

Karen's Story



It was 2004 when my husband and I realized that we needed to care his three grandchildren. At the time we really didn't think about it, we just did it. All of our own children were already grown and we had been alone for a couple of years and then three little ones are invading our quiet home. It was extremely difficult for both of us. We were both working and enjoying being with each other. Many changes took place. I gave up a job to care for the children which meant now we had financial burdens again after living comfortably for some time.

Because the children came into our home with serious trauma and other issues, I started taking the kids to Casey Family Services for counseling. The kid's therapist told me of a group called the "Grand Divas", which was created and lead by Ileana, and that I might benefit from joining this unique group. This group consisted of women who had raised or were still raising family members. These women helped me through very tough moments in my life. They became my friends and more importantly my sisters. Three years later we are still meeting as a group for support, but are now also trying to help other women in similar situations.

With our combined experiences we think we can help a lot of families. As caregivers of young children and teens, we (Grand Divas) know that our good health is crucial in providing them with the care they so desperately need. By living healthy lives, not only will we be able to care for the children for many years to come, but become positive role models for their own health.

So often we worry about finances. Can we afford health care for ourselves and the children? We worry about our physical ability. Are we too old? Oh, what about our emotions? One question we repeatedly ask ourselves, can we do this **again?** We know that many of you have questions, concerns and needs. Hopefully, this site will provide resources and answers to your questions about affordable health care, diet and exercise, meditation techniques for your mental well-being, as well as many other great topics. So we encourage you to be strong and stay healthy for the little ones.

Karen
(Age 48)