Healthy LIVING while aging!









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Grandparents Day

By: Natalie Mazzullo, M. Ed.

This month, we highlight grandparents and the role they play in the lives of their grandchildren. Thank you for your love and support as caring older adults and family members taking care of children in need.

Generations United. Generations United, an international organization dedicated to improving the lives of children, youth and older people, uses the term "grandfamilies" and "kinship families" interchangeably to refer to families in which grandparents, other adult relatives, or close family friends are raising children whose parents are unable to do so. In the United States, over 2.4 million children live in these families. Grandfamilies have unique strengths and face unique challenges.

In Nevada, kinship care, where children live with relatives other than their parents, is a significant part of the child welfare system. Grandparents and other relatives often step in to provide a safe and stable home for children, particularly when their biological parents cannot or are unable to do so. Nevada offers various resources and support services to help kinship families, including financial assistance, legal guidance and training.

<u>Foster Kinship:</u> This non-profit organization is a key resource for kinship families in Nevada, offering services such as case management, training and advocacy. They have resource centers in Las Vegas and Reno, providing access to information and support.

<u>Kinship Navigator Program:</u> This program helps kinship caregivers navigate the child welfare system and access resources.

<u>Financial Assistance:</u> Some kinship caregivers may be eligible for Temporary Assistance for Needy Families (TANF) benefits, including Kinship Care payments.

<u>Training and Education:</u> Resources are available to help kinship caregivers understand child development, parenting and other relevant topics.

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Legal Support: Nevada law prioritizes relatives to provide permanency for children in need. Foster Kinship can provide information and support related to legal processes like guardianship and court involvement.

<u>Support Services</u>: Kinship families may receive support with groceries, meals, infant formula and nutrition education.

Formal Kinship Care: Kinship families can become licensed foster homes, receiving the same resources as traditional foster parents.

<u>Kinship Guardianship</u>: A relative can legally become the guardian of a child, providing them with a permanent home and receiving support from the state.

TANF Subsidized Guardianship: This program provides financial assistance to relatives who are legal guardians of a child, with the child not necessarily being in the care of a child welfare agency.

To reach the Kinship Resource Center in Nevada: Southern Nevada Kinship Center Center Center

Location:

3925 W. Cheyenne Suite 401 North Las Vegas, NV 89032

Hours: Monday - Thursday 9 a.m. - 6:30 p.m. Friday - Saturday 9 a.m. - 4 p.m.

Location:

1 E. Liberty Street Suite 600 Reno. NV 89501

Hours: Monday - Thursday 9 a.m.- 4 p.m.

Appointments are required and are available in person or scheduled remotely.

Kinship Helpline – (844) 810-1667: Available to help answer your basic kinship questions, refer you to resources and set up an appointment with a Foster Kinship Family Advocate for a family evaluation and additional services. **Helpline hours:** Monday - Thursday 9 a.m. to 6:30 p.m.

Friday - Saturday 9 a.m. to 4:00 p.m.



Tips for grandparents raising grandchildren:

- Seek out support and information.
- Be mindful of your finances.
- Determine your eligibility for help.
- Consider your legal status.
- Pursue tax credits.

Homework Help?

To help grandchildren with homework, grandparents and kinship families should focus on providing support, encouragement and a positive learning environment. Establish a routine, take breaks and help when needed. Here are some specific tips:

- Set a consistent homework time
- Create a dedicated homework space
- Offer encouragement and support
- Take breaks
- Be available to help
- Model positive learning habits

- Focus on learning, not grades
- Respect parental authority
- Attend school events

For more information on parenting tips please visit our Partners in Parenting at https://extension.unr.edu/parenting.

Games for the Generations to Enjoy

"Parenting" can have fun times too. Classic board games and card games are great options for an intergenerational group. Simple outdoor games like tag, hide-and-seek or nature walks can also be fun and engaging for all ages.

Here are some additional ideas:

Classic Board Games:

- **Checkers/Chess:** These games are excellent for developing strategic thinking.
- **Scrabble:** This word game is a fun way to improve vocabulary.
- **Dominos:** A classic number and strategy game that is great for all ages.

Card Games:

- **Go Fish:** Easy for young children to learn and older kids enjoy playing it too.
- **Old Maid:** Another classic game that is fun for all ages.
- Rummy and Crazy Eights: Involves matching cards and can be adapted for different skill levels.

Other Games and Activities:

- **Hide-and-Seek:** This classic game can be played indoors or outdoors.
- **Simon Says:** A fun game that promotes physical activity, listening skills and following instructions.
- Nature Walks and Outdoor Games: Enjoy the outdoors and explore nature together. (Stay hydrated!)
- **I Spy:** Can be played anywhere and encourages observation skills.
- **Art Projects:** Engage in creative activities like drawing or painting together.

Healthy Afternoon Snack

Any way you can toss it; a healthy afternoon snack can boost your mood and give you a quick pick me up. Try this easy and nutritious trail mix that young and old alike will enjoy!

Ingredients:

- ¾ cup unsalted roasted peanuts
- ½ cup raisins
- 1 ¼ cup crispy whole wheat cereal squares
- 1 cup mini pretzels
- ½ cup chocolate chips

Instructions:

- 1. In a large bowl, combine peanuts, raisins, cereal, pretzels and chocolate chips.
- 2. Place it in an air-tight container or zip-top plastic bag. Store in a cool, dry place.

Source: https://cookingmatters.org/recipes/trail-mix/

Visit **extension.unr.edu/healthy-eating** for more nutritional topics and other tasty summer recipes.

Materials Needed:
Large bowl
Measuring cups
Zip-top plastic bags