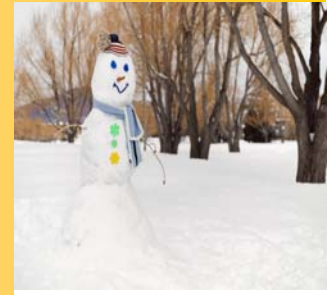




The Grandmother Study Newsletter



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Case Western Reserve University

Winter 2007

Dear Grandmothers,

The Holiday season is upon us, and we here at The Grandmother Study take this opportunity to thank you for your continued support of our project. To date, over 300 grandmothers have participated in this fourth wave of the study, and we appreciate your enthusiasm and interest. You are participating in the longest running study that has followed grandmothers and their care to grandchildren.

We have just returned from the annual meeting of the Gerontological Society of America, where several thousand individuals who work with middle aged and older adults, and who study all aspects of aging, meet every year. This year, our research team participated in four sessions and discussed patterns of care to grandchildren, the experience of children who live with grandparents, the relationship between religion/spirituality and health, and how specific life events affect mental health. We will be sharing all these findings with you as soon as the study is completed in the winter of 2009.

Whether you are a grandmother raising grandchildren, a grandmother living in a multigenerational home, or a grandmother who offers support and encouragement from the sidelines, the roles you play in the lives of your grandchildren and family are so important, although these roles may have changed over the years. Since this study is now in its 7th year, the grandchildren have grown considerably (though we have aged very little). Many grandmothers may now give little direct care or help to their grandchildren, but your presence in the lives of your grandchildren is valued and important.

As you know, a new part of The Grandmother Study Part II is that we are seeking grandchildren between the ages of 8-18 to participate in a telephone survey with one of our staff at two times, one year apart; to date, over 120 grandchildren have participated in this part of the study, and we are hoping that over 200 grandchildren will eventually take part. While some parents of the grandchildren are uncertain about letting their children take part, especially if they have not heard about The Grandmother Study, those whose children have completed the questionnaire have had a positive response. We have very much enjoyed talking with the children. They are very thoughtful and articulate, with a deep appreciation of their families regardless of their age.

We have an important new addition to our staff. Ms. Dorothy Yurkiw, MA, who has considerable research experience and a strong background in psychology, has joined the study and is likely to be one of the first people you speak with if you call us on our toll-free number at 1-866-636-0007 or locally at 216-368-5338. Dr. Camille Warner, who has been the Project Manager since the study began, has been appointed an Assistant Professor of Nursing at CWRU and will be adding some new elements to the study. Ms. Carolyn Harmon, a geriatric nurse practitioner and doctoral student at the School of Nursing, is another person you are likely to speak with, in addition to a number of other students who work with us. Shayanna Jones, an undergraduate nursing student has also joined the study team. Please check out our website for pictures and information of all staff and feel free to contact me if you have any questions.

Wishing you and yours peace and good health,

Carol Musil and the Grandmother Study Team

Grandmothers, for your information !



We are still enrolling grandchildren in the Grandchildren's portion of the study. The study is trying to find out about the support grandchildren feel from family and friends, their moods and feelings, how they think things work in their family, and their thoughts about home, school, and activities. By being in this study, they will help us better understand how children, teens, and families get along. All grandchildren between the ages of 8-18 are welcome to participate. Points to remember for participating in the study:

- ◆ The grandchild's guardian & the grandchild must sign & return consent forms for participation
- ◆ The telephone survey will take about 15 minutes to complete
- ◆ After completing the phone survey, grandchildren will receive a gift card as a thank you.

More information is available by calling toll free: 1-866-636-0007

Frances Payne Bolton School of Nursing

10900 Euclid Avenue

Cleveland, Ohio 44106-4904

FORWARDING AND ADDRESS

CORRECTION REQUESTED

Local Phone: 216-368-5338

Toll Free Phone: 1-866-636-0007

Email: grandmotherstudy@gmail.com

Free/Low Cost Family Winter Activities

World renowned museums, several of the largest libraries in the country, beautiful public parks with free programming for families, these are just some of places that offer free or low cost, interesting and educational activities to you and your family. Contact or research for more information on event dates, times, and locations.



