



Kindervelt

"Together We Can Make A Difference"

KV PEACe

Kindervelt Psychiatric Emergency Assessment Center



VOLUME 20 ISSUE 5
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Managing Screen Time After the Holidays

By Tara Dale, LISW-S

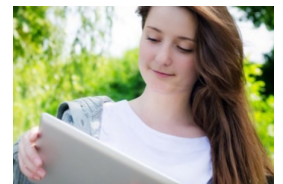
The holidays are a joyful and busy time full of visits with family, new gadgets to use and, of course, winter break from school.

The novelty of holiday gifts and extended time for use of items such as cell phones, computers, tablets and game consoles without the structure of the school day can alter many kids' daily routines. This can create a challenging transition back to school after the holidays for kids and teens who enjoyed the extra free time to chat and browse on social media, indulge in favorite TV shows and play video games. Here are a few strategies on how to allow screen time but not let it take over your household and cause additional stress for your family after the holidays.

- Talk to your kids about screen time. Explain the benefits of having balance throughout their day. If they're mature enough, ask them how much time they believe they should have each day, and come to a reasonable agreement together on time limits for screen time. Be clear to explain time limits ahead before use of electronics.
- Consider your expectations of acceptable behaviors for your kids. It's important to identify what behaviors are expected (ie. "ground rules") related to household and academic responsibilities. Screen time should NOT be used to threaten your kids to comply with your expectations. Although, it should be calmly and clearly explained as a privilege and as all privileges, it can be earned and lost based on their ability to keep up with their daily responsibilities and behavioral expectations.
 - Kids should clearly understand how they can earn and lose screen time prior to use. It is important to be consistent with rewards and consequences so that kids know what to expect and how to meet those standards (this will help avoid frustration for all family members).
- Help your kids identify other enjoyable activities to participate in when not using electronics. Many kids and teens view electronics as a social outlet, hobby and coping skill. When they have reached their screen time limit, explore additional activities to help them feel well, have fun and stay connected with family and friends. Be creative with these ideas! Once kids are reminded that they can have fun without screens, there will be less frustration when separating from them.

Additional helpful tips to consider:

- Be calm and consistent when explaining and enforcing expectations.
- Create a daily schedule so kids know what to expect for each day.
- Have kids complete their daily responsibilities BEFORE using electronics.
- Use a timer to help keep track of agreed upon time limits.
- Set limits for yourself with your own screen usage. Kids are more likely to understand and follow your expectations when they see you modeling those behaviors too!



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kvEastRegion@kindervelt.org

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kvhalloween@kindervelt.org

Kindervelt Krafts Diana Peters #68
kvkraftschair@kindervelt.org

Let the Good Times Bowl
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kvbowling@kindervelt.org

CCHMC Department of Development
Keith Henize Director Auxiliary Relations
keith.henize@cchmc.org
Kelly Bollinger Administrative Assistant
kelly.bollinger@cchmc.org



From the President

2020

Happy New Year! I hope that you all enjoyed your holiday time with family and friends and are feeling well-rested and ready to begin a new year filled with potential.

January is the time for New Year's resolutions. Consider resolving to get more involved with your volunteer work and take on a new role in Kindervelt. We are beginning the nomination process for 2020 -21 Board of Trustees. Being a part of the Citywide Board is very rewarding and a positive experience; it gives you an entirely new aspect of Kindervelt. In order for Kindervelt to remain a successful organization, we must continually be looking for fresh faces and new ideas to add perspective and depth. You can expand your involvement by joining the Board of Trustees. Please email or call Valerie Taylor, the Nominating Chair, or contact any board member or myself for information about serving. Your groups will also be looking to fill its slate of officers for the upcoming year, so please consider challenging yourself and others to try a new role.

The "Let the Good Time Bowl" committee is very busy planning their bowling event. Team registration will soon be available on the Kindervelt website along with sponsorship opportunities. Please join us on February 29 at Stones Lanes in Norwood for a fun-filled day. I encourage you to spread the word about this citywide event and sign up at least one "team" from your friends, family, and business contacts. Our goal is to fill up the lanes with people interested in having a great time while supporting Cincinnati Children's and KV PEACe.

