



Grandparents Corner

August 2015

Back to School Safety Tips

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 found that 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 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, wait 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 not to be polite and it is alright 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 and 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 alright.
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

In the early stage of Alzheimer's disease (AD), it is common for caregivers (who may not yet even call themselves caregivers), to wonder how much the person can still do on their own, and when they should step in and be protective. Read the issue and answer True or False to the questions below.

1. In the early stage, the person takes longer to do routine chores and becomes upset if rushed or if something unexpected happens. T F
2. People with AD are at greater risk of falls because of increased memory impairment and poor decision-making skills. T F
3. Everyone with Alzheimer's disease get all of the symptoms. T F
4. It is important to determine the underlying reasons for the behavior of the person with AD. T F
5. The effects of Alzheimer's disease change over time. T F
6. In the late stage, the person needs total assistance for all activities of daily living. T F
7. The length of each stage depends on many factors, including the age of the person and the other illnesses the person has. T F
8. In the late stage, the person speaks, but it is difficult or impossible to understand the content. T F
9. In the late stage, the person will still remember how to chew and swallow. T F
10. The AD patient sometimes loses or misplaces things by hiding them in odd places or forgets where things go, such as placing clothes in the dishwasher. T F

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