



Navigations



Volume 1, Issue 7

March 2002

Easy Steps to a Healthier You

Every year, thousands of individuals resolve to lose weight or eat healthier in the New Year. If you are one of these people, hopefully your resolution is being kept. If you missed the January seminar on Nutrition, you just might be interested in learning the several helpful tips shared that can keep you on track for the New Year and in line to achieve a healthier lifestyle. A healthier lifestyle starts with eating from all the basic food groups, including those made with whole-grain.

Whole-Grain Goodness: 3 Are Key!

Nutrition experts recommend we eat at least three servings of whole-grain goods daily. How many do you eat each day? If you're like most people, you eat on average fewer than 1 serving a day! And if you're like many more people, you probably had trouble answering the question because you're not certain just what whole-grain means. The following list provides some examples of serving sizes when it comes to whole grain foods: **Whole-grain cereals** (1 cup dry ready-to-eat or 1/2 cup cooked = 1 serving); **Whole-grain breads** (1 slice bread or small roll or 1/2 bagel, 1/2 English muffin or 1/2 hamburger bun = 1 serving); **Brown rice or whole-grain pasta** (1/2 cup cooked = 1 serving); **Other foods made with whole-grain flour** (2 small pancakes or 1 small waffle or 1 small muffin or 3 -4 small crackers = 1 serving).

To Know or Not to Know Whole-Grain: How Can I Tell the Difference?

Before they are milled or refined, all grains are whole. That is, they contain all the original components of grains: an inner layer of germ, a middle layer called the endosperm and the outer bran layer. When grains are milled, the germ and bran are often removed, and the starchy endosperm is left. That's what you eat when you enjoy white rice or foods made with white flour. Many popular foods today contain whole grains, including whole-grain breakfast cereals, whole-wheat and whole-grain breads and rolls and whole-grain waffles. To make certain you're eating a food that contains a significant amount of whole grains, check (continued on page 2)

EVENTS SCHEDULE

Click on links for flyers or resources lists (available one week prior to event). Please note that the dates and locations of events listed below are subject to change. Videotapes of seminars will be made available on the Web site after the event.

March

March 13 Educational Planning Seminar, Bldg. 3, RM. 4527 1:00 – 2:00

[TO VIEW FLYER](#)

March 20 Parenting Children with Special Needs Discussion Group Informational Meeting, Bldg. 4, 1st floor conference room 1:00 - 2:00

[TO VIEW FLYER](#)

March 26 Adolescent Resource Fair, Bldg. 3, Cafeteria 11:30 – 1:30

[TO VIEW RESOURCE LIST](#)

April

April 9 Week of the Young Child Resource Fair, Bldg. 3, RM. 4527 11:30 – 1:30

[TO VIEW RESOURCE LIST](#)

April 17 Developing Resilience in Children and Adolescents Seminar, Bldg. 4, 1st floor conference room 1:00 - 2:00

[TO VIEW FLYER](#)

April 23 Health / Wellness Resource Fair, Bldg. 3, Cafeteria 11:30 – 1:30

[TO VIEW RESOURCE LIST](#)

You've asked, we're responding. Discussion groups now forming on:

Alzheimer's Disease Diabetes
Breast Cancer Special Needs Children

Please contact the Worklife Center at 1-866-NOAAWLC if you are interested in participating.

Need Worklife information fast?

E-mail or call in your questions to your Worklife Advisor on:

- ❖ Parenting and Child Care
- ❖ Aging and Elder Care
- ❖ Balancing Work & Family
- ❖ Health and Wellness
- ❖ Plus much more!