I wish you a happy, healthy and prosperous 2020.

Together We Can Make A Difference,

Bonnie Hueneman

Kindervelt City President

"You have not lived until you have done something for someone who can never repay you" -Unknown



TidBits

KV #78 raised funds with beautiful holiday luminary in Babson Park on December 8 and Wayside Woods on December 20.



Happy New Year, **KV #3**. Hope everyone had a great break and are ready to support Jean and Kris as they prepare for **Let The Good Times Bowl**. Thank you to Muffy and Caroline for a great holiday lunch. It was a nice break during the holiday season.



Congratulations to **KV #78** member Kelly Corsmeier on the birth of her grandchild.



Happy birthday to **KV #78** members Wendy Holschuh (January 5), Lisa Robison (January 22), and Terri Dahlem (January 28).

Condolences

KV #29 would like to express our heartfelt sympathy to Barb Steinmetz on the loss of her mother Lola Gnam. She was 99.

On behalf of **KV #8**, we would like to thank Kelly Mahle and Ginny Myer for their hard work and dedication towards making the Christmas Tree Sale and Holiday Shop a success! Their leadership along with countless hours and contributions are so valuable to our group. Thank you ladies!



This is the photo of **KV #29** at our Christmas luncheon at Trio. Great food and conversation with fantastic friends in a festive environment.

KV #8 would like to congratulate Kelly Mahle on her marriage to Eric Anderson. Best wishes on this wonderful journey, as they build their new lives together.



KV #56 Christmas Party

Back row: left to right- Terri Mitsch, Linda Lunceford, Jane Auge, Ruth Wiley, Carolyn Riehle
Front row left to right: Libby Baker, Nancy Bassarab, Debbie Linneman, Sheila Horan, Debbie Mitsch.



Kindervelt



Kindervelt #12

The Lebanon Lambs

Annual BINGO Fundraiser

Join us Friday, March 6th, 2020, for a night of fun and friendship for a good cause. All proceeds benefit Kindervelt Psychiatric Emergency Assessment Center (KV PEAC) of Cincinnati Children's Hospital.

Merchandise prizes only - no cash awards

Bingo cards are \$5.00 each, 3 for \$10.00 and 6 for \$20.00

Raffle Baskets and Split the Pot

Cash or checks only

Doors open at 6:30 pm; the game begins at 7:00 pm

Sibcy Cline Realtors Building

103 Oregonia Road

Lebanon, OH

Any questions, please contact Marsha at kindervelt12@kindervelt.org

INTERESTED IN SPENDING A WEEK IN FLORIDA?

Well here's your chance to win a week's stay in a Marriott Resort in Orlando or Ft. Lauderdale. The winner has their choice from these 2 locations!

REFER a Seller or Buyer to Tom or Julie Canning with Comey & Shepherd Realtors during 2019, and upon the closing of that sale or purchase through them, you will be entered into a drawing for the use of a 2-Bedroom Villa at Marriott's BeachPlace Towers in Ft. Lauderdale, Florida or a 3-Bedroom Villa at Marriott's Imperial Palms in Orlando, Florida the week of October 3-10, 2020 (location your choice).

And, yes, you can **refer yourself!** Buy or Sell through Tom or Julie in 2019, and upon the closing of your property through them, you will be entered!

Drawing will be held **December 31, 2019.**

PLUS your referred Buyer or Seller will also be entered into a separate

Drawing if they close their transaction with Tom and Julie in 2019!

For more information, please contact Sharon Canning @ 703-5429

AND DON'T FORGET – IN ADDITION, TOM & JULIE WILL DONATE 5% OF THEIR LISTING OR SALE COMMISSION ON THE TRANSACTION TO KINDERVELT!



Kindervelt Travel Fundraiser

Raising money for Kindervelt is as simple as taking a vacation!

