



Grandparents Corner

August 2012

Back to School

August brings another beginning of a new school year. The top of each parent's to-do list is teaching children how to be safer. According to the National Center for Missing and Exploited Children, of attempted abductions during the past five years, children are at most risk when going to and from school or school related activities. Children can stay safer by following the ten tips below:

1. Children should always TAKE A FRIEND with them when walking or biking, and stay in groups while standing at the bus stop. Make sure your child knows what bus to ride.
2. Walk the route to school with your child, pointing out landmarks and safe places to go if they notice that they are being followed or need help. Teach your children that they should NEVER TAKE SHORTCUTS, and stay in well-lit areas.
3. Always try to walk to and from school with younger children. Even in a group, it is not safe for young children. You should always provide supervision for young children to help ensure their safe arrival. If your children wait for a bus, stay with them or make arrangements for supervision at the bus stop.
4. Teach your children that if anyone scares them or makes them feel uncomfortable to trust their feelings and get away from that person immediately. Teach them that it is alright to not be polite and it is OK to say no.
5. Teach them that if anyone tries to take them somewhere, they should resist by kicking and screaming. They should try to run away and draw attention by screaming, "this person is trying to take me away!"
6. Children should never accept a ride from anyone unless you have said it is alright. If anyone follows them in a vehicle, they should turn around, go the other direction, and run to a trusted adult who may help them.
7. Teach your child that grownups should not ask children for directions - they should ask other adults.
8. Teach your children to never accept money or gifts from anyone unless you have told them it is OK.
9. Make sure that your child's school has current and accurate emergency contact information on file.
10. Always know where your children will be. Teach them to always check in first before changing their plans before or after school. Teach your children to never leave school with anyone unless they check first with you or another trusted adult, even if someone tells them it is an emergency.

Source: National Center for Missing and Exploited Children

The main goals of oxygen therapy rehabilitation for those with lung disease are to increase the ability to breathe; become more independent; improve the quality and length of life; reduce the need for medication, doctor visits and hospitalizations; lower anxiety and learn how to manage symptoms; and improve the ability to exercise. Read the issue and answer True or False to the questions below.

1. Oxygen comes in different kinds of containers and is given through prongs inserted into the nose, or through a tube inserted surgically directly into the throat. T F
2. Some of the signs that the lungs can't supply enough oxygen to meet the needs of the body are morning headaches and worsening shortness of breath. T F
3. Using oxygen therapy will reduce independence and people will become addicted to it.
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4. The doctor will use various tests to find out when and how much oxygen is needed, and will prescribe a specific flow rate of oxygen. T F
5. Care must be taken to avoid having anything flammable in the room where the oxygen container is kept, such as a cigarette lighter or gas range. T F
6. Diaphragmatic breathing, also known as belly breathing, helps a person to relax and get more air out of the lungs. T F
7. The most important thing a person with lung disease can do is to STOP SMOKING. Smoking is the number one cause of COPD and can make any kind of lung disease worse. T F
8. People with COPD are not affected by irritating substances in the air. T F
9. Pursed-lip breathing helps to keep the breathing tubes open during exhalation and improve the ability to get more air out of the lungs. T F
10. Relaxation techniques are very helpful for people with chronic lung disease. T F

KEY: 1. T 2. T 3. F 4. T 5. T 6. T 7. T 8. F 9. T 10. T