

LifeWork Family

For UAW-Represented DaimlerChrysler Workers

Spring 2002

1-800-809-4996

IN THIS ISSUE:

FIVE TIPS TO MAKE SPRING CLEANING A BREEZE	1
TRIBUTE TO MOM	1
MOVING YOUR ELDER IN WITH YOU: PRACTICAL TIPS AND SUGGESTIONS	2
ST. PATRICK'S DAY FUN FACTS	2
A DAY IN THE LIFE OF A TEEN	3
MAKE A GIFT FROM THE HEART FOR MOM.....	3
HISTORY OF MOTHER'S DAY.....	3
HISTORY OF MEMORIAL DAY	4
HOW TO OBSERVE MEMORIAL DAY.....	4

FIVE TIPS TO MAKE SPRING CLEANING A BREEZE

- Get the proper tools. As with any job, cleaning is easier when you have the right accessories. Take inventory before beginning your spring cleaning to make sure you have all the tools you'll need—vacuum, broom, sponges, rags, mop, bucket, gloves, paper towels, etc.
- Get the proper cleaning products. You'll need stronger cleaners for the jobs you only do once or twice a year (e.g. outside of windows). Make a list of all the cleaning you'll be doing and purchase products accordingly. Multi-purpose cleaners can be more economical.
- Plan your attack. It may be helpful to physically or mentally map a cleaning route to make your cleaning more time-efficient.
- Vacuum, sweep and dust to eliminate the bulky dust and dirt before you use liquid cleaning solutions. Also, change rags or sponges and freshen your liquid cleaner frequently.
- Make your spring cleaning a charitable event. Organize closets and attics and donate any clothes, toys or furniture you don't use to a local charity.



Source: www.aracopy.com

Call the UAW-DaimlerChrysler Family Resource & Referral Program at 1-800-809-4996 for more helpful tips to simplify your life.

TRIBUTE TO MOM

We all have something in common with even the most famous people—we all have moms. Here's what these famous people had to say about their favorite gal, Mom:

"All that I am or ever hope to be, I owe to my angel Mother."—Abraham Lincoln

"My mother was the most beautiful woman I ever saw. All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her."—George Washington

"Youth fades; love droops, the leaves of friendship fall; A mother's secret hope outlives them all."—Oliver Wendell Holmes

"Of all the rights of women, the greatest is to be a mother."—Lin Yutang

Source: www.tssphoto.com/mom/trib.html

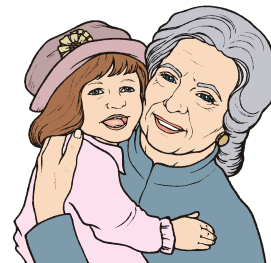
MOVING YOUR ELDER IN WITH YOU: PRACTICAL TIPS AND SUGGESTIONS

If you are considering having your elderly parent or family member move in with you, you are certainly not alone. According to *Business Week*, May 17, 1999, 22 percent of seniors are expecting to move in with their kids, and 54 percent of baby boomers are expecting their parents to move in with them.

When you consider all the lifestyle adjustments, role changes and changes in relationships that will ultimately occur by having your elder move in with you, the prospect may seem daunting. So, before you make a quick decision, it is important to look at all the issues facing everyone involved.

Emotional Issues. In order for this new arrangement to work, you and your elder must examine your relationships with one another. By honestly answering the following questions, you will be on your way to determining if you should consider the move.

- Have you had a relationship that has been open and honest?
- Have you been able to settle past differences?
- Are there any unresolved issues?



Living Arrangements. After you determine that you are both emotionally ready to make the move, you must examine your living arrangements. Use this checklist to assess your living arrangement options.

- Is there enough room in your home for everyone to live comfortably?
- Do any minor or major changes need to be made to accommodate any disabilities or mobility problems your parent or relative may have?
- Have you reviewed the home for safety traps and potential problems?
- Is it feasible for everyone's privacy to be respected?
- Are there areas of the home where family members can separate themselves from the stresses of caregiving?

Financial Caregiving. As you take on more responsibility for your elder's well-being, you will likely find yourself also managing his/her financial affairs. Consider the following:

- Have you considered automatic payment of recurring bills?
- Do all siblings understand and participate in financial matters?
- Have you researched low-cost or free assistance services?
- Do you regularly meet with other family members to agree on new expenditures or to keep them up to date on information?
- Have you discussed responsibility for out-of-pocket expenses with your siblings and elder?

In addition to these issues, consider how your elder will be cared for while you are working or out of your home, and remember that you will need time for yourself to do things you enjoy; you cannot be a caregiving machine!

Source: www.ec-online.net

To receive **FREE** additional information on caring for elderly family members, contact the UAW-DaimlerChrysler Family Resource & Referral Program at **1-800-809-4996**.

ST. PATRICK'S DAY FUN FACTS

- St. Patrick was born in 385 A.D. and was given the name Maewyn.
- He was sainted because he converted Irish native pagans to Christianity.
- Ever wonder why the shamrock is the symbol of St. Patrick's Day? It's because St. Patrick used the three leaves of the shamrock in his sermons to explain the trinity (the Father, the Son, and the Holy Spirit).
- The day started out as a Catholic holy day, but it is now considered nonreligious.

Source: www.wilstar.com/holidays/patrick.htm



A DAY IN THE LIFE OF A TEEN

A recent survey by the Horatio Alger Association found some interesting facts about the lives of today's teenager. Here's what these high school students had to say when asked these questions:

What causes you the most pressure in your life?

