



Work & Family Matters

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UAW-Chrysler Family Resource & Referral Program

January 2009



Going Green

What is recycling?
 Recycling turns materials that would otherwise become waste into valuable resources. Collecting used bottles, cans, and newspapers and taking them to the curb or to a collection facility is just the first in a series of steps that generates a host of financial, environmental, and social returns. Some of these benefits accrue locally as well as globally.

Recycling includes collecting recyclable materials that would otherwise be considered waste, sorting, and processing recyclables into raw materials such as fibers, manufacturing raw materials into new products, and purchasing recycled products.

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Getting Ready for Tax Season

It seems like we just finished opening presents, and it is already time to begin thinking about our taxes. What can you do to get a head start on tax season for this year?

- **Plan on how you are going to do your taxes.** Are you going to do them yourself, or do you plan on hiring a tax professional to do them for you? There are some good software programs available on the market if you are planning on doing your taxes yourself. A good program will walk you through all the steps that need to be done, and provide help if you get stumped.
- **Find a CPA or professional tax-preparer.** You may want to hire a certified public accountant, or a professional tax-preparer, to do your taxes, if you don't feel comfortable doing them yourself. If you have a complex tax situation, the cost may be worth the professional advice you will receive regarding the tax laws which can change from year to year. You can feel confident that you will be getting all of the deductions and other tax breaks that you are entitled to.
- **Organize your tax-related documents.** No matter which method you choose, you will still need to gather all of the relevant information. Hopefully, you have organized all your tax papers throughout the year, and will have them all together and ready to take to your preparer. If you have not already organized them, you will need to do so now. You will need files for charitable contributions, medical expenses, union dues, tax-preparation fees, etc. If you are self-employed, you will need to make sure that you have all of your receipts for any business-related expenses. And, of course, you will need to bring your W-2 statements.
- **Review last year's returns.** It is a good idea to bring a copy of last year's tax return to review last year's deductions and any carry-overs to this year.
- **Get help from Uncle Sam.** If you decide to do your taxes on your own, the Internal Revenue Service (IRS) provides publications that can answer many of your questions. You can call the IRS at (800) 829-3676 or go to www.irs.gov to have the forms sent to you.

Adapted from an article on www.edwardjones.com, accessed 12.22.08

Going Green (Continued)

Benefits of recycling:

- ✓ Recycling protects and expands U.S. manufacturing jobs and increases U.S. competitiveness.
- ✓ Recycling reduces the need for landfilling and incineration.
- ✓ Recycling prevents pollution caused by the manufacturing of products from virgin materials.
- ✓ Recycling saves energy.
- ✓ Recycling decreases emissions of greenhouse gases that contribute to global climate change.
- ✓ Recycling conserves natural resources such as timber, water, and minerals.
- ✓ Recycling helps sustain the environment for future generations.



Excerpt of an article on www.epa.gov, accessed December 22, 2008.

How to Handle Being Teased



Children who have to face teasing on a daily basis—on the school bus, the playground, during recess, in the lunchroom—often don't want to go to school. Unfortunately, teasing isn't easy to prevent, as the child doing the teasing often excuses his/her behavior by saying, "I'm only joking." However, it is usually not so funny to the child facing it day after day after day.

While you can't protect your child from being teased, you can provide him or her with some strategies to help them deal with the situation.

