

FINDING CREATIVE SOLUTIONS FOR FAMILIES

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University of Arkansas, Division of Agriculture—Cooperative Extension Service

Special Points of Interest:

New Programs Offered by the Cooperative Extension Service

Adventures in Grandparenting

Right Bite Recipe

DID YOU KNOW . . .

The Poinsett County Cooperative Extension Service Family & Consumer Science Agent is here to help Arkansans live well by providing educational programs in foods and nutrition, health and aging, family life and money management. In 2008 several new programs

are being introduced. These programs include: Adventures in Grandparenting, Babysitting Basics, The Financial Smart Start for Newlyweds, Arkansas Saves, and MedWise Arkansas. These programs are added to our ever-growing list of programs and general information

that any Arkansan might need to live well. This newsletter will be sent quarterly. If you are having difficulty finding a solution, contact Sharon R. Linder at the Poinsett County Cooperative Extension Service at 870-578-4490 and see what the Cooperative Extension Service can do for you.



BABYSITTING BASICS

Babysitting Basics is designed for youth ages 9–15. This is an eight-hour curriculum. The curriculum has been written as a guide to deliver the program. You may choose to present the sections in a different order, take more time to teach certain sections, use guest speakers, add activities, etc. Babysitting Basics is designed to prepare youth



for babysitting by educating them to become responsible, caring, trustworthy, respectful, competent babysitters. Participants will learn:
-The responsibilities of a babysitter
-About child development and basic care-giving routines
-Appropriate behavior and guidance techniques

-The importance of play opportunities and activities
-How to keep the children and themselves safe, and what to do in case of an emergency
-The basics of having a babysitting business

Contact the Poinsett County Cooperative Extension Service at 870-578-4490 for more information.

Family Questions?

Family Answers.

www.arfamilies.org

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UNIVERSITY OF ARKANSAS
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University of Arkansas,
United States Department
of Agriculture, and County
Governments Cooperating

FINDING CREATIVE SOLUTIONS FOR FAMILIES

The joy of being a grandparent still exists when grandparents take the primary responsibility of raising their grandchildren; however, the context of the grandparent/grandchild relationship has changed. The environment, both physical and social, exerts a powerful influence on human development, both early and late. In intergenerational families, the environment simultaneously shapes the experiences of grandchildren growing up and grandparents growing older in a shared living space. Children require safe and nurturing environments to achieve developmental milestones, while grandparents require environmental design and supports to compensate for age-related declines. The grandparents' changing needs, along with the changing child-rearing recommendations, means that parenting the second time around will be different than the first; but, the increasing number of children under the age of eighteen being raised by grandparents means the custodial grandparents are not alone.



STATISTICS

“Grandparents also have the opportunity to pass on their wisdom, stories, memories, traditions and family history directly to their grandchildren.”

According to the United States Census 2000, 5.8 million people over the age of 30 were co-resident grandparents. That means they were living with grandchildren younger than 18 years of age. Of the 5.8 million households where grandchildren and grandparents lived together, grandparents were care-givers – having primary responsibility for the grandchildren under the age of 18 in their households—in 2.4 million (42%) of these households. In Arkansas, 57,895 grandparents were living with grandchildren in 2000, and 58.1% of those were responsible for most of the basic needs of the grandchildren under the age of 18 who lived in the house or apartment. In other words, these grandparents were raising their grandchildren. To put the statistics in different terms, in the United States, approximately six million children - approximately one in 12 - are living in households headed by grandparents (4.5 million children) or other relatives (1.5 million children). In many of these homes, grandparents (approximately 2.4 million) and other relatives are taking on primary responsibility for the children's needs. Often they assume this responsibility without either of the child's parents present in the home. (Source: www.grandfacts.org)

REASONS FOR GRANDPARENT CARE

While taking over as primary caretaker is not easy, these grandparents are not alone. There are many reasons why grandparents raise their grandchildren. Among the reasons are teen pregnancy, military deployment, poverty/financial difficulties of the parent, parental death, incarceration, substance abuse, neglect, family violence, mental health issues and/or other illnesses which hinder the parents' ability to provide for their children. Grandparents raising their grandchildren for these and other reasons can provide for their grandchildren a homelike experience, help shape the grandchild's personal and cultural experiences, prevent placement in a foster home and buffer the effects of divorce, single-parenthood or death.

What Are the Difficulties? For some grandparents, health may be an issue. Older grandparents may be having serious and frequent health problems. There is also the issue of stamina. Many grandparents report that they are emotionally and physically drained. Many grandparents have money problems. They may be living on a reduced income. They may have to use up all their savings. The children may have come to the grandparent with lots of emotional problems. Taking on a parental role has effects upon a grandparent's lifestyle. It affects the amount of time he/she can spend with friends. Many grandparents raising grandchildren report missing time for themselves. Grandparents also become isolated from other members of the family, who may resent the role that they have taken on. Other grandchildren may become jealous.

