

**Case Western  
Reserve  
University**

# The Grandmother Study Newsletter (Grandkids Edition)

**Volume 2, Issue 1**

**Winter 2007**

## PUMPKIN COOKIES

Grab your family and friends and gather 'round for a good and tasty time!



- 1 stick butter or margarine
- 1/2 c. sugar
- 1 egg
- 1/2 c. cooked pumpkin or pie filling
- 1/2 tsp. vanilla
- 1 c. all-purpose flour
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/2 tsp. cinnamon

Preheat oven to 375 degrees. Cream the butter and sugar together in bowl. Add egg, pumpkin and vanilla. Sift dry ingredients together and add to bowl. Mix. Drop by tablespoon onto greased cookie sheet. Bake for about 15 minutes or until lightly browned.

From <http://www.aliciasrecipes.com/october.htm>

## A message from Dr. Carol Musil:

So far over 120 kids have participated in the grandchild part of the Grandmother study. The grandchildren in the study are between 8 and 18 years of age and come from all over Ohio and from other states too. In addition to the telephone questionnaires we have also been talking with some of you who have had changes in your families to learn more about these transitions from your perspective. We have enjoyed talking to so many of you, and we believe that your responses to all our questions will eventually help lots of other kids and their families. So, thank you for helping with the study. We at the Grandmother Study hope you have a very happy holiday season!

## Books to Enjoy Over Break!

**Award winning books from the Association for Library Service to Children**

For younger readers:

- \* *Move Over, Rover!* By Katherine Beaumont
- \* *Zelda and Ivy: The Runaways* by Laura McGee Kvasnosky
- \* *Gone Wild: An Endangered Animal Alphabet* by David McLimans

For Middle Readers

- \* *Rules* by Cynthia Lord
- \* *Team Moon: How 400,000 People Landed Apollo 11 on the Moon* by Catherine Thimmesh
- \* *Moses: When Harriet Tubman Led Her People to Freedom* by Carole B. Weatherford

For Older Readers

- \* *The Killer's Tears* by Anne-Laure Bondoux
- \* *Ask Me No Questions* by Marina Budhos
- \* *The Pull of the Ocean* by Jean-Claude Mourlevat

		2	
4			
		3	
1			

## Sudoku For You!

Try the easy Sudoku puzzle on the left or give yourself a challenge and master the moderate one on the right.

Answers on the other side.

How to play: The purpose is to have one of each number in a row or column. For example, if there are 4 boxes, the number 1, 2, 3, and 4 can only appear in the row or column once. Refer to the sample below for an illustration.

2	1	3	4
3	4	2	1
4	3	1	2
1	2	4	3

From <http://www.sudokuforkids.com>

		7		5		3		
	8	1	4		3	5	9	
			2		6			
7		5		3		4		8
		8		4		2		
2		4		1		6		7
			3		7			
	5	9	1		4	8	7	
		6		8		1		

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**STAYING HEALTHY AND SAFE:  
WINTER SPORTS**

from: <http://www.cincinnatichildrens.org/health/yh/archives/2004/winter/winter.htm>

Here are some tips you can keep in mind when you're having fun with your family and friends this winter:

**In General:**

- Be aware of the temperature outside. It can get too cold to be outdoors.
- On sunny days, wear sunscreen and lip balm
- Change wet clothes quickly to avoid frostbite
- Wear layers and take layers off when it gets hot



**Sledding:**

- Sit in the sled facing forward, never head first or standing
- Go down the hill one at a time, one person per sled
- If a sled doesn't stop, roll off the sled
- Never ride in a sled being pulled by a vehicle
- Steerable wooden sleds are safest
- Do not sled on a hill that ends with a pond or street



**Skiing/Snowboarding:**

- Take lessons before going down the hill for the first time
- Wear wrist guards for snowboarding
- Use a snowboard no higher than your nose



**Check us out on the web at <http://fpb.case.edu/Grandmother>**

Answers to Sudoku puzzles:

1	3	2	4
2	4	1	3
4	2	3	1
3	1	4	2

9	2	7	8	5	1	3	6	4
6	8	1	4	7	3	5	9	2
5	4	3	2	9	6	7	8	1
7	9	5	6	3	2	4	1	8
1	6	8	7	4	5	2	3	9
2	3	4	9	1	8	6	5	7
8	1	2	3	6	7	9	4	5
3	5	9	1	2	4	8	7	6
4	7	6	5	8	9	1	2	3

**The Human Brain**

From <http://kids.nationalgeographic.com/Stories/SpaceScience/Brain>

- \* Weighs 3 pounds
- \* Works faster than a computer at processing information
- \* Generates enough electricity to power a light bulb
- \* Sends messages at over 200 miles per hour
- \* The shape changes every time you learn something new and have a new thought or memory.
- \* When you exercise, your brain makes chemicals to help you learn better. If you're stuck on a homework problem, go play a sport first and then come back to the problem.

Illustration by Robert J. Demarest from <http://kids.nationalgeographic.com/Stories/SpaceScience/Brain>