Kindervelt has partnered with The Vacationeer so you and your friends and family can have fun while raising funds. Kindervelt member and Cincinnati native, Amanda Gibson is a Travel Agent at The Vacationeer and when you book a vacation with her, 25% of the net commission will go back to Kindervelt.

It's as easy as 1,2,3....

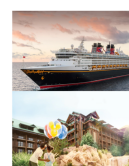
1. Contact [Amanda](#) and book your dream vacation.
2. Have an amazing time!
3. The Vacationeer sends Kindervelt a check.

Amanda Gibson, Travel Agent

amanda@thevacationeer.com

<https://www.facebook.com/amandathevacationeer>

@amandathevacationeer



The Vacationeer is an independent, full-service travel agency of 50+ trained agents dedicated to making your vacation experiences as Magical as possible. It is completely FREE to work with us, and we will monitor new promotions and pricing to make sure you always get the best possible deal. We specialize in Disney Destinations, including Walt Disney World®, Disneyland®, Disney Cruise Line, Adventures by Disney®, and Aulani, however, we can book all major cruise lines, hotel chains, all-inclusives, tour packages, and more.

More Group Information

KV #77 wishes a Happy Birthday to
Janice Curran– 01/12
Alex Nolte –01/19



KV #77 wishes to thank Mary Jo Hoffman for hosting the
December meeting at her home.

Continued **healing prayers** for Janice Curran!

Coming Soon

KV #68's



April 25

Msgr. Reardon Hall,
St. William Church undercroft. Doors open at 6:30.

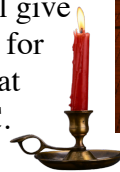
KV # 68

Thank you to Pat Wahl for organizing our group's
Christmas celebration. Chef Don Hueneman
manned the grill & Tammy Brunton and Marge
Duffy brought desserts.

Diana Peters lead us in a fun game and Bonnie
Hueneman was in charge of our Secret Santa
project. This year we gave a worthy student in a
challenging situation a boost. Happy 2020 to all!

KV #22 would like
to thank all the
members who
organized and placed
candles throughout
the Swaim area. The
Candles for Kids
event was beautiful
especially with the
new fallen snow.
Special gratitude to
Sarah Bell whose
efforts and
organizational skills
make it all possible.

Figures are not
completed yet but
this event will give
over \$3000 for
Children at
CCHMC.



Kroger Community Rewards



Annie's Homemade Sweets

When you make a purchase at Annie's, in-person or online,
mention Kindervelt and 30% of your purchase will be donated to
KV #57.

Annie ships nationwide.

This is an on-going partnership between Annie's and KV 57,
inspired by this small business's belief in Kindervelt's mission.
Giveback donations apply to all candy purchases, not just those
made for Easter. This includes special orders.


Check out Annie's candy online at [https://
www.annieshomemadesweets.com/](https://www.annieshomemadesweets.com/)

For more information call, text or email Annie at 513-899-3651
or AnniesHomemadeSweets@gmail.com

Kroger Community Rewards	# 16	info: Cece at 591.2907 or cckohlman@aol.com
Kroger Community Rewards	# 19	info: Christine Decker, 513-317-3550 or cdecke5@cinci.rr.com
Kroger Community Rewards	# 55	info: Tammy Booth 859-7763 or boothpcfs@aol.com Account # GF148
Kroger Community Rewards	# 56	info:Linda Lunceford, 859-512-0595 or linda@kylunceford.com
Kroger Community Rewards	# 78	info: Wendy Holschuh 513-624-9112 or jholschuh@cinci.rr.com



