

Work and Family

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COMMUNIQUE

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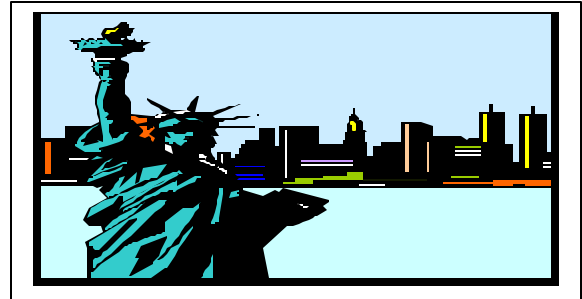
Dates to Remember

- 9/02 – Labor Day
- 9/06 – Rosh Hashanah begins at sunset
- 9/08 – Grandparent's Day
- 9/11 – Remembrance of 9/11/01 Tragedy
- 9/15 – Yom Kippur begins at sunset
- 9/22 – First Day of Autumn

As the one-year anniversary of the 9/11 attacks approaches, there have been many suggestions on how to honor the lives lost on that fateful day last year. Some people feel that everyone should dress in red, white, and blue to show solidarity around the nation. I have heard others say that all motor vehicles should operate with their headlights on throughout the day to show their patriotism and remembrance of all the innocent victims. Perhaps you have your own way, but no matter what, don't forget! And, if you happen to be saying a little prayer that day (or any other day), pray for those left behind. For every life lost, there are many more people that suffer because of the loss: parents, siblings, children, husbands and wives, friends, and co-workers. Even those, whose lives were spared because they weren't where they were supposed to be that day, continue on with the realization that life is very precious and unpredictable. Maybe your tribute could be to tell someone you love how much he or she means to you. Don't wait until tomorrow; you may not get the chance.

Do Your Kids IM?

Do you even know what it means? It's short for "instant messaging" which kids seem to prefer over e-mail when wanting to chat with friends online. IM-ing (or so it's called) is much faster and lets groups chat in real time. But, beware! It isn't creep-proof yet. "Anyone can enter your child's IM chat group and say they are a friend of a friend. What should you do? Ask your kids if they are personally



acquainted with everyone in their IM circle. And, know your child's password! In the case of Internet usage, some secrets can be dangerous. You may also want to download and try iOpus STARR PC & Internet Monitor at Softpile.com, which captures both sides of IM chats. To avoid the possibility of World War III, you might want to discuss this with your kids first and let them know what you are planning to do.

Just a thought...

Did you know that if you save just \$8.22 per day from April 15th through the following April 14th, you can easily save up enough to swing the \$3000 allowable IRA contribution for the year?

The Diet Plate

Yes, there actually is a plate that claims to help you control your portions. We often eat the wrong foods and too much of them. Just match your meal to the guidelines on the plate, and your portions and proportions will be just right. The inventor, Kay Illingworth, lost 60 pounds over seven months using her new plate (it measures 11 inches in diameter), and still ate her favorite foods. At a cost of \$35 it is relatively inexpensive compared to other dieting methods. For more information or to order, call (800) 240-0869 or contact thedietplate.com.

Running vs. Walking

By most calculations, you will use more calories running than walking, but there are many variables to be considered. A 150-pound person who runs at six miles an hour for a full hour can expect to use 720 calories. Walking at four miles an hour for 90 minutes will use 486 calories. [These figures were estimated by the calorie counter at internetfitness.com/calculators/calburncalc.htm]. In the end, the benefit you receive from exercising will depend on how long you're willing to keep it up. If you are more likely to take a long, moderately brisk walk than a short run, you may end up ahead of the game over time with a lower level of intensity.

Eldercare Issues

Many older people habitually pay their bills upon receipt so as not to forget. With medical bills, however, this is not such a good idea – you could end up overpaying. Medicare decides what a doctor can charge and will not reimburse for anything above that amount. Submit the bills and wait; give the system a chance to work.

The Patient's Bill of Rights

It is impossible to organize your elder's medical care and treatment if you are unaware or unsure of his or her rights. The American Hospital Association located at 840 North Lake Shore Drive, Chicago, IL 60611, Phone (312) 200-6000, has developed a Patient's Bill of Rights that stipulates what everyone has a right to expect when receiving medical care.

SCHOOL IS OPEN



**PLEASE
DRIVE CAREFULLY**

Teaching Teens by Example

Modeling is the only way to teach values. If we cram them down our teen's throats, by lecturing and cajoling, our teens will resent it and rebel. If we model our values, our teens will be able to observe our behavior without feeling forced to behave the same way. We may not think our teens are absorbing our values because they don't immediately accept them – there *is* a time lag. But, when our teens get older, they will probably adopt many of the values we modeled when they were growing up. To avoid forcing our values on them – and to allow us to model them instead – we need to look at the motives that underlie our desire to control our teen, to force him or her to agree with our values or else. There are many different issues behind the need to control as there are different parents, so the following are a few general categories:

- Fear of what others will think: If they don't control their children, some parents feel others will see them as "bad" parents.
- Fear of loss: If they don't control their children, some parents are afraid they will do permanent damage to themselves, such as becoming pregnant, going to jail, dropping out of school, not going to college, drug abuse, or accidental death. It is true that these things can happen, but they happen to just as many kids (if not more) whose parents are controlling as to kids whose parents are not controlling.
- Fear of powerlessness: Some parents feel they do not have belonging and significance unless they are in control.
- Fear of inadequacy: Some parents feel inadequate if they are not in control.
- Overprotection: If they do not control their children, some parents are afraid others might hurt their teens emotionally.
- Ignorance: Some parents simply lack alternative parenting skills.
- Unresolved personal issues: This usually underlies the need to control. When we feel strongly about something particular and attempt to control our teenager regarding it, it is probably an issue of our own that remains unresolved.