(866) NOAAWLC

TDD: 301-713-9470

Worklife.Center@noaa.gov

CANCER QUIZ

- 1) Smoking cigars can increase the risk of death from several Cancers.
 - a) True
 - b) False
- 2) You can limit the risks associated with skin cancer by:
 - a) Limiting direct sun exposure during midday
 - b) Covering up
 - c) Wearing a hat
 - d) Using a sunscreen with a SPF of 15 or higher
 - e) All of the above
- 3) Aspartame (low-calorie artificial sweetener) can cause cancer.
 - a) True
 - b) False
- 4) All of the following are risks associated with Breast Cancer, except:
 - a) Wearing underwire bras
 - b) Being obese or eating high-fat diets
 - c) Being a white woman
 - d) Having a family history of breast cancer
 - e) Not having children or having your first child after age 30

For more information about risks associated with all types of cancer, visit the American Cancer Society at www.cancer.org. See page 3 for answers and explanations.

Easy Steps to A Healthier You (cont.)
the ingredient list on the label. The predominant ingredient should be labeled "whole grain," such as whole-grain oats, whole-grain wheat, whole-grain rice, whole-grain corn or whole-grain barley, or "whole-wheat," such as whole-wheat flour. The labels of some packaged foods also announce that the product is made from whole grains.

Eating healthy is something that becomes easier with time, so don't try to change overnight. Maintaining a food journal can help you keep track of your overall food intake on a daily basis. For additional information about locating whole-grain products and general information please contact the following: **Wheat Food Council** 5500 South Quebec, Suite 111, Englewood, CO, 80111, 303-694-5828; **Consumer Nutrition Hotline - 800-366-1655** (for a referral to a registered dietitian or to ask a food or nutrition question) or **American Dietetic Association** - <http://www.eatright.org>.

The information from this article was taken from a handout developed by Ms. Jane F. Jakubczak, a licensed dietitian from the University of Maryland, College Park.

Facts to Know about Sleep

- Although it is a time when your body rests and restores its energy levels, sleep is an active state that affects both your physical and mental well-being. Adequate restful sleep, like diet and exercise, is critical to good health. Insufficient sleep can result in mental and physical health problems and possibly premature death.
- Research has shown that the brain keeps track of "sleep debt" — the amount of sleep lost each night. Most people don't get the ideal amount of sleep they need and become chronically sleep deprived.
- Many people doze off unintentionally during the day despite getting their usual night of sleep. This could be a sign of a sleep disorder. About 40 million Americans suffer from sleep disorders.
- As many as 40 percent of women over 40 experience insomnia, and women are more likely to suffer from insomnia than men. Hormonal influences and changes in core body temperatures may contribute to altering women's sleep patterns. Researchers also have found that dieting can lower women's body temperatures, altering their sleeping patterns.

Discussion Group Update

On January 23rd and 24th, the NOAA Employee Worklife Center held two discussion groups dealing with prostate cancer and diabetes. During both group meetings, information was provided by the Worklife Advisor that was beneficial to the employees who attended.

Prostate Cancer Information

- ***Coping with Prostate Cancer*** by Robert H. Phillips, Ph.D. – this resource is available in the Lending Library of the Worklife Center.
- **American Cancer Society (ACS)** – to find out more information about cancer and support groups in your area, 1-800-ACS-2345 or <http://www.cancer.org>.
- **National Cancer Institute Cancer Information Services (CIS)** – a useful resource for services offered nationwide, 1-800-422-6237 or <http://www.nci.nih.gov/>.

Diabetes Information

- **American Diabetes Association (ADA)** – has a useful Web site that you can use to learn more about diabetes, <http://www.diabetes.org/>.
- **1-888-DIABETES** - to locate a local chapter in your area for support and additional resources that are available.
- **American Diabetes Association (ADA)** in Washington, D.C. – 1211 Connecticut Avenue, NW – Room 204, Washington, D.C. 20036, 202-331-8303.

In addition to having the discussion group meetings on a regular basis, the NOAA Employee Worklife Center is developing cyberspace support via the Internet. Our mission is to connect individuals from various places and offer support to one another even when the group does not meet.

(cont.)

Discussion Group Update (cont.)

