

NJ Kinship Connections

A Publication of the NJ Kinship Legal Guardianship Resource Clearing House



A PROGRAM OF CHILDREN'S AID AND FAMILY SERVICES

Spring 2011

Family Support Organization of Bergen County *Support, Advocacy, Education for Families and Caregivers*



Talking with and listening to others in similar circumstances can be just what you need to get through a rough time.

The Family Support Organization of Bergen County (FSOBC) is a family-run, county-based organization that provides direct family-to-family peer support, education and advocacy to family members of children with emotional and behavioral challenges.

Programs sponsored by the FSOBC are provided at no cost and include adult supervision for children while parents are participating in support groups and programs.

FSOBC provides a variety of support, resources, and monthly workshops to families and caregivers who are dealing with the challenges of youngsters with complex emotional and behavioral needs.

Grandparents raising Grandchildren, one of several support groups hosted by FSOBC, meets in Englewood usually on the 4th Tuesday of every month. Through sharing experiences, you may discover options or

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Points of Interest:

- ◆ FSOBC WORKSHOPS
- ◆ STUDENT AID FOR YOUR HIGH SCHOOL GRADUATE
- ◆ SHARING SPACE UNDER ONE ROOF
- ◆ KLG FREE LENDING LIBRARY
- ◆ ENERGY AND TELEPHONE ASSISTANCE

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Beyond High School—College Planning *Support, Advocacy, Education for Families and Caregivers*

It is that time of year again when many high school seniors begin their quest for funding to make their college dreams a reality. While this can often be an overwhelming task, there

are organizations that can help families, specifically those formed through KLG.

For over 35 years, Foster and Adoptive Family Services have been awarding grants

and scholarships to deserving high school seniors. The program and criteria change from year to year, so it is very important to get current information when you are getting ready to

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DID YOU KNOW?

THOSE FAMILIES WHO
ACHIEVE KINSHIP LEGAL
GUARDIANSHIP THROUGH
DYFS MAY BE ELIGIBLE FOR
FREE
IN-HOME COUNSELING?

TO LOCATE A PROVIDER NEAR
YOU, CHECK OUT
WWW.KINKONNECT.ORG OR
CONTACT THE WARM-LINE AT
1-877-KLG-LINE
(1-877-554-5463)

THE KINKONNECT FREE
LENDING LIBRARY
OFFERS ARTICLES AND
BOOKS ON HUNDREDS
OF TOPICS.

CONTACT A WARMLINE
REPRESENTATIVE AT
1-877-KLG-LINE
(1-877-554-5463) OR
WARMLINE@KINKONNECT.ORG
TO MAKE YOUR REQUEST.

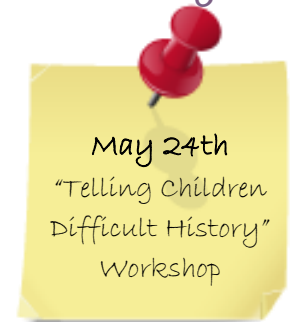


Family Support Organizations of Bergen County Support, Advocacy, Education for Families and Caregivers

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approaches that may
help you cope with your
situation. Upcoming
meeting dates are May
24 and June 7 at Russell
C. Major Liberty School.

Details about all of the
programs and resources
provided by FSOBC are
available at its website
www.fsobergen.org or
you may call (201) 796-
6209 ext. 102.



May 24th
"Telling Children
Difficult History"
Workshop

KinKconnect is proud to be partnering with the FSO of Bergen County to present a workshop to parents and caregivers addressing the challenges and techniques of "Telling Difficult History to Relative's Children." This workshop will be held on Tuesday, May 24 from 10:00 - 11:30am at Russell C. Major Liberty School, 12 Tenafly Road, Englewood, NJ. To learn more about this free event and to reserve your seat, or for any updates please contact Lynn at (201) 796-6209 x 102 or lbfsoabc@covad.net. Reservations are appreciated, but not required.

Learn to talk to your grandchildren about difficult family histories; learn to share without making their parents the "bad guys." Join our interactive discussion facilitated by Barbara A. Rall, LCSW of Children's Aid and Family Services, as she explains how to discuss the "hard stuff" with our grandchildren.

Beyond High School—College Planning

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send your children to
college.

The Foster and Adoptive Family Services Private Scholarships and Grants program

is offered to anyone who is currently in the care and custody of DYFS, as well as those who were and have been adopted or entered Kinship Legal Guardianship (KLG). The number of awards and dollar amounts for this

program fluctuates. For additional information and guidance, a FAFS representative can be reached at 1 (800) 222-0047 or on the web at www.fafsonline.org.

Financial Aid is also a great help when applying for college. Young people can complete the Free Application for Federal Student Aid (FAFSA) beginning January 1 of their senior year in high school. The FAFSA allows its appli-

cants to list up to 10 potential schools, so it can be completed even before the final choice of schools has been made. Visit www.fafsa.ed.gov or call 1(800) 4FED-AID (1-800-433-3243) for more information and to apply.

KinKconnect thanks Leslie Barda, Director, Scholarship Programs, Foster and Adoptive Family Services (FAFS) for contributing to this article.

