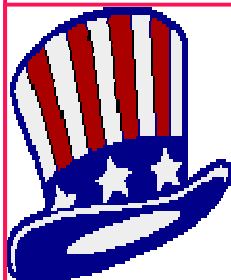


# Helping Hands

JULY, 2011



Caregiver

Advisory

Services

Ford-Iroquois

Public Health

Department

Paxton & Watseka

(800) 282-3339

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## A NEWSLETTER FOR CAREGIVERS AND GRANDPARENTS RAISING GRANDCHILDREN

### Disciplining Young Children

KidsHealth.org

Our beloved little ones test our nerves because they're testing boundaries all around them. Setting rules and limits now, when your child is learning what behaviors are acceptable, will prevent bigger problems down the road. Here are some ways to help keep your youngster on the right track.

**BE CONSISTENT** When it comes to discipline, it's very important to be consistent. Parents who don't stick to the rules and consequences they set up don't have kids who do either. If you tell your child that a timeout is the repercussion for bad behavior, be sure to enforce it. Only issue warnings for things that you can follow through on. Empty threats undermine your authority.

Don't forget that kids learn by watching adults. Make sure your own behavior is role-model material. When asking your child to pick up toys, you'll make a far stronger impression if you keep your home neat and put away your own belongings.

**ELIMINATE TEMPTATION** Little children learn by exploring and investigating the world around them. They're naturally curious, so eliminate temptations whenever possible. Keep expensive items out of reach, as well as choking hazards like jewelry, buttons or small objects that kids can put in their mouth. All medications and cleaning supplies should be stored safely away from where kids can get them.

**USE DISTRACTION** If your child is heading toward an object that is dangerous or off-limits, or engages in risky behavior (like climbing on tables), **calmly** say "No" and either remove your child from the area or distract him or her with another activity. It's important to not spank, hit, or slap your child. The message you send when you spank is that it's OK to hit someone when you're angry. The **AAP**, American Academy of Pediatrics discourages spanking, which is no more effective than other forms of discipline, such as timeouts.

#### **PRACTICE TIMEOUTS**

If you need to take a harder line with your child, timeouts can be an effective form of discipline. A two or three year old child who has truly misbehaved (biting, throwing food, etc.) should be told why the behavior is unacceptable and taken to a designated timeout area for a minute or two to calm down.

#### **HOW TO AVOID TEMPER TANTRUMS**

Tantrums are common for young children because kids can understand more than they can express and this often leads to frustration when they can't verbally communicate their needs. [Although this seems geared to toddlers, much is applicable to children through the pre-teen years]. Power struggles can ensue when your child wants more independence and autonomy too soon. Here are some strategies:

Turn to Page 2

**From Page 1**

Here are some strategies:

- ◆ Make sure your child isn't acting up simply to get attention. Try to establish a habit of catching your child being good, and rewarding him or her with attention for positive behavior.
- ◆ Give them control over little things. Offer choices that you can live with, such as "Would you like an apple or a banana with lunch?"
- ◆ When kids are playing or trying to master a new task, offer age-appropriate toys and games. Also, start with something simple before moving on to more challenging tasks.
- ◆ Consider the request carefully when your child wants something. Is it outrageous? Maybe it isn't.. Choose your battles; accommodate when you can.
- ◆ Know your child's limits. If you know your toddler is tired, it's not the best time to go grocery shopping or try to squeeze in one more errand.

**WHEN TEMPERS FLARE**

If your child does throw a tantrum, keep your cool. Don't complicate the problem with your own frustration. Try to understand where he or she is coming from. For example, if your youngster has just had a great disappointment, you may need to provide comfort.

Ignoring the outburst is another way to handle it, if the behavior poses no threat to your child or other people or things. Always keep the child in your sight, however, until they calm down.

Some kids have a hard time stopping a tantrum. Say "I'll help you settle down now." Then verbally praise your child for regaining self-control. Whatever you do, do NOT reward him or her by giving in to desires.

If you're having difficulty handling your child's temper tantrums or have any questions about how to discipline, ask your pediatrician for advice.

**Are you or someone you know being mistreated or abused?**

If the person being mistreated is 60 years old or older call:  
**1-815-432-5395**



If the person being mistreated is 18 years of age or younger  
**1-800-252-2873**



If the person being mistreated is between the ages of 19-59 call your local **Law Enforcement Agency**



**ILLINOIS TOBACCO QUITLINE** *Where Quitters Always Win*  
**1-866-QUIT-YES or 1-866-784-8937**





## Caregivers, Which Way Will You Go?

- ◆ Overwhelmed with the responsibilities in your life?
- ◆ Feeling powerless because you have no control over events in your life?
- ◆ Finding yourself more emotional as you carry on each day?
- ◆ Struggling to balance your caregiver tasks, your personal life, and other responsibilities?

