



Work & Family Matters

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1-877-682-2472 UAW-DaimlerChrysler Family Resource & Referral Program—July 2007



The Carpooling Forum

With the recent rise in gas prices, and as people are preparing for their summer vacation getaways, it is a good time to save money on your commute to work by taking advantage of the Carpooling Forum on the Web site.

Pool Safety Tips!!



Drowning is the second leading cause of death among American children ages 14 and younger, but taking a few simple measures can greatly reduce the risk of such tragedies.

- Supervise your child at all times; simply being near is not necessarily supervising—be alert and aware of what is going on in the water.
- Pools and spas should be surrounded on all four sides by a fence at least 5' high with gates that close and latch automatically.
- Consider a pool alarm and alarms on doors, windows, and gates leading to the pool.
- Encourage and insist upon proper "poolside behavior" by all guests in the pool.

What is the Carpooling Forum?

The Carpooling Forum is a free, electronic gathering place for participants to post and reply to inquiries related specifically to carpooling. It is designed to help employees with their daily commute to work. Employees have the option to match themselves with others who share common neighborhoods, work locations, and hours.

How do I access the Carpooling Forum?

Go to the Family Resource and Referral section of the NTC Web site (under Circle of Life) and log in as directed. Click Convenience/Concierge Services, then click Carpooling. There is specific additional information for Michigan, Ohio, Indiana and the Fairfax, Kan., area.

Benefits of Ridesharing (Carpooling)

- Save money, plus wear and tear on your car.
- Save time—begin and end your day by relaxing rather than fighting traffic.
- Benefits of flexibility—you can participate daily or as seldom as once or twice a week.
- You choose who you will ride with. You can organize your own car or vanpool, or have your local rideshare office match you up by computer. If you're worried about compatibility of personalities, try ridesharing on a trial basis for a few weeks or a month.
- Increase productivity—lower your stress levels by the increase in camaraderie that comes with riding with a fellow employee.
- Global warming—carpools reduce pollution and emissions thereby reducing global warming.
- Easy registration; all state sites have a free, easy-to-use registration process and confidential privacy policies.

So, check out the Carpooling Forum on this Web site, in the Spotlight section located on the homepage, to see if it is for you.



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Pool Safety Tips! (Cont.)

- Pools and spas with a single drain should have an anti-entrapment drain cover and a safety vacuum release system.
- Don't leave toys in or near a pool where they may attract unsupervised children.
- When children are about age 4, enroll them in swimming lessons. But don't assume that swimming lessons make a child "drownproof"—active supervision is still needed when children are swimming or in a pool area.
- Remember that inflatable swimming aids, such as water wings or "noodles" are not flotation devices and do not prevent drowning.
- Keep rescue equipment (life rings, a long pole, etc.), as well as emergency phone numbers close by the pool.
- Make sure there are a sufficient number of adults to supervise children—with undivided attention focused on each child.
- Do not become preoccupied with a book, talking, eating, or watching children who are not in the pool and not giving your full attention to those children in the pool.

BEWARE: THE BOSS MAY BE WATCHING

You wouldn't go on a job interview and recount your adventures of the weekend—perhaps a party that got out of hand, a few too many drinks, or maybe some other embarrassing behavior. However, in this day and age, as career counselors and recruiters are quick to point out, what happens in school or on the weekend may soon become public knowledge on the Internet. As a matter of course, many potential employers routinely "Google" prospective employees and often find themselves staring at a MySpace page showing just such activities.

Do you know if your child has a MySpace or Facebook page? Do you know the contents of the page? It doesn't take much browsing through these sites to find images of drinking parties, obscene gestures, scantily clad females, or even references to drug use.



In a world where college students, and some even younger than that, have chosen to make the details of their personal lives only a click away for anyone, some young job seekers are now refining their sites to remove certain college or high school activities that may sour potential employers. Thankfully, some schools have also jumped on the bandwagon by banning photos displaying alcohol use or tasteless behavior, and in some cases, banning students from using social networking sites altogether.