Sharing Space Under One Roof

8 Ways to Keep Peace When Grandkids Move Into Your Home

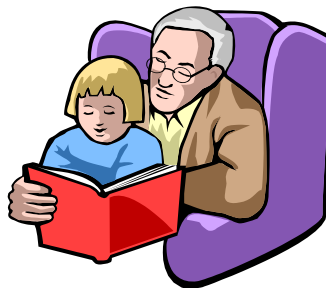
Multigenerational households have always been a fact of American life. Over the last couple of decades, however, the numbers have been growing, and there's reason to believe that the Great Recession is speeding up the trend even further. The number of multigenerational households rose by 2.6 million between 2007 and 2008 alone.

While there are many benefits when different generations live under one roof, there are also several points of potential conflict. Here are some ways to keep the peace if you're living in a multigenerational household.

- **Give everyone some privacy.** It's important that everyone have their own places — bedrooms or corner of a room — to do homework, watch T.V. or keep their favorite things.
- **Strive for consistency.** Establish — and stick to — routines such as mealtimes and bedtime rituals.
- **Make time for loving interactions.** Allow time to develop special, shared interests that create bonds and positive memories.
- **Take care of your self.** Get plenty of rest, make your time a priority and get support if you need it from a support group.
- **Be realistic.** Only so much stuff can fit in a house; teenagers are only going to want to hangout with their

grandparents so much; there are only 24 hours in a day.

- **Make memories.** Share stories, look at photos and record special times in a journal or on video. Have fun and treasure time.



While multigenerational households may be the result of negative circumstances, they offer positive opportunities that many families will never have.

For more information about this topic and many others regarding parenting grandkids, visit www.AARP.org for complete articles.

No PC? No Problem!

Contact a KinConnect warm-line representative at the KLG Warmline (877) 554-5463 to request a copy of any article referenced in this newsletter.



The KinConnect Free Lending Library

1-877-KLG-LINE
(1-877-554-5463)

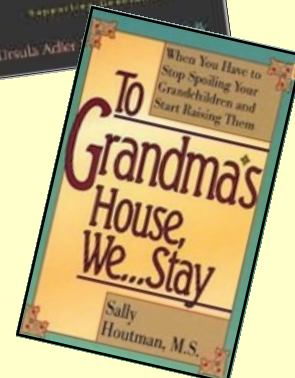
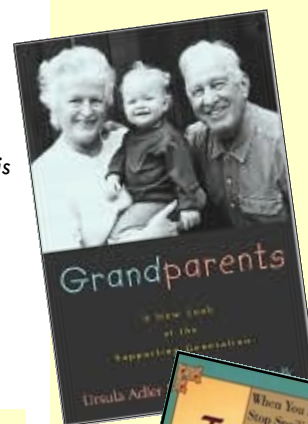
Titles In the Spotlight:

To Grandma's House We... Stay

By Sally Houtman, 2006

Grandparents: A New Look at a Supporting Generation

By Ursula and Gerhard Falk, 2002





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RESOURCE CLEARING HOUSE

WWW.KINKONNECT.ORG

A PROGRAM OF CHILDREN'S AID AND FAMILY SERVICES

WWW.CAFSNJ.ORG

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Phone: 973-763-2041
KLG Warmline: 866-KLG-LINE
866-554-5463

E-mail: warmline@kinkonnnect.org
Visit us at: www.kinkonnnect.org

Children's Aid and Family Services is one of northern New Jersey's leading non-profit human service agencies. Since 1899, we have built better lives for thousands of disadvantaged children who have been abused, neglected, or abandoned. For more information, visit our website: www.cafsnj.org

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Are You Leaving Money on the Table?

Resources for Lower Income Families — Energy and Telephone Assistance

It is not easy to balance a household budget when you have a low income. But you can supplement your income by claiming all of the benefits and support for which you may be eligible. Here are a few for you to review to make sure you're not leaving money on the table!

The **Low Income Home Energy Assistance Program (LIHEAP)** is designed to help low-income families and individuals meet home heating and medically necessary cooling costs. This year, the application period is November 1, 2010 to April 30, 2011.

To be eligible for LIHEAP benefits, the applicant household must be responsible for home heating or cooling costs, either directly or included in the rent; and have gross income at or below 200% of the federal poverty level. The amount of the LIHEAP heating benefit is determined by income, household size, fuel type, and heating region.

The FFY 2011 LIHEAP application is also an application for the **Universal Service Fund Program (USF)**. You

apply for two benefit programs at the same time. USF is a program created by the State of New Jersey to help make natural gas and electric bills more affordable for low-income households. If you are eligible, USF can lower the amount you pay for gas and electricity. For more information about USF, call: 1(866)240-1347.

For further information on LIHEAP or to locate the nearest application agency, call 1 (800) 510-3102. Additional information about LIHEAP and USF, including an application, is also available at www.energyassistance.nj.gov.

Lifeline, Link Up, and Toll Limitation

Service (TLS) helps keep Americans connected by making basic, local telephone service more affordable for more than seven million Americans. For information about applying for these discounts, visit www.lifelinesupport.org or call Universal Service Administrative Company at: 1(866) 873-4727.