## You Are Not Alone!

Sign up for our **Powerful Tools for Caregivers Program**. Here is what one of our participant's said after completing the course, "This course gave me insight into many things I wondered about. I loved the support I received from the facilitators."

**Come solo or attend with a friend.** Classes start July 11th for six consecutive Mondays and will be facilitated by Jill & Marcia from the Ford-Iroquois Public Health Department. Classes will be held at the **Merkle-Knipprath Nursing Home** in Clifton, where respite care is available for your loved one, if needed. For more information, or to register, please call Jill or Marcia at 800- 282-3339.

## Cancer Causes: Popular Myths About the Causes of Cancer

By Mayo Clinic Staff @ <http://www.mayoclinic.com>

Scary claims circulate on the Internet that everyday objects and products, such as deodorants and plastic, are secret cancer causes. Beyond being wrong, many of these myths may cause you to worry unnecessarily about your own health and the health of your family. Before you panic, take a look at the facts. Here Timothy Moynihan, M.D., a cancer specialist at Mayo Clinic, Rochester, MN, takes a closer look at some popular myths about cancer causes and explains why they just aren't true.

### **MYTH: ANTIPERSPIRANTS OR DEODORANTS CAUSE BREAST CANCER**

**FACT:** There's no conclusive evidence linking the use of underarm antiperspirants or deodorants with breast cancer, according to the National Cancer Institute. Some reports have suggested that these products contain harmful substances such as aluminum compounds and parabens that can be absorbed through the skin or enter the body through nicks caused by shaving. No clinical studies have yet given a definitive answer to the question of whether these products cause breast cancer, but the evidence to-date suggests these products do NOT cause cancer.

### **MYTH: MICROWAVING PLASTIC CONTAINERS AND WRAPS RELEASE HARMFUL, CANCER-CAUSING SUBSTANCES INTO FOOD.**

**FACT:** Micro-wave-safe plastic containers and wraps are safe to use in the microwave. Plastics NOT intended for microwave use, such as margarine tubs, take-out containers, or whipped topping bowls, could melt and potentially leak chemicals into your food. Check to see that any plastic used in the microwave is labeled as "microwave safe."

### **MYTH: PEOPLE WITH CANCER SHOULDN'T EAT SUGAR**

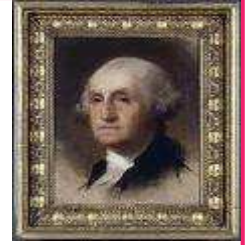
**FACT:** Sugar doesn't make cancer grow faster. All cells, including cancer cells, depend on blood sugar (glucose) for energy, but giving more sugar to cancer cells doesn't speed their growth. Likewise, depriving cancer cells of sugar doesn't slow their growth.

### **MYTH: CANCER IS CONTAGIOUS**

**FACT:** There is no need to avoid someone who has cancer. You can't catch it. It's OK to touch and spend more time with someone who has cancer. In fact, your support may never be more valuable. Though cancer itself isn't contagious, sometimes viruses, which are contagious, can lead to the development of cancer. **Human Papillomavirus (HPV)**, a sexually transmitted disease, can cause cervical or other forms of cancer. **Hepatitis C** is a virus transmitted through sexual intercourse or use of infected intravenous needles that can cause liver cancer. Talk to your doctor about ways to protect yourself from these viruses.



## The American Revolution Trivia Quiz by [www.funtrivia.com](http://www.funtrivia.com)



What are the two places that the “shot heard ‘round the world” refer to?

- A. Lexington & Boston
- B. Concord & Trenton
- C. Boston & Trenton
- D. Lexington & Concord

2. Who was the British King during the Revolutionary War?

- A. George III
- B. William IV
- C. Edward VIII
- D. George II

3. What system was used by the colonists to send messages to each other?

- A. Deliverance Group
- B. Writs of Assistance
- C. US Postal Service
- D. Committees of Correspondence

4. Which of these men was a French military officer who served with General Washington?

- A. Henri Jules Bataille
- B. Marquis de Lafayette
- C. Fernand Gambiez
- D. Gaspard de Coligny

5. What was the location of a series of battles that became the turning point for the Revolutionary War?

- A. Saratoga
- B. Long Island
- C. Trenton
- D. Yorktown

6. Which American general turned traitor and joined the British?

- A. George Washington
- B. Benedict Arnold
- C. Daniel Morgan
- D. Marquis de Lafayette

