Hello November

Welcome Letter

Hello November! 2018 is winding down but there is still so much fun to be had. How have you been enjoying the cooler Fall days? Have you started making your plans for the holiday season? Whatever the case is we hope that you spend the time surrounded by friends, family and love.

Kinship is having a holiday dinner at two locations for support group in the month of November. Please join us this month for a Thanksgiving Feast! It is always better to give than receive.

Wishing you well,
Your Pinellas Kinship Team
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<td>VETERANS DAY</td>
<td>Pinellas Park Senior Center Holiday Banquet 6:00-7:30 pm 7625 59th Street Pinellas Park, FL 33789</td>
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<td>Happy Thanksgiving Day</td>
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Day Groups are reserved for adults only. Kinship pays $5 towards each caregiver’s lunch.

Thank you in advance for your participation!

KINDLY RSVP 48 HOURS PRIOR TO ALL GROUPS
@ 727-785-2762 ext. 2128

Leave your name, phone number, date of the event and number of adults and children attending.

Day Groups: Come join us for lunch to discuss and share the joys and challenges of relative caregiving.
HAVE YOU HEARD?

Teen Open Mic Poetry
Thursday, Nov 1, 2018
5:00 –6:30 pm Safety Harbor Library
Grades 9–12. Share your work with other teens in a respectful, safe environment.

Pancake Breakfast
Wed Nov 14, 2018
Senior Center
7625 59th Street N
Pinellas Park, FL  33781
Cost $3.00

Come and enjoy the best pancakes in town. All the pancakes you can eat (first order of pancakes are served with sausage, juice and coffee).

28th Annual Suncoast Jazz Festival
November 16–18 2018 Clearwater Beach
Come Play with us on the beautiful Gulf of Mexico, Sand Key Beach. Five indoor venues. Music from morning into the late evening. FREE PARKING and complimentary Jolly Trolley shuttles between hotels and venues. Create your custom festival experience!

Veterans Day Ceremony
Sunday, Nov 11th, 2018
11:00 am–12:00 pm
110 Veterans Memorial Lane
Safety Harbor, FL 34695

The City of Safety Harbor, American Legion Post 238 and Veterans of Foreign Wars Post 10093 will present a salute to all of those brave men and women who served and are currently serving our country.

14th Annual Hugs of Florida Family Fun Day
Sat, November 17th
9:00 am–2:00 pm
Largo Central Park

This co-sponsored event is a one mile walk around the park to promote the awareness of Neurological conditions.

Arts & Crafts Festival
Sat & Sun, November 17–18
10 am–5pm
Douglas Ave & Main St
Dunedin, FL  34698

Meet 150 of the nation’s most talented artists showcasing life-size sculptures, spectacular paintings, one-of-a-kind jewelry, photography and ceramics.

3rd Friday Music Series
Friday, November 16, 2018

Come out to Main Street every 3rd Friday night of the month for shopping, dining, and entertainment for the whole family.

Holiday in the Park
Friday, November 30th
5:30 –10:00 PM
5010 81st Avenue
Pinellas Park, FL 33781

Come celebrate the holidays in the park. This community-wide family event will feature children’s games, entertainment, photos with Santa, hayrides, children’s train and much more! FREE event!
SPREAD THE WORD!

ABCs of Diabetes

A for the A1C test. The A1C test shows you what your blood sugar (glucose) has been over the last three months. High blood sugar levels can harm your heart and blood vessels, kidneys, feet, and eyes.

B for blood pressure. High blood pressure makes your heart work too hard. It can cause heart attack, stroke, and kidney disease.

C for cholesterol. One kind of cholesterol, called LDL, can build up and clog your blood vessels. It can cause heart attack or stroke.

S for stop smoking. Ask for help or call 1-800-QUIT-NOW

Ask your health care team:
What your A1C, blood pressure, and cholesterol numbers are:
What your ABC numbers should be; and
What you can do to reach your ABC goals.

Do you know your ABCs?

Bay Area Legal Services
If you are a relative caregiver in Pinellas County and are currently participants in Kinship Services Network, you can receive a legal referral to BALS for NO Cost legal advice/ or brief consultation. Ask your family Support Coordinator or Navigator for more information.
(727)-490-4040 www.BALS.org

Gulf Coast Legal Services
727-821-0726
If you are over 55, a Relative Caregiver or a Grandparent and legal assistance, advice or representation.

We Can Help

KEEPING KIDS HEALTHY ~ ONE CHILD AT A TIME

Florida Department of Health in Pinellas County

DOH- Pinellas provides immunizations at no cost for babies, children and young people through the age of 18.

Schedule immunizations at your child’s health provider’s office or visit any Florida Department of Health in Pinellas County

(DOH-Pinellas) Health Departments listed below:

- Tarpon Springs: 301 S. Disston Ave., 727-942-5457
- Clearwater: 310 N. Myrtle Ave. 727-469-5800
- Mid-County: 8751 Ulmerton Rd., Largo, 727-524-4410
- Pinellas Park: 6350 76th Ave. N. 727-547-7780
- St. Petersburg: 205 Dr. Martin Luther King Jr. St., N. 727-824-6900

“Free” walk in clinics – (first come, first serve) Dental Referrals available and walk-ins welcome at all clinics

For more information or to schedule an appointment, call: 727.524.4410 x 7666
FL Dept. of Health\ in Pinellas County 727-824-6900 24hrs/day Info.PinCHD52@flhealth.gov
Help the turkey escape into the woods

WHAT ARE YOU THANKFUL FOR TODAY?
**Our Vision:** Children’s Home Network will be a recognized leader in innovative programs and services in the field of child and family well-being, and as an exemplary model for the governance, management and operation of non-profit entities.

**Our Mission:** We unlock the potential of at-risk children and families by providing compassionate and effective services that create opportunities for success.

**Our Values:** The values honored by the Children’s Home Network help to form our thoughts and guide our decisions and conduct in delivering our mission.

Our interactions are based upon **Respect and Dignity**.

We strive for **Excellence** in all that we do. People can **Trust** in our word and abilities. We conduct our work with **Compassion and Understanding**.

For more information about the Kinship, Kinship News, Upcoming Events and Support