

Strategies offered for managing caregiving stress

by Stephen F. Duncan, Montana State University

Whether you are providing care out of love or out of sense of obligation, caregiving is stressful. Here are some ideas for coping with the stress.

Set Realistic Goals and Expectations
Set specific, short-term goals and involve others in helping you reach these goals. If you only have broad, long-range goals, you are more likely to experience frustration. Some achievable, short-term goals might include: Keeping my relative's spirits up by arranging for friends and family to visit. Developing my relative's physical strength by arranging for people to take him or her on daily walks.

Be realistic in your expectations. Caregivers frequently struggle to balance their expectations with what they can actually achieve. Sometimes we expect too much of ourselves, and we get into a state of constant worry or anxiety because we think we are not doing enough.

Establish Your Limits
You have the right to set limits on what you will do. It's all right to say no. Doing so,

however, can be difficult especially if you must make painful choices. There are times, of course, when it's necessary to go beyond limits. In general, however, providing care at the expense of your mental and physical health or relationship with other family member do not benefit anyone. Communicating your limits to your family and to you ill relative is extremely important.

Ask For and Accept Help
Resistance to accepting help is a common cause of stress and depression among caregivers. Reaching for Assistance before you are beyond your limits is an important characteristic of a strong individual. It also helps ensure quality care for your family member.

Be specific and positive in your requests. Say, for example, "Could you visit with Mother for an hour so I can go to the store?" or "When you go to the store could you pick up a few things we need?"

Take Care of Yourself
Express your emotions in a healthy way. Use "I" statements. Say, for example, "I was upset when you didn't make the doctor's appointment for Mom that you said you

would" or I felt angry when you didn't show up to stay with Aunt Sallie so I could go to the grocery store." Avoid "You" statements or assignment of blame such as "You don't care about Mom at all" or "You make so angry." Try joining a support group. Maintain your health. Proper diet, sleep, regular exercise and attention to your health problems are essential. Do activities you enjoy. Laugh. Take time for yourself.

CAREGIVER SOS
Get professional Help When:

- * You find yourself using alcohol or drugs to forget your problems, relieve stress, fall asleep at night, or get yourself going in the morning.
- * You become chronically depressed.
- * You don't understand you family member's behavior or don't know how to deal with specific care tasks.
- * You find yourself feeling resentment or losing emotional control, or neglecting, humiliating or becoming physically with a family member.
- * Your family cannot resolve problems or reach agreement on care decisions.
- * You feel a conflict between caregiving and other responsibilities.



Information provided by:
OSU Extension
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1110 Wasco Street
553-3238.

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- Bob Pawelek Livestock
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The above individuals are devoted to extending research-based information from Oregon State University to the people of Warm Springs in Agriculture, Home Economics, 4-H Youth, Forestry, Community Development, Energy and Extension Sea Grant programs. Oregon State University, United States Department of Agriculture, Jefferson County and the Confederated Tribes of Warm Springs cooperating. The Extension Service offers its programs and materials equally to all people.

EDUCATION THAT WORKS FOR YOU

Consistency necessary in divorce

by Norma L. Simpson

When parents separate in divorce, it can be a traumatic time for children. Oregon State University Extension specialists Sue Doescher and Jan Hare have prepared an educational circular that may help increase the benefits to children and parents alike and ways to reduce strains following the divorce. You may get a copy of EC 1443 by calling the OSU/Warm Springs office at 553-3238.

Here are some of the highlights of the circular that may help you if your family is in the process of reorganizing family life. Three key factors appear essential to children's positive adjustment following divorce.

1. The parents function effectively. They keep their day-to-day work and home lives going. They provide love, nurturance, consistent discipline, and a predictable routine.
2. The parents do not engage in a great deal of conflict. Even the simplest disagreement between parents can upset the children.
3. Children are able to maintain a positive relationship with both parents unless one parent has problems that endanger the well-being of the child.

Doescher, the OSU Extension Child Development Specialist and Hare, OSU Extension Family and Adult Development Specialist include seven suggestions for two-home parenting. One suggestion is to provide your children with a safe routine and a close relationship with you. Children don't want to feel they are visitors in two households and don't really belong in either.

Children need consistency so they do not doubt your trust and love. That means that

you need to adhere to a schedule of living arrangements, with the children being involved in making the schedule.

If possible, both parents should be responsible for raising the children. Weekend parenting is lopsided parenting.

Help children stay connected to both parents despite their living arrangements. Shared projects are a way to maintain the relationship when there is a long period of separation.

