

It's ALL Relative

GCCOA Kinship Newsletter

Winter 2023

In this issue:

The Importance of Self-Care

The Importance
of Self-Care

You have stepped in to nurture, guide and care for one or more children, a daunting responsibility even in the best of circumstances. What you are doing is a wonderful thing, although it may not always feel like it.

Spring
Shredding
Event

Being a caregiver is stressful. There are schedules to juggle, appointments to make and keep, school events. Having more people in the home adds to the cooking, cleaning, laundry, and other household tasks. Trying to fit it all in may lead to poor eating habits, not getting enough rest, and not taking care of your own health. About half of family caregivers suffer from clinical depression.

FAFSA

Online Support
Group

Taking care of yourself isn't selfish - it's smart. The healthier you are, both physically and emotionally, the better you are able to take care of someone else. That's why it's important to carve out some "me time" every day, even if it's just a few minutes. Some possibilities are:

KPI

- ☆ Meeting a friend for coffee
- ☆ Meditation, deep breathing, or prayer
- ☆ Taking a walk
- ☆ Pleasure reading
- ☆ Buying yourself a small treat
- ☆ Listening to some favorite songs

Senior Artisan
Show

...and more

Even just a few minutes a day can help both emotionally and physically. But what if it's not enough? That's when it's time to seek outside help - making and keeping a doctor's visit for *you* where you talk about your challenges, for example. Consider counseling, or a support group. The Council has a support group for Kinship Caregivers the second Tuesday of each month. Contact Susan for more information - call 937-376-5486 x119, or email susan.finster@gccoa.org



1195 W. Second St.
Xenia, OH 45385

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Turn the page to read about another opportunity for self-care coming in April.

You're Invited!

The Council invites you to practice some self-care by attending the April 11th Kinship support group. We will meet at the Xenia Community Center (next to the Council's office) for our regular 10:00--11:30 support session, followed by lunch. Rumor has it there may be some giveaway goodies as well.

Please let Susan know (937-376-5486 x119 or susan.finster@gcco.org) by April 7th if you wish to attend, and let her know if you have any dietary restrictions.

We hope to see you there!

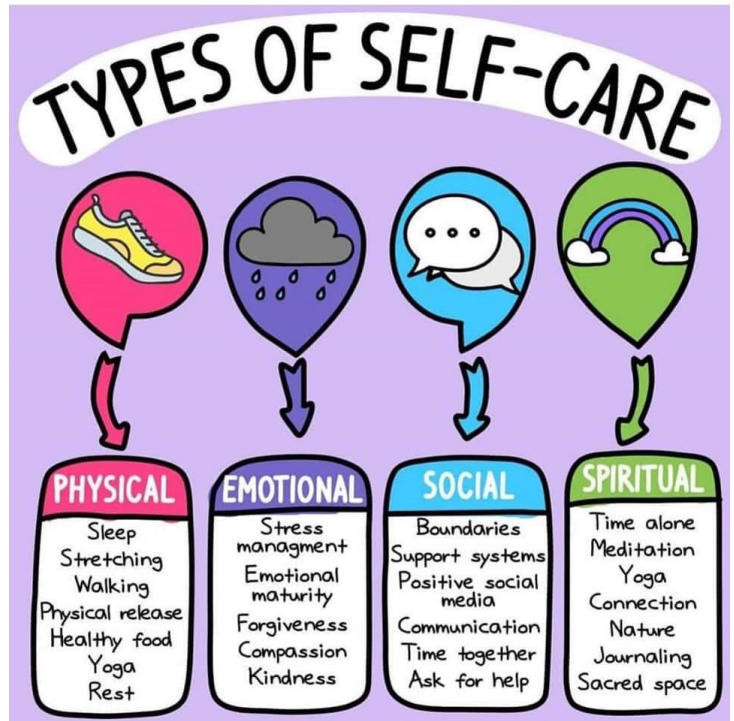
?? FAFSA ??

If you have a teenager about to graduate from high school, you may have heard of the FAFSA (Free Application for Federal Student Aid). This form helps a student get financial aid - federal grants, federal loans, and work-study programs. Many colleges also use it in determining their assistance packages.

