

Grand News

A Quarterly Publication for Grandparents Caring for Their Grandchildren • Volume 1 Number 1 Summer 2001
Baptist Senior Health Centers • East Tennessee Children's Hospital



Welcome to Grand News

So you're a senior and a grandparent who has enjoyed being retired or working with just a few years left until you retire and enjoy the rest of your life. Then, suddenly, you're a "repeat parent." You now have total or primary responsibility for your grandchild or grandchildren due to unforeseen problems with their own parents. Where do you turn? What do you do? You're not alone; the number of households headed by grandparents has increased by 76% since 1976, and now 4 million children are being raised by their grandparents.

Baptist Health System and East Tennessee Children's Hospital have teamed up to bring you a comprehensive overview of what both grandparents and their grandchildren face on a daily basis. This quarterly newsletter will keep you up to date on the newest and latest information for you as both a grandparent and a senior and for your grandchild. This newsletter will offer you new ideas, recipes, and tips to make this new life easier for your household. Whether your grandchild lives with you, lives down the street or across the country, every

grandparent should gain valuable information from this newsletter.

Baptist and Children's are also offering a series of summer and fall classes for both the senior and the grandparent in you. Classes begin July 25 and continue through late October. Educational topics such as exercise and nutrition, discipline, child development, safety and first aid will be covered as well as fun topics for you and your grandchild. These include the importance of reading, scrapbooking and events like Walk on the Wild Side at the Knoxville Zoo. You'll be given class descriptions and dates for classes in this newsletter as well as Web sites and the most current informational books on grandparenting.

From these, we hope that you will find the information you need to help raise a well-rounded, happy, healthy child while keeping your own life as productive and happy as possible. We welcome your suggestions and comments. We want to hear from you about what you need to accomplish this huge task of raising your grandchild.

Grandparenting Tip #1: Take time for yourself

Raising any child is hard work. But as much as there is to do for everyone else, you need to take time for yourself. Taking just 10-15 minutes each day helps your mind and body unwind. Use this time any way you find relaxing: read, take a hot shower, nap, garden, get a quick massage or just sit and enjoy the time alone. You'll be surprised how much better you'll feel by setting aside this time for yourself.

In the next issue of Grand News ...

Look for tips on financial planning in the Fall issue, including:

- Teaching children money management skills
- Financial assistance
- Tax tips
- Gifts
- Savings

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Get a little wild at The Knoxville Zoo..... page 4

Make eating and living healthy part of your daily routine

At Children's Hospital and Baptist Senior Health Centers, we know that maintaining a healthy lifestyle for children and seniors is about the relationship between a healthy diet, daily physical activity and social relationships. With that goal in mind, you will find suggestions on the next two pages of ways to incorporate healthy eating and regular physical activity into your daily routine while building a bond and creating memories with your grandchild.

Set aside special time for fitness together

Children are more likely to exercise if an adult participates with them, and it's fun! Special time set aside to do physical activity with a child also helps strengthen family bonds and build memories.

So what can grandparents and grandchildren do together to get fit? Anything that involves movement qualifies as exercise. Make exercise fun and do something that is enjoyable for the adults and children involved. The more fun you are having, the longer you will participate and the more benefit you will receive.

1) Walking is the simplest form of exercise, yet one of the most beneficial. Any distance of walking is good for you. Get creative with your walking routine!

Here are a few suggestions:

- Walk at the mall-- two laps of window shopping before you buy!

- Walk the dog.

- Walk at the Knoxville Zoo--lions and tigers and bears could add excitement to any walking route!

- Walk at tracks and parks--enjoy East Tennessee's natural beauty.

- Walk around your neighborhood--kids can show

their grandparents where their friends live and some of their favorite places to hang out or vice versa.

- Go to games and sports practices together and walk to the field.

2) Wash the car together.

3) Do some gardening. Pulling weeds, tilling and planting is great exercise and a good learning experience.

4) Playgrounds are great places to get exercise. Pushing a swing is great for adults' muscle tone!

