Big News

New Caregiver Services Coordinator

CCWC is excited to welcome Winona Phillips to the GRG Team! Joining as the Caregiver Services Coordinator, Winona will work alongside the Caregiver Services Manager, Jeannette Matthews, to expand GRG programming.

Winona Phillips
Caregiver Services Coordinator

Winona is a recent graduate of Eastern Michigan University, where she earned her Master's Degree in Social Work. She is passionate about advocating for older adults and their families. Please feel free to contact Winona at (734) 971-9781 ext. 323 or **wphillips@csswashtenaw.org**.

New Name, Same Mission

After 65 years of dedicated service to our Washtenaw County neighbors, Catholic Social Services of Washtenaw County is changing its name to Catholic Charities Washtenaw County. Although our name is changing, our commitment to service that meets current and evolving community needs remains constant.

As part of the national Catholic Charities organization, we look forward to bringing the organization into better alignment with our peers across the diocese, state, and nation, many of which bear the "Catholic Charities" name. Learn more at **csswashtenaw.org/new-name-same-mission** or scan here ➡

Heads Up

Holiday Wish List

CCWC will be working with Big Families of Michigan again this year to fulfill Holiday Wish Lists. The wish list is currently open with a deadline of **Wednesday, November 13th** to submit gift requests for grandchild(ren). Please call Winona (734) 971-9781 (ext. 323) or Jeannette (ext. 511) for assistance with requests.

Summer Camp Scholarships

Looking Ahead to Warmer Days

While it seems silly to talk about winter holidays and summer camp at the same time, sign up for the MDHHS winter newsletter to get direct information about summer camp scholarships before the application deadline approaches early in the new year. The newsletter is also a great resource and provides lots of other good information on upcoming opportunities. Sign up here: **public.govdelivery.com/accounts/MIDHHS/subscriber/new** or scan the QR code ➡

September: Grandparents Appreciation Month!

Catholic Charities Washtenaw County celebrates all grandparents who have taken on the rewarding but sometimes challenging role of providing kinship care. Per the September 2024 Annie E. Casey Foundation report, in Michigan, 3% of all kids — 55,000 — are placed with their kin rather than in non-related foster care homes.

Studies show that children placed with kin experience:

- Increased stability
- A greater likelihood of achieving permanency
- Better behavior and mental health outcomes
- Enhanced sense of belonging and acceptance
- Increased likelihood of living with and staying connected to siblings
- A greater preservation of cultural identity, community, and connection to extended family[1]

Grandfamilies provide a safe and nurturing home for grandchildren. We salute you!

FREE Informative Webinars

The MSU School of Social Work and Kinship Care Resource Center offers free training specific to kinship caregivers. These courses are customized to support grandparents who are raising grandchildren and understand the unique but sometimes challenging needs that children and their families face navigating the child welfare system.

For more information, contact Gina Tremonti Gimbel, MSW at (517) 353-3060 or swkce@msu.edu.

To register for Webinar trainings: eventbrite.com/o/msu-school-of-social-work-44929438833 or scan the QR Code ➜

[1] Generations United newsletter, *The Network Connection*, September 2024

Overwhelmed?

Try these quick and easy breathing techniques for instant stress relief:

Box Breathing

Follow the four steps below to create a box pattern in your breathing. Repeat the cycle four times.

1. **Inhale:** Breathe in deeply through your nose for a count of four.
2. **Hold:** Hold your breath for a count of four.
3. **Exhale:** Slowly breathe out through your mouth for a count of four.
4. **Hold:** Pause and hold your breath again for a count of four.

Smile, breathe, and go slowly.
Thích Nhất Hạnh

Remember

Support Groups

Our Grandparents Raising Grandchildren group meets every Tuesday, 11 AM - 12 PM on Zoom. Check your email every week for the link.

What do YOU need?

The Grandparent's Raising Grandchildren Program of Catholic Charities Washtenaw is here for you. Please let us know what you need, what you'd like to see us offer, and any other ideas on how we might improve our services. Contact Jeannette Matthews at (734) 971-9781 ext. 511 or jmatthews@csswashtenaw.org.