Therefore, if you are interested in connecting with individuals who have or are survivors of diabetes, prostate cancer, breast cancer, parenting children with special needs, etc., please contact the Worklife Center by phone or email and sign up to participate either in person, by email or both. The contact information for the center is 301-713-9456, TDD 301-713-9470, 866-NOAAWLC or worklife.center@noaa.gov.

Answers to Quiz: Cancer Risk.....

1. **TRUE** Cigar smoking increases the risk of death from several cancers, including cancer of the lung, oral cavity (lip, tongue, mouth, throat), esophagus (the tube connecting the mouth to the stomach), and larynx (voice box).
2. **E – All of the above** Some people think about sun protection only when they spend a full day at the beach or pool. But sun exposure adds up day after day, and it happens whenever you are in the sun, for example when you are gardening, fishing, hiking, attending a baseball game, or going to and from your car. All of these steps, in addition to wearing sunglasses with UV protection and avoiding tanning salons can reduce your risk of skin cancer.
3. **FALSE** Aspartame has been approved by the FDA and by the Joint Expert Committee on Food Additives of the United Nations Food and Agricultural Organization, and the World Health Organization. These bodies have concluded that aspartame does not cause cancer or other adverse health effects in the general population (Janssen, 1988; JECFA, 1980). If you have concerns about your consumption of aspartame, you should talk with your doctor as it can have health effects on individuals with a rare condition.
4. **A – Underwire Bras** Internet e-mail rumors and at least one book have suggested that bras cause breast cancer by obstructing lymph flow. There is no scientific or clinical basis for that claim.

Nannies – Getting Started

People everywhere struggle with finding the best care for their child. Today, there are many options for parents ranging from child care centers, to family child care, to at home care. Individuals need to evaluate their situations, their needs, their pocket books and their values to determine what is best for their child and for themselves. For some, the answer might be hiring a nanny. While coming to that decision can take a lot of time, thought, and research, the process of finding and hiring a nanny can be even more difficult.

Many struggle initially with figuring out where to start. Peggy Robin, author of "The Safe Nanny Handbook," offers the following guidelines during a search for a good, safe nanny:

- Take your time. A safe nanny is never found in haste.
- Always have a back-up childcare plan. You don't want to feel pressured into accepting someone as a last resort because you don't know who else could care for your child(ren).
- Make your job package as good as you can, to attract the highest quality of candidate available.
- Prescreen rigorously by phone. Don't waste precious time interviewing someone who cannot communicate effectively over the phone or who does not meet your advertised requirements.
- Interview extensively. Forty-five minutes covering all aspects of the job is the minimum recommended time. That does not include the house tour and the meeting with your children.
- Listen to your gut. If there's something that just does not feel right to you about a nanny, don't waste any more time with her.
- Investigate her background. Question the nanny's references carefully, and if she is not agency-screened, get a professional to check out police, court, credit, and driving records for signs of trouble.
- See how she is in practice. Always try to arrange at least a day or two of "try-out" babysitting, while you stay at home, so that you can see for yourself if you are pleased.
- Be accommodating in areas where negotiation is possible. You don't want to lose out on a good nanny because you failed to reach agreement about something relatively minor, such as whether President's Day is a holiday.
- Stress the importance of good communication. If both of you do your best to be honest and considerate of the other, you will be able to work out any difficulties that crop up, and you will go on to build a good, long-term relationship.

While keeping these guidelines in mind, to actually start your search you need to decide if you are going to use an agency to help you find someone, or take the work on yourself by networking to find that perfect person.

The following Web site can help you determine what approach will work best for you:

<http://www.4everythingnanny.com/index.htm>. **4 Everything Nanny** offers practical advice for finding and working with agencies and lists success stories from parents who found nannies without professional help. The site also offers checklists, sample contracts, tax information, frequently asked questions, plus much more.

Upcoming Event Highlight – YOU ASKED and WE RESPONDED....