7. America received foreign aid from what country?

- A. Switzerland
- B. Portugal
- C. France
- D. Sweden

8. Who wrote the Declaration of Independence?

- A. George Washington
- B. Thomas Jefferson
- C. John Adams
- D. John Hancock

9. To help them fight the Colonial Army, the British hired German mercenaries called

- A. Bavarians
- B. Hessians
- C. Homburgs
- D. Silesians

10. What was the last major Battle of the American Revolution?

- A. Ticonderoga
- B. Long Island
- C. Yorktown
- D. Saratoga

### Mental Health: What’s Normal, What’s Not

[Http://www.mayoclinic.com/health/mentalhealth/MH00042](http://www.mayoclinic.com/health/mentalhealth/MH00042)

**Understanding what’s considered normal mental health can be tricky. See how feelings, thoughts and behaviors determine mental health and how to recognize if you or a loved one needs help.** By Mayo Clinic Staff

What’s the difference between mental health and mental illness? Sometimes the answer seems clear. For instance, a person who hears voices in his or her head could have schizophrenia. A person who goes on a frenzied shopping spree or starts an ambitious project, such as remodeling the bathroom, without any plans might be having a manic episode caused by bi-polar disorder. In some cases, however, the distinction between mental health and mental illness isn’t so obvious. If you’re afraid of giving a speech in public, does it mean you have a mental health condition or a run-of-the-mill case of nerves? If you feel sad and discouraged, do you have the blues, or is it full-fledged depression. Here’s help understanding how mental health conditions are identified. Mental health conditions are diagnosed and treated based on signs and symptoms, as well as on how much the condition affects your daily life. Signs and symptoms can affect your: **Behavior** (obsessive hand-washing or drinking too much alcohol might be a sign of a mental health condition); **Feelings** (sometimes a mental health condition is characterized by a deep, ongoing sadness, euphoria or fear); **Thinking** (delusions, such as thinking that the television is controlling your mind, or, thoughts of suicide might be symptoms of a mental health condition). **Continued on Page 5**

### Continued from page 4

The Diagnostic and Statistical Manual of Mental Disorders (DSM) is a guide published by the American Psychiatric Association which explains the signs and symptoms that mark more than 300 types of mental health conditions. Mental health providers use the DSM to diagnose everything from anorexia to voyeurism and, if necessary, determine appropriate treatment. To determine if you have a mental health condition, a mental health provider will work with you and your loved ones to assess:

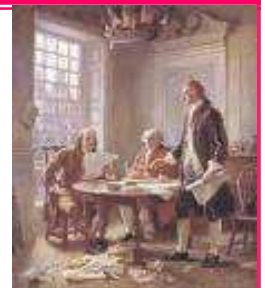
- ◆ **Your Signs and symptoms.** Your mental health provider will ask about your signs and symptoms, when they began and how they've affected your life. How you perceive your thoughts and behaviors and how much your symptoms affect your daily activities can help determine what's normal for you. For instance, you might realize that you aren't coping well or that you don't want to do the things you used to enjoy. You might feel sad, hopeless or discouraged. If your sadness has a specific cause, such as divorce, your feelings could be a normal, temporary reaction. However, if you have signs and symptoms that are severe or don't go away, you could have depression. You might also need to have a physical exam to rule out any underlying health conditions.
- ◆ **Others Perceptions.** Your perceptions alone might not give you an accurate picture of your behavior, thoughts or ability to function. Other people in your life can help you understand whether your behavior is normal or healthy. For example, if you have bi-polar disorder, you might think your mood swings are just part of the normal ups and downs of life. Your thoughts and actions might appear abnormal to others or cause problems at work, in relationships or in other areas of your life.

In general, professional help may be warranted if you or a loved one experience: marked change in personality, eating or sleeping patterns; inability to cope with problems or daily activities; strange or grandiose ideas; excessive anxiety, prolonged depression or apathy; thinking or talking about suicide; substance abuse (including food!); extreme mood swings or excessive anger, hostility or violent behavior.

Many people who have mental health conditions consider their signs and symptoms a normal part of life or they avoid treatment out of shame or fear. If you're concerned about your mental health or a loved one's mental health, please don't hesitate to seek advice. Consult your family doctor, make an appointment with a counselor or psychologist, or encourage your loved one to seek help. With appropriate support, you can identify mental health conditions and explore treatment options, such as medications or counseling.