5) Swimming is great for grandchildren and grandparents. While the kids swim laps and

play water games, grandparents can do underwater stretches that soothe joints and increase flexibility.

6) Play miniature golf. Think of it as a walk with a little competition in between!

7) Play a game of catch.

8) Take grandchildren to workout classes at Baptist Senior Health Centers. One week a quarter will be designated as special grandchildren days.

Watch for more information in the next issue *Grand News*.

9) Go grocery shopping together. Learn how to pick out a healthy diet and walk around the store.

Stay fit, Stay safe

- If you have a family history of heart disease, check with your doctor before beginning a new exercise routine.
- Both you and your grandchildren should wear comfortable clothing and foot wear that are appropriate for the weather and activity.

- If you decide that walking is your new exercise, choose a place that has a soft, smooth surface, that does not cross traffic, is well-lighted and is safe.

- Because muscular adaption and elasticity is usually slowed with age, grandparents should take more time to warm up and cool down while exercising. Make sure you stretch slowly.

- Start exercising at a low intensity if you have been inactive to avoid injury. Slowly work your way up to more difficult exercises.

- Both grandparents and grandchildren should drink plenty of water while physically active. If you plan to be active for more than 30 minutes, drink water every 15 minutes. Children will tell you when they are thirsty; but as you age, your sense of thirst tends to decrease, and you can't completely rely on your internal sense of thirst.

Good nutrition is a family affair

Good nutrition is the key for a healthy lifestyle for both you and your grandchild. It isn't always easy to eat well in today's fast food society, but with the right information and a few easy pointers, you and your grandchild will be ready to eat healthy.

Though children and senior citizens may not agree on what they like to eat, each group needs to eat similar things to maintain good health. You and your grandchildren should get lots of calcium, avoid too much sugar and keep fatty foods to a minimum.

One helpful way to get children to eat the right foods is to involve them in the preparation activities. If children are old enough, let them help plan the menu for the coming week; grandparents will have to set guidelines for the menu planning (such as each meal must have a meat, vegetable, dairy and grain) but let children decide what those foods will be. If children are not old enough to actually help plan a menu, take them to the store to assist in the shopping. Let older children choose products and give younger children options to decide between. For example, "Would you like to have graham crackers or granola bars for snacks this week?"

Children of all ages can also help cook meals. Older children can help with preparation by chopping vegetables and mixing batter, while younger children can perform smaller tasks such as tearing the lettuce for the salad or setting the table. To the right of this page you will find a few easy recipes for you to prepare with your grandchildren.

While children should be encouraged to try new foods, they should not be told to "clean their plates" after they appear to be full. Pushing children to continue eating encourages overeating.

Contrary to popular belief, snacks are beneficial to a child's development and help to keep their energy up during the day. However, snacks need to be chosen wisely, and children's hunger between meals can be satisfied with easy, healthy snacks rather than "junk food." Try frozen grapes as an alternative to candy, or apple slices with peanut butter and graham crackers instead of cookies.

One way to encourage healthy snacking is to keep your kitchen well-stocked with healthy foods easily accessible to little hands. Yogurt cups, fresh fruit (already peeled and cut), reduced fat cheese, low-fat microwave popcorn, peanut butter, pretzels, granola bars, pre-cut vegetables and dip, whole grain crackers, baked tortilla chips and salsa are great items to have on hand for snacking.

Most importantly, remember to *set a good example* for your grandchildren when it comes to food choices. Until they are old enough to make healthy decisions on their own, encourage them to eat well by serving a variety of tasty, nutritious foods. By doing this, children will develop good eating habits at an early age and become aware of the importance of a balanced diet.

Here are some healthy recipes that grandparents and grandchildren can make together

Frozen Yogurt Pops

Ingredients: • 8-ounces of your favorite yogurt flavor

Utensils: • small paper cups • wooden popsicle sticks • plastic wrap

Directions:

- 1) Pour yogurt into paper cups, fill almost to the top
- 2) Stretch a small piece of plastic wrap across the top of each cup.
- 3) Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
- 4) Put cups in the freezer until the yogurt is frozen solid.
- 5) Remove plastic wrap and peel away the paper cup, and eat your pop!