Cincinnati:

City Parks: 513.352.4080; <http://www.cincinnati-oh.gov/parks/>

Cincinnati Art Museum: 513-639-2975;

www.cincinnatiartmuseum.org

Cincinnati Public Library: 513-369-6900;

<http://www.cincinnati.library.org>

Cleveland:

Metroparks: 216-635-3200; <http://www.clemetparks.com>

Cleveland Museum of Art: 1-888-CMA-0033;

<http://www.clevelandart.org>

Cleveland Public Library: 216.623.2800; <http://www.cpl.org>

Columbus:

Columbus Public Library: 614-645-2ASK;

<http://www.columbuslibrary.org/>

Columbus Parks: 614-645-3300;

<http://www.columbusrecreparks.com/>

Columbus Museum of Art: 614-221-6801;

<http://www.columbusmuseum.org>

COSI : 614-228-2674 ext. 2160 ; www.cosi.org

Dayton:

Citiparks: 937-333-8400; <http://www.ci.dayton.oh.us/citiparks/>

Dayton Art Institute: 937-223-5277;

www.daytonartinstitute.org;

Dayton Public Libraries: (937) 463-BOOK ;

www.daytonmetrolibrary.org/

Toledo:

Toledo Art Museum: 800-644-6862 (tdd);

<http://www.toledomuseum.org/>

Metroparks Toledo: 419-407-9700;

<http://www.metroparkstoledo.com>

Toledo Lucas County Library: 419.259.5207;

<http://www.toledolibrary.org/>



Fun indoor activities to do

*Quiddler

*Card games



*Jenga

*Taboo

*Balderdash

*Catch Phrase

*Sudoku

*Word Bluff

*Set

*Storyline

*Chess

*Checkers

*Baking

*Card making

*Reading to each other

*Watching a movie

*Looking through photo albums

*Putting together care packages and donating them to a local shelter

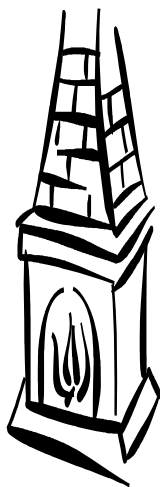
*Making collages

*Play instruments



*Write letters to friends and family

*cooking



Healthy Fall/Winter Recipe:

Chili (makes 8 servings)

Adapted from <http://www.mayoclinic.com/health/healthy-recipes/NU00487/ingredients>

- 1 pound extra-lean ground beef (or ground turkey)
- 1/2 cup chopped onion
- 2 large tomatoes (or 2 cups canned, unsalted tomatoes)
- 4 cups canned kidney beans, rinsed and drained
- 1 cup chopped celery
- 1 teaspoon sugar
- 1 1/2 tablespoons chili powder or to taste
- Water, as desired
- 2 tablespoons cornmeal
- Jalapeno peppers, seeded and chopped, as desired

Directions

In a pot over medium heat, sauté ground beef and onion. Drain well.

Add the tomatoes, kidney beans, celery, sugar and chili powder to the ground beef mixture. Cover and cook for 10 minutes. Stir frequently. Uncover and add water to desired consistency. Stir in cornmeal. Cook for 10 minutes more to allow the flavors to blend. You and your family are now ready to enjoy this delicious and healthy chili!

Home Energy Assistance Program (H.E.A.P.)

For some, staying warm in the winter is difficult. HEAP is a federally funded program to help those that qualify with the cost of heating. There is also the Emergency Home Energy Assistance Program (E-HEAP). This program helps qualified individuals that have their heat source disconnected or threatened to be disconnected, or have less than a ten day supply of bulk fuel. In Ohio, to find more information on HEAP and EHEAP, call toll free at 1-800-282-0880. If you can access the internet, go to <http://www.odod.state.oh.us/cdd/ocs/heap.htm>

If you live in another state, look up *home energy assistance program* on the internet or contact your city hall for the phone number to the agency that runs the program in your state.

