



The Grandmother Study Newsletter

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CASE WESTERN RESERVE UNIVERSITY

A Letter from Dr. Musil

Dear Grandmothers,

It is hard to believe that this is the final year of our project. We are completing the third wave of data collection and many of you have already returned your last questionnaire. We truly appreciate your participation and the thoughtful and careful attention you devoted to filling out the questionnaires. We are learning a great deal from your responses and many of you expressed that you also learned a lot about yourselves through the process.

We look forward to sharing findings of the study in the near future. At this time we are still receiving the remaining questionnaires and therefore can not disclose any findings yet.

We hope that the spring and summer months will be a safe and happy time for you and your families.

Thank you again for supporting this research to better understand grandmothers' well-being and the way they make a difference in various types of families.

Sincerely,

Dr. Carol M. Musil and

The Grandmother Study Team



Grandmother Study Fun Fact:

Since we began collecting data, our participants have become grandmothers again to 139 new grandchildren! Congratulations to you and your families!

The New Food Pyramid

This spring, the FDA released a revised food pyramid with some guideline changes for healthy eating. The FDA suggests that an adult should get 6 ounces of grains (3 of those should be whole grain) and 5.5 ounces of meat and/or beans each day. A balanced diet also includes 2 cups of fruit, 2.5 cups of vegetables, and 3 cups of milk.



To get personalized information on what the new pyramid means for you and your family visit the FDA's website: <http://www.mypyramid.gov/>

Things to remember:

- ◆ Look for "whole grain" in ingredient lists.
- ◆ Make sure to get plenty of fruits and veggies, especially darker greens.
- ◆ Choose whole fruits (fresh or frozen) over juice to cut down on added sugar.
- ◆ Use nut and vegetable oils over butter and margarine in cooking.
- ◆ Try to work in a half an hour of exercise each day. Remember, you only need to work out in 10 minute increments to get benefits from your workout.

Healthy Summer Recipe

Adapted from pillsbury.com/recipes

Fruit and Chicken Salad (4 servings)

Dressing

- 1/2 cup low-fat raspberry yogurt
- 1/4 cup light mayonnaise or salad dressing
- 2 tablespoons honey

Salad

- 4 leaves leaf lettuce
- 8 oz. Sliced cooked chicken, cut in bite-sized strips
- 1/2 medium cantaloupe, seeds removed, peeled and cut in thin slices
- 1 cup fresh raspberries
- 1/2 cup fresh blueberries

Preparation Directions

1. In small bowl, combine all dressing ingredients; blend well. Refrigerate until serving time.
2. To serve, arrange lettuce on platter, arrange chicken, cantaloupe, raspberries and blueberries over lettuce. Drizzle dressing over salad.

Nutrition Information per serving
 Calories 290 Calories from fat 90
 Total Fat 10g Saturated 2g
 Cholesterol 55mg Sodium 190mg
 Total Carbs 31g Sugars 26g
 Dietary Fiber 3g Protein 20g
 Vitamin A 80% Vitamin C 100% Iron 8%

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Grandmother, A wonderful mother with lots of practice.

Concerns of Grandmothers

In a recent conference sponsored by the American Geriatrics Society of America held in Orlando, Florida, Dr. Musil shared her clinical and research expertise on the topic of women, families and caregiving. She presented information from her 1998-2000 study of 64 grandmothers who kept health diaries for a 3-week period. The grandmothers recorded their health practices, daily stresses and health problems. In the study, 66% of the grandmothers were worried about their health, 51% were concerned about finances and 41% experienced time pressures. Additionally, grandmothers raising grandchildren had to make health care decisions for themselves as well as their grandchildren. All of the grandmothers worried about the safety of their grandchildren but were often reluctant to share their own health concerns with family members.

Grandmother Facts

- ◆ Most women with children will become grandmothers at some time in their life.
- ◆ 3.7 million grandmothers are living with grandchildren in the US.
- ◆ 1.5 million grandmothers are responsible for raising their grandchildren.
- ◆ 2.5 million grandmothers co-reside with grandchildren and the parent(s) of the children.
- ◆ Many grandmothers provide care to other grandchildren as well as other family members and friends. (US Census, 2000)

A Fun Activity for Kids & Adults

Popsicle™ Puzzle

Adapted from Zoompbskids.org/zoom/activities/do/

What you need:

- ◆ Popsicle™ sticks
- ◆ Masking tape
- ◆ Paint or markers
- ◆ Paint brush

What you do:

1. Put sticks right next to each other – you can use as many as you want.
2. Tape the sticks together on one side using the masking tape.
3. Paint a picture with paint or markers.
4. When it's dry pull off tape and you've got a puzzle.
5. Challenge a friend to put it together.

Book Picks

- ◆ *My Grandmother's Clock* by Geraldine McCaughrean (2002) Ages: 4-8
- ◆ *In My Grandmother's House: Award winning authors tell stories about their grandmothers* by Bonnie Christensen (2003) Ages: 9-12
- ◆ *Grandparents are Special* by Lucy Mead (2000) Ages: All