

# Upcoming Family-Friendly Events

<p>Look for more up-to-date events at our website!</p>	<ul style="list-style-type: none"> <li><b>19th</b>—Salmon Investigation w/ Corvallis Environmental Center Time: 2:00-4:00pm Location: Clemens Park</li> <li><b>24th</b>—End the Homework Hassles Time: 11am-1pm Location: Benton County Library</li> <li><b>30th</b>—Downtown Corvallis Trick-or-Treating Cost: Free</li> <li><b>30th</b>—Swim in the Dark Time: 7-8:45pm Location: Osborn Aquatic Center Regular admission rates apply</li> </ul>	<ul style="list-style-type: none"> <li><b>31st</b>—Children's Halloween Party Time: 3:30-5:30pm Location: Benton County Library Cost: Free</li> </ul> <p><b>November</b></p> <ul style="list-style-type: none"> <li><b>21st</b>—Benton County Rodeo: Thanksgiving Thunder Time: 7pm Location: Benton County Fairgrounds Cost: \$7 children, \$10 adult</li> </ul> <p><b>December</b></p> <ul style="list-style-type: none"> <li><b>1st</b>—Holiday Festival of Lights Time: 7pm Location: First Presbyterian Church Cost: Free</li> <li><b>3rd</b>—The Season of Light in Song Time: 7:30pm Location: Russell Tripp Performance Center (LBCC Main Campus) Cost: \$6 per person</li> </ul> <p><b>January</b></p> <ul style="list-style-type: none"> <li><b>1st</b>—Polar Bear Swim Time: 1-2:30pm Location: Osborn Aquatic Center Cost: \$5 per person</li> </ul>
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# OSU Family Newsletter

Presented by **Childcare & Family Resources**

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## Who We Are

The Childcare & Family Resources Office is here to support parents on campus in a variety of capacities. Here are just a few:

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| <b>Advocacy:</b>   | <b>Child Care Subsidies:</b>   |
| We act on your behalf on OSU committees, respond to your University concerns and work to create family friendly policies and programs for OSU. | We administer both the ASOSU Child Care Subsidy for students and the Faculty/Staff Child Care Subsidy. |

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| <b>Resources</b>   | <b>"Kid Friendly" Events:</b>   |
| We provide resources and can help connect families with programs on campus and in the community. Stop by the office to pick-up brochures that we have for many community programs. | We will strive to keep parents informed of upcoming "kid friendly" events on and off campus. Watch our newsletter, website, Facebook and Twitter. |

- Check us out!**
- Website**  
<http://oregonstate.edu/childcare>
  - Facebook**  
Username: childcare.family.resources
  - Twitter**  
Username: StudentParent

## In This Issue:

- OSU Research Highlight: Caring for Caregivers
- Did you know?
- From Our Parents
- Sweet Potato Pumpkin Soup Recipe
- And More!

## Parent Lunch & Learns

Come enjoy your lunch with fellow parents and learn more about valuable parenting topics.

- Maternity Leave At OSU Leave, Short-Term Disability, FMLA
  - October 7, noon, MU 109A
  - Presented by OSU HR
- Breastfeeding & Working/Studying
  - November 11, noon, MU 109A
  - Presented by La Leche League
- Teach Your Kids About Personal Safety\*
  - December 9, noon, MU 207
  - Presented by CARDV

\*This topic contains sensitive information. Please refrain from bringing children.

## Child Care Subsidies

The ASOSU Child Care Subsidy for students with children is a need-based subsidy that pays up to half of your child care expenses each term. You must apply every term. The Faculty/Staff Child Care Subsidy is need based and applications are due the beginning of fall term. Faculty and staff with children at Beaver Beginnings or Growing Oaks may apply for the child care subsidy. Both subsidies are due **October 16, 2009**. Pick up an application at our office or download one online at <http://oregonstate.edu/childcare>

## From Our Parents:

### Chores To Grow Into

When my son was 2 years old and able to walk around the house his dad and I decided it was time to introduce chores into his life. His pediatrician applauded our efforts to raise a responsible young man. But the chores we introduced then have grown up with him and as he approaches his 11<sup>th</sup> birthday he is still doing some of those same tasks.

At age two we decided to use chores as a learning tool. He became responsible for picking up the shoes that were randomly scattered around the house and putting them in the closet. This taught him about pairs and being organized. We also incorporated sorting laundry into his weekly routine, teaching him about colors.

As he got older and kept placing his dirty fingers on the windows we would give him a towel and have him clean the smudges off the windows. Around age 7 he wanted to grocery shop with me, so I put him on the lookout for coupons in the stores which started teaching him about being frugal and responsible with his money.

When he became tall enough, we added emptying the dishwasher into his weekly list of things to do, which again promoted sorting things and taking care of what belongs to the family. When he gets sloppy, he knows he will have to take everything out of the cupboards and reorganize them. There are consequences for every action and as a member of a family with two working parents, we need to all pitch in around the house so we have time for fun family activities on the weekends.

Without my son's help, I would still be cleaning the kitchen or windows or something else around the house instead of taking him to cub scout camp, or the zoo or to the park. Our family has become a team, and learning to be a good team member is another valuable lesson in life.