### Trivia Answers from page 4

1. **D - Lexington & Concord** The whole world was waiting to see what would happen next with the rebel colonists.
2. **A - George III** King George III was the third British monarch from the House of Hanover.
3. **D - Committees of Correspondence** In 1753, Benjamin Franklin was Postmaster General of the early postal service. However, if high-security messages needed to be transported, the Committees of Correspondence were charged with making sure information was accurate and delivered appropriately.
4. **B - Marquis de Lafayette** Washington and Lafayette were very close. Washington admired Lafayette's skill in battle and considered him almost a son.
5. **A - Saratoga** The battles at Saratoga, won by the colonists, proved that the American Army could defeat the British and encouraged other European countries to consider helping America in the Revolution.
6. **B - Benedict Arnold** He felt he wasn't given enough credit for victories in which he took part. Fortunately, he was caught before he turned over the American fort at West Point.
7. **C - France** supplied military and financial aid and played a key part in America winning the war.
8. **B - Thomas Jefferson** At 33, he was the head of the committee that wrote the Declaration. He wasn't the only writer, but he was the main one.
9. **B - Hessians** were known among the colonists to be ruthless and cruel. They were cynically hired out to Britain by petty German princelings. The latter were quite happy to dice with their soldiers' lives for money.
10. **C - Yorktown.** The decisive victory at Yorktown in 1781 by a combined assault of American forces led by General George Washington and French forces led by the Comte Rochambeau over a British Army commanded by Lieutenant General Lord Cornwallis. The surrender of Cornwallis at Yorktown prompted the British government to end the conflict with the new United States of America.





### CALICO BEANS

- 10 or 12 slices of bacon
- 1 pound lean ground beef
- 1 cup chopped onion
- 1/2 cup brown sugar
- 1 tbsp. dry mustard

- 2 cans of pork and beans
- 1 can lima beans or butter beans, drained
- 1 can kidney beans, drained
- 1/2 cup ketchup
- 1 tsp salt
- 1 tbsp. vinegar

Brown bacon, ground beef & chopped onions. Combine drained ground beef mixture in slow cooker with remaining ingredients. Cover and cook on LOW for 3 to 5 hours.

### CHEESE ON THE COB



- 5 ears fresh sweet corn
- 1/2 cup mayonnaise
- 1 cup shredded Parmesan
- Chili powder
- 1 teaspoon salt
- 1 teaspoon black pepper

Remove husks & silk from corn. Brush a thin layer of mayonnaise on the corn. Sprinkle the corn with cheese, chili powder, salt and pepper. Wrap each ear with foil and place on the grill.

Turn occasionally and cook for about ten minutes, until kernels begin to brown. Serve warm.

## Fourth of July Menu



### RED, WHITE & GREEN PASTA SALAD

- 1 pound corkscrew pasta
- 1 red onion, finely diced
- 3 cloves garlic, minced

- 1-1/2 tbsp. olive oil
- 4 cups grape tomatoes, halved
- 4 cups fresh spinach
- 3/4 tsp. coarse grind black pepper (less if you use finely ground)
- 1-1/2 tsp. kosher salt
- 3/4 cup grated parmesan cheese
- 1-1/2 cups fresh mozzarella, diced

Cook pasta, drain & keep warm. Cook onions and garlic in hot oil for 5 minutes. Add tomatoes, salt & pepper, and cook for 3 minutes. Stir in spinach and heat for 2 minutes more. Top pasta with tomato mixture & sprinkle with cheese.

### STAR SPANGLED SHORTCAKE



- 1 cup fresh strawberries
- 1 cup blueberries
- 1 tbsp. brown sugar
- 1-1/2 tsp. orange-flavored liqueur or orange juice
- 1 container of Cool Whip, regular or fat-free

**One hour ahead of time:** Combine berries, sugar and orange liqueur (or juice). Stir gently. Cover and chill until ready to serve.

**Just before serving:** On individual serving dishes, spoon about 1/3 cup of berries over thin slices of Angel food cake, pound cake, homemade shortcake, or sponge shortcake cups. Top with a dollop of Cool Whip. Repeat layers and garnish top layer with berries. You can cut thicker slices of cake if you wish to make only one layer. Serve immediately.

*Ford-Iroquois Public Health Department*  
**CAREGIVER & GRANDPARENTS RAISING  
GRANDCHILDREN SUPPORT GROUP**



*RSVP FOR ONE OR BOTH! CALL MARCIA 815-432-2483*

**JULY 12 - 1:30 TO 3:30**

**114 N THIRD STREET**

**WATSEKA, IL**

**JULY 13 - 2:00 TO 4:00**

**235 N TAFT STREET**

**PAXTON, IL**