Here are some good tips to pass along to your child on the appropriate use of such sites:

- Don't post anything you wouldn't want your mother, or a potential boss, to see.
- Avoid illegal and unsavory images: binge drinking, drug use, skimpy clothing.
- Monitor whether others are using your name and displaying photos of you on their sites. Be aware of the content of your friends' pages that your page may link to.
- Highlight positives such as work experience, community involvement, and things you will be proud for others to see and talk about.

Adapted from several articles in the Detroit News and on <www.detnews.com>, May 2007.

Have a safe and enjoyable
4th of July!

Tips to Protect the Elderly From Falls...

- Have your doctor or pharmacist review all the medicines your elderly family member is taking. Even some over-the-counter medicines can make them sleepy or dizzy.
- Make sure to have their vision checked yearly. Poor vision can increase the risk of falling.
- The elderly should avoid wearing slippers or walking barefoot even in the house—it is safer to walk in shoes.
- Make sure you have adequate lighting in the home. You may have to put in brighter light bulbs to increase visibility. Remember to add lighting to any dark areas of a room.
- Hang lightweight curtains or shades to reduce glare while letting sufficient light enter the room.
- Paint a contrasting color to the top edge of all steps to increase visibility.
- Make sure the elderly exercise regularly. Exercise makes them stronger and improves balance and coordination.
- Make sure there is a phone that can be reached from the floor in case of an emergency.
- Keep emergency numbers in large print near each phone.
- It may be necessary to purchase a device that the elderly can wear or carry that they can activate to bring help in the event of a fall.

Adapted from *Check for Safety, A Home Prevention Checklist for Older Adults*, <www.cdc.gov/injury>

The College Application Process



The college application process can be a daunting one for high school juniors and seniors. The number of qualified high school students applying to college is at its peak which means that the competition and pressure to get into a good school is increasing.

With college applications piled on top of a student's already busy schedule, senior year can become extremely stressful and overwhelming. A key in decreasing the stress of the application process is to start college applications over the summer. Most high school students will not want to spend the summer working on applications, but convincing your child to start over the summer will be worth it. Your child's stress and workload during the school year will be lightened.

Another challenge in the application process is deciding to which colleges to apply. Students can no longer get away with applying to only one or two schools because the competition has increased, and many schools are now harder to get into. Generally, a list of schools should consist of a couple of "safety" schools (schools which will definitely accept your child), a couple of "on-target" schools (colleges which your child will probably get into), and a couple of "reach" schools (colleges that are more challenging to get into). The best way to form a list of colleges is to research. You can help your child research by getting books at your library or bookstore. Many colleges also have Web sites that can be good sources of information.

One of the most stressful aspects of the college application process for both parents and students is the financial question. The cost to attend college has also been rising, and the majority of college applicants and their parents have to ask themselves: How are we going to pay for this? Some of the good news is that the application process for many schools is need-blind. This means that the admissions officers do not discover an applicant's financial situation until after he or she has been accepted. Therefore, a student cannot be discriminated against financially. The majority of colleges also offer need-based financial aid. This aid can be offered in grants, scholarships, and student loans. The amount of aid offered depends on the family's demonstrated financial need. So, when you start worrying about the cost of college, remember that many colleges are doing their best to make college affordable for families of all financial circumstances.

Although applying to college can be scary and nerve-racking for both you and your child, with organization and information, you will both be able to breathe a little easier. And, if things get overwhelming just remember that there is a light at the end of the

Did You Know . . .

- Teens who have involved and satisfying relationships with their parents are more likely to do well in school.
- Teens who believe their parents care about and support them are less likely to be exposed to or commit weapon violence.
- Teens whose parents demonstrate positive behaviors such as community or church activism, or leadership in sports or other community activities are more likely to engage in those positive behaviors themselves.
- Research shows that a father's involvement (even more so than the mother) is linked with more positive outcomes for children.