



Work and Family

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COMMUNIQUE

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Friday – June 14th – Flag Day
Sunday – June 16th – Father’s Day
Friday – June 21st – First Day of Summer



Family Health – Be Air Aware

The warm weather is here and you’re ready for outdoor fun and exercise. But be careful. Smog can take your breath away. Ozone, the gas that constitutes 95 percent of smoggy air, can cause headaches, chest tightness, wheezing, and coughing – a sign that your lungs are unable to transport enough oxygen to your body. The greater the need for oxygen, the more negative the impact. And during exercise or any strenuous activity, you tend to breathe through your mouth, bypassing the natural filters inside your nose. How can you minimize your exposure to air pollution? The American Lung Association suggests exercising early in the morning or in the evening; avoiding midday or afternoon exercise and outdoor work when pollution levels are at their highest; staying away from congested streets and rush hour traffic; and making sure your child’s school and recreation officials know about air pollution and act accordingly.

Drive Now, Talk Later

The National Highway Traffic Safety Administration (NHTSA) told Congress last year that driver distraction “in all of its various forms” is a factor in 20 to 30 percent of

automobile crashes in the U.S. each year. In addition to the ones that have been around for years, such as smoking or tending to children while driving, it seems that every year there is something new to add to the list. Along with the increased number of cell phone users, many cars are now equipped with navigational systems which can also become a distraction. It is extremely important to fully understand how these devices work and to program them *before* you start driving. Wireless phones can be lifesavers in an emergency, but social chitchat should be saved for when you are parked. You could save someone’s life or even your own by following these guidelines:

- When behind the wheel, limit calls to emergencies.
- For non-emergency calls, pull off the road if possible, or at least save them for not-moving or no-traffic situations. The “pull-over” advice also applies to tending to a fussy child.
- Never start a conversation – either on a cell phone or with a passenger – that might become emotional.
- Switch to a hands-free phone and/or headset, but be sure to familiarize yourself with its operation before trying to use it while driving.
- If you must make a call, keep it short and *do not* take notes or look up phone numbers.

To learn more about the organization Advocates for Cell Phone Safety, visit its Internet site at www.morganleepena.org.

Important Reminder: The majority of kids drown when they fall into a backyard pool. Most other cases happen after adult supervision breaks down. Take precautions and be alert whenever there is a pool (or any water such as a stream, lake, or storm runoff) in the area, even if on neighboring property.

Fresh Menu Ideas

A great website for anyone who wants to eat “in season” is www.aboutproduce.com. There is a complete A to Z produce guide which pinpoints availability dates, gives health info, features a nutrition dictionary, and offers a recipe search engine.

Parenting – Exchanging Roles Sometimes

Some parents feel each spouse should share every chore in the interest of fair play and so that partners develop expertise in all areas. Even though such perfect sharing is not a common arrangement, it is good if children at least sometimes see Dad cooking and Mom taking care of the car so they’ll be less likely to grow up with a stereotyped view of women’s and men’s roles. What is very important is sharing the daily childcare jobs, because your child may develop a strong preference for one parent if you don’t. If Mom is always in charge of bedtime rituals, for example, your child may become upset when Dad takes over during Mom’s absence. If possible, take turns picking up your child at day care or taking them to the doctor. Even when you share, children usually go through phases of preferring one parent for a particular activity, but it won’t be so pronounced.



What's It Worth?

Looking to buy or sell a used car? To get an estimate on the current value, check out the website: www.kellybluebook.com

Eldercare Concerns

The Need for a Will

Your elder knows that he or she is getting older. The simple fact that you have brought up the idea of making a will need not trigger suspicions that you’re only interested in your parent’s money – as long as you exercise a little tact and consideration. Once again, it is helpful to stress the importance of a will in maintaining good relations among the siblings. And if you are careful to solicit your elder’s preferences rather than trying to impose your own, you need not worry too much about giving a negative impression of seeming greedy. That last point is key: You need to defer to your parent’s choices, regardless of your own opinions or beliefs. You did not amass the estate in question – your elder did that over the course of a lifetime’s hard work. Your elder expects and deserves your respect for his choices in how that estate is distributed.

“Humor is the great thing, the saving thing. The minute it crops up, all our irritations and resentments slip away, and a sunny spirit takes their place.”

-Mark Twain