A truck driver father could make the effort to write a card from each state he drives, and puts special postage stamps that be part of the message. The scenery of the state on the card could be another shared experience. The children could have a map at home that traces his journeys.

Schools should have access to the addresses of both parents, so newsletters and other school information are sent to both homes.

Give your children you undivided attention during this time before the arrival of the other parent. Develop a ritual that keeps everyone as calm and unstressful as possible before the departure.

If you think that the other parent is behaving poorly, you may tend to retaliate to make it hard for the other parent. Unfortunately the child will suffer the consequences. The ideal is for each parent to act in the best interest of the children.

For a complete copy of **Shared Custody: Increasing Benefits and Reducing Strains, EC1443** look for the green brochure in the stand outside the office door on the main floor of the Education Center, 1110 Wasco Street.

4-H news, other activities noted

VAN POLICIES: IT IS VERY IMPORTANT FOR ALL THE LEADERS TO READ AND STUDY THE POLICIES.

Procedures when checking in and returning 4-H van

1. Make sure that the key is in the book.
2. Make sure that you write the beginning and ending mileage in the book.
3. Always return the van clean.
4. Always park the van in the back of the Education Center (old boys dorm)
5. You also have to have proof of insurance. If there is damage done to a Tribal vehicle while in use and the damage was caused by the person using the van, your insurance will have to cover the damage. Or you could pay the deductible of \$250 for the Tribal insurance to take care of the damage. This POLICY WILL BE IN THE VAN CHECKOUT BOOK. ALL PERSONS USING THE VAN WILL HAVE TO READ OVER THE POLICIES AND COMPLY WITH THE POLICIES.

Drug and Alcohol testing program

Comments: The U.S. Department of Transportation has enacted new requirements for the random testing of drivers of trucks, passenger vans, buses and other large vehicles. This regulation takes effect on 1-1-95, and involves the mandatory annual testing of between 25-50% of drivers. Gallagher Bassett Services, our wholly owned subsidiary, is pleased to announce the formation of a buying group with the following benefits:

- * A program of high-quality, low-cost drug and alcohol testing for employers of commercial drivers.
- * Quick turn-around, reliability and confidentiality
- * Administrative support, reporting and record keeping
- * 50% lower than the national average cost for each test

We also offer comprehensive consulting services to help clients develop and

implement a drug-free workplace.

To help employers comply with the new Department of transportation testing requirements which go into effect on January 1, 1995 the District is actively investigating Breath Alcohol testing services. This service will be in addition to the Drug testing and Medical Review Officer services already provided through the Industrial Medicine Program.

To arrange for any of the services offered through the Industrial Medicine program or to suggest new services, please call Don Ptacnik at 475-3882 extension 2294.

The drug/alcohol free work place letters was sent to our office because we do have a 4-H tribal van. So this would have to comply to everybody that drives the 4-h van.

4-H CLUBS.

WELCOME TO THE NEW YEAR OF 1995. It is time to start a New year with new clubs. We are still seeking new clubs. You can have you 4-H club any where you want. If you live in Simnasho, you can have a club there. You can have any kind of club you want. We are looking at the future for the

children and youth. So if you are interested, please feel free and stop by to ask questions. You can even give Arlene Boileau or Crystal Winishut a call at 553-3238/3239. We will be more than happy to answer your questions

NEW CLUB:

LIVEwire Production group - For PSA information
Primary Target Age: 12-16 years of age
LIVEwire Productions is being offered to youth the of 12 to 16 year old.

LIVEwire Productions is for youth who want to learn how to develop skills to perform in front of live audiences.

LIVEwire Productions will help youth develop and eventually demonstrate their talents to the best of the individuals ability.

It will offer to youth the chance to express themselves through various forms of new and learned media; using the group to share positive messages with others; and combining talents, knowledge and experience into all areas of the performing arts!

LIVEwire Productions offers youth a chance to build self-awareness; understanding of personal growth and development through active participation; and create a form of outreach to youth of the Warm Springs community.

LIVEwire Productions will strive to help youth develop communication skills; team building; trust; and caring relationships with other friends.

If you are a youth 12-16 years of age, and are willing to take a risk to become actively involved, learn how to perform, and develop leadership skills, this 4-H group may be the one for you.

LIVEwire Productions is new! It will focus on performing arts, multi-media experience and Acting!!

Sign-up for this 4-H group will be help on January 12, 1995 at 4:30 p.m. at the Vern Jackson Home on Campus. For more information, contact Carol Wewa or Anita Davis at the Vern Jackson Home. (553-4922).

