

# LifeWork Family

Fall 2001

FOR UAW REPRESENTED WORKERS

1-800-809-4996

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## HOW DOES YOUR CHILD LEARN?

Whether you learn best by listening to a lecture or by drawing a diagram, as adults we often forget that although we are able to recognize where our abilities lie, children often cannot. They are expected to sit quietly in a classroom and be taught through lecture or reading, and generally do not have a choice. Unfortunately, this does not work for all children because people have different learning styles. There are four learning styles:

1. Visual – Visual learners learn best when shown how to do things. They work best with written directions, diagrams, and pictures.
2. Auditory – Auditory learners tend to learn more thoroughly when they hear what they learn, rather than reading it or seeing it.
3. Kinesthetic – Kinesthetic learners will often be found moving, and rarely sitting still. These children express themselves through motion.
4. Tactile - Tactile learners grasp concepts by touching and feeling things, or manipulating items, such as puzzles. They are hands-on.



Most people find that they use a combination of these styles to best suit themselves. Keep these in mind when helping your child with his or her homework, or simply teaching him how to do a new chore around the house. If you feel that catering to your child's learning style improves her abilities greatly, you may want to communicate this find with their school as well.

Source: [www.michiganlearning.org](http://www.michiganlearning.org)

**LET US HELP GET YOUR FAMILY "BACK TO SCHOOL." CALL YOUR CARE CONSULTANT FOR FREE LITERATURE AT 1-800-809-4996.**

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## TEACHING VALUES

A poll conducted by parentcenter.com asked the question, "When you were growing up, where do you feel you got the best training in values?" Keep these results in mind when talking to your children, or simply having a conversation in front of them.

- Parents...67%
- Grandparents...12%
- Teachers...2%
- Clergy...7%
- Other...9%

Source: [www.parentcenter.com](http://www.parentcenter.com)

## A LITTLE HELP FROM FRIENDS

For an older person who may be challenged by some aspects of daily living, a little help around the house can go a long way. This season, lend a helping hand to an older person. Here are some ideas:

- Rake leaves and burn calories. Skip the gym on a whim.
- Enjoy a daily walk with an older neighbor who is mobile.
- Offer to drive a friend to his family's Thanksgiving celebration – or invite him to yours.
- Walk their dog, cuddle the cat, take their pet to see the vet.
- Exchange favorite nutritious recipes.
- Make sure the fireplace and the furnace have been cleaned and inspected recently.
- Mark (with white reflecting tape) changes in floor levels.
- Help with minor auto repairs.
- Help a friend with hearing problems get a hearing aid.
- Contact the phone company about amplified telephone handsets.
- Weatherize the house for winter with insulation and weather-stripping on doors and windows.
- Install lever-type controls on faucets, door latches/locks, and appliances to make them easier for people with arthritis or other hand limitations to use.
- Secure doormats to the floor surface.
- Remove an inside door that's not needed or hard to open.
- Make sure ramps aren't slippery.
- Clean and inspect the gutters or help locate a gutter service.
- Deliver a bag of salt for melting icy stairs or sidewalks.
- Review a family member's home-related insurance and services.
- Take trash or recycling to the curb.
- Change screens to storm windows and clean/put away room air conditioners.



Source: AARP

**ARE YOU FINDING IT DIFFICULT TO CARE FOR AN AGING FAMILY MEMBER? WE CAN HELP!! CONTACT YOUR CARE CONSULTANT TODAY FOR FREE LITERATURE AT 1-800-809-4996.**

## JOKES AND GROANERS

Answers on Page 4

- |   |  |    |   |
|---|--|----|---|
| 1 | What do ghosts eat for breakfast?                                  | 6  | How do you make golden soup?                                  |
| 2 | What do mommy birds pass out on Halloween?                         | 7  | Where do children learn their ABCs?                           |
| 3 | What do you call a skeleton that refuses to help around the house? | 8  | If athletes get athlete's foot, what do astronauts get?       |
| 4 | How do you know if a ghost is lying?                               | 9  | What animals are on legal documents?                          |
| 5 | Why do turkeys always go, "gobble, gobble, gobble?"                | 10 | If two's company and three's a crowd, what are four and five? |



## HALLOWEEN SAFETY TIPS

### Parents

- Welcome trick-or-treaters with your porch lights and exterior lights on.
- Do not give unwrapped or homemade treats to children.
- Be especially cautious when driving. Look out for running children, and keep in mind that their vision may be obscured by masks.
- Give your children a curfew and designate a specific route for them to take.
- Provide safe, comfortable shoes for your children.
- Do not allow your child to wear bulky, long, or vision-impairing costumes.