Grandparents Raising Grandchildren Picnic

After much anticipation, the CCWC Grandparents Raising Grandchildren program was excited to host a picnic for GRG program participants. The indoor gathering took place on August 22nd with thirteen in attendance.

Attendees gathered to share their experiences including history with the GRG program as well as joys and struggles navigating the kinship caregiving role. Connection and understanding were key themes as individuals felt safe to share personal stories which were met with empathy and support.

Other event highlights included games and fun activities led by CCWC's Director of Behavioral Health and Family Services, Rebecca Furru. A meal from Honey Baked Ham was provided, with many thanks to those who brought a dish or drinks to share. The GRG program looks forward to hosting similar events in the future.

Book Suggestions

From the Michigan Kinship Care Symposium:

1. *Grandparents Raising Grandchildren: Expanding Your View*
   Dr. Linda L. Dannison and Andrea Smith, Ph.D

2. *Grandparents Raising Grandchildren: Coping With Addiction*
   Andrea Smith, Ph.D and Linda Dannison, Ph.D.

3. *Gratitude Diaries*
   Janice Kaplan

KINSHIP CARE
resource center

Michigan Kinship Care Symposium

On September 20th, the 3rd annual Michigan Kinship Care Symposium was held via zoom. Slide presentations are available outlining the following topics:

1. Growth by Extension: The Impact and Influence of GRAND Relative-ships Across Generations

2. Enhancing Positive Thinking and Resiliency in Kinship Caregivers

3. Paths to Legal Authority for the Kinship Caregiver

4. Keeping the Peace: De-escalation Strategies for Grandfamilies Confronting Physical Aggression

5. A Closer Look at Pre/Teens & Digital Technology

To access the slide presenation, call (734) 971-9781 ext. 511, or email Winona Phillips at **wphillips@csswashtenaw.org**. or Jeannette Matthews at **jmatthews@csswashtenaw.org**.

Resource Directory

The CCWC is developing a resource directory specific to the needs of Kinship Caregivers. The directory is expected to be released in 2025. Meanwhile, see our general Senior Resource Directory at **csswashtenaw.org/wp-content/uploads/2024/03/2024-Senior-Resource-Directory-FINAL-2.pdf** or scan the QR code ➡

Catholic
Charities
WASHTENAW COUNTY

Behavioral Resources

Kinship Care grandparents provide stability and guidance for children who've often suffered stress, grief and loss, anxiety, and trauma. Mental health professionals can help, as well. Some local providers include:

Behavioral Health Services | Catholic Charities Washtenaw County
📞 (734) 971-9781 📍 4925 Packard St, Ann Arbor, MI, 48108
csswashtenaw.org/bhs

Megan Honor Pesch, MD | Behavioral Pediatrician
Autism * ADHD * Developmental Delays
📞 (734) 936-9777 📍 1540 E. Hospital Dr. Floor 6, Reception C.
Ann Arbor, MI 48109
www.mottchildren.org/profile/30643/megan-honor-pesch-md

Catherine Starr, LMSW | Safe Calm Place Therapy Practice
Trauma Focused Cognitive Behavioral Therapy * Registered Play Therapy
📞 (734) 224- 9662 📍 2890 Carpenter Rd, Ste.1500, Ann Arbor, MI 48108
www.thesafecalmplace.com/therapist

Michigan Medicine Child and Adolescent Psychiatry
ADHD * Autism Spectrum Disorder * OCD * Child Anxiety Disorders * Trauma & Grief
📞 (734) 764-0231 📍 4250 Plymouth Rd., Ann Arbor, MI 48109
medicine.umich.edu/dept/psychiatry/programs/child-adolescent-psychiatry

GRG
Learn more about Grandparents Raising Grandchildren at:
csswashtenaw. org/seniors/ grandparents- raising- grandchildren or scan here ➡