A child who lives with a legal guardian is considered an independent student on the FAFSA. That means that your income is not included on the form.

The U.S. Department of Education has a website dedicated to student aid. This page includes things to be thinking about even when a child is in grade school: <https://studentaid.gov/resources/prepare-for-college/checklists>

If you do not have access to the internet, you can visit your local library, or contact Susan here at the Council ~ susan.finster@gcco.org or 937-376-5486 x119



Spring Shredding Event

The Council is holding its Spring Drive-By Shredding Event on **Saturday, April 1st, 9am to Noon** at the Xenia Community Center (1265 W Second St, next to the Council office). No reservations required. Drive up with up to 3 bags or boxes of documents. Volunteers will move them from your car to the Shred-it truck.

Please be sure that the bags/boxes only contain paper—no checkbook covers or binder clips, for example.

Papers that need to be shredded include old tax documents, and old credit card or bank statements. Instruction booklets, envelopes, and junk mail should be recycled.



KPI Review

Ohio's *Kinship Permanency Program*, or KPI, is intended to provide initial financial support for minor children who are being cared for in a kinship situation. Funds include an initial larger payment, followed by a series of smaller payments at 6 month intervals, up to a total of 8 payments.

There is no deadline for the initial application.

Eligibility requirements:

- A court-issued order granting legal custody on or after July 1, 2005. Temporary or informal guardianship is not sufficient.
- The child must live with the kinship caregiver.
- Everyone 18 years or older in the home must complete a background check.
- If the placement was not made by an approved children services agency, the kinship family must undergo a home study (at no cost) prior to KPI approval.
- The gross income of the household cannot exceed 300% of federal poverty guidelines.

To request the KPI application packet, contact: Greene County Job and Family Services, 541 Ledbetter Road, Xenia, OH 45385 or call 937-562-6600

Senior Artisan Show

Each year we host a display of artwork created by seniors in Greene County. See it this year on:

Sundays, March 12th & 19th from 1:00-3:30 pm

Wednesday, March 22nd from 11am-2 pm

The show is held at The Fairborn Art Association, 221 N. Central Avenue. (The entrance is at the back of the building - follow the signs.)

This is a fun, informal way to teach children about art appreciation. Visitors may vote on their favorites from oils, pastels, watercolors, photos, and more. The winning artists receive bragging rights for a year. (If you have visited the Council office, you may be aware that the artwork on our walls came from previous shows.)

For those unable to attend the show, a virtual gallery will be available on our web site.

Online Support Group

The Ohio Kinship Caregivers Connect Support Group offers twice-weekly virtual support groups. Speakers cover a variety of topics most weeks, with some caregiver-only discussion on the other weeks. No computer? Join by phone instead. To learn more, including a list of topics, visit <https://kinshipcaregiversconnect.com/> or contact Angela at angela@kinshipcaregiversconnect.com or 203-



OhioKAN is a program that helps Kinship and adoptive families navigate and connect with local and statewide resources. OhioKAN is part of Job and Family Services. Visit ohioKAN.jfs.ohio.gov or call 1-888-644-6526 for more information.

Kinship

1195 W Second St
Xenia, OH 45385



Upcoming Programs & Events

- ◆ **RAP Group (“Relatives As Parents” Support Group)**
2nd Tuesday of each month (Feb 14th, Mar 14th, Apr 11th, May 9th, Jun 13th), 10:00-11:30 am
For details contact Susan Finster at 937-376-5486 x119 or susan.finster@gcco.org
- ◆ **Kinship Luncheon**
April 11th, Xenia Community Center, 11:30am (immediately after support group).
- ◆ **Senior Artisan Show**
Sundays, March 12th & 19th from 1:00-3:30 pm
Wednesday, March 22nd from 11am-2 pm
Fairborn Art Association, 221 N. Central Avenue (rear of the building)
- ◆ **Drive-By Shredding Event**
Saturday, April 1st, 9am-Noon, Xenia Community Center
- ◆ **SeniorPalooza** - coming soon!



CONTACT US: The above programs are sponsored by the Greene County Council on Aging (GCCOA). For information on these programs, contact us at **937-376-5486** or yourfriends@gcco.org.