### Trick or Treaters

- Carry a flashlight.
- Walk, don't run.
- Stay on sidewalks.
- Obey traffic signals.
- Stay in familiar neighborhoods.
- Don't cut across yards or driveways.
- Wear a watch you can read in the dark.
- Make sure costumes don't drag on the ground.
- Shoes should fit (even if they don't go with your costume).
- Avoid wearing masks while walking from house to house.
- Carry only flexible knives, swords or other props.
- Wear clothing with reflective markings or tape.
- Approach only houses that are lit.



**CELEBRATE AUTUMN'S ARRIVAL BY CALLING A CARE CONSULTANT AT 1-800-809-4996 AND ORDERING YOU FREE FALL FAMILY ACTIVITY PAK, FILLED WITH FUN AND EDUCATIONAL FAMILY ACTIVITIES.**

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## THANKSGIVING: SHEDDING THE FEAST

Here's some food for thought. If you plan on shedding that Thanksgiving feast, you may have to power-walk for 12 hours or go on a leisurely four-hour run.

According to nutritionist Charlotte Bragg of the University of Alabama-Birmingham, the typical Thanksgiving meal, especially Southern style, contains 130 grams of fat and more than 2,500 calories, the rough equivalent of eating five Big Macs.

It's also about the same as sitting down and eating any of the following:

14	Medium brownies
144	Slices of bread
260	Fresh whole apples
419	Cups of broccoli
433	Raw whole carrots

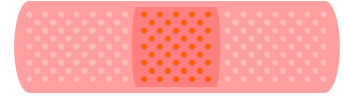
To work off the meal, Bragg said a 150-pound person would have to do one of the following:

12	Hours of walking
9	Hours and 45 minutes of biking
7	Hours of swimming
6	Hours of tennis
4	Hours and 15 minutes of aerobic dance
4	Hours of running

Bragg based her results on a Thanksgiving dinner that included turkey, cornbread stuffing, sweet potato casserole, gravy, gelatin salad, green bean casserole, buttered bread, deviled eggs, tea and pecan pie.

## HOME SAFETY TIPS

Household accidents are a common occurrence, but small mistakes can turn into danger for you and your family. To keep you and your children safe, here are a few tips to prevent household accidents:



- Keep cleaning fluids and other household chemicals locked and out of reach of children.
- Don't leave pans containing oil or fat unattended.
- If a grease fire occurs, DO NOT POUR WATER ON IT. Pour baking soda on it or soak a towel in water and wring it out, then place it carefully over the burning pan and leave it for 30 minutes.
- When cooking, tie back long hair and secure loose clothing.
- Keep items such as snacks, toys, or anything that attracts children away from the stove.
- Put a nonslip pad under rugs.
- If electrical plugs or cords are warm to the touch, call an electrician immediately.
- Never empty ashtrays into wastepaper baskets.
- Do not run electrical cords under rugs.

Source: [www.hintsandthings.com](http://www.hintsandthings.com)

**KEEP YOUR FAMILY SAFE...FOR MORE HELPFUL HOME SAFETY TIPS, CONTACT YOUR CARE CONSULTANT TODAY AT 1-800-809-4996.**

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## JOKES AND GROANERS - ANSWERS

- 1 Ghost Toasties and Evaporated Milk
- 2 Tweets
- 3 Lazybones
- 4 You can see right through him
- 5 They have no table manners
- 6 Just throw in 14 carrots
- 7 In LMN-tary school
- 8 Missile-toe
- 9 Seals
- 10 Nine



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## FALLPAK 2001 – DISCOVERING AMERICA'S HISTORY

Falling leaves, cooler days, picking apples – fall has arrived!

Children trade their carefree ways for school days and familiar routines. Celebrate the season by requesting our latest FallPak. Set in calendar format, the Pak includes harvest craft ideas and delicious recipes that will complement your holiday tables.

Included in your Pak is the Williamson book, *Who Really Discovered America*. History will come alive for the entire family, as the book will assist you in building a Viking ship, giving Columbus a report card (D in geography) and inventing a new holiday to celebrate the Americas.

FallPaks begin shipping the first day of fall, September 22, 2001, and are available for a limited time. Don't delay - order your FallPak 2001 today.

**TO RECEIVE YOUR FALLPAK, PLEASE CALL 1-800-809-4996**