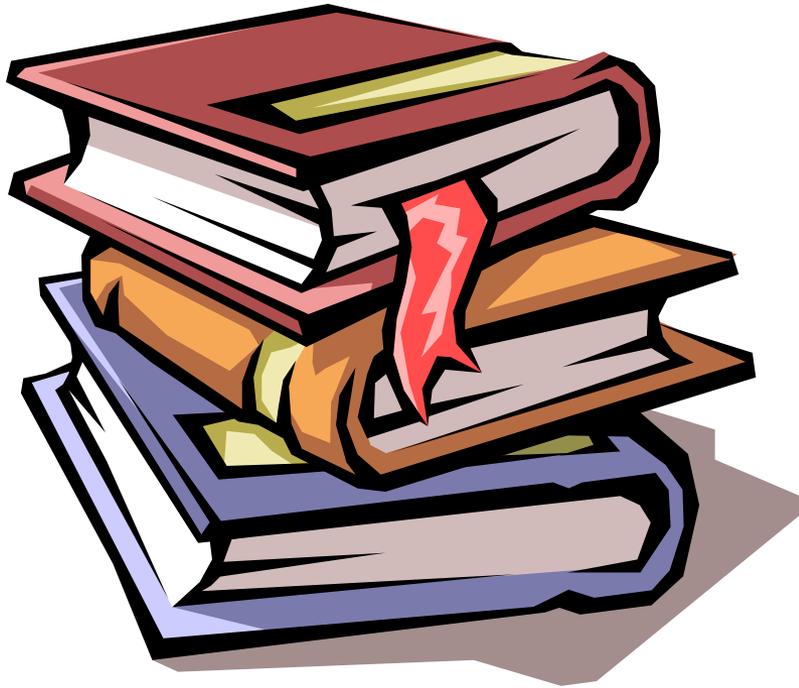
College may be right around the corner for your son or daughter, but the expenses don't have to creep up on you without notice. Come to the **Educational Planning Seminar, March 6 & 13, 2002, Building 3, RM 4527, 1:00- 2:00 p.m.** Contact the Worklife Advisor for more information, 301-713-9456, 866-NOAAWLC, TDD 301-713-9470 or worklife.center@noaa.gov.

College Series Seminar (Part 1 of 2)

Wednesday, March 6, 2002

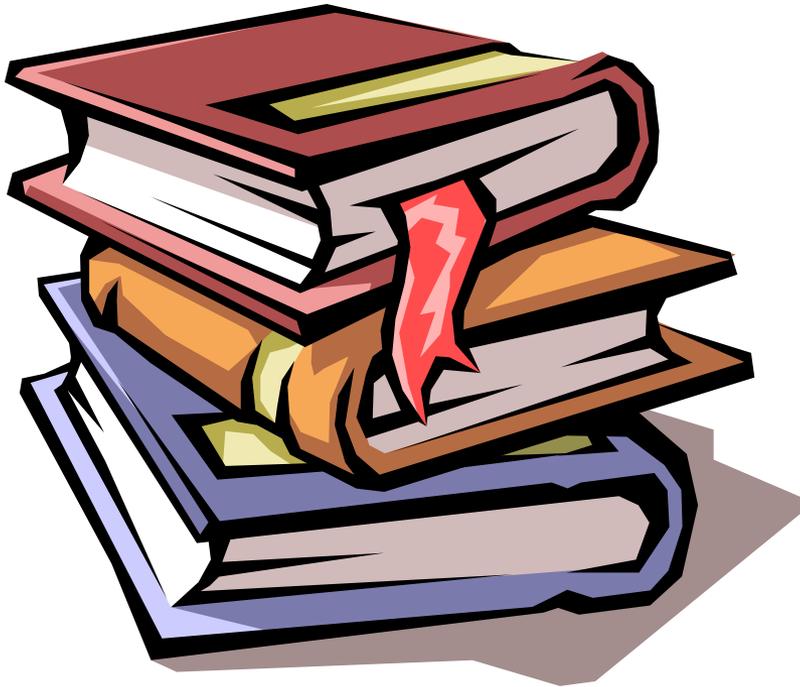
Building 3, Room 4527 (4th Floor)

1:00 - 2:00 p.m.



