



Work & Family Matters

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Planning a Summer Vacation? Consider Our National Parks!



Every year almost 300 million people visit our National Parks. It's a good thing that there is a lot of space to accommodate all of the annual visitors! Over 84 million acres in 390 areas have been designated as National Parks.

The parks offer a variety of activities like sightseeing, hiking, biking, camping, horseback riding, fishing and historic attractions. Accommodations range from rustic camping to hotels to cabins.

To plan a summer vacation at one of our natural wonders visit www.nps.gov or www.recreation.gov.

Coping With Three Generations Under One Roof: Some "Ground Rules" for Harmony

Most older people prefer to live in their own homes or apartments. They fear being a burden to their children. There are, however, times when an elderly parent and his or her adult child share living quarters, by choice or necessity. Here are some suggestions for making a cooperative living arrangement work well.

Spouse in the House

- Involve your spouse in planning.
- Respect your spouse's need for privacy and for time alone with you. Keep in touch with each other.
- Discuss your expectations of your spouse's involvement as a caregiver.
- Solve problems together.
- Make a space where your spouse can pursue independent interests without distractions or interruptions.
- Discuss planned costs.
- Maintain social contact and outside activities as a couple.

Kids Will Be Kids

- Involve your children in planning for any changes.
- Create a list of "courtesies" for them to observe; explain why these are important.
- Set an example.
- Foster intergenerational sharing.
- Allow for slip-ups; discuss special circumstances and limits.
- Respect privacy.

Cooperative Senior

- Respect the privacy of family members. Don't interfere.
- Don't criticize housekeeping, cooking, spouse, friends, children, clothes, TV programs or church.
- Discuss problems calmly.
- Be friendly to children. Take the first step to resolve conflicts.
- Offer to help, but don't force your way of doing something.
- Keep a sense of humor. Don't inflict guilt.
- Help with expenses. Pay as much of your way as you can.
- Set goals for yourself. Associate with friends.
- Maintain appearance and hygiene.

Adapted from Louise Franck Cyr, "Balancing Work, Family and Caregiving," Bulletin #4204 of the Caregiver fact sheet series (Orono, ME: University of Maine Cooperative Extension, 2004), which was adapted from Caregiver Connection (West Lafayette, IN: Purdue University Cooperative Extension).

Smart Food Shopping



Why the Nutrition Facts Label Is Important...

Check servings and calories. Look at the serving size and how many servings the package contains. If you consume one serving, the label clearly outlines the nutrients you get. If you double the servings you eat, you double the calories and nutrients, including the % Daily Value (DV).

Make your calories count. Look at the calories on the label and note where they are coming from (fat, protein or carbohydrate). Compare them with the other nutrients like vitamins and minerals you are also getting to decide whether the food is worth eating.

Don't sugar-coat it. Since sugars contribute calories with few, if any, nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include *sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup, and fructose.* (Cont. on pg. 3)

Helping Your Child Become a Reader

Every step a child takes toward learning to read leads to another. Bit by bit, the child builds the knowledge that is necessary for becoming a reader

The books that you pick to read with your child are very important. If you aren't sure of what books are right for your child, ask a librarian to help you choose titles.

Introduce your child to books when they are a baby. Let them hold and play with books made just for babies: board books with sturdy cardboard covers and thick pages; cloth books that are soft and washable; touch-and-feel books; or lift-the-flap books that contain surprises for your baby to discover. Choose books with covers that have big, simple pictures of things that the baby sees every day. Don't be upset if at first your child chews or throws a book. Be patient. Cuddling with the child as you point to and talk with great excitement about the book's pictures will soon capture their interest. When your baby becomes a toddler, they will enjoy helping to choose books for you to read to them.

As your child grows into a preschooler and kindergartner, the two of you can look for books that have longer stories and more words on the pages. Also look for books that have repeating words and phrases that they can begin to read or recognize when they see them. By early first grade, add to this mix some books designed for beginning readers, including some books that have chapters and some books that show photographs and provide true information rather than make-believe stories.

Keep in mind that young children most often enjoy books about people, places, and things that are like those they know. The books can be about where you live or about parts of your culture, such as your religion, your holidays, or the way that you dress. If your child has special interests, such as dinosaurs or ballerinas, look for books about those interests.

From your child's toddler years through early first grade, you also should look for books of poems and rhymes. Remember when your baby heard your talking sounds and tried to imitate them? Rhymes are an extension of that language skill. By hearing and saying rhymes, along with repeated words and phrases, your child learns about spoken sounds and about words. Rhymes also spark a child's excitement about what comes next, which adds fun and adventure to reading.

Show Your Child That You Read

When you take your child to the library, check out a book for yourself. Then set a good example by letting your child see you reading. Ask your child to get one of their books and sit with you as you read your book, magazine, or newspaper. Don't worry if you feel uncomfortable with your own reading ability. It's the reading that counts. When your child sees that reading is important to you, they may decide that it is important to them, too.



Adapted from: "Becoming a Reader -- Helping Your Child Become a Reader,"
<http://www.ed.gov/print/parents/academic/help/reader/part4.html>

Smart Food Shopping (cont.)

Know your fats. Look for foods low in saturated fats, *trans* fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20% to 35% of calories.

Reduce sodium (salt), increase potassium. Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day might reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the salt shaker. Also, look for foods high in potassium (e.g., tomatoes, bananas, potatoes, and orange juice) which counteracts some of sodium's effects on blood pressure.



Adapted from: "Balanced Energy In," <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/shopping.htm>

About Identity Theft

What is identity theft?

Identity theft occurs when someone uses your personally identifying information, like your name, Social Security number, or credit card number, without your permission, to commit fraud or other crimes. The Federal Trade Commission (FTC) estimates that as many as 9 million Americans have their identities stolen each year.

Identity theft is serious. People whose identities have been stolen can spend hundreds of dollars and many days cleaning up the mess thieves have made of their good name and credit record. The potential for damage, loss, and stress is considerable. Consumers victimized by identity theft may lose out on job opportunities, or be denied loans for education, housing, or cars because of negative information on their credit reports. They may even be arrested for crimes they did not commit.

How can you find out if your identity was stolen?

Many consumers learn they their identity has been stolen after some damage has been done. The best way to find out is to monitor your accounts and bank statements each month, and check your credit report on a regular basis. If you check your credit report regularly, you may be able to limit the damage caused by identity theft.

What should you do if your identity is stolen?

Repairing the damage caused by identity thieves may take time and money. Filing a police report, notifying creditors, and disputing any unauthorized transactions are steps you must take to restore your good name. There are immediate steps that you must take to restore your good name. To access the steps, visit the [DEFEND](#) section of www.ftc.gov.

What can you do to help fight identity theft?

Armed with the knowledge of how to protect yourself and take action, you can make identity thieves' jobs much more difficult. You can also help fight identity theft by educating your friends, family, and members of your community. The Federal Trade Commission, the nation's consumer protection agency, wants you to have the information you need to protect yourself against identity theft. This information is summed up in the FTC's clear and concise message on identity theft: **Deter, Detect, Defend**. **DETER** identity thieves by safeguarding your information. **DETECT** suspicious activity by routinely monitoring your financial accounts and billing statements. **DEFEND** against ID theft as soon as you suspect a problem.

Adapted from: "About Identity Theft," <http://www.ftc.gov/bcp/edu/microsites/idtheft/consumers/about-identity-theft.html>