

National Grandparents Day!

September 9, 2012 is

National Grandparents Day

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Hi Grandparents! Did you know that September 9th is National Grandparents Day?! Make sure you take some time to enjoy being a grandparent. If any of you are curious to know how this day came to be, please read below.

Back in 1970, Marian McQuade, a West Virginia housewife, came up with the idea of a day set aside to encourage families to visit their elderly relatives. With a firm resolve to make it happen, she began lobbying policymakers. McQuade got through to her Senators, Mr. Jennings Randolph and Mr. Robert Byrd, who introduced a resolution to make Grandparents Day a national holiday. It took sometime to reach the White House, but finally, in 1978, the resolution declaring National Grandparents Day was signed into law by President Jimmy Carter. National Grandparents Day is always the first Sunday after Labor Day.



Not only is there a Grandparents Day there is also a Grandparents Day song! A guy from Bad Axe, Michigan named Johnny Prill recorded "A Song for Grandma and Grandpa."

Read more: <http://www.grandparents.com/gp/content/opinions/from-the-editors/article/when-is-grandparents-day.html#ixzz1yB1OU2Kf>

All Things MONTANA!

Learn all things MONTANA on this kid friendly and educational website. What are the top commodities in MT? What part of the state do sugar beets come from?

Different areas of interest include Montana's Agriculture and Business, Facts & Figures, Activities & Games, Things to See and Do, Plants and Animals, History & Prehistory, and Cool Montana Kids. This fun and interactive website allows kids to learn about Montana in a fun way!

Learn how to tell the difference between a black bear and grizzly bear, what the state flower is, and what plants and animals are native to Montana.



**Interested in learning more about dinosaurs?
Play the Dino Trivia Game!**



Want to learn more fun facts about Montana? Check out this website to find out more! **Go to: <http://www.montanakids.com>**

Did you know?

Montana is home to the world's shortest river - The *Roe River* in Great Falls.

The official nickname for the state of Montana? The *Treasure State*

Information Provided by: http://montanakids.com/activities_and_games/

How to Help your Children Deal with Upsetting News Stories

Breaking news of terrifying events like the mass shooting at a movie theatre in Colorado can be extremely upsetting to children and may make them feel unsafe. Child development and parent educators say that news coverage of events like that can frighten children. Here are some ways teachers, parents and other caregivers can support children when they hear and see traumatic events in the news.

- *Acknowledge the frightening parts of the event.* Reassure children that they are loved and are safe. Children benefit greatly from support and caring expressed by the adults in their lives.
- *Reduce or limit exposure to television images and news coverage.* If children do see TV coverage, talk with them about what they saw and let them ask questions.
- *Reduce or limit exposure to television images and news coverage.* Most child development and parent educators agree on the importance of letting children talk about their feelings. Opening the lines of communication can actually help decrease anxiety and fears.
- *Be creative.* Children that may be too young to talk or do not feel comfortable talking about their feelings. Expressive techniques such as play, art and music can provide additional ways for children to express what they are feeling.

Information Provided by:

<http://www1.cyfernet.org/hotnew/07-12-news.html>

Healthy Montana Kids

Healthy Montana Kids (**HMK**) provides insurance coverage for uninsured children in families with incomes too high to qualify for Medicaid.

In Montana, HMK eligibility standards include:

- ◆ Children up to age 19
- ◆ Montana residents
- ◆ US citizens or qualified aliens



The residency requirements can prove problematic for grandparents and other relative caregivers who are temporarily caring for a child who has moved from another state. Contact your local **Office of Public Assistance** for any questions you may have regarding eligibility.

Covered Services

- Office and clinic visits
- Emergency services
- Hospital services
- Sports or employment physicals
- Laboratory and X-ray services
- Surgical services
- Well-child checkups
- Prescription drugs
- Anesthesia services
- Mental health services
- Substance abuse services
- Dental services
- Vision exams and eyeglasses
- Hearing exams/hearing aids
- ... and more

2011 HMK Income Chart Annual Gross Income Effective April 1, 2012

Household Size (Children & Adults)	Household Income	Household Size (Children & Adults)	Household Income
<u>Family of 2</u>	<u>\$37,825</u>	<u>Family of 6</u>	<u>\$77,425</u>
<u>Family of 3</u>	<u>\$47,725</u>	<u>Family of 7</u>	<u>\$87,325</u>
<u>Family of 4</u>	<u>\$57,625</u>	<u>Family of 8</u>	<u>\$97,225</u>
	<u>\$67,525</u>		

Information Provided by:

<http://gu.org/OURWORK/Grandfamilies/GrandfamiliesHealthNutrition.aspx>

<http://hmk.mt.gov/abouthmk.shtml>

<http://www.montana.edu/wwwhd/grg.html>

Resource Guide

Are you looking for resources that include financial, educational, legal, and more? Here is a look at National and state resources that are important for you to know about!

