

Work and Family

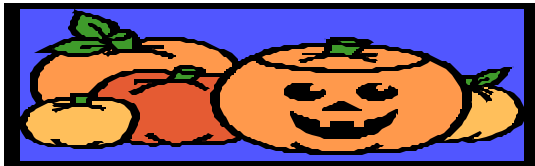
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COMMUNIQUE

Volume VI

Dates to Remember

October 14 – Columbus Day Observed
October 27 - Daylight Saving Time Ends
October 31 – Halloween



Safety Tips for Trick-or-Treaters

With the leaves changing color and the days getting shorter come thoughts of Halloween costumes and bags of candy for the children. Even if you do not have children of your own, remember to give safe treats that can be enjoyed by children of all ages. Also, make sure your entry is well lit and any steps are clear of obstacles to avoid accidents. If you do have children to worry about, speak to them about the safety rules before they head out on Halloween:

- Never trick-or-treat alone; the more in your group, the safer you will be.
- Never step inside the doorway to collect your treats, and don't worry about being rude if someone asks you to do so.
- Do not eat any candy until a parent has had a chance to inspect it first; never eat anything that is unwrapped or with a broken seal.
- Always be careful crossing the street, especially with a costume that blocks your vision. Try to avoid masks when going door-to-door; save them for indoor parties.

- If going out after dark, always carry a flashlight or, at the very least, a light stick and/or reflective clothing. Try to use reflective tape somewhere on your body, especially on your back.
- If possible, carry a cell phone in case of emergencies.

Empty Calendar – Clear Head

Just think of it for a minute... the kids come home from school and the only thing they *have* to do is homework. And, the only thing you have to do is give them a snack and stand-by to help with homework if needed. You may also find the time to cook that dinner recipe that requires the time you haven't had in years. What we are talking about here is a break. Take one season, say fall or spring, since winter may require indoor activity, and don't sign up the kids for anything. Watch the expression on their little faces when you say "Go outside and play. Do whatever it is you want to do! Play ball, ride a bike or scooter, lie in the grass and watch the clouds go by. Just play!" They may need a little coaching at first if they are used to organized activities. Take this opportunity to teach them some of the games you used to play outside as a child. (Remember those carefree days?) Good old-fashioned tag, hide-n-seek, dodge ball, hopscotch, red light/green light, red rover, giant step. Allowing them to use their imagination will be so liberating, and you won't have to drive them anywhere!



Grandma Knows Best

It may not be necessary to rush out and spend money on expensive cough medicine the next time you have a tickle in your throat. Try reaching for the kettle instead of your wallet. Researchers at the University of Bristol reviewed 15 studies of over-the-counter cough medicines, involving over 2000 people, and found no solid proof that the pricey options were any more effective than a placebo. Try granny's recipe first: lemon and honey in a mug of hot water. If course, if you do not find relief by trying this first, speak to your doctor. A persistent cough can be a symptom of serious illness.

Complexion Rx

Sometimes it is merely a question of what you eat instead of the products you use. Food choices can definitely affect the quality of your complexion. Dermatologist Jeanette Jacknin, author of *Smart Medicine for Your Skin*, shows you how to scour the market for foods that can fight some common problems:

- Sun Damage: Eat yellow and orange fruits and vegetables. A diet packed with produce (along with SPF15) can help prevent the sun's ill effects on the skin. The antioxidants vitamin A, beta-carotene and vitamin C act like natural sunscreens in the body.
- Bruising: Eat dark green leafy vegetables, like spinach, which are packed with vitamin K – essential for normal blood clotting – and vitamin C, key in wound healing.
- Wrinkling: Eat olive oil, almonds, and brown rice. These foods are loaded with vitamin E, which is thought to help protect the skin's cell membranes. A recent Australian study of 453 seniors found that people who ate foods like vegetables, beans, whole grains, and olive oil had the least wrinkles.
- Thin Skin: Eat whole grain cereals, seafood, and garlic. The selenium in these foods preserves tissue elasticity, slows down aging, and protects against the sun. In one study, supplementation with selenium,

copper, and vitamins resulted in a lower number of sunburned cells after exposure.

ELDERCARE ISSUES

Malnutrition is a problem affecting approximately half of all elderly people. The aging body loses its ability to absorb and use nutrients from food – a condition that becomes worse as the elder becomes less active. Complicating matters, certain medications can increase the need for specific nutrients. The elder may need to begin vitamin and food-supplement therapies. Also discuss with the physician(s) a gentle exercise program, such as a daily walk or riding a stationery bicycle, as a means to stimulate appetite. Many things beyond the normal effects of aging affect individual eating habits. Among these are loneliness, depression, medication, lack of money, lack of transportation to grocery stores, and no longer having the energy or ability to prepare foods. Check in to local senior services that provide a "Meals on Wheels" program or that offer a senior center for dining. Try a Dial-A-Ride program that offers transportation for seniors. Some church groups have volunteers who drive seniors or shop for them. Another solution is to prepare meals in advance for the elder to simply reheat, bake, or microwave if they are capable.

BE GOOD TO YOURSELF

To be the best parent you can be, you need to be the best person you can be. When you feel your best, others around you also get that good feeling from you. When you are tired and haven't been taking proper care of yourself, others, including your kids, can tell. You'll have less patience, your energy level will be low, and your enthusiasm will be less. You'll also have a tendency to have a shorter attention span, and you may even be – though you'll probably deny it – a little cranky. So that you will have enough energy to be the terrific kind of parent you always wanted to be, make sure you exercise, diet (eating right, not *not* eating), and rest.

