



Work & Family Matters

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1.877.682.2472

UAW-Chrysler Family Resource & Referral Program

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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 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.

1.877.682.2472
www.uaw-chrysler.com

HEALTHY BEGINNINGS



The incidence of childhood obesity is rapidly rising throughout the world. The obesity epidemic is especially evident in industrialized nations where many people live sedentary lives and eat more convenience foods, which are typically high in calories and low in nutritional value. In just two decades, the prevalence of overweight doubled for U.S. children ages 6 to 11 — and tripled for American teenagers.

How do you know if your child's weight gain is normal and when it's leading to childhood obesity? Children, unlike adults, need extra nutrients and calories to fuel their growth and development. So if they consume about the number of calories they need for daily activities, growth and metabolism, they add pounds in proportion to their added inches. But children who eat more calories than they need gain weight beyond what's needed to support their growing frames. In these cases, the added weight increases their risk of obesity and weight-related health problems.

One of the best strategies to combat excess weight in your children is to improve the diet and exercise levels of your entire family. This helps protect the health of your children now and in the future.

- Start setting a good example by making sure your own diet is consistent with maintaining healthy weight. Then, be active, and invite your child to join you.
- Try not to engage in food-related power struggles with your child. You might unintentionally lay the groundwork for such battles by providing or withholding certain foods — sweets, for instance — as rewards or punishments. As a general rule, foods aren't recommended for behavior modification in children.
- Keep in mind that many overweight children grow into their extra pounds as they get taller. Realize, too, that an intense focus on your child's eating habits and weight can easily backfire, leading a child to overeat even more, or possibly making him or her more prone to developing an eating disorder.
- Rather than being critical, emphasize what's positive — the fun of playing outside, the variety of fresh fruit you can get year-round. Emphasize the benefits of exercise apart from helping to manage their weight, for example, it makes their heart, lungs and other muscles stronger. If you foster your child's natural inclination to run around, explore and eat only when hungry — not out of boredom — a healthy weight should take care of itself.

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Memory Aids

Fat-Free Isn't Always "Free"

Remember that a calorie is always a calorie whether it comes from fat or carbohydrate. Reducing fat and saturated fat in your family's diet is important to maintaining heart health and reducing calories.

However, fat-free or reduced-fat food choices aren't always low in calories. They can be high in sugar or other nutrients that increase calories.

Some reduced-fat or fat-free foods provide almost the same number of calories as the regular food. Often times, they are not the solution to weight loss. This is especially true if you think you can eat more of a reduced-fat food than you would eat of a regular item. For example, did you know:

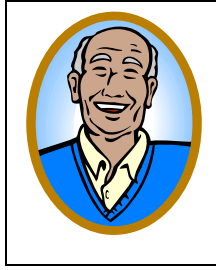
- A serving of three reduced-fat chocolate chip cookies (30 grams) contain 118 calories, while an equal serving of the regular version has 142 calories?
- A 1-ounce serving of baked tortilla chips has 113 calories, versus 143 calories for the same amount of regular tortilla chips?
- A 2-tablespoon serving of fat-free caramel topping contains the same number of calories (103) as an equal amount of homemade caramel topping with butter?

Think differently about calories, fat, and sugar

Remember that energy balance begins with the understanding that calories are still calories, no matter the source. We know that fat and sugar are important to limit in your family's diet. For example, fat has twice as many calories as protein or carbohydrate, so it's easy to see that reducing fat is important to energy balance.

Sugar is found naturally in some foods, like the fructose in fruits or lactose in milk.

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We all have memory problems that can be increased due to stress, illness, medications, and depression.....*at any age*. Help an older adult to build or keep their memory by suggesting use of memory tools. Offer gifts of calendars, personal digital assistants (PDAs), photo albums and other memory aids. Be creative in developing memory clues that help maintain independence and safety.