Cold, winter weather can take toll on landscape trees, shrubs

by Timothy Wojtusik

Cold and windy winter weather can do some serious damage to trees and shrubs in your yard. Plants damaged by strong winds, cold or snow will only be further damaged if left unattended so it is best to make repairs as soon as possible.

Most damage will probably be minor such as small limbs that crack or break under the strain of winter's high winds, ice or snow. Even when minor, the earlier plants are cared for, the better chance they have of recovering.

When damage does occur, cut broken twigs and limbs back to the nearest strong, healthy wood or bud. Removing all broken, fractured or splintered wood will eliminate areas where rot or disease could enter the plant, preventing future problems.

When caring for your ornamental plants you will have to cut back healthy wood from time to time. Cuts should be made almost flush to the nearest side limb when pruning back healthy wood. Do not leave small stubs. When the broken limb is attached to the trunk of the tree, cut the limb back to the branch collar. That is the slightly swollen area where a branch joins a trunk.

Tree limbs that are bent but not cracked might be salvageable, so don't cut them off right away. Remove the weight of snow or

expendable side limbs from the bent limb and secure a piece of wood to prop it up. The limb may straighten out with time.

Major tree limbs and even large tree trunks can be split and broken in wind and ice storms. Large cracked and broken limbs should be sawed back to the trunk or a major side limb. Cuts should be made as clean as possible, leaving a smooth, flat surface. This will help keep rot and disease from entering the tree through the wound. Painting the wound is not recommended and may actually slow the tree's natural healing process.

In years with harsh winters some trees and shrubs may become damaged beyond repair. Many folks are very attached to the plants that surround them but, in some cases the damaged plant will not be able to recover or may become a safety hazard. Under these circumstances removal of the plant is the best course of action. Young, fast-growing plants are more likely to recover from winter storm damage than old or previously damaged trees.

You can give a winter damaged tree or shrub some help recovering by applying nitrogen fertilizer when growth resumes in the spring time. If you would like some advice on damaged plants stop in to the OSU Extension office during business hours or give us a call (553-3238).

Beetles can do plenty of damage to wood products

by Norma L. Simpson
Have you seen "Frass" around your house? That's a pile of fine powder or a mass of small pellets that are the signs of powderpost



beetles. Damage by the powderpost beetles occurs in a wide variety of wood products, floors, molding, paneling crates, furniture, antiques, tool handles and gun stocks.
Figure 1 Anobiid powderpost beetle damage

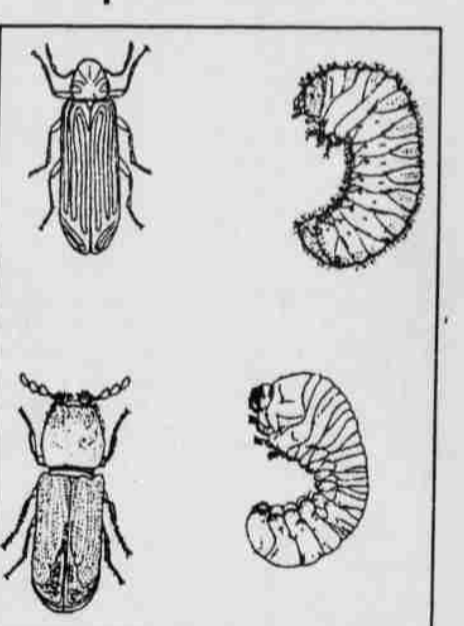
The three kinds of beetles attack different kinds of wood - the Lyctidae, the Anobiidae and the Bostrichidae.

LYCTIDAE attack only large-pored rdwoods such as oak, ash, cory, myrtle and mahogany. imboo is also subject to attack the Lyctids as seen in the awings below.

Adults lyctids are flattened nder, dark brown nearly black etles about 1/10 to 1/5 inch ng. The larvae is yellowish-rite body color and the head is 1 to brown. The complete life cle requires 9 to 12 months der favorable conditions it ay be reduced to 6 or 7 months. onditions, the life cycle may

be prolonged to 2 to 4 years or longer. It's the larvae that do the damage as they try to eat their way out of the crevices and cracks of the wood. Just below the surface of the wood the larvae change to adults which chew their way out through tiny holes about 1/10 inch in diameter. That's when you will spot the "frass" or fine wood dust.

ANOBIIDAE powderpost beetles attack sapwood but rarely heartwood. This beetle reduces wood to "gritty pellets instead of a fine powder. Anobiidae adults have



Top: Adult Anobiid and larva
Bottom: Adult Bostrichidae and larva

wood. This beetle is most abundant along the coast where it commonly attacks unpainted Douglas-fir timber.

