

# Life, Work & Family

Monthly work/life news for UAW-Represented DaimlerChrysler Workers

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## Preparing for Summer Camp

Summer camp can be a fun and exciting experience for children of all ages. Whether your child is interested in outdoor exploration, sports, drama, or arts and crafts there are many camp options to choose from.

### Summer camp options:

Overnight/Residential Camp: Traditionally, these camps offer a variety of programs for children from about 7 years of age to teenagers. The majority of overnight camps are co-ed, but camps for "girls only" or "boys only" are available. These camps are usually set on, or near, a lake in the wilderness, with children staying in cabins and experiencing the outdoors. Overnight camps may include multiple activities or specialize in certain areas such as weight loss, sports, computers, or drama. The list is endless. Campers may stay all summer or choose a shorter session of just a few weeks.

Day Camp: Day camps offer programs for children from about 4 to 12 years of age. Day camps operate in a variety of locations such as YMCA's, YWCA's, Boys & Girls Clubs, child care centers, park districts, private schools and lake front properties. These camps might include multiple activities or specialize in specific programs such as sports or drama. Enrollment periods will vary from camp to camp. Some may offer full day or partial day programs from several days to 5 days per week.

Options for Teens: Even if your child is in the teen years, he/she can benefit from summer camp. Many teens attend residential camps that specialize in their areas of interest. Day camps can also be an option for kids interested in participating as counselors-in-training. The camp experience provides children of all ages with important values such as cooperation, independence, respect for nature, and integrity.

Campers with Special Needs: Children who are physically, emotionally, and/or medically-challenged can also experience summer camp adventures. There are camps that specialize in serving children with similar needs, as well as camps that include special needs children among the general population of campers.

### Choosing a summer camp:

Summer camp is a fun and exciting time for any school-aged child, but choosing the right camp can be tricky. Keep in mind the age and personality interests of your child while looking for and visiting camps. Before enrolling your child in a camp, be sure to discuss the options with your child and get his/her opinions on each camp. Be careful not to overwhelm your child with too much information. Preview the camp material and then discuss a limited number of choices with your child.



**Questions to consider when choosing a summer camp:**

- What are your child's interests?
- What are the care and cost needs of your family?
- Do you want a general interest camp or a camp that focuses on one activity?
- Do you want a day camp or an over-night camp?
- Do you want a co-ed camp or a single sex camp?
- Where do you want the camp to be located, is it convenient for the family?
- Do you want a camp with a large enrollment or a small enrollment?

**Visiting a camp:**

While touring the camp, or meeting with the director, ask some of the following questions to get a feel for the camp:

- What is the camp's philosophy and values?
- What are the camp's hours and session dates?
- What types of activities and programs are offered?
- Which activities are elective and which are required?
- Does the camp offer any specialty programs or lessons such as horseback riding or golfing?
- How are the campers divided into groups?
- What is the camp's population comprised of?
- Are meals and snacks provided?
- What is the tuition of the camp?
- Are there additional fees for special events and miscellaneous activities?
- Who are the counselors?
- What are the staff qualifications?
- How is the staff hired?
- What are the emergency procedures?
- What safety precautions are taken?
- Are the counselors certified in CPR and First Aid?
- Do the children go swimming?
- Is there a certified lifeguard on duty?
- Do the children go on field trips?
- Are the parents allowed and encouraged to visit the camp?
- How does the camp accommodate special needs (medical or dietary)?

Call your Care Consultant for more information about camp programs for your child. Have a safe and fun summer!

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## TIME MANAGEMENT TIPS FOR WORKING PARENTS

Being a parent is a 24-hour a day job. When you add your job, house cleaning, shopping, and all the rest of your life's to-dos, it may seem impossible to do everything that needs to be done. The following tips on managing your time at home may help you feel more organized and create a less stressful home:



- Pre-plan meals for one week, and be sure to have all ingredients on hand. Get input from all family members.
- Make enough for more than one meal. Freeze the extra for another day.
- Formulate a morning plan so everyone gets adequate bathroom time.
- Make lunches the night before so mornings can be more relaxed.
- Schedule homework and play time into your family's schedule.
- Get every family member involved in household chores.
- Pair a parent and a child when doing chores. It is a great time to catch up on what has been going on in your lives.
- Schedule a regular "family meeting" time.
- Re-think your daily mail. Touch it once. Open mail near the trash can and toss junk mail right away. Put important mail away immediately.
- Make clothing choices the night before.

Following these simple steps may help to ease the frustration of having too much to do and not enough time to do it.

## ELDER CAREGIVERS, TAKE CONTROL!



Taking on the responsibility of caring for an elder can result in some major lifestyle changes. To help make sure you minimize the effect of this new responsibility, take the following precautions:

- **Educate yourself.** Be knowledgeable about your elder's feeling and wishes, physical condition, financial situation. Keep a journal of important information. This will save time and aggravation for you and family members.
- **Set up a support network.** No man is an island. An abundance of professional and non-professional support mechanisms exist to assist you. Tap into friends, neighbors and family members to create your non-professional network. Professional options include senior support organizations, home health agencies, The Council on Aging, clergy and other community agencies.
- **Do legal planning now.** This will save time and money later. Is there a will, an estate plan, and/or a living will? If so, are they up-to-date and accurate or do changes need to be made?
- **Review finances.** Review your elder's financial situation. Look into available resources that might exist. Review his/her financial situation periodically throughout your caregiving experience.
- **Attend a support group.** Look into support groups for elder caregivers in your community or identify friends that share this experience. Having people to talk to who understand your situation will be of great value to you throughout the caregiving process.
- **Be flexible.** Changes will occur and adjustments will need to be made throughout the caregiving process. Understand that change is inevitable and go with the flow. This will help you to stay positively focused.
- **Develop a sense of humor.** Humor possesses wonderful healing powers. Elder caregivers can use this as a powerful ally. Look for ways to include humor in your elder caregiving experience.

## What's New

The Family Resource & Referral Program has just launched a new and improved Work|Life Express Web site! This new site has been completely redesigned with a new look, layout, better search functionality, and new content to provide you with a better user experience. The site is now divided into four main categories - Caring, Working, Living, and Thriving – with content organized according to particular work/life needs.

A new addition to the Family Resource & Referral Program is Health & Wellness. Call a Care Consultant to get resources and referrals in such areas as; health clubs, exercise classes, parks and recreation activities, healthy cooking classes, and alternative medicine information.

Visit the new and improved Work|Life Express soon by logging on to [www.uawdcx.com](http://www.uawdcx.com). Then click on “Circle of Life” and then “Family Resource & Referral”. Go to the right side of the page and click on [www.worklifeexpress.com](http://www.worklifeexpress.com).

User Name – DCID

Password – Your last name