Memory Tools

1. Use Pad and pencil and make notes.
2. Use large calendar or appointment book to record special dates for the future or to record daily events.
3. Use a tape recorder to leave reminder messages.
4. Use electronic pillboxes with an alarm that signals when to take medication.
5. Use telephones with memory dialing and spaces for photos of people frequently called.
6. Ask the doctor to write down instructions, especially regarding medications.
7. Use a photo album, diary, journal or scrapbook to collect and record events.
8. Use timed faucets that automatically turn off water.
9. Use audiocassette tapes and books with memory improvement exercises.

Memory Exercises

1. Draw associations between names and other images, the person's interest, or the occasion.
2. Do crossword puzzles or other games.
3. Review photo albums, diaries, and calendar events.

Memory Approaches

1. Give other people time to recall information and names and draw associations i.e., *"The man who always brought us candy, drove that red Chevrolet, and had a black dog named Spark."* Be careful not to "quiz" the person.
2. Present small amounts of new information at a time rather than trying to present a lot of information at once.
3. Recognize when people are tired, sick, or tense, and avoid taxing their memory.

Includes materials adapted from As People Grow Older, Oderberg & Smith, 1995 Tools and Gadgets for Independent Living, American Association for Retired Persons (AARP), 2000

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However, added sugar in prepared foods and drinks like the high-fructose corn syrup in sweetened beverages and breakfast cereals need to be cut back.

Why? Health experts offer several reasons:

- Studies show that people who consume many foods and drinks with added sugar tend to consume more calories than people who consume fewer of these foods. They also show a link between weight gain and drinking sweetened beverages. Cutting back on added sugars, especially from sweetened beverages such as regular soda and fruit punch, can help you and your family maintain a healthy weight.
- Added sugar provides calories but no additional nutrients. An eating plan that helps you and your family maintain a healthy weight is one that focuses on getting plenty of nutrients within your calorie needs.
- Many children and teens, especially girls, don't get enough calcium, a mineral that's important for strong bones and teeth and other body functions. Giving your children fat-free or low-fat milk instead of sweetened beverages can give their bodies a boost.

National Heart Lung and Blood Institute,
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/learn-it/fat-free.htm>, accessed June 2007.

Fight the Common Cold

The common cold is a nuisance, but over-the-counter cough and cold medicines can help your child feel better — right? Think again. Cough and cold medicines aren't recommended for children, especially those younger than age 2. So what's the best way to treat a child's cold?

There's no cure for the common cold, but you can help your child feel better while he or she is toughing it out.

- **Offer plenty of fluids.** Liquids can help loosen the congestion, and coughing can help clear the mucus from your child's airway. Offer water or juice. Serve chicken soup for dinner.
- **Encourage rest.** Consider keeping your child home from school and other activities if he or she has a fever or bad cough.
- **Moisten the air.** Run a humidifier in your child's room to help soothe irritated nasal passages. Aim the mist away from your child's bed to keep the bedding from becoming damp. To prevent mold growth, change the water daily and follow the manufacturer's instructions for cleaning the unit. Steam from a hot shower may help, too.
- **Try saline drops.** Saline nose drops can loosen thick nasal mucus and make it easier for your child to breathe. Look for these over-the-counter drops in any pharmacy.
- **Soothe a sore throat.** For older children, gargling salt water or sucking on hard candy or cough drops may soothe a sore throat.

What's the best way to prevent the common cold?

The common cold typically spreads through infected respiratory droplets coughed or sneezed into the air. The best defense is plenty of soap and water.

- **Keep it clean.** Teach your kids to wash their hands thoroughly and often. When soap and water aren't available, provide hand wipes or gels that contain germ-killing alcohol. Keep toys and common household surfaces clean, too.
- **Cover up.** Teach everyone in the household to cough or sneeze into a tissue — and then toss it. If you can't reach a tissue in time, cough or sneeze into the crook of your arm.
- **Don't share.** Avoid sharing utensils, drinking glasses, washcloths, towels and other items that may harbor germs. To prevent confusion, you might want to specifically mark these items for each member of the family.
- **Avoid anyone who's sick.** This is especially important during the first few days of a viral illness, when the person who's sick may be most contagious. For parents and children alike, simple preventive measures can go a long way toward preventing the common cold.