BOSTRICHIDAE are most abundant in the tropics but some species do attack wood in the Pacific Northwest. The feed on the sapwood of hardwoods and others attack conifers. Their reddish-brown to black color is similar to other powderpost beetles, but the bostrichidae beetle's head projects downward and the eyes are not visible from above.

The bostrichidae beetles do not leave dust or pellets, but rather are tightly packed in the galleries and egg tunnels. They generally are not a problem in the Pacific Northwest except in hardwoods shipped from more susceptible parts of the country or from overseas.

If you see piles of dust around some of your furniture or buildings, you probably should get a copy "Prevention and Controlling Powderpost Beetles in and around the home" the free brochure at OSU/Warm Springs Extension office in the Education Center. It contains instruction for Prevention and Control of infestations of these three beetles. This Pacific Northwest publication #326 was revised late in 1994.

Stockman's Roundup: Thin cows need extra feed



by Bob Pawelek

Cows cost a lot of money. It's a real shame to lose a good one to the weather. Stockmen pay the price, one way or another, if they expect the cows "just to get by" or "to make it up later," through added feed costs or lost production.

A dry year depleted range forage and removed an important feed option for ranchers. If producers want to salvage their investment, they need to plan to optimize alternatives.

Feeding extra feed to maintain growth for winter is a major way to improve your investment. This is especially true if we see

a more severe winter that requires even more feed to compensate for the cold.

For mature cows, experience shows moderate forage depletion during a six week period while nursing calves can result in cows losing 65 pounds instead of gaining an expected 92 pounds.

If the cows were in moderate condition coming into winter, it may not be serious, especially if they had some moderately good feed in November and early December. But, if winter feed is again limited, there can be serious consequences.

Researchers are just beginning to recognize the dramatic effect that cow condition and nutrition during pregnancy have later on calf illness and death rates at birth.

The cow must have adequate nutrients and be gaining weight during the last 30 to 60 days of pregnancy. If not, producers will pay for it with weak, sickly or dead calves. Although a cow can adjust to maintenance rationing after conception and can endure some weight loss during mid-gestation, any weight loss or lack of gain in late pregnancy often results in calf scours, calf deaths and breeding reduction for the following year.

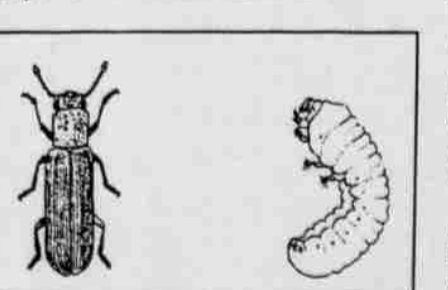
The timing of feeding and what to feed is critical in economical feeding of cows and for calf survival. I would suggest using most supplemental feeding during the last 60 days of a cow's pregnancy, or delaying calving until adequate feed is available for this

period.

A minimum of 8% crude protein is needed to provide at least 1.6 to 2 pounds of crude protein per day. Only growing heifers need more than that. That means we don't have to waste feed by feeding excess protein. If you are feeding each cow an average of 1/3 bale of a 60-70 pound bale of alfalfa, plus about 1/2 bale of grain hay, and enough grass to keep them full, then you are right on the margin. A good rule of thumb is this: if the hay is all cleaned up when you go to feed the next day, you're not feeding enough.

Of course, you then must keep an eye on the thermometer. At below 30 degrees Fahrenheit, a cow begins to need extra energy. At 10 degrees, she'll need another 5 pounds of hay or a 10% increase in energy to compensate for the cold. At 10 below zero, she needs 10 pounds extra, or a 20% increase in energy.

Cows can't eat enough of some forages to satisfy energy needs. They must be supplemented with better quality forages or grains to meet those needs. One pound of grain or other concentrates may be substituted for about two pounds of hay as one way of stretching limited hay and forage supplies. Five pounds of grain is the practical limit for replacing hay in the daily ration for wintering a 1100 pound cow. However, feeding six pounds of grain will save 12 pounds of hay per head per day. This is a substantial saving over a full feed of hay at prevailing prices.



Adult lyctid and larva

cylindrical bodies that are generally reddish-brown to nearly black, with their heads bent down so you don't see the eyes. The larvae are nearly whit except for a darkened head capsule like the drawings below:

The life cycle of the anobiids may require 2 to 3 years for completion, depending on the prevailing temperature and condition of the