So, remember, as your child grows up adapt his or her chores to fit into your lifestyle. It's not necessarily all about getting the house clean and tidy. Chores will teach them so many valuable lessons and help them grow into responsible young adults.

*By Jennifer Hall, parent of one, College of Engineering*

### Sweet Potato Pumpkin Soup

*This recipe is an excellent source of vitamin A, which keeps eyes and skin healthy.*

You'll need: 1 tbsp **oil** • 1 cup chopped **onion** • 1 tsp ground **ginger** • 1/2 tsp **curry powder** • 1/4 tsp ground **cumin** • 1/4 tsp ground **nutmeg** • 2 cloves **garlic**, minced • 2 cups **sweet potato**, peeled and cubed • 2 cups low-sodium, fat free **chicken broth** • 1 1/2 cups **water** • 1 can (15-ounce) **pumpkin** • 1 cup low-fat **milk** • 3 tbsp reduced fat **sour cream**

1. Heat oil in large pot over medium-high heat.
2. Add onion and sauté for 3 minutes.
3. Add ginger, curry, cumin, nutmeg, and garlic and cook for 1 minute.
4. Stir in the sweet potato, chicken broth, water, and pumpkin and bring to a boil.
5. Reduce heat and simmer for 15 to 20 minutes, or until the sweet potato is soft, stirring constantly.
6. Stir in the milk until heated through (don't boil).
7. Ladle into bowls and top with 1/2 tablespoon low-fat sour cream.
8. Refrigerate leftovers within 2-3 hours.

**When my kids become wild and unruly, I use a nice, safe playpen.**

**When they're finished, I climb out.**

**~Erma Bombeck**

**Do you have children's clothing, toys or equipment that you no longer need?**

- Donate them to our office and we will make sure that it goes to a family that can use it.

\*We cannot accept used car seats. If you have a car seat you'd like to donate, contact the Old Mill Center for Children & Families: (541)757-8068

If you are in need of clothes, toys, and/or equipment for your children, give us a call or stop by, and we'll let you know what we have available.

### Did you know...?

Health insurance can help cover the cost of breast pumps. Blue Cross Blue Shield covers 85% of the cost.

*Regence BCBS Preferred providers of Standard Electric Breast Pumps:*

#### **Eugene-**

- Care Medical Equipment: 541-343-0304
- Northwest Medical Inc.: 541-485-4395

#### **Salem-**

- Care Medical Equipment: 503-378-1756

Contact your health insurance provider for specific coverage information.

**A two-year old is kind of like having a blender, but you don't have a top for it. ~Jerry Seinfeld**

### OSU Joy Drive!!!

This event supports student parents during the holidays, when money is often tight and stress can be high.

If you are interested in participating or sponsoring a family, email Tiffany Hartmann at [olv.assistant@oregonstate.edu](mailto:olv.assistant@oregonstate.edu).

We would like to thank everyone who sponsored a family last year. A special thanks goes out to the College of Engineering for their outstanding college-wide contribution last year.

"I am a mother of two toddler girls and a pharmacy student at OSU. Last Christmas was very tight with expenses. We were not able to afford presents for them, so when my husband and I were able to put wrapped presents under the tree, we were extremely grateful. The girls' eyes lit up Christmas morning when they opened presents and received four gorgeous dresses. My girls love to look fancy and twirl in their dresses and were able to do so because of OSU's Joy Drive."

## Caring for Caregivers

Alexis Walker, a professor in OSU's College of Health and Human Sciences, is looking at a conundrum: The typical middle-aged woman takes care of everybody in her household except one — herself. The consequences of this benevolent self-neglect can be dire: chronic disease, even death.

Even the healthiest lifestyle can't always prevent disease. Still, millions of wives, mothers and grandmothers could better fend off, or at least slow down, the ravages of diabetes, heart disease and stroke if only they could find the time (or make the time) to exercise and eat right. Walker is digging into the social and psychological reasons they can't (or don't). If she can identify barriers, she can help craft interventions that break them down.

Walker's area of expertise, family dynamics, is the third prong of a cross-disciplinary OSU investigation into lifestyle choices among women who have been diagnosed with "metabolic syndrome" — a dangerous complex of risk factors that has reached epidemic levels in the United States.

Afflicting fully one-quarter of middle-aged Americans, metabolic syndrome is the coexistence of high blood sugar, low HDL ("good") cholesterol, elevated blood pressure and extra fat at the waistline. After menopause, women's risks go up. So middle age is the "last window of opportunity" to head off illness, Walker stresses.

Tackling the first prong of the metabolic syndrome study, motivational interviewing, is Rebecca Donatelle in Public Health. The second prong, diet and nutrition, is being handled by Melinda Manore in Nutrition and Exercise Sciences.

"My role in the study," says Walker, "is to pay attention to how women's family lives and responsibilities limit their ability to make changes that would benefit their health."

For women juggling jobs, kids, husbands and homes, going to the gym usually means dropping something else. And then there's the eternal question, "What's for dinner?" When the answer is, "spinach salad," the groans can be heard in Missoula.

"Women feel they have to keep the machinery of their families running — the psychological machinery, the emotional machinery and the practical machinery," Walker says. "This research is really about helping women to be self-caregivers."

*This article first appeared in Terra Magazine, Summer 2007*