

LifeWork Family

Spring 2003

For UAW-Represented DaimlerChrysler Workers

1-800-809-4996

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SPRING-CLEANING MADE EASY?

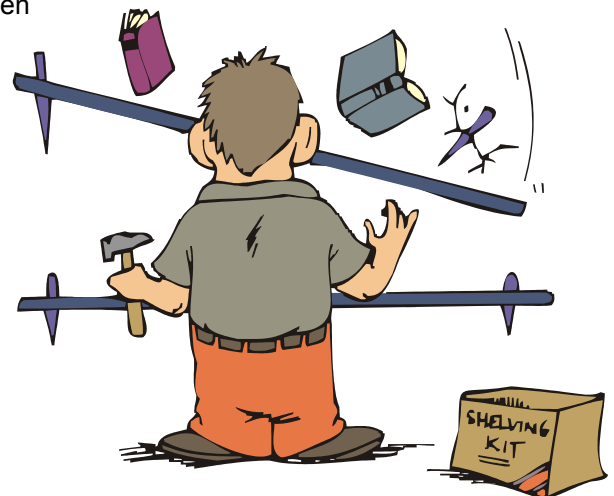
The warm breezes of spring are scouring away the last remnants of winter and reminding us that it is time to plant our seeds and get ready for spring. It is also time to get the house and yard ready for warmer weather. The number one tip for Spring-Cleaning is: Start from the top and work your way down. This applies to most of your spring tasks.

Here are a few examples of cleaning-up by cleaning down:

- Cleaning and reorganizing the garage. Start at the ceiling for both cleaning and storage options. Get rid of the cobwebs in the rafters and while you are there think about new ways to store your stuff.
- Cleaning inside the house. Start at the ceiling and in the air vents and work your way down to the floor.
- Cleaning the outdoor living area. This includes the furniture, grill, patio or whatever outdoor area you have. Again, start from the top by cleaning out those gutters first. Then the house walls, screens, windows, etc.

Spring is also a good time to perform some regular maintenance tasks:

- Replace the furnace/air conditioner filter
- Replace the batteries in the smoke detectors
- Check the fire extinguishers to ensure they are charged
- Pack away winter clothes and bring out warmer weather clothes
- Drain the hot water heater
- Check the washer for soap and softener buildup
- Check the dryer exhaust for lint buildup
- Move the furniture and vacuum
- Vacuum around windows
- Clean the drapes and blinds
- Turn the mattress



Contact a Care Consultant to assist you
with your work/life needs at 1-800-809-4996.

- Clean under the refrigerator including the defrost pan and vent
- Replace the ice maker filter
- Clean or replace the shower curtain



KEEP ACTIVE, GET MOVIN'

Getting fit is easier than you think. In fact, just 30 minutes of activity a day can boost your health. Your list of options is endless - go for a walk, mow the lawn, dance, and swim, whatever you like. If a full 30 minutes is more than you can do or find time for, you can accumulate shorter spurts of activity. A 10-minute walk before work, 10 minutes of stair climbing during lunch, and 10 minutes of household chores after dinner, and you're on your way to the good life.

You can tailor your activities to fit your lifestyle and fitness level. It doesn't have to be about training for marathons. It's just about moving and having fun: stretching your muscles, working your lungs and heart, warming up your joints. If you begin at a pace that's comfortable for you, with an activity you enjoy, you'll feel benefits right away.

You'll feel good about yourself for getting started; then your body will start feeling stronger and more flexible. And, if you keep at it, you'll probably start eating better, feeling more energetic, coping better with stress, and generally living a more healthy lifestyle.

Other benefits include a stronger heart and immune system; stronger lungs; healthier bones, muscles and joints; better balance and weight control; and improved sleep.

Regular exercise also reduces risk for many diseases and can postpone disability, according to the National Institutes of Health and the American Medical Association. For instance, exercise can:

- reduce the risk of heart disease, colon cancer, and diabetes
- reduce blood pressure and cholesterol levels
- relieve pain and ease joint mobility in osteoarthritis
- reduce depression, stress, and anxiety
- prevent osteoporosis

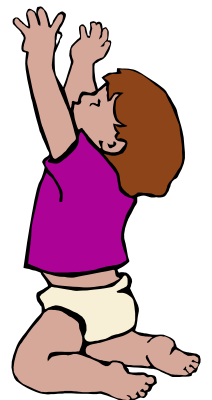
Source: www.aarp.org



CHILD CARE...HELPING YOUR CHILDREN COPE

A young child often has feelings of distress when left with caregivers. These are normal emotions, and you can help your children learn that when you leave them with caregivers you will be back.

- Emphasize that they will have new and fun experiences while at the caregiver's.
- Accept and expect their distress and be confident that it will pass.
- Before your children enter care, get them used to being separated from you. Play hide-and-seek or leave them for short periods of time with someone else they trust.
- Visit the caregiver's home several times. Play there and then come home and talk about the new place, the people and the adventures they will have at daycare.
- Create predictable routines for your children. Wake-up and departure should not be rushed, and drop-off and pick-up times should be consistent.