MARK YOUR 2020 CALENDARS

Friday Feb 21 7 pm	KV #50 Speakeasy Party	Fueled Collective 3825 Edwards Road Rookwood	Info: Blair Warren, 513-309-7889 or blair.b.warren@gmail.com. <i>Open to the public</i>
Saturday Feb 29	Let the Good Times Bowl *City-wide	Stone Lanes, 3746 Montgomery Rd Norwood, OH	Info: Kristine Spencer, 610-308-9615 or kristinespencer5@gmail.com and Jean Kachikis, 513-533-1277 or tastebuds.jsk@gmail.com. <i>Open to the public</i>
Sunday March 1 4:30-7:00 pm	KV #68 Princess Party 	Price Hill Chili, 4920 Glenway Ave. 45238	Info: Bonnie Hueneman, 513-235-1122 or bonniehueneman@gmail.com. KV #68 members & guests.
Saturday April 25 11 am-2:30 pm	KV #19 Lunch at the Links	6690 Heritage Club Dr Mason, OH	Info: Jeanne Reisinger, 513-828-8229 or Reisinger.jr@gmail.com. KV members and guests
Saturday April 25 6:30-10:30 pm	KV #68 Annual Cabaret	Msgr. Reardon Hall, St. William Church undercroft, Corner of West Eighth & Sunset Ave. 45205	Info: Bonnie Hueneman, 513-235-1122 or bonniehueneman@gmail.com. <i>Open to the public!</i>



Save the Date

Bunko



March 21st given by KV #30.

Bake Sales

Jan 6	Bake Sale #16	CCHMC 9am-3pm	info Cindy Burger 218-5370 cmburger@gmail.com
Feb 3	Bake Sale #16	CCHMC 9am-3pm	info: Pat Wahl 513-608-1257 or plwahl113@yahoo.com
Feb 13	Valentine Cookie Sale KV #8	CCHMC 9:30am-3pm	info: Kristen Glettins, 513-821-2789 or klgettins@yahoo.com

CINCINNATI CHILDREN'S

THE DIVISION OF CHILD AND ADOLESCENT PSYCHIATRY HOSPITAL TOURS

COLLEGE HILL FACILITY TOUR

Monday, April 27, 2020

10:00 am – 11:30

DIVISION OVERVIEW and KV PEACe (Kindervelt Psychiatric Emergency Assessment Center)

Monday, March 2, 2020

1:00 pm - 2:15 pm

Thank you!

Thank you!

Thank you!

Thank you!

Thank you!

KINDERVELT KRAFTS

As Kindervelt Krafts has closed its door for this year, I wish to thank all who contributed to Krafts. Your commitment is greatly appreciated.

Currently we are finalizing the proceeds from the events. Watch for good news soon.

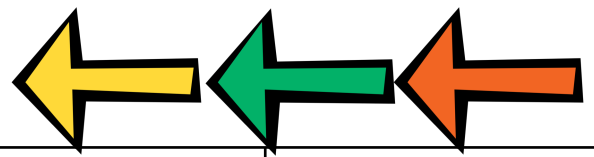
Diana Peters
Kraft Chair



Evergreen Retirement Community is looking for volunteers to work in the Kindervelt Gift Shop. The shop is open 11:30-1:30 Monday through Thursday. Fridays 11:30 to 3:30. The funds from the shop go to Kindervelt so if you can help call Carrie Laube 513-655-2232 or email

