



# Work & Family Matters

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1.877.682.2472

UAW-Chrysler Family Resource & Referral Program

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February is American Heart Month, and it's a great time to learn more about how you can stay heart healthy!

### The Hardest Worker in Your Body

The heart is located on the left side of your chest, and it's about the size of your fist. It acts as a pump, sending blood, oxygen, and nutrients to all the parts of your body as well as carrying away the waste that your body produces. Blood vessels, which are attached to your heart, carry blood to and from the heart; your arteries carry oxygen-rich blood from the heart, and your veins carry stale blood, or waste, back to the heart to be "recycled."

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### Winter Driving Tips

In many parts of the country, we have experienced a difficult winter—a lot of snow and bitterly cold temperatures. While you may have been driving for years and think you are well prepared to drive in all types of road conditions, it never hurts to be reminded of some tips for driving safely in the winter months.

- Don't be over-confident because you are driving an SUV, or other large car, with front-wheel drive. You must still use common sense and caution when driving on snow- or ice-covered roads.
- All-wheel drive will help you drive through the snow, but it will not help your ability to brake on an ice-covered stretch of road.
- Don't think because you are on a "main" road that it has been salted and you are free to drive the normal speed limit. There still may be areas that contain "black ice" which are slick spots on the road that cannot be seen. You don't realize they are on the road until you find yourself on top of one—and perhaps skidding around the roadway.
- Scan the road ahead. This is good advice in any season, but particularly important during the winter. If you notice that cars ahead are braking, or seem to be swerving, there could be ice on the road, a slick intersection, a stalled car, or some other obstacle. It always pays to be aware of things happening on the road ahead of you.
- Check your tires. If you are driving on a set of worn-down tires, your traction will be severely compromised. And, if you live in an area where there is a lot of snow every winter, it might be wise to invest in a set of winter-rated tires, which have a specific tread design and depth, and are made of a special rubber compound designed to excel on snow, cold and icy surfaces.

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Winter Driving Tips  
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- Install winter wiper blades which have a rubber cover over the steel bow that won't freeze up or get clogged with ice.
- When your windows get fogged up, turn on your air conditioner along with your defroster—the AC will carry the moisture out of the car.
- Brush off your clothes and kick the slush off your boots before getting into your car—melting snow adds to the humidity in the air, which contributes to the windows fogging up.
- Brush all the snow off your hood and roof before you begin driving. Snow from the hood and roof can blow onto the windshield and rear window and obstruct your view. And, of course, scrape all of your windows thoroughly before beginning to drive.
- And, finally, remember to pack a "survival kit," especially if you live in a remote area. Pack a blanket or sleeping bag, some non-perishable food, water, and a flashlight.



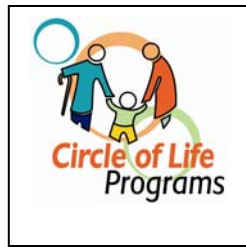
## Driving With Your Dog

Many pet owners enjoy taking their dog along with them when they are running errands, or going on trips—and many of the dogs enjoy the trip just as much as their owner. If you would like to take your dog along in the car with you, here are some tips for making the experience more pleasant for both of you:

- Bring along an appropriate chew toy. Just as with a child, your dog may get bored during the trip, so bring along a small toy that he can play with or chew on in the car.
- Make sure your animal is secured properly. In an accident, an unrestrained dog becomes a projectile and poses a serious injury risk to human passengers, as well as himself.
  - For crate-trained animals, a plastic or collapsible crate is a natural choice for car trips. Make sure that the crate is restrained in the car in case of quick stops, or other emergency maneuvers.
  - Make sure the crate is comfortable for the animal—bring along a blanket or pad for the bottom of the crate. Provide some small toys for the animal to amuse himself.
  - Purchase a harness for your animal that locks into the car's seat belt. A harness will allow the animal to move a bit within the vehicle, but will protect him from sudden stops.
- Before taking a long trip with your pet, take short trips to get him accustomed to being in the car—bring him along when you are running errands on the weekend.
- Make sure that you take trips to places other than the vet. If your dog does not enjoy visits to the vet, you don't want him to associate being in the car only with going to the vet. He will quickly learn to associate the two, and will not enjoy the trip.

*Adapted from an article on msn.com, January 2009.*

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## Balance is Important

While you're playing, studying, and even when you're sleeping, your heart is hard at work, circulating a fresh supply of blood all around your body through your blood vessels. By the time you're grown, your heart will be pumping about 2,000 gallons of blood every day...wow!

Even though you can't see your heart, you can feel it working by checking your pulse. Try pressing your index or middle finger lightly against your wrist, just below your thumb. When you're at rest, your pulse will be around 70 beats per minute, but the pulse speeds up when you're running or playing. Run in place or jump rope for a few minutes, and then see how much faster your pulse is.

### Keep Your Heart Happy!

Keeping your heart healthy is important! According to the American Heart Association, heart disease is the number one cause of death in the United States. But by following some simple tips, you can help keep your heart happy and healthy:

- Get plenty of exercise. Thirty minutes of moderate exercise a day is a good rule of thumb, but you can challenge yourself with 15 to

20 minutes of more intense activity 3 days a week. Remember, exercise should be fun-do things that you enjoy and you'll be more likely to stick with it!

There are times when you may need to connect with information resources that do not require services offered through the Employee Assistance Program. If you are looking for information resources that enable you to make informed decisions regarding daily living issues that affect you and your family members, the UAW-Chrysler Circle of Life Resource and Referral Program may be the answer.

The UAW-Chrysler **Family Resource & Referral Program** is a free, confidential benefit available to active UAW-Chrysler employees. This program is designed to help simplify work and life balance issues by either directly providing information, or by connecting employees with appropriate informational resources that will enable informed decisions to be made regarding work/life topics. **Work/life** experts are available 24/7, either on-line or by telephone, to help employees maximize their personal and family effectiveness in addressing such issues as:

Child Care  
Elder Care  
Financial Aid  
Relocation  
Travel, Shopping

Adoption  
College Searches  
Homework Assistance  
Resume & Job Search  
Pet Care

Jointly based out of the UAW-Chrysler National Training Center, the program is supportive of the Employee Assistance Program and the Wellness Program that address substance abuse/mental health issues and personal health education/maintenance issues, respectively. Employees may access **Circle of Life Benefits** by either of the following ways:

**Telephone:** 1.877.682.2472  
**Internet:** [www.uaw-chrysler.com](http://www.uaw-chrysler.com)

- Eat a variety of foods. A healthy diet includes grain products, vegetables, fruits, low-fat milk products, lean meats, fish, poultry, and dry beans. Choose fewer foods that are high in fat or sugar. Avoid foods high in cholesterol, since they can clog your arteries and make it harder for your heart to pump blood through them.
- Don't smoke. Besides harming your heart, smoking can lead to cancer, a weakened immune system, emphysema, and a lot of other problems. Who needs that?
- Avoid alcohol. Drinking alcohol could cause your blood pressure to rise, increase your heart rate, and cause your heart to beat abnormally.

<http://www.girlpower.gov/girlarea/02feb/heartmonth.htm>