- **Learn how to financially plan for your child's education**
- **Ask an expert about the new tax law dealing with educational investments**
- **Learn various strategies to saving money for college, professional school and other endeavors after high school**
- **Find out why it pays to begin financial planning in the early years of your child's life**
- **how to make educational planning**

College Series Seminar (Part 2 of 2)
Wednesday, March 13, 2002
Building 3, Room 4527 (4th Floor)
1:00 - 2:00 p.m.



- **Learn how to financially plan for your child's education**
- **Ask an expert about the new tax laws dealing with educational planning**
- **Learn various strategies to saving money for college, professional school and other endeavors after high school**
- **Find out why it pays to begin financial planning in the early years of your child's life**
- **Call the NOAA Employee Worklife Center for additional information, 301-713-9456, 866-NOAAWLC or TDD 301-9470.**

Parenting Children with Special Needs

Discussion Group

Wednesday, March 20, 2002

Building 4, 1st Floor Conference Room

1:00 - 2:00 p.m.



- **Share information with others in a safe and confidential environment**
- **Offer and receive support from others who have a good understanding of where you are coming from**
- **Learn about community resources available to you and your child**
- **Listen to various strategies from other parents and caregivers that work with children with special needs**
- **For additional information, please call the NOAA Employee Worklife Center, 301-713-9456, 866-NOAAWLC or TDD 301-713-9470.**

Adolescent Resource Fair

Resource List
March 26, 2002

Handouts

- 1) Tips for Dealing with Adolescence (AAP)
- 2) Sports and Children (AAP)
- 3) Dealing with Stress without Drugs and Alcohol (Journey Works)
- 4) The Internet and Your Family (AAP)
- 5) Understanding Adolescence (Channing L. Bete)
- 6) Puberty (AAP)
- 7) Teens who Drink and Drive (AAP)
- 8) Eating Disorders (AAP)
- 9) Teen Driver (AAP)
- 10) Preventing Youth Hate Crimes
- 11) Acne Treatment (AAP)
- 12) Single Parenting (AAP)
- 13) Top 10 Things Kids should Know about Drugs (Journey Works)
- 14) Substance Abuse Prevention (AAP)
- 15) Sexual Education (AAP)
- 16) Learning Disabilities and Young Adults (AAP)
- 17) The Alcohol and Binge Drinking Quiz (Journey Works)
- 18) Better Health Through Fitness (AAP)
- 19) What Young People should know about AIDS (Channing L. Bete)
- 20) Keep Your Family Safe from Firearm Injury (AAP)
- 21) The Ratings Game (AAP)
- 22) Making the Right Choice (AAP)

Articles

- 1) Top Ten Tips for Talking about Tough Topics (excerpt from Saying NO in not Enough)
- 2) Teaching Teens Household Responsibility (Parent Soup)
- 3) Understanding your Teenager (F&S)
- 4) Communicating with Your Teen (Parent Soup)
- 5) A Time to Let Go (Parent Soup)
- 6) College Planning (Parent Soup)
- 7) How do I Cope with my Teenager (F&S)
- 8) 10 Strategies for Effectively Communicating with your Teenager(F&S)
- 9) Body Image Concerns in Young Children (momsnet)

