

The Grandmother Study Newsletter

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A Message from Dr. Musil

Welcome, Grandmother Study participants to the first edition of our newsletter! We hope to print two newsletters annually.

We know that you are curious about the study, and what we are learning about grandmothers and their families. To date, over 275 grandmothers have agreed to participate; we are still recruiting grandmothers for the study. The map below shows the cities across the state of Ohio where the study participants live. As you can see, women from all parts of the state are involved in the study.

In this edition, you also

will find some summer health tips, suggestions for fun summer activities that you and your grandchildren can share, and some easy summer recipes.

We want you to know how much we value your participation in this research project. As such, it is vitally important for us to stay in contact with you, our participants.

As always, please contact us if you have any questions about the study (see last page for contact information) or if your address changes.

Carol Musil, Ph.D., R.N.

Location of Study Participants across Ohio

- 10% of study participants are located in Northwest Ohio.
- 37% of study participants are located in Northeast Ohio.
- 44% of study participants are located in Southwest Ohio.
- 8% of study participants are located in Southeast Ohio.





Health Tips for Hot Weather

To better prepare you for those dog days of summer, we offer tips related to the summer season.



Injuries from heat are a primary concern during the summer months.

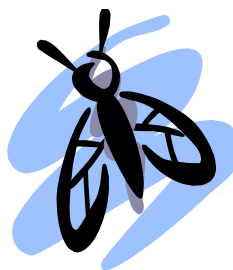
Weather Report – Hot & Sunny Today!

- **Use sunscreen with SPF 15 or higher**
Check with your doctor before using if child is under 2 years old. Apply often (every 2 hours), especially when swimming.
- **Drink fluids throughout the day**
Children will keep playing and ignore their thirst. Very important to make sure they have drinks throughout the day. For instance, keep a water bottle handy and always take a drink when passing a water fountain. Most adults need five 8-ounce glasses of water a day.
- **Wear lightweight clothing and a hat.**
Don't forget to put hats on children. Babies are at high risk for sunburn.

(source: http://www.jademagazine.com/14dp_khaw.html)

Those pesky mosquitoes & ticks! West Nile

Virus is transmitted through mosquitoes, while infected deer ticks spread Lyme Disease.



Mosquito/Tick Bite Prevention Measures:

- Stay indoors at dawn & dusk.
- Wear long sleeved pants & shirts.
- Wear closed shoes & socks. Scan clothes and any exposed skin frequently for ticks while outdoors,

stay on cleared, well-traveled trails, and avoid sitting directly on the ground or on stone walls.

- Check with doctor before applying insect repellents on young children.
- Do not put insect repellent on children's hands. It may irritate eyes and mouth.

(source: <http://www.cdc.gov/ncidod/dvbid/westnile/q&a.html>)



Ouch – That hurts!

What to do about bee stings :

- Gently scrape out stinger with fingernail, or use the edge of a credit card.
- Do not pull on the stinger – this will cause more venom to be pushed into the skin.
- Wash area with soap & water.
- Apply antiseptic.
- Apply a soothing ointment if necessary such as calamine lotion.

GET IMMEDIATE MEDICAL ATTENTION

Dial 911

If child has any of the following symptoms after being stung by a bee:

- Trouble breathing
- Dark red spots like hives that are itchy & spread to areas beyond the sting site.
- Swelling of face, mouth or throat.
- Child acts differently
Such as restlessness, anxiety, confusion.

(Source: <http://my.webmd.com/content/article/1625.50517>)

Summer Activities for the Kids—Make a Kite!

Make your own kite

Any piece of soft plastic will do. Shower curtains, painting tarps, or garbage bags . . .

You'll need:

- garbage bag
- thick tape
- small dowel rods
- hole punch
- kite string



Steps:

A great way to spend time with the family in the springtime is to build a kite together, and it's easier than it appears. Take two wooden dowels (one 30 inches and the other 24 inches), form a cross and tie

them together with some string. Cut notches into the ends of each dowel and run a string around the outside of the dowels, through the notches, to form the frame for the kite (**see across**). Then simply glue or tape on a covering, which can be cloth, cellophane or even a garbage bag, cut to the size of the frame. Add a tail and a guide string (tie to crosspieces) to complete the project.



Most importantly, remember that the best place to fly a kite is in a park or open field where there are no dangerous power lines or telephone lines present.

(Source: www.hgtv.com/HGTV/project/0,1158,FOLI_project_22910,00.html)

Fun Summer Recipes

How to make Dirt Pudding

Ingredients:

- Instant chocolate pudding
- Chocolate wafer or oreo cookies
- Gummy worms
- A wooden spoon
- A cup, or if you have one, it's fun to make it in a clean, medium-sized plastic flower pot
- Aluminum foil
- A plastic flower



Instructions

1. Make the instant pudding according the instructions on the box.

2. Crush your chocolate cookies into small bits using the back of a spoon.

3. Stir most of the crushed cookies into the pudding, mixing well. See how much it looks like dirt? But be aware, you can't grow real flowers in this dirt.

4. If you are using a plastic flower pot make sure it is clean and that you line the bottom with foil.

5. Pour the pudding into the flower pot, then stick the fake flower in the pudding to make it look real.

6. Top off the surface with the remaining cookie bits and a few Gummy worms and there you have it... Dirt Pudding!

(Source: pbskids.org/zoom/cafe/antsonalog.html)

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REFLECTION CORNER



*"The kind sweet souls who love, cherish, inspire
and protect their grandchildren are not guard-
ian angels: they are grandmothers."*

— Bettie "Mi Mi" Flynn

From The Love between Grandmothers and
Grandchildren, 1997, Hallmark Books.

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(Address label here)