



Riverside County Office on Aging, Aging & Disability Resource Connection

2016
2nd Quarter

GRANDPARENTS RAISING GRANDCHILDREN NEWSLETTER

Have you had your flu shot yet?

Tis' the season! Fall is upon us and we all know what that means...cold and flu season!

Did you know that Flu vaccines cause antibodies to develop in the body about two weeks after vaccination? These antibodies provide protection against infection with the viruses that are in the vaccine. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

Don't wait! Vaccinate!

Ghoulish Halloween snacks you can make in a snap!



Scary Mummy Hot Dogs

- Frankfurt hot dogs or sausages, longer in length
- Pizza or bread dough or 4 sheets of premade puff pastry
- Mustard

Preheat oven to 375. Place a sheet of parchment on a baking tray. Flour a clean surface and stretch out dough with a rolling pin until it is a thinnish but even thickness. Cut into strips about 3-4mm wide. Wrap the strips of dough around the hot dogs and place on tray. Bake for 15-20 min, remove from the tray and dot mustard as eyes.

Strawberry Ghosts

- 1 (16 oz) package of Vanilla CANDIQUICK coating
- 24 Fresh strawberries
- Mini chocolate chips

Melt CANDIQUICK in tray according to directions on package. Place a large piece of parchment paper on a flat surface. Dip strawberries in melted Candiquick coating, remove and allow the excess coating to pour off onto the wax paper to form the "tail" of the ghost; slide the strawberry back and set on wax paper to dry. Before coating has set, place two mini chocolate chips on as the eyes.



Are the impending Holiday's *STRESSING* you out?

Here are some tips that'll help take the pressure off during the busiest time of the year:

- ♦ **Go for a hike.** Hiking will stimulate the production of feel-good serotonin and also helps relieve seasonal affective disorder.
- ♦ **Take a whiff of citrus.** Researchers studying depression have found that certain citrus fragrances boost feelings of well-being and alleviate stress by upping levels of norepinephrine, a hormone that affects mood.
- ♦ **Walk away your worries.** The rhythm and repetition of walking has a tranquilizing effect on your brain, and it decreases anxiety and improves sleep.
- ♦ **Stick with your daily routine.** Prioritize workouts, book club, etc. and don't try to squeeze in more holiday than you can handle.
- ♦ **Go tech-free!** Constant cell phone buzzes and email alerts keep us in a perpetual fight-or-flight mode due to bursts of adrenaline. Not only is this exhausting, but it contributes to mounting stress levels, especially in women. What better time to turn off your gadget!



For more tips, go to
www.health.com

Save the Dates!!

Please join us for a GRG Workshop series:

"Informal VS. Formal Caregiving"

Date: Tuesday, October 25, 2016

"Accessing School Services"

Date: Tuesday, November 29, 2016

"Self-Care for the Grandparent"

Date: Tuesday, December 20, 2016



- **Who should attend:** Grandparents who are raising a grandchild and other relative caregivers
- **Time for all Workshops:** 11:00 AM—12:00 PM
- **Location:** RUSD, Family Resource Center
6735 Magnolia Ave, Room B6
Riverside, CA 92506
- * (The Riverside workshops will be presented in English & Spanish) (No Childcare available)
- * For more information call: (951) 867-3800



Did you know that First 5 Riverside is an amazing resource for parents and grandparents?

First 5 Riverside is a division of the Riverside County Department of Public Social Services and helps to make sure that all of the youngest Californians, from prenatal to age 5, get the best possible start in life.

Focus Areas:

- Early Learning
- Child Health
- Family Strengthening
- Leadership as a Convener & Partner

Visit their website for more information:
www.rccfc.org



Kinship Caregivers...Peer Support Groups

Kinship Support Groups provide opportunities to socialize, share information, learn new skills, and receive or give peer support. Grandparents and other kin caregivers are encouraged to attend. For more information please call GRG at (951) 867-3800 or Kin Care at (951) 791-3557.

Kin Care—California Family Life Center

Grandparents Raising Grandchildren

Hemet

3rd Tuesday of the Month

10:30 AM—12:00 PM

Hemet Service Center

749 N. State Street

Hemet, CA 92543

English & Spanish session available

at Hemet Support Group

Se Habla Espanol

Beaumont

2nd Tuesday of the Month

10:00 AM—11:30 AM

Chatigny Community Center

1310 Oak Valley Parkway

Beaumont, CA 92223

Perris

Last Thursday of the Month

10:30 AM—12:00 PM

Perris Valley FRC

2055 N. Perris Blvd. Ste. C1

Perris, CA 92571

Corona

2nd Thursday of the Month

10:30 AM—12:00 PM

Corona Public Library

650 South Main Street

Corona, CA 92882

Mead Valley (Spanish Session)

3rd Wednesday of the Month

10:30 AM—12:00 PM

Mead Valley FRC

21091 Rider Street

Mead Valley, CA 92570

Temecula

3rd Thursday of the Month

10:00 AM—11:00 AM

Mary Phillips Senior Center

41845 Sixth Street

Temecula, CA 92590

Cathedral City

2nd Tuesday of the Month

11:00 AM—12:00 PM

Cathedral Center

37-171 W. Buddy Rogers Ave

Cathedral City, CA 92234

Riverside

4th Tuesday of the Month

11:00 AM—12:00 PM

RUSD FRC

6735 Magnolia Avenue, B6

Riverside, CA 92506



Grandparents Raising Grandchildren News is sponsored by:

Riverside County Office on Aging

6296 River Crest Dr., Suite K, Riverside, CA 92507

(800) 510-2020 or (951) 867-3800 or TTD 711

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