Magazines / Newsletters

- 1) Work and Family
- 2) Navigations

Week of the Young Child Resource Fair

Resource List

April 9, 2002

Handouts

1. Off to A Sound Start (National Association for the Education of Young Children)
2. A Caring Place for Your Infant (NAEYC)
3. A Caring Place for Your Toddler (NAEYC)
4. A Good Preschool for Your Child (NAEYC)
5. A Good Primary School for Your Child (NAEYC)
6. A Good Kindergarten for Your Child (NAEYC)
7. What are the Benefits of High-Quality Early Childhood Programs (NAEYC)
8. Child Care Safety Checklist (CPSC)
9. A Good Early Childhood Program (NAEYC)
10. Ready or Not (NAEYC)
11. Love and Learn (NAEYC)
12. Toys: Tools for Learning (NAEYC)
13. Young Children and African American Literature (NAEYC)
14. Play is Fundamental (NAEYC)
15. Raising a Reader, Raising a Writer (NAEYC)
16. Helping your Child Learn to Read (NAEYC)
17. Your Child's Eyes (NAEYC)
18. Men Have Babies Too (March of Dimes)
19. Guide to Children's Medication (AAP)
20. Temper Tantrums (AAP)
21. Sleep Problems in Children (AAP)
22. Discipline and Your Child (AAP)
23. Your Child's Eyes (AAP)
24. Your Child's Growth (AAP)
25. Toilet Training (AAP)

Articles

1. The Internet and Young Children (NAEYC)
2. Making Child Care Work for Everyone (NAEYC)
3. Safe Schools Can't Save Children (NAEYC)
4. Grandparents + Children = Love (NAEYC)
5. Understanding Behavior: A Key to Discipline (NAEYC)
6. Teaching Young Children Through Work and Play (NAEYC)
7. Working Together to Keep Children Healthy (NAEYC)
8. Parents as Partners in Children's Learning (NAEYC)
9. Building Parent-Teacher Partnerships (NAEYC)
10. Choosing Quality School Age Child Care (Fried and Sher, Inc.)
11. Cat-a-List for Reading (National Education Association)
12. Share a Book (<http://www.nf.org>)
13. Ways to Keep your Child Safe Online (<http://www.yahooligans.com/parents>)
14. Resounding Lessons (NAEYC)

Articles (continued)

15. Parenting Web sites (Fried and Sher, Inc.)
16. Healthy Kids Learn Better

Magazines / Newsletters

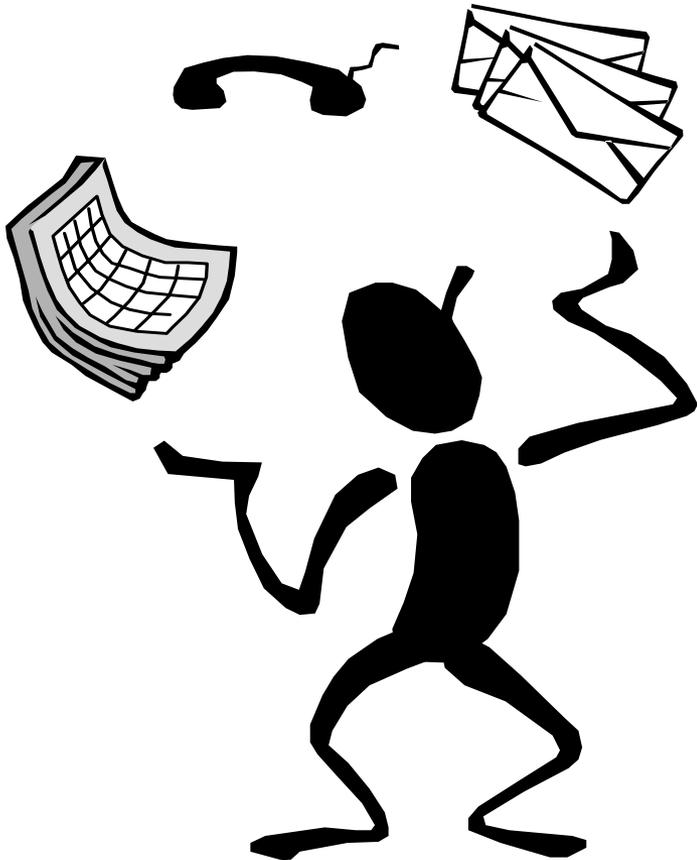
1. Work and Family Life
2. NAEYC Publication Catalogue
3. Navigations

Developing Resilience Seminar

Wednesday, April 17, 2002

Building 4, 1st Floor Conference Room

1:00 - 2:00 p.m.