Alcohol and Drug Services:

- ◇ Montana Tobacco Quit Line 1-800-QUIT-NOW
- ◇ Montana Chemical Dependency Center 1-406-496-5400
- ◇ Addictive & Mental Health Disorders 1-406-444-3964

Disabilities:

- ◇ Special Olympics 1-800-242-6876
- ◇ Montana Independent Living Project 1-800-735-6457
- ◇ Montana Advocacy Program 1-800-245-4743 or
-<http://disabilityrightsmt.org> Voice/TDD 406-449-2344

Employment:

- ◇ Department of Labor and Industry 1-406-444-4100 or <https://jobs.mt.gov>
Workforce Services Division

Financial:

- ◇ Temporary Assistance for Needy Families (TANF) 444-1788/ 406-444-5902
- ◇ Low-Income Energy Assistance 1-800-332-2272
- ◇ Women, Infants, Children (WIC) 1-800-433-4298 or 406-444-5533
- ◇ Indian Child Welfare Act - Child and Family Services Division <http://www.dphhs.mt.gov/cfsd/icwa/index.shtml>
- ◇ Or contact your local *Office of Public Assistance*

<http://www.dphhs.mt.gov/contactus/humancommunityservices.shtml>

Food:

- ◇ Supplemental Nutrition Assistance Program (SNAP) 1-406-994-6318
- ◇ Montana Food Bank Network 1-800-809-4752 or www.mfbn.org
- ◇ Child and Adult Care Food Program 1-888-307-9333 or

<http://www.dphhs.mt.gov/hcsd/childcare/cacfp/>

Legal:

- ◇ Montana Legal Aid 1-800-999-4941
- ◇ Montana Legal Services Helpline 1-800-999-4941
- ◇ Child Support Enforcement Division 1-406-346-5437
- ◇ National Child Abuse Helpline 1-800-422-4453
- ◇ Foster Care and Relative/Kinship Care Contacts 1-406-841-2400 or www.dphhs.mt.gov/cfsd
Montana Child and Family Services Division

Mental Health:

- ◇ The National Alliance for the Mentally Ill 1-703-524-7600
- ◇ Montana Mental Health Services Plan 1-800-624-3958
- ◇ Mental Health America 1-800-273-8255
- ◇ State Mental Health Service Bureau Info Line 1-888-866-0328
- ◇ Medicaid Help Line 1-800-363-8312
- ◇ Medicare Information Line 1-800-633-4227
- ◇ Veteran Administration (psychiatric and meds) 1-800-827-1000
- ◇ State Mental Health Ombudsman 1-888-444-9669

Physical, Emotional and Dental Health:

- ◇ Poison Control Center 1-800-222-1222
- ◇ Montana Dental Association 1-888-449-9670
- ◇ Nurse First 1-800-330-7847
- ◇ Montana Healthcare Programs Help Line 1-800-362-8312
- ◇ Montana Healthy Kids 1-877-543-7669 or hmk@mt.gov
- ◇ Suicide Prevention Hotline 1-800-273-TALK
- ◇ National Hope Line Netowrk 1-800-784-2433
- ◇ YAH—Youth America Hotline 1-877-968-8454

Back to School Parenting Tips

While summer has started to wind down, children may not have the same excitement for school starting back up again that they did when the school year ended. Here are some tips that may help you and your children have a better and more positive start to the new school year.

