

Provider Spotlights

Covington County is honored to spotlight Ms. Gladys Trawick. Ms. Trawick has five grandchildren, whom she adores. She also enjoys spending time with the children at her daughter's day-care, Shirley's Kinder Care. Ms. Trawick loves the Kids and Kin Program and feels she has learned so much. She loves to travel and experience new and exciting places. Ms. Trawick also enjoys cooking and she earned the honor of "Cook of the Week" which was highlighted in her local



newspaper. Thank you, Ms. Trawick, for your dedication to the Kids and Kin Program and to all the Children that you inspire!

Jefferson County is privileged to spotlight Elaine Streeter



and Ruth Ruffin. These sisters have been longtime participants and supporters of the Kids and Kin Program. They are both extremely family-oriented and very involved in many church and volunteer activities working with both children and seniors. Ruth has 4 grandchildren (2 girls-14 and 16) and 2 boys (5 and 9). Elaine has a total of 18 nieces and nephews (this includes 10 great nieces and nephews). They get to visit with their family often throughout the year. They love attending the program. They are avid readers and love sharing the books with their relatives. They are currently attending Fall Incentive classes.

Henry County is delighted to spotlight Mrs. Linda Green.

Mrs. Green has been a provider for several years and she does all she can to recruit new providers and assist the program in any way possible. She is a dedicated and loving wife, mother, as well as a loving aunt. Mrs. Linda is kind, generous and a great cook. She is a great asset to her community and Greater Friendship AME church family. Thank you, Mrs. Linda, for the warmth, kindness and happiness that



you always radiate in the training classes. We are so excited to have you as a part of the Kids and Kin Program.

Mobile County is ecstatic to spotlight Mrs. Sherry Roberts. Sherry has been a relative care provider in the Kids and Kin Program for 13 years, and she has also graciously allowed the program to meet at Word of Life Learning Institute for twelve years. She is the wife of Dr. Henry Roberts, mother of two sons Trey and William, aunt to 3 nieces and grandmother to the apple of her eye 4 - year old Zoe Grace. As a director of a child care center, Sherry can't express enough the benefits of the Kids and Kin program to the community, the families served by Word of Life, and most of all for the children, who reap the benefits of the knowledge gained by the relative care providers that attend the program. She truly believes that the Kids and Kin Program is a game changer for this generation of children.

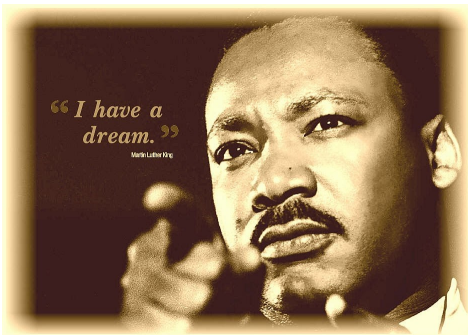


Winter

Luckily, in the south, we rarely experience extremely cold weather conditions. However, Alabama, which normally experiences mild winters, can be hit with extreme cold or a snow storm. The primary concerns at home and work are loss of heat, power, phone service, and a shortage of supplies (if winter storm conditions last for more than a day). Here are some tips to help you plan ahead and prepare for the coldest winter months. Know the terms used by weather forecasters:

- ◆ Winter Weather Advisory: cold, ice and snow are expected.
- ◆ Winter Storm Watch: severe winter weather is possible within the next day or two.
- ◆ Winter Storm Warning: severe winter conditions have begun or are about to begin.
- ◆ Blizzard Warning: Heavy snow and strong winds will produce a blinding snow, near zero visibility, deep drifts and life-threatening wind chill.
- ◆ Frost/Freeze Warning: below freezing temperatures are expected.

Make sure you have a battery operated weather radio, a good flashlight, and a stock of extra batteries. Keep food on hand that doesn't require cooking. Have rock salt on hand for icy walkways. Remember to dress for the season! Wear several layers of loose fitting warm clothing. Mittens are warmer than gloves. Wear a hat! Most body heat is lost through the top of the head. Cover your mouth with a scarf to protect your lungs from the cold air.



Martin Luther King Day

Martin Luther King Jr. Day, an annual federal holiday since 1986, celebrates the national civil rights leader who was instrumental in bringing greater equality to America and ensuring civil rights for all people, regardless of race. Notably, he brought publicity to major civil rights activities, emphasizing the importance of nonviolent protest. Martin Luther King Jr. Day is celebrated on the third Monday in January.

Freedom Songs to Celebrate Martin Luther King Jr's Birthday

Freedom, Freedom, Let It Ring

Sung to the tune of "Twinkle, Twinkle, Little Star"

Freedom, freedom, let it ring. Let it ring, said Dr. King.
Let it ring from North to South. Let it ring from house to house.
Let it ring for everyone, All across the whole nation.
Let it ring for black and white, Let it ring both day and night.
Let it ring for young and old, Forever may its song ring
Freedom, freedom, let it ring. Let it ring, said Dr. King.