- 62% said pressure to get good grades
- 36% said pressure to do drugs or drink
- 30% said pressure to have sex

What do you think is the biggest cause of school violence?

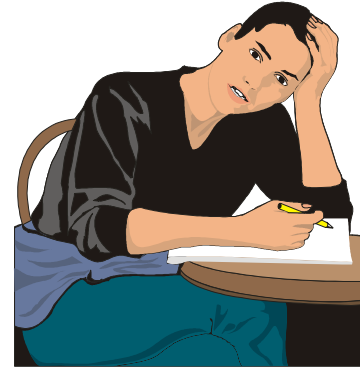
- 29% said bullying
- 27% said lack of parental involvement
- 13% said schools do not pay enough attention to troubled students

What college bound seniors think is most important to them:

- 84% said having a close family relationship
- 49% said making a contribution to society
- 8% said being attractive and popular

Source: *Parenting Teens Magazine*

To learn more about raising a teen and the issues teens face, call the Family Resource & Referral Program at 1-800-809-4996.



MAKE A GIFT FROM THE HEART FOR MOM

These handprint flowers are easy enough for children of all ages with a little supervision. You'll need construction paper, a pencil, scissors, a picture of the child, a Popsicle stick, a paper cup, clay or play dough and a green marker or green paint.

- Have the child trace his or hand onto the paper and cut it out.
 - Glue the child's picture to the center of the hand-shaped flower.
 - Paint or color the Popsicle green to make a stem.
 - Once the stem is dry, glue it to the flower.
 - Decorate the cup as desired.
 - Put the clay or play dough in the bottom of the cup and "plant" your flower!
- For a bouquet of handprint flowers, put several siblings' flowers in one cup, or use pictures of the same child at different ages.

Source: www.123child.com



HISTORY OF MOTHER'S DAY

Ever wonder how special days like Mother's Day came about? Believe it or not, Mother's Day is less than a hundred years old. Here's how Mother's Day started:

1862 – Julia Ward Howe (author of "Battle Hymn of the Republic") organized Mother's Day celebrations in her hometown of Boston.

1907 – Anna Jarvis succeeded in getting the church to honor all mothers. The date was May 10, 1907. Her mother had died in 1904, and Ms. Jarvis wanted to establish a day of honor for all mothers.

1910 – West Virginia proclaims a day of observance for all moms.

1913 – Pennsylvania proclaims a day of observance for all moms.

1914 – Congress declared the 2nd Sunday in May to be Mother's Day. President Woodrow Wilson signed the bill establishing an official observance of Mother's Day.

Source: www.heathersholiday.com/moms-day/history.html

HISTORY OF MEMORIAL DAY

Memorial Day is much more than a three-day weekend that marks the beginning of summer. To many people, especially the nation's thousands of combat veterans, this day, which has a history stretching back all the way to the Civil War, is an important reminder of those who died in the service of their country.

Memorial Day was originally known as Decoration Day because it was a time set aside to honor the nation's Civil War dead by decorating their graves. It was first widely observed on May 30, 1868, to commemorate the sacrifices of Civil War soldiers, by proclamation of General John A. Logan of the Grand Army of the Republic, an organization of former sailors and soldiers.

Today, Memorial Day is celebrated at Arlington National Cemetery with a ceremony in which a small American flag is placed on each grave. Also, it is customary for the president or vice-president to give a speech honoring the contributions of the dead and lay a wreath at the Tomb of the Unknown Soldier. About 5,000 people attend the ceremony annually.

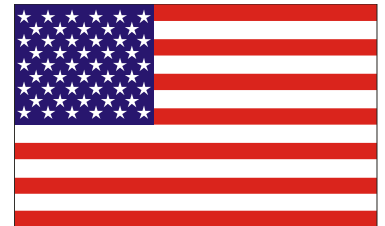
Source: www.historychannel.com

HOW TO OBSERVE MEMORIAL DAY

The "Memorial" in Memorial Day has been ignored by too many of us who are beneficiaries of those who have given the ultimate sacrifice. Often we do not observe the day as it should be, a day where we actively remember our ancestors, our family members, our loved ones, our neighbors and our friends who have given the ultimate sacrifice:

- by visiting cemeteries and placing flags or flowers on the graves of our fallen heroes.
- by visiting memorials.
- by flying the US Flag at half-staff until noon.
- by participating in a "National Moment of Remembrance" at 3 p.m. to pause and think upon the true meaning of the day, and for Taps to be played.
- by renewing a pledge to aid the widows, widowers and orphans of our fallen dead and to aid the disabled veterans.

Source: www.usmemorialday.org



SPRINGPAK 2002 – DISCOVERING NATURE'S MIRACLES

If you look closely, you might be able to witness the first sprout as it makes its way through the cold, damp soil or possibly the first bud appearing on the barren trees. It is truly one of nature's miracles - the first signs of spring! Once again, everything and everybody is waking up and Work|Life Benefits would like to wake you up to the fact that you can now order our SpringPak for 2002.

Kids Garden, the anytime, anyplace guide to sowing and growing fun, is included along with our informative calendar of events and facts. New and delicious recipes as well as exciting craft ideas are this season's gift to you. Please contact our friendly Care Consultants or visit our web site to order your SpringPak today

The SpringPak begins shipping the first day of spring, March 20, 2002, and will be available for a limited time.

TO RECEIVE A SPRINGPAK, PLEASE CALL 1-800-809-4996

OR

VISIT www.uaw-daimlerchryslerntc.org

CLICK ON "WORK/LIFE" AND "FAMILY RESOURCE AND REFERRAL"