Before school starts

- * *Review all of the information.* The material in the school packets include information about your child's teacher, room number, school supply requirements, sign ups for after-school sports and activities, school calendar dates, health and emergency forms, and volunteer opportunities.
- * *Mark your calendar.* Make a note of important dates, especially back-to-school nights. This is very helpful if you have children in more than one school and need to juggle obligations.
- * *Make copies.* Such as your child's health and emergency information. Health forms are typically good for more than a year and can be used again for camps, extracurricular activities, and the following school year.
- * *Buy school supplies early.* Fill the backpacks a week or two before school starts. Children can help do this, but make sure they use a checklist so they have everything they need. Save receipts for items that you may need to return later.
- * *Re-establish the bedtime and mealtime routines.* Start this at least one week before school begins. Prepare your child for this change by talking with your child about the benefits of school routines in terms of not becoming over tired or overwhelmed by school work and activities.
- * *Turn off the TV.* Encourage your child to play quiet games, do puzzles, flash cards, color, or read as early morning activities instead of watching television. This will help ease your child into the learning process and school routine.
- * *Visit school with your child.* If your child is young or in a new school, try to set up a visit to the school. Meeting the teacher, locating their classroom, locker, lunchroom, etc., will help ease pre-school anxieties. Call ahead to see if the teachers will be available to meet your child.



When school starts

- * *Make lunches the night before school.* Older children should help or make their own.
- * *Set alarm clocks.* Have school-age children set their own alarm clocks to get up in the morning. Praise them for prompt response to morning schedules and bus pickups!
- * *Leave plenty of extra time.* Allow them time to get up, eat breakfast, and get to school. For very young children taking the bus, pin to their shirt or backpack an index card with their teacher's name and your daytime contact information.

Dealing with Anxiety

- * *Let your children know you care.* If your child is anxious about school, send personal notes in the lunch box or book bag. Let your child know that it is natural to be a little nervous anytime you start something new and once he or she becomes familiar with the new routine everything will be fine.
- * *Do not overreact.* If the first few days are a little rough, try not to over react. Children may experience separation anxiety or shyness initially, but teachers are trained to help them adjust. Reassure them that you love them and will think of them during the day.

Grandfamily Support Contacts Across Montana

Western Region

Flathead County—Kalispell

Nikki Roth

nikki@nurturingcenter.org

The Nurturing Center, Inc.

(406) 756-1414

Lake County—Ronan

Nori Pearce, MSU Extension

(406) 676-4271

Lewis & Clark County—Helena

Janet Coughlin

Rocky Mountain Development Council

Head Start

(406) 457-7308

Madison/Jefferson Counties—

Whitehall

Andrea Sarchet, MSU Extension

(406) 287-3282

Ravalli County—Hamilton

Brenda Fisher, Family Services

(406) 363-1961 ext. 107

Ravalli County—Florence

Allison Dunne

WORD—Local Living Family Center

(406) 273-0142

If you or someone you know is interested in starting a support group in your area please contact us at: 406-994-3395 or via email grg@montana.edu.

Central Region

Cascade County—Great Falls

Jona McNamee, MSU Extension

(406) 454-6980

Mariellen Ritts

(406) 453-3554

Fergus County—Lewistown

Denise Seilstad, MSU Extension

(406) 535-3919

Gallatin County—Bozeman

MSU Extension Family &

Human Development

(406) 994-3395

grg@montana.edu

Glacier County—Browning & Blackfeet

Indian Reservation

Carrie Jackson/Connie Bremner

Eagle Shield Center

(406) 338-7257

Hill County—Havre

Lea Ann Larson, MSU Extension

(406) 265-5481

Hill County—Rocky Boy Indian

Reservation

Mary St. Pierre, Stone Child College &

MSU Extension

(406) 395-4875

Stillwater County—Columbus

Lisa Terry, MSU Extension

(406) 322-8035

Teton County—Choteau

Jane Wolery, MSU Extension

(406) 466-2491

Eastern Region

Custer County—Miles City

Don & Vivian Westall

(406) 234-6727

Dawson County—Glendive

Pete Bruno

Parents Resource Center

(406) 939-5591

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 & Big Horn Counties

Crow & Northern Cheyenne Indian Reservations

Gail Whiteman

(406) 599-6944

Northern Cheyenne Indian Reservation

Ryhal Rowland, MSU Extension

(406) 477-6498

Valley County—Glasgow

Roubie Younkin, MSU Extension

(406) 228-6239

Yellowstone County—Billings

Bernie Mason, MSU Extension

(406) 256-2828



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Bozeman, MT 59717-3540

grg@montana.edu

(406) 994-3395

www.montana.edu/wwwhd/grg.html

www.msuextension.org

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and provider of educational outreach.

*Call it a clan, call it a network, call it a tribe, call it a family. Whatever
you are, who ever you are, you need one.*

~Jane Howard

