

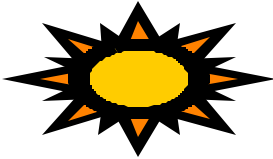


Work and Family

August 2002

COMMUNIQUE

Volume V



This publication usually begins with a list of holidays and/or dates to remember for the month. Well, August happens to be the one month that has absolutely no notable holidays or days of remembrance! In researching what could be highlighted this month, apparently August is National Inventors Month, the Nut of the Month is the Macadamia, and there is actually a Fungus of the Month! If you care for further details on any of these “highlights,” please check out the worldwide web.

Family Vacation Time

Although families vacation throughout the summer months, August is typically the most popular month for such getaways. This year, domestic travel is on the rise with fewer people choosing to fly to their destinations. One great idea is renting an RV – recreational vehicles should be reserved at least one month in advance (if too late for this year, keep in mind for next year’s vacation) – three months ahead if renting during peak vacation periods. If planning RV travel in Alaska, reserve at least six months ahead. Get a list of all furnishings included in the rental so you will know what to bring. Ask your insurance agent for a binder to cover the use of the RV – rental RV coverage generally is not included in personal auto insurance. Read all instruction sheets and checklists before starting out. Be sure to ask how many free miles you get per day and what each mile above that will cost.



Back to School

That’s right – school is just around the corner, and being prepared can help you get back in the swing of things. With the end of summer, most parents find they need to drastically change their routine. Parents and children alike don’t like change, new routines or the craziness a “before-school” morning brings. Being prepared can make everyone’s like easier. The following tips may help:

- **Before bed** – have your child lay out his/her outfit for the next day, all the way down to socks and shoes. This will eliminate morning battles and the search for missing shoes. Leave your child’s backpack by the door packed and ready to go. Keep a calendar of events and deadlines on the refrigerator.
- **Breakfast** – keep a stock of favorite breakfast items on hand and, if possible, decide on the morning menu the night before. You may want to make this fun by providing a written menu for your child to check off. One more battle eliminated.
- **Time management** – make sure you allow at least one hour from wake-up time to leave-the-house time. If you stick to a routine, your child will know what to expect.

Off to college

Being away at college is fun and exciting, and even with all the new friends, a little lonely. Most college students say they anxiously go to their mailbox daily, but very seldom receive any letters. Take a few moments to send a note or cheery card to friends and relatives away at school. You may want to include some photos, a book of stamps, gift certificates that can be used in their college town, a phone card, or even a batch of cookies. Whatever you send is sure to bring a smile at the mailbox.

Elder Care Issues Assisted-Living Facilities

Assisted living is relatively new in the range of eldercare options. Rarely available as recently as the 1980's it is now one of the fastest growing housing options for elders. Assisted-living facilities (ALF's) combine housing, supportive services (such as meals), and some access to onsite healthcare. They provide access to emergency call assistance and may also provide transportation. They also generally ensure numerous opportunities for residents to socialize with other residents in the building or complex. ALF's are important because they promote continued independence for the elderly – while preventing inappropriate institutionalization – by meeting residents' needs for support and assistance in one or more activities of daily living. These facilities are also known by other names: personal care homes, sheltered housing, catered living, board and care, and domiciliary care. In the past, an adult daughter who was at home full-time usually took in elderly parents. These days, most of those adult daughters or daughters-in-law are working full-time outside the home. Today, far fewer families can afford to do without a second paycheck. When the elder's needs are not extreme, an assisted-living facility is often the perfect solution. The independence and socialization can work wonders on the self-esteem of your aging loved ones.

Teen Volunteering

Volunteering is an excellent way for an adolescent to fill idle time. They are exposed to job opportunities, see results from their efforts, and feel a sense of value. Often children have the most interest in helping others at age 10 to 11 and volunteer opportunities do not

usually accommodate this age group. As children grow older, they are more interested in working for money and don't typically pursue volunteer opportunities. Call your child's school to see if they are aware of programs in your area. Your local United Way and other not-for-profit agencies should have youth volunteer information as well. Teaching your child to give of the heart to their community and those in need will be a lifelong lesson in caring and compassion.

Family Manager

Have you ever wished you had someone who could manage things at home for you? One career plus one home equals two full-time jobs. In your career, the work and responsibility is shared; at home, it usually is not. If you set-up routines that include everyone and distribute the workload, you will see success. You likely manage and handle smoothly much larger operations at work than at home, and if you apply some of the same techniques, being a family manager will come easy for you. If you can lead a task force to finish a project at the office, you can lead a family task force to finish a project at home. If you can sell a product at work, you can sell your family on the idea of pitching in. If you work with a team approach at the office, building a team at home should come easily. Often the most proficient at work go home and feel burnout over all the tasks they have to face. As you organize and gain a routine that works for the daily events, make sure your team equally carries the load. Recognizing and rewarding your "home team" should not be overlooked – do as you would in the office. Passing on tasks and letting someone else assume responsibility needs to include support and gratitude, even if the task isn't completed exactly as you would have done it yourself. Often parents do everything, burn out, and become distressed. You need to stop and think about a mission statement for your family and what you are trying to accomplish. You will likely find that you are just surviving the day and not thinking about where it is you are going. As you narrow your objectives you will define how you should manage your family for success and reach the goals you have set to achieve.