- **Learn how to help adolescents and children cope with the challenges of the 21st Century**
- **Listen to practical advice from an expert in the areas of parenting, developmental stages of children and adolescents**
- **Learn from other parents, caregivers and guardians who have been faced with tough situations**
- **Ask questions and gain helpful answers**
- **For more information, please contact the Worklife Center, 301-713-9456, 866-NOAAWLC or TDD 301-713-9470.**

Health and Wellness Resource Fair
Resource List
April 23, 2002

Internet Handouts

1. Fits Facts: Calorie Burners (www.acefitness.com/fitfacts/ff/05.html)
2. Fit Facts: Successful Weight Control (www.acefitness.com/fitfacts/ff/44.html)
3. How Do you know if You are Stressed (www.ivillage.com/hottopics/wellbeing/stress.html)
4. You Are What You Drink (http://my.webmd.com/living_better)
5. Computer Jocks At Risk (http://my.webmd.com/living_better)
6. Evaluating Your Fitness With Online Tools (www.aarp.org)
7. Fitness For Two (www.modimes.org/HealthLibrary2/factsheets/Fitness_for_Two.htm)
8. Job Stress Costs Women Their Health
(http://www.ivillagehealth.com/interests/healthy/articles/0,11299,166534_245241,00.html)
9. 13 Healthier Daytime Snacks
(http://www.ivillage.com/work/wfh/features/articles/0,10109,254282_253521,00.html)
10. Print and Go Yoga
(http://www.ivillage.com/diet/features/print/articles/0,5050,165588_211789,00.html)
11. Too Much of a Good Thing (http://www.acefitness.org/fitfacts/fitfacts_display.cfm?itemid=6)
12. Exercising in the Cold (http://www.acefitness.org/fitfacts/fitfacts_display.cfm?itemid=24)
13. Warm Up to Work Out (http://www.acefitness.org/fitfacts/fitfacts_display.cfm?itemid=86)
14. Take Your Stress and Stuff (<http://www.foodtv.com/holidays/thanksgivingstress/0,5538,,00.html>)
15. Nutrition (http://www.mbmi.org/pages/wi_n1.asp)
16. Mindfulness (http://www.mbmi.org/pages/wi_ms1aa.asp)
17. Relax in a Hurry (http://www.mbmi.org/pages/wi_ms1bb.asp)
18. 38 Stress Busters (http://www.mbmi.org/pages/wi_ms1cc.asp)
19. Combating Job Stress (http://www.mbmi.org/pages/workh_ww3.asp)
20. Exercise at Work (http://www.mbmi.org/pages/workh_ww4.asp)
21. How to Avoid Diabetes (http://my.webmd.com/living_better_content/dnn/article/1728.85946)

Handouts

1. Managing the Hurricane Hour (Parlay International)
2. Getting out in the Morning (Parlay International)
3. Prioritize Work and Family Responsibilities (Parlay International)
4. Make Time for Fun and Relaxation (Parlay International)
5. Take Care of Yourself (Parlay International)
6. What is High Blood Pressure (Krames Communications)
7. How Do I Read Food Labels (American Heart Association)
8. How Can I Keep Track of Exercise and Eating (American Heart Association)
9. How Can Physical Activity Become a Way of Life (American Heart Association)
10. How Can I Monitor my Weight and Blood Pressure (American Heart Association)
11. How can I Reduce High Blood Pressure (American Heart Association)
12. How can I Make my Lifestyle Healthier (American Heart Association)

Pamphlets

1. Keeping Healthy (NAEYC)
2. How to Balance Work and Family (Channing L. Bete)