



# HELPING HANDS



## EMPLOYEE RELIEF FUND CAN HELP

The United We Care Employee Relief Fund (UWCERF) is the result of the combination of the Continental “We Care” and the United “Employee Relief Fund”. The UWCERF “grants” money to eligible employees experiencing short term critical situations. The combination of the two funds has created a streamlined, efficient fund that is aimed at helping employees who have experienced a crisis. The mission of the UWCERF is: to provide confidential, timely, short-term crisis relief for those in the United Family who need basic assistance unavailable through other resources.

Information about the fund can be accessed by typing “United We Care Employee Relief Fund” in the search bar in Skynet or Insidecoair. A link to the UWCERF home page will appear - click on the link to go to the home page. You will find information including who is eligible, how to apply for a grant, including the application, and how to donate to the fund. Employees helping other employees has led to grants totaling over \$1 million dollars to date!



## Summer Heat Can Take a Toll

Summer heat has already caused significant issues throughout the United States. Preventative care for prolonged heat exposure can minimize the effects of heat on our bodies. When temperatures are on the rise, watch for the following symptoms:

- **Thirst:** By the time your body tells you that you are thirsty, you are already mildly dehydrated.
- **Heat cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. The loss of water and salt from heavy sweating causes heat cramps.
- **Heat Exhaustion:** Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.
- **Heat Stroke:** Also known as sunstroke, *heat stroke is life-threatening*. The victim's temperature control system, which produces sweat to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high—sometimes as high as 105° F.



# IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinator. Dedicated IAM EAP coordinators volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing. Your Local EAP Coordinator can be contacted using the information appearing in the box immediately below. Peer coordinators can help - talk to your local coordinator when you need some help with a perplexing problem!



## Calendar

2011

**July 7 - August 11**

IAM Representation Vote

**September 12-14**

IAM/UAL Joint EAP Training  
Los Altos California

**October 24-30**

Employee Assistance Program  
Association Conference Denver,  
Colorado

**November 13-18**

EAP I  
Placid Harbor, Md.  
William P. Winpisinger Center

## Internet Facts

We use the internet everyday. Ever wonder how much time we spend surfing the NET? Estimates show that each month, on average, we visit 58 domains, view over 1050 [web pages](#), spending 45 seconds per page. Each surfing session lasts approximately 51 min. All of this adds up to an average of 25 hours of internet activity per month!

## Back To School Changes Routines

Parents often welcome the beginning of a new school year. However, children returning to school means changes to the routines of summer. returning to school and the associated routines ay take some adjustment. Summer is more relaxed because children are spending more time at home and they have more flexibility to do things. When school is back in session, flexibility diminishes. Children need to be at school at specific times and will be out of school at the same time every day. High school teenagers may have difficulty getting up when they have been used to "sleeping in". Meals have more structure - lunches need to be made each day and dinner may need to be sandwiched in between after school activities and homework.

A little planning can make the transition much easier. Even though it may not be popular, try waking up a little bit earlier each day for a week prior to the start of school. Gradually changing wake up times by 15 minutes each day for a week until the desired time is reached will make mornings much better. Meals can be planned a week at a time - you don't have to lose the ability to be spontaneous if you have a desire for something other than what you planned. Planning for meals can be done quickly and will help everyone include their favorite foods. Finally, using a common family calendar and consulting it regularly will help everything run much smoother. Parents' schedules, kids' activities and fun can be planned so everyone knows what to expect each day.

