



Work & Family Matters

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Contact the **UAW-Chrysler Family Resource & Referral Program 1.877.682.2472** for 24/7 assistance

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Family Resource & Referral Program

Explore a wide variety of resources that can help you manage your work and personal responsibilities.

UAW-represented Chrysler workers are eligible to take advantage of this work/life program with topics ranging from **CHILD CARE & COLLEGE PREPARATION** to **RETIREMENT & ELDER CARE**. Developmental stages and ages are also part of this free service. Plus, benefit from the

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The Family Compound

With the 'shrinking globe' that started developing as Baby Boomers entered the work force, many Boomers have taken jobs and started their own families far from the cities and towns where they grew up.



Boomers are now entering a phase of their life where they would like to have a closer extended family - they want the security, caring and love of family and they want it to be near them all of the time. This has led to Baby Boomers bringing extended family into their homes, such as parents, grandparents and children who had previously moved away. Other contributing factors include shifting economics and the rising cost of real estate.

Before the United States became such a mobile society, children would leave home and start their own families in the same town, if not neighborhood, where they grew up. Having extended family - parents, grandparents, cousins, and lifelong friends as well as their families - living nearby created a very effective support system. Many Boomers either chosen or, based on job locations, were forced to leave this traditional extended family network behind.

Many Baby Boomers have started recreating this lost system. Some have built large homes and have extended family living with them under the same roof. Some do not live under the same roof as their extended family, but rather their parents or children have moved into homes in the Boomer's neighborhood or community. They call these Multigenerational Communities. Other Boomers have created the Family Compound, where a Granny Unit is built on the same lot as their house, or two or more full sized homes are built on acreage. This multi-home option is more common in areas where the price of land is very high and the Boomers parents or children can afford to build a house, but not to buy their own land.

These decisions to be closer to family can be life changing. Let's say, for instance, that a couple is married. His side of the family lives in Connecticut. Her side of the family lives in Washington, D.C. To bring those two families together would be quite expensive and emotionally draining. But, Baby Boomers are deciding that it is worth the effort to have family close. It's kind of a "meet in the middle" attitude and it is happening everywhere.

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**Family Resource &
Referral Program
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**CONVEINENCE &
CONCIERGE** services, where we will locate services in your area, including, electricians, plumbers, landscapers, dining and night life -- we'll even help find those hard-to-find gifts for the holidays!

All topics in the *Family Matters* newsletters are covered in this program.

Professional Care Consultants are available 24/7 either via telephone or web. Take advantage of this free service for all of your family needs!

Call Today!

1.877.682.2472

www.uaw-chrysler.com



The Mourner's Bill of Rights



Though you should reach out to others as you do the work of mourning, you should not feel obligated to accept the unhelpful responses you may receive from some people. You are the one who is grieving, and as such, you have certain "rights" no one should try to take away from you.

The following list is intended both to empower you to heal and to decide how others can and cannot help. This is not to discourage you from reaching out to others for help, but rather to assist you in distinguishing useful responses from hurtful ones.

- 1. You have the right to experience your own unique grief.** No one else will grieve in exactly the same way you do. So, when you turn to others for help, don't allow them to tell what you should or should not be feeling.
- 2. You have the right to talk about your grief.** Talking about your grief will help you heal. Seek out others who will allow you to talk as much as you want, as often as you want, about your grief. If at times you don't feel like talking, you also have the right to be silent.
- 3. You have the right to feel a multitude of emotions.** Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey. Others may try to tell you that feeling angry, for example, is wrong. Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without condition.
- 4. You have the right to be tolerant of your physical and emotional limits.** Your feelings of loss and sadness will probably leave you feeling fatigued. Respect what your body and mind are telling you. Get daily rest. Eat balanced meals. And don't allow others to push you into doing things you don't feel ready to do.
- 5. You have the right to experience "griefbursts."** Sometimes, out of nowhere, a powerful surge of grief may overcome you. This can be frightening, but is normal and natural. Find someone who understands and will let you talk it out.
- 6. You have the right to make use of ritual.** The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. More importantly, the funeral is a way for you to mourn. If others tell you the funeral or other healing rituals such as these are silly or unnecessary, don't listen.
- 7. You have the right to embrace your spirituality.** If faith is a part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you feel angry at God, find someone to talk with who won't be critical of your feelings of hurt and abandonment.

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8. You have the right to search for meaning.

You may find yourself asking, "Why did he or she die? Why this way? Why now?" Some of your questions may have answers, but some may not. And watch out for the clichéd responses some people may give you. Comments like, "It was God's will" or "Think of what you have to be thankful for" are not helpful and you do not have to accept them.

9. You have the right to right to treasure your memories.

Memories are one of the best legacies that exist after the death of someone loved. You will always remember. Instead of ignoring your memories, find others with whom you can share them.

10. You have the right to move toward your grief and heal.

Reconciling your grief will not happen quickly. Remember, grief is a process, not an event. Be patient and tolerant with yourself and avoid people who are impatient and intolerant with you. Neither you nor those around you must forget that the death of someone loved changes your life forever.

Perfect Pineapple Pops



Prep time: About 60 to 120 minutes
Serves 6, serving size 1

Ingredients:

- 2 c. plain yogurt
- 1/2 c. canned crushed pineapple (packed in its own juice instead of packed in syrup)
- 1 can frozen pineapple or orange-pineapple juice concentrate, thawed

Utensils:

- medium-sized bowl
- mixing spoon
- small paper cups
- plastic wrap
- wooden popsicle sticks (available at craft stores)
- measuring cups

Directions:

1. Drain the can of crushed pineapple so all the juice runs out.
2. Put all the ingredients in a medium-sized bowl and mix them together.
3. Spoon the mixture into the paper cups. Fill them almost to the top.
4. Stretch a small piece of plastic wrap across the top of each cup.
5. Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.
6. Put the cups in the freezer until the mixture is frozen solid.
7. Remove the plastic wrap and peel away the paper cup. You'll have pineapple pops to eat and share!

http://kidshealth.org/kid/recipes/recipes/pineapple_pops.html

The Family Compound (Continued from page 1)

Boomers want their children to grow up knowing their grandparents. And they also want to be more involved in their own grandchildren's lives. This is quite different from the days when having a career was the most important thing and people were willing to move anywhere, away from family, to fulfill their professional dreams. Professional dreams are something the Baby Boomers pursued in their 20s and 30s, but now they are seeking warmth and healthy lives with their families.

