



# The Grandmother Study

Grandkids Edition  
Volume 1, Issue 1  
Summer 2007

## Newsletter

Case Western  
Reserve  
University

Welcome to the exciting new phase of the Grandmother Study in which we are inviting grandchildren to participate. All of you have a grandmother who has been in our study since its beginning in 2001. The study will continue for two more time points for the grandmothers and the information you provide will help us learn more about the give and take between grandmothers and grandchildren in different families.

We thank those of you who have already responded to our invitation to take part in the study and completed the questionnaire. You will receive a \$20 gift card for each of the two years of participation.

We hope that you enjoy the newsletter, and we would love to hear your feedback. Please check out our website at:

<http://fpb.case.edu/Grandmother/index.shtm>  
and let us know what you would like to see in the upcoming "Grandkids Section" online or any future newsletters. Feel free to contact us anytime via e-mail at [grandmotherstudy@gmail.com](mailto:grandmotherstudy@gmail.com) or toll free at 1-866-636-0007.

Enjoy the rest of your summer!  
Dr. Carol Musil, Dr. Camille Warner,  
and The Grandmother Study Team

**Have lots of free time this summer? Spend some of it with your grandma. Here are some ideas:**

- Go to a local baseball game
- Go shopping together
- Plan a picnic together at a nearby park
- Have her teach you your favorite recipe
- Help her plant flowers or a vegetable garden
- Look through old family photos... try to guess who's who
- Look through her closets (with her permission)... you never know what you'll find



### About The Grandmother Study

The Grandmother Study has been ongoing since 2001. Nearly 450 grandmothers from 71 of 88 counties in the state of Ohio have completed questionnaires once a year for three years, and will be asked to complete two more. The original purpose of the study was to learn how grandmothers' care to grandchildren affects their health and the family over time. We have also learned a lot about how families change and grow, and now are hoping to learn more about families across generations.

We have paid special attention to whether or not grandmothers live with grandchildren and what that is like for the grandmother and her family. We also have learned that families sometimes change. Dr. Theresa Standing will be doing special telephone interviews with children who have recently moved into or out of their grandmother's home. If you have had such a change, your parent, guardian, or grandmother may get a call from us to see if we can talk with you more about that.



*"Summer  
after-  
noon...  
Summer  
afternoon...  
the two most  
beautiful words  
in the English language."  
-Henry James*



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FORWARDING AND ADDRESS  
 CORRECTION REQUESTED

Local Phone: 216-368-5338  
 Toll Free Phone: 1-866-636-0007  
 Email: grandmotherstudy@gmail.com  
 Website: <http://fpb.case.edu/Grandmother>

**Bored? There's always something to do! Learn!**

- Read a good book– for fun! ←
- Pick up a new hobby
  - cooking, model planes, dancing
- Learn a new craft
  - beading, origami, glass etching, tie-dye, knitting, clay making, scrap-booking (a great family project)

\* The library is a great place to get all kinds of books, but it also has CDs, movies, and even workout videos...for free!

**Play!**

- Head for the pool and go for a swim on a hot day
- Get a band together with your friends
- Grab some friends and organize a game of basketball, soccer, kickball... you name it!
- Play a board game or cards when it's raining outside

**Help!**

- Volunteer at a local daycare or nursing home
- \* You can also check out [www.volunteermatch.com](http://www.volunteermatch.com)

**POPULAR PICK: HARRY POTTER 7  
 RELEASE DATE: JULY 21, 2007**

**For other books or fun activities this summer check out your local library. Most have areas designated just for kids and teens.**



**Not only is biking a good way to get around this summer, but it's fun and it's great exercise. Keep these tips in mind to stay safe on your bike:**

- Never ride barefoot
- Always wear a helmet...and if it's not fastened, it's not any good
- Make sure your tires have enough air in them
- When biking at night, be sure to have lights (in addition to reflectors) ... white in front and red in back
- Be careful at dawn and dusk when the sun may be in drivers' eyes... just because you can see them doesn't mean they can see you
- If riding in the street be sure to go with (*not* against) the flow of traffic... and remember that you need to signal too, so review your hand signals
- When leaving your bike unattended, remember to lock it up