What are the Benefits? Along with the many difficulties faced when raising grandchildren, there are also many rewards and positive aspects of the responsibility. For example, as primary caregiver, grandparents are able to have a closer relationship than they might have had if the children lived with their parents. Grandparents also have the opportunity to pass on their wisdom, stories, memories, traditions and family history directly to their grandchildren. Hopefully, the grandparents can work towards resolution of conflicts between parents and their children. But most importantly, grandparents experience the love, joy, satisfaction and accomplishment that come with seeing their grandchild grow and succeed.



About Arkansas Saves

Arkansas Saves is all about making a commitment – a commitment towards building a wealthier future by making your money work harder for you – money that could go toward a new home, a new car, or even an early retirement. It's about taking financial action – putting the plastic back into your wallet and bringing your lunch to work. Most of all, it's about changing your spending and saving habits so that you can pay down your debt and gain true financial freedom.

Who is an Arkansas Saver?

Anyone who agrees to work toward a savings goal such as home ownership, school tuition, retirement, or even debt repayment. Arkansas Savers set a monthly savings goal of as little as \$10 and then try to save this amount each month.

What are the benefits of enrolling?

Arkansas Savers receive savings tips, newsletters, and resources that help make the savings habit easier.

What does it cost to enroll?

No money. Your only obligation is to develop a savings goal and work toward it.

Who sponsors this program?

Arkansas Saves is a program of the University of Arkansas Division of Agriculture Cooperative Extension Service. Arkansas Saves is supported by the America Saves campaign, which is managed by the non-profit Consumer Federation of America.

FINANCIAL SMART START FOR NEWLYWEDS

Research shows that financial management is an important key to a happy marriage. *Financial Smart Start for Newlyweds* is an educational series designed to help couples gain financial management skills. Couples will learn compassionate communication. They will increase financial

security. The series features activities to help couples practice communication, set goals and design a budget, among other financial management tools. Newlyweds who enroll in the program also receive the monthly newsletters during their first year of marriage. The newsletters

contain the latest information about saving, spending, record keeping, credit, insurance and other financial topics. If you know any newlyweds that could benefit from this, please have them contact the Poinsett County Cooperative Extension Office at 870-578-4490.



MEDWISE ARKANSAS

MedWise Arkansas is an educational program curriculum and a resource for Arkansans who want to learn more about the safe use of medicines, how to talk to your doctor about medicines, over-the-counter medicines, and teaching children about medicines. It is important to know how to use your medicines safely, whether you are a college student

making medicine decisions independently for the first time, an adult caring for your children or your aging parents, or a senior taking an active role in your healthcare. Today, more Americans are using more types of nonprescription, over-the-counter (OTC) medicines than ever before to treat everything from coughs, colds and aches and pains to constipation

and baldness. Over-the-counter medications once consisted of a small number of medications; they now account for the majority of all medications used in the United States. If you would like more information, please contact the Poinsett County Cooperative Extension Office at 870-578-4490.

MedWise Arkansas



**UNIVERSITY OF ARKANSAS,
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Arkansas is
our campus.

Thank you,



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University of Arkansas, United States Department of Agriculture
and County Governments Cooperating.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

BALSAMIC-ROASTED VEGETABLES

Ingredients:

- ½ cup balsamic vinegar
- ¾ cup olive oil
- ¼ cup mixed chopped fresh herbs, such as thyme, rosemary and parsley, or 1 heaping tablespoon dried herbs
- 2 sweet potatoes, peeled and cut into 2-inch wedges
- 1 butternut squash, peeled and cut into 2-inch wedges
- 1 red onion, cut into 2-inch wedges.
- 1 pint cherry tomatoes, stems removed
- 2 red bell peppers, cored, seeded and cut into 2-inch pieces
- 1 head broccoli, stem removed, cut into florets
- 1 pound green beans, trimmed
- Salt and freshly ground black pepper to taste
- Fresh herbs for garnish, if desired

Equipment/Utensils:

- Large bowl
- Whisk
- Slotted spoon
- 2 baking dishes

Directions:

1. Preheat oven to 400° F.
2. In a large bowl, whisk together the vinegar, olive oil and herbs. Add the sweet potatoes, squash and onion and toss until vegetables are well coated.
3. With a slotted spoon (reserve liquid in the bowl), transfer the vegetables to a baking dish and spread them out in one even layer. Roast them in the oven for 40 to 45 minutes, until potatoes are tender and slightly brown and the vinegar mixture has evaporated to a thick glaze. Stir several times during cooking.
4. Meanwhile, toss the tomatoes, red bell peppers, broccoli and green

beans with the reserved liquid and spread them in one even layer in a separate baking dish. Roast them in the oven for 25 to 30 minutes, or until the skin on the tomatoes starts to shrink.

5. In the large bowl, gently toss all of the vegetables together with any remaining cooking liquid until just mixed. Season with salt and pepper; garnish with fresh herb leaves, if desired. Serve immediately or at room temperature.

Serves 8 to 10.

Source: Cheryl Maxwell, RD, County Extension Agent – FCS, University of Arkansas Cooperative Extension