Veggie Tortilla Lasagna

Ingredients: • 2 teaspoons vegetable oil • 1 large zucchini, halved and sliced • 1/3 cup ricotta cheese • 3/4 cup frozen corn, thawed • 1 1/4 cup grated monterey jack cheese • 1 cup salsa, drain juice • 6 6-inch corn tortillas • 7 oz. jar roasted red peppers, sliced

Directions:

- 1) Preheat oven to 500 degrees Fahrenheit.
- 2) Add vegetable oil to large pan and heat, adding zucchini, corn, and peppers.
- 3) In a bowl, mix cheeses.
- 4) Trim sides of tortillas to fit a loaf pan. Layer tortillas, veggies, cheeses and salsa.
- 5) Cover with aluminum foil and bake for 10 to 15 minutes.

For more fun and easy recipes, check out www.kidshealth.org and www.eatright.org.

Take a Walk on the Wild Side at the Knoxville Zoo

Discover the wonder of the zoo at the fifth annual **Walk on the Wild Side** Saturday, September 8 from 8 a.m.- 12 noon. Designed just for Senior Plus members by Baptist Health System, this is a wonderful opportunity for seniors to enjoy the Knoxville Zoo for just \$2 in advance and \$3 at the door. Bring your grandchildren for just \$2 and share the day as you explore the zoo before regular hours and enjoy goodies from Food City, Shoney's, Baptist Senior Services and Children's Hospital.

It is easy to become a member of Baptist Senior Plus by calling 549-4830. Only Baptist Senior Plus members are eligible for the great rates. Non-Senior Plus members will receive a special rate at the door the day of the event.

Mark your calendars for September 8 to attend this year's **Walk on the Wild Side** and discover the wonder with your grandchildren at the Knoxville Zoo. For more information or to purchase tickets in advance, please call (865) 549-2664. For more information, go to www.baptistoneword.org.

Upcoming Grandparenting Classes

Rural/Metro Bike Safety

Saturday, August 11, 10-11 a.m.

Saturday, August 18, 10-11 a.m.

Children's Hospital

The experts from Rural/Metro's Bike Team will give tips on how to keep your grandkids safe on the streets.

Cooking Fun and Nutrition

Wednesday, August 15, 10-11 a.m.

Sevierville Baptist Senior Health Center

Chef Jock Lijoi of Tastebuds Cafe will demonstrate some delicious recipes grandparents and grandchildren can enjoy together.

Basics of Computers and Communication

Thursday, August 16, 6-7 p.m.

Children's Hospital

This class will discuss Internet basics including ethics as well as other technologies.

Surfing the World Wide Web

Tuesday, August 21, 6-8:15 p.m.

Lawson McGhee Library, **FREE**

An introduction to using the Web

including directories and search engines.

Call 215-8723 one week prior to the class to register. Space is limited.

Keeping Your Grandchild Safe at Home

Tuesday, August 28, 6-7 p.m.

Children's Hospital Plaza Building

Education Officer Katy Davis of the Knox County Sheriff's Department will discuss how to keep your grandchild safe at home.

More classes are still being added to the schedule. For more information or to register, please call (865) 541-8262.

HealthLine to air helpful hints

Look for great grandparenting tips on Tuesday, August 21 from 5-9 p.m. during WATE TV-6's HealthLine. Lori Tucker hosts this informative show which deals with medical and related issues. Both Children's Hospital and Baptist Senior Services will have a panel of experts from physicians to social workers available to answer your questions about grandparenting, where to turn for help and information on the upcoming programs and events offered especially for grandparents, children or seniors.

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Grand News is a part of the Grand Event series on grandparenting presented by Baptist Senior Health Centers and East Tennessee Children's Hospital.

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