CLaube@seniorlifestyle.com

Ongoing Projects



Annie's Homemade Sweets Candy Sale	#57	www.Annieshomemadesweets@gmail.com to see all the goodness that can be found. Just mention KV57 when purchasing online or in the store.	Info: Bebe Raupe 513-677-2870 or braupe@yahoo.com
This n That Consignment	#19	This n That Consignments 3501,600 Reading Rd. #A Mason OH 45040 *Drop off any item for sale (especially home furnishings) and tell them the proceeds go to KV #19. 50% of the sale price goes to KV.	Info: Maria Pagano 619-370-0983 or mpagaon72@gmail.com *Open to the public.
Sock It Two Me	#45	Put your change in a sock! Save it for Kindervelt.	Info: Sally at 513-777-4851 or svhvickery@aol.com
KV Snap and Bracelet Jewelry Sale	#56	Going on now! Different locations and Events.	Info: Libby Baker 859-640-8834 or libaker1020@aol.com
Sterling Silver KV Kids Pendant	#56	Price to be determined.	Info: Linda Lunceford 859-512-0595
KV logo pins	#11	KV logo pins	Info: Shirley at 513-677-2592 or semorand@yahoo.com
Kindervelt notecards	#12	Note cards available	Info: Cathy at 932.3218 or chasteen.cathy@gmail.com
The Vacationeer - Travel Fundraiser	#78	Schedule your vacation with The Vacationeer & Kindervelt get 25%	Info: Amanda Gibson, 513-207-4850 or amanda@thevacationeer.com. Amanda is a Travel Agent at The Vacationeer and also a KV member. When you book with her 25% of the net commission will go back to Kindervelt.
American girl doll clothing	#16	Doll clothes range from \$2-\$30. That includes sewn skirts, pants, dresses, hand knit sweaters, dresses, hats, outfits etc. Occasional special orders are filled as available. Such as sport team colors, matching outfits, etc.	Info: Cece at 591.2907 or cckohlman@aol.com
Shop with Scrip	#30	Go to ShopWithScrip.com, register and buy gift cards to use at hundreds of retailers and restaurants. 3%-16% goes to KV.	Info: Suzanne at 513-827-6534 or pavlakis@sbcglobal.net
Cork Trivets	#45	They are \$15 for a single and \$25 for a double	Info: Kathy Enos, 513-231-5073 or kbenos626@yahoo.com.
Thank you plaques	#45	5x7 wood and gold plaques. Reads "In Appreciation for Your Generous Support of our Fundraising Efforts for Cincinnati Children's Hospital Medical Center" - \$15 plus tax	Info: Mary Anne Stenger 513-874-9931 or mstern11844@aol.com
Granite Cheese Boards	#45	They are \$10 for medium, \$15 for a large and \$20 for extra large.	Info: Kathy Enos, 513-405-3545 or kbenos626@yahoo.com
Felt Wall Hangings	#45	There is a Turkey and a Snowman for \$30 and a Birthday Banner for \$20.	Info: Chris Toth, 513-523-3696 or ctoth622@hotmail.com
Bread mixes	#49	\$5. Choice of tuscan, cinnamon raisin, dill, french herb, and white	Info: Gretchen at 530.0776 or jahmit@aol.com
Fleece blankets	#49	\$20-\$25. Hand-tied reversible fleece blankets. In-stock or custom orders.	Info: Joan at 513-479-9378 or joanpcody@hotmail.com
Bean soup mix	#57	\$6 - Available at retail locations around town and at President's council.	Info: Nancy at 513-476-9340 or e_n_gerstner@fuse.net
Pop-tab recycling	#65	Bring Your Pop Tabs For Recycling To The Leadership Meeting Or The Membership Meeting And Give Them To Stacy Durr-Stainton	Info: Stacy 513-686-0988 or stacydurrstainton@yahoo.com
Pay it forward at Hoxworth	#76	Every Hoxworth blood donation can be credited to KV. When the intake clerk asks you "which group" say Kindervelt and write Kindervelt on your form. Or sign up as a premier donor and in the donor store, select KV as your organization.	Info: Susie at susanelleyjd@yahoo.com
Personalized Embroidery Gifts	#78	Custom embroidered baby burp cloths (\$6), bibs (\$10), burp cloth & bib sets (\$15); blankets, bear cuddle blankets, golf towels (\$10) and computer bags.	Info: Mary Beth at 236-6891 or meyoung@fuse.net
Koins For Kids Boxes	#8	KV 8 Donations for Kindervelt in Koin Boxes	Info: Cathy Moore at Cathyemore@outlook.com or Jill Prendergast at jill.prendergast@gmail.com *Currently in Wyoming Pastry, Wyoming Meat Market
Evergreen Gift Shop Volunteers	City-wide	Volunteer work at the gift shop. Various days each month. Mon-Thurs (11:30-1:30) and Fridays (11:30-3:30)	Evergreen retirement Center - 230 W. Galbraith - 45215. Info: Jenny Meyer. egact@hotmail.com or 948-2316 ext. 1230