NATIONAL CHILD CARE NETWORK...A GUIDE TO QUALITY CARE

Contact a Care Consultant today to learn more about finding discounted childcare through the **National ChildCare Network**.

- UAW-DaimlerChrysler employees receive at least a 10% discount at participating Network childcare centers nation-wide.
- The network consists of more than 1,600 childcare centers located near employees' homes or work.
- Monitoring for quality that meets national childcare standards.
- Open for toddlers to pre-teens.

Call today to ask about childcare in your area. 1-800-809-4996.

IT'S TIME TO PLAN FOR SUMMER CAMP

Finding a summer camp that is right for your child, your schedule, and your budget can be a challenge. Because of the nature of camps, especially some specialty camps, finding a single complete listing is virtually impossible.

To aid you in your search, here are some questions to ask when making an inquiry into a camp:

The Camp

- Is the camp accredited and by what organization?
- What is the theme / focus / philosophy of the camp?
- What age groups attend the camp?
- How long has the camp been running?
- How long has the current staff been running this camp? What are their qualifications?
- How old are the counselors?
- How old are the lifeguards? What are their qualifications?
- What is the ratio of campers to counselors?
- How is discipline handled?
- How are emergencies handled?
- What medical / emergency personnel are available?
- What are their qualifications?

The Activities

- What kinds of opportunities (learning, leadership, or new skills) will be presented?
- What is the schedule of a typical day?
- Will they be doing a large variety of activities?
- Are there special activities for various age groups?
- Are there special activity days?
- Will they have free time?
- What activities are available during free time?

The Money

- What are the half day / daily / weekly / monthly rates?
- What do the rates include?
- Is there an extra charge for special days or field trips?
- Is there a credit for any days not attended?
- Is there a discount for multiple campers?
- When do they eat?
- Are lunch or snacks included?
- What food choices do they have?

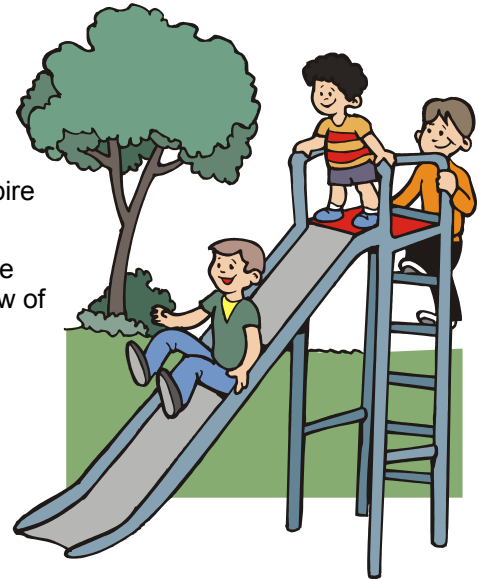
Camp can be a very rewarding experience for both children and parents. If you would like to search for camp options for your child, please contact a Care Consultant at 1-800-809-4996.



CREATING A PLAY AREA IN YOUR YARD

Building a fun, yet functional, play area in your yard is a great way to get your kids away from video games and outside in the fresh air. Play areas can be as simple as a sandbox or as elaborate as an elevated clubhouse with a swing, slide and climbing apparatus. When deciding what is best for your situation, keep the following in mind:

1. Position the play area in a corner of the yard, not in the center. Avoid breaking up one yard into two small yards.
2. If your child is preschool-age, place the play area where you can see it conveniently from inside the house.
3. Position the play area equipment so that the taller equipment is in the rear and activities like swings and slides are visible from the house.
4. If you have trees in one corner of the yard, consider locating the play area in and around the tree. Trees not only provide shade but also inspire imaginative play.
5. When positioning swings or monkey bars, consider what children will be looking at as they swing: the side of a garage, a view of the yard, a view of the neighbor’s yard and beyond?
6. Consider your neighbors’ views and privacy, both in positioning the equipment and in selecting colors.
7. Avoid brightly colored play equipment. Wooden roofs and earth-tone colors enhance the area’s appearance and encourage more imaginative play.
8. Think outside the norm. Consider positioning your play structure at an angle, to break up right angles formed by fences, decks, garden beds, etc. This layout is also practical on irregularly shaped lots.
9. If the equipment you want doesn’t fit, can it be broken up into two different areas? For example, an elevated playhouse with a ladder, slide and sand box could be in one area while the swings are located elsewhere.
10. Always use washed play area sand. Conventional sand is contains dirt and clay and will become hard after a rainfall or two. Washed sand will break up easily after a rain or after watering the yard.



SPRINGPAK 2003 – DIVERSITY IN A COOKBOOK

Spring-cleaning! Spring-planting! So much to do as the earth thaws from the icy, cold winter. So many differences, so many similarities. Our planet is so diverse. This season we will celebrate the diversity of our planet by sharing with you and your family, “**The Kids’ Multicultural Cookbook.**”

Let’s explore the lives of children and their recipes from around the world. Please contact us to order your SpringPak. Our Care Consultants are anxious to share this very special activity Pak with you.

To receive a SpringPak, please call 1-800-809-4996 or access the program online at

www.uaw-daimlerchryslerntc.org

Click on “Work-Life” and “Family resource & Referral.”



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