- **Ignore the teasing.** This is often the first solution that a parent comes up with when they learn their child is being teased. However, it is effective. If you can convince your child to ignore the teaser, the child doing the teasing will not get the desired reaction and may stop. Tell your child to pretend the teaser is invisible, and act as if they have not heard the teasing comment. Practice role-playing with your child to perfect the "ignoring" technique.
- **Visualization.** Tell your child to picture the teasing words "bouncing right off of" their body. It provides them with the image of not having to accept or believe what is being said about them.
- **Reframing.** Say your child is being teased for wearing glasses. The child being teased could respond, "Thanks for noticing my new glasses. I really like them. I saw one of the Jonas Brothers (or some other popular media figure) wearing the same pair." A positive comeback usually confuses the teaser, who is expecting a reaction of anger or frustration, and not something positive.
- **Agree with the teasing statement.** Agreeing with the facts can be one of the easiest ways to deflate the teaser. Saying, "Yes, I am short, but good things come in small packages," or some other like response will not be the reaction the teaser is expecting. And, like reframing, will confuse the teaser who is expecting the opposite reaction.
- **"So?"** Responding to a comment like, "You sure have a lot of freckles" by saying, "So?" will again confuse the teaser, and will not be the reaction he or she is expecting to receive. This is a simple and easy response for your child to use.
- **Humor.** Responding in a humorous way shows that little importance is placed on the put-downs or mean remarks. Laughing can often turn the hurtful situation into a funny one.

You can help your child understand that teasing cannot be prevented, and they cannot control what other children say. But they can learn to control their own responses and reactions which should ease the situation for them.

Of course, being teased constantly is painful. You have to keep a watchful eye on the situation to make sure that your child is being able to handle it. Sometimes, if the teasing continues or escalates, you now have a situation of harassment, and adult intervention may be required. So, it is always wise to make teachers and other school officials aware of the situation so that they can intervene if necessary.

Written by Linda Demeshko, December 23, 2008.

New Year's Resolutions

Almost everyone begins the New Year with a list of things that they plan to do, and a lot of the time we never do them.

However, some things are so important that we should at least try every year to do them, and maybe this is the year we will be successful.

- ◆ **If you smoke, quit.** Even if you have tried and failed many times, don't give up. Most smokers try an average of four times before they are able to quit.
- ◆ **Fit in fitness.** Regular exercise has been proven to provide more health benefits. So, start to walk, go to the gym, take a swim—whatever you like to do, start to do it on a regular basis.
- ◆ **Tame the bulge.** 60% of Americans are considered overweight or obese. Even if you have failed before, try again. Add more greens to your diet, and cut out the junk. You will be surprised at how much better you look and feel.
- ◆ **Spend more time with friends and family.** With everyone's busy schedule, and all the activities that we have on our schedule for after-work hours, it is all too easy to put off seeing friends and family "until tomorrow." But life is short, and you never know what tomorrow will bring.

Keeping Your Pet's Teeth Healthy

Providing proper dental care is an important part in keeping your pet healthy and happy. It is often overlooked, but pets can suffer the same kind of dental problems as humans, including toothaches, infections, and tooth loss. Just as with humans, dental problems start small and build up. So, what can you do to prevent these problems from becoming severe?

✓ **Dental exams.**

Your veterinarian should be examining your pet's teeth on a yearly basis. If he or she is not doing so, please ask them to check your pet's teeth and gums.

✓ **Cleaning.**

As part of the yearly exam, the vet should be cleaning your pet's teeth if there is a build-up of tartar or plaque. An x-ray may be necessary because 70% of the tooth structure is beneath the gum line and invisible to the naked eye.

✓ **Brushing your pet's teeth.**

Ideally, you should be brushing your pet's teeth daily, but if that is not possible, make sure that you are doing it at least three times a week. Your pet will most likely not be very happy about you doing this, so proceed slowly and with some caution. Use a soft brush. If your dog is small, or if you have a cat, a child-size toothbrush will work best. If you have a large dog, use an adult-size toothbrush. Ask your vet about rubber finger caps with bristles to see if that might work better. Gradually, over time, increase the length of time you are brushing the teeth, so that your pet will get used to you doing it. Use toothpaste especially formulated for animals, which will be available at pet supply stores or at your veterinarian's office.

✓ **Danger signs.**

You can examine your pet's mouth yourself to watch for any problems that may be developing. Again, your pet will probably not like this very much, so proceed with caution. Look for:

- Tooth discoloration, signs of a yellow or brown substance on the teeth
- Red, inflamed gums, particularly at the area where the tooth and gum meet
- Bleeding gums
- Loose teeth or any sign of pain when you touch a particular tooth
- Bad breath
- Drooling

Adapted from an article on petplace.com, accessed November 2008.

