the Second Time Around* which will guide you in the facilitation process. You don't need any specific experience or expertise to become a support group facilitator—just a willingness to support grandparents raising grandchildren. To date, fifteen communities throughout the state are offering support groups, and many other communities could benefit from this wonderful resource for grgs. This training will be presented by Sandra Bailey, Associate Professor and Extension Family and Human Development Specialist, and Lynn Paul, Professor and Extension Food and Nutrition Specialist. The cost for the training is \$80 and some scholarships are available. For more information contact Sandy at 994-6745 or baileys@montana.edu

Holidays and Observances for February

- Black History Month
- American Heart Month
- Valentine's Day, Feb. 14th
- Mardi Gras
- Groundhog day
- Leap Year
- 100th day of school
- Presidents' Day



Hello!

Hi all, my name is Jocelyn Sumner and I am the new student editor for the GRG newsletter. I am a junior in

Family and Consumer Sciences Education and love to snowboard, read, play the piano, and hang out with my family. I look forward to providing you with informative and interesting information over the next few months! If you have any comments, suggestions, or stories, please write me at grg@montana.edu. I hope you all have a good month!

Grandparent Support Groups Across Montana

Billings

Bernie Mason
P.O. Box 35021
Billings, MT 59107
256-2828

Bozeman

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316 Herrick Hall
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Browning

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Eagle Shield Center
P.O. Box 76
Browning, MT 59417
338-7257

Colstrip

Jennifer Anderson
P.O. Box 65
Forsyth, MT 59327
346-7320

Glendive

Pete Bruno
Parents Resource Center
200 S. Kendrick
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Great Falls

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Helena

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Helena, MT 59601
442-8207

Lewistown

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Lewistown, MT 59457
535-3919

Kalispell

Marylane Pannell
The Nurturing Center, Inc.
146 3rd Ave. W.
Kalispell, MT 59901
257-5793

Missoula

Barb Cowan
Families First Parenting
Program
721-7690

Poplar and Wolf Point

Ardis Oelkers
MSU Extension
Culbertson, MT 59218
787-5312

Ravalli County

Brenda Fisher
Family Services
108 Pinckney
Hamilton, MT 59840
363-1961 ext:107

Rocky Boy Reservation

Mary St. Pierre
Peggy Riotar-Aquino
Evelyn Gopher
395-4875

Townsend

Nancy Marks 226-3710
Jerri Paulk 266-4249

Department of Health & Human Development
316 Herrick Hall, P.O. Box 173540
Bozeman, MT 59717-3540



A child needs a grandparent, anybody's grandparent, to grow a little more securely into an unfamiliar world.

~Charles and Ann Morse

Montana Grandparents Raising Grandchildren Project

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Bozeman, MT 59717-3540

<http://www.montana.edu/wwwhd/grg/index.htm>

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