Happy Birthday, Dr. King

Sung to the tune of "Yankee Doodle"

Dr. King was a man
Who had a special dream.
He dreamed of a world filled with love
And peace and harmony.
Happy Birthday, Dr. King,
Happy Birthday to you.
Happy Birthday, Dr. King.

Congratulations!



Congrats to Brenda Scott of Etowah County. She was the winner of the \$50.00 Wal-Mart card from a random drawing of providers who completed the annual Kids and Kin survey, from the Oct-Nov-Dec 2021 newsletter.





Valentine's Day is celebrated on February 14th, and there are some serious benefits to feeling and spreading the love beyond giving bouquets of flowers, sweet cards, and heart shaped boxes of chocolates. In addition to the candy-coated romance, love is a positive emotion with many wonderful health benefits, and you can express it in many ways all year long to reap the rewards.

1. **Loving Relationships Strengthen Mental Wellbeing:** We often think that Valentine's Day is just for couples, but it doesn't have to be confined to romance. In fact, medical researchers from the Mayo Clinic found that individuals with a loving support network, which can come from friends, family members or groups you belong to, can help mitigate psychological distress, which makes for a happier and mentally healthier life.
2. **Families Feel the Love too!** You've no doubt heard the saying, "a mother's love can work wonders." A 2011 study published in Time magazine would agree that children exposed to loving relationships early on are positively affected with good mental and physical health well into their adult life. For instance, the study quotes that, "a mother's love is shown to have a buffering effect that protects children from the physiological effects of stress." Dr. Bruce Perry, a senior fellow at the Child Trauma Academy, explains that this is vital for children who grow up in adverse conditions (i.e., poverty) surrounded by stress. Dr. Perry explains that "chronic high stress can alter children's developmental pathways, and place them at risk of developing type 2 diabetes or heart disease.
3. **Loving Yourself:** In love, we often focus on our partner, children, and friends with little concern to the love and respect we show to ourselves. However, a 2009 National Institutes of Health study notes that during mid-life, individuals exposed to stress in any relationship, are at higher risk for developing depression, mobility issues, heart disease, and more. This includes our relationship with ourselves, our inner dialogue (do you beat yourself up?), and the way we view ourselves, negatively or positively when we look in the mirror.
4. **The Love Drug:** This sounds like a song title from the 1980s, but believe it or not love actually has an anesthetic affect when it comes to pain reduction. A 2010 study published by the National Institutes of Health found that when study participants looked at pictures of someone they loved, it triggered the reward-processing regions in the brain, leading to the release of hormones that helped to significantly reduce levels of pain.
5. **Hugs for Heart Health:** Hugs really do your body good. Just ask a group of scientists at the University of North Carolina, Chapel Hill who conducted a study to learn how hugs impact health. The researchers learned that when participants receive frequent hugs, their body released a hormone, which in turn lowered blood pressure and heart rate and supported overall cardiovascular health and wellbeing.

Happy Groundhog Day

GROUNDHOG DAY STICK PUPPET



February 2nd each year brings the most-watched weather forecast of the year and the only one led by a rodent. Legend has it that on this morning if a groundhog can see its shadow, there will be six more weeks of winter. If it cannot see its shadow, spring is on the way.

Supplies

Construction paper (brown, black, green), paper cup, wood craft sticks, tape, scissors, googly eyes (**caution:** can be a choking hazard), markers or crayons.

Directions

Cut a strip of green construction paper that is slightly taller than the cup. Make sure it's long enough to wrap all the way around the cup. Using scissors, snip fringe on one long edge of the green construction paper to make the grass. Poke a hole in the bottom of the cup using scissors, making sure it's large enough for the craft stick to fit through. Then wrap the green construction paper tightly around the cup, taping the two ends together. Create the groundhog's face using the construction paper and googly eyes. Add a mouth and some teeth with markers or crayons. Attach the groundhog's face to the craft stick using tape. Finally, push the craft stick through the hole from the top of the cup to finish your groundhog stick puppet! So cute!



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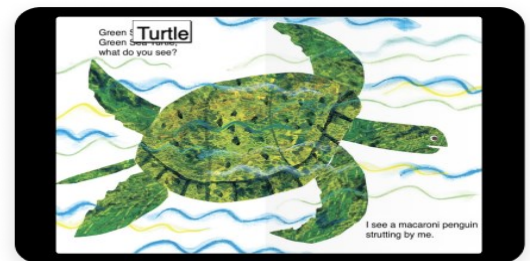


To our wonderful relative care providers, may the holiday season fill your home with joy, your heart with love and your life with laughter. Wishing you a very happy New Year and we look forward to seeing each of you in 2022.

The Staff of the Kids and Kin Program

If you no longer wish to receive the Kids and Kin Connection, or would like to update your information, please contact the Kids and Kin office toll free at 800-499-6597, extension 211 or email kward@familyguidancecenter.org.

**Inspiring the Next Generation to Develop a
Love of Reading and Learning.**



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