

# GRANDPARENT CORNER

## ***Connecting: Family Reunions Give Grandchildren a Sense of Belonging***

At least one study shows family reunions help grandchildren get a sense of who they are, and how they belong, when possibly their own parents are not functioning very well. For more information, and information on planning a family reunion, visit [www.temple.edu/fri/familyreunion](http://www.temple.edu/fri/familyreunion).

## ***Teens Looking for a Job***

Summertime is here and most teens always seem to need money. A summertime job can help teach responsibility and help the financial burden many grandparents may face. Check out these tips:

- \* Encourage teens to visit local stores, restaurants, parks and other businesses to fill out applications
- \* Get help from teachers and guidance counselors
- \* Think about jobs such as walking dogs, tutoring children, yard work
- \* Start filling out applications early
- \* Websites to check out: [www.kidshealth.org/teen](http://www.kidshealth.org/teen) and [www.sba.gov/teens](http://www.sba.gov/teens)

## **Resources to Help You Quit Smoking**

### ***National Network of Tobacco Cessation Quit Lines***

The Department of Health and Human Services routes callers to state-run quit lines where they can receive help with quitting smoking, publications, and referrals to other resources. Additional information can be found on the website: [www.Smokefree.gov](http://www.Smokefree.gov). Telephone: **1-800-784-8669**

### ***National Cancer Institute Smoking Quitline***

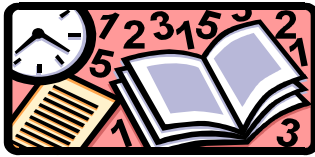
Offers individualized counseling, printed information, and referrals to other resources. Smoking cessation counselors are available Monday through Friday, 9:00 am to 4:30 pm. More information available on the website: [www.cancer.gov](http://www.cancer.gov). Telephone: **1-877-448-7848**

### ***American Cancer Society***

Offers materials on quitting smoking and tobacco-related topics. Also sponsors a quit smoking clinic called FreshStart which is available in most of the United States. To contact a local American Cancer Society office, call **1-800-227-2345**. You may also visit the website at [www.cancer.org](http://www.cancer.org).

The Area Agency on Aging District 7, Inc. serves Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton Counties. For assistance from the Area Agency on Aging District 7, Inc., please call 1-800-582-7277.

***"Services Provided on a Non-Discriminatory Basis"***



# QUICK QUIZ

Chronic lung disease is very common and difficult for the caregiver and patient. Read this issue and answer True/False to questions below.

### Circle T for TRUE or F for FALSE:

- T F 1. Most people with Chronic Obstructive Pulmonary Disease have both emphysema and chronic bronchitis.
- T F 2. Most COPD is inherited.
- T F 3. "Postural drainage" or "bronchial drainage" uses gravity to drain mucus from the smaller to the larger airways where it can be coughed out.
- T F 4. Mold generally doesn't bother people with COPD.
- T F 5. Relaxation techniques such as meditation, or tensing and relaxing muscle groups are very helpful in relieving the stress that accompanies shortness of breath.
- T F 6. Jumping up and down is the best way to loosen mucus in bronchial tubes.
- T F 7. Cigarette smoking is the leading cause of COPD.
- T F 8. The first symptom of COPD is usually coughing that produces mucus, followed by shortness of breath after activities such as climbing the stairs.
- T F 9. People with COPD may eventually get tired dressing and bathing, lose the ability to concentrate, and put strain on their heart because their lungs are not processing enough oxygen.
- T F 10. People with lung disease and their caregivers should always stay away from other people with colds or flu.



Answers  
1. T, 2. F, 3. T, 4. T, 5. F, 6. T, 7. F, 8. T, 9. T, 10. T

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