

**Taking Time**  
by  
**Rebecca Escott**

**Showing Appreciation Counts!**  
Part of making and keeping a family strong is showing appreciation to all the people who care for members of your family — teachers, nursing home assistants, counselors, day care providers, community volunteers. Research shows the stronger a persons' support network is, the more likely she is to survive the ups and downs that life brings. By showing appreciation to others, you help make the connections between your family members and their caring network stronger.

Showing appreciation doesn't need to cost money. It starts with a simple thank you and a smile. A smile can change someone's day and positively affect the care he gives to others.

In addition to thanking your child's teacher or the meals-on-wheels volunteer, offer a compliment. Make this descriptive. Rather than saying, "You really are a good person to work with kids," try being more specific. Tell the person exactly what you appreciate. Tell her how she makes a difference.

"I really appreciate how you get down on my son's level and hug him when he finishes creating something."

"Every night Christopher comes

home and recalls the chapter of the novel you're reading with them each afternoon."

"You always speak so gently and caringly to my Mom when you work with her."

Each of these compliments tells your caregiver that you notice what she does and you value the effort she is giving to her job. This kind of appreciation sustains a person whose work often goes unnoticed. Guaranteed, your family member will continue to receive quality care from this individual. I know that I feel better each time my boss pops his head in my office and shares a positive comment about a recent project that I worked on. His appreciation motivates me to create quality programs.

If you are not completely satisfied with the care received, still look hard. Find something that is right and reinforce it. This is one way to encourage improved care.

Regularly communicate with caregivers about your family members. Did your daughter have a poor night's sleep? Tell her so. When family matters are turbulent, children and adults often act out that stress in other settings. A caregiver can be more supportive if he understands the cause of the behavior. By keeping a person informed, you communicate that

his role in your family member's life is important.

You can also show how much you value a person by being prompt and paying for services on time. How would you feel if your boss came up to you on pay day and said, "Sorry, but I forgot your check. Can I pay you on Monday?" Caregivers have expenses just like you. You show your respect when

you pay on time.

If you want to show your gratitude with a gift, I encourage you to give a non-food item when possible. Consider flowers, ornaments, magazines, new program supplies or idea books, gift certificates for a makeover, play or sporting event, photographs. Each of these can be

a personalized expression of thanks.

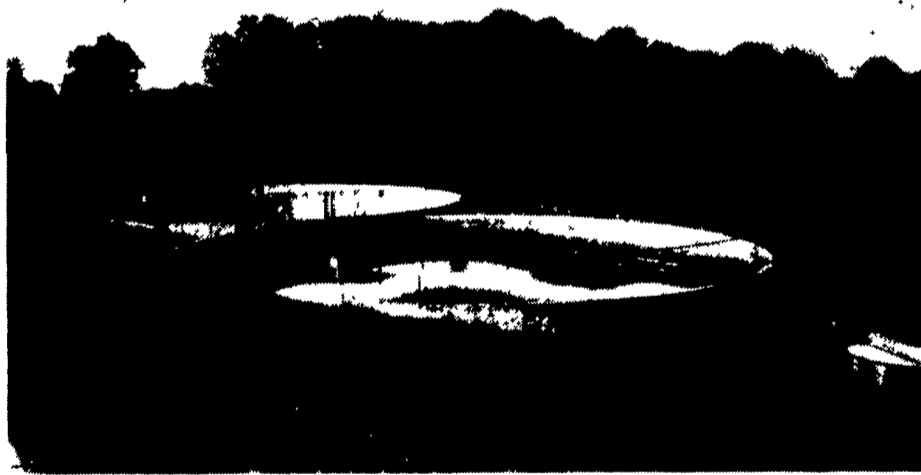
Taking time to appreciate the many people who help your family really matters. The return on your investment will be great in the amount of positive care your relatives receive.

**Is He A Real 'Cow Boy?'**



Ever since he was a toddler, 18-year-old Michael Batz has been fascinated with rodeos. When he was 6 or 7 years old, he and his sister were playing rodeo in the barn. An uncooperative calf resulted in Michael needing seven stitches above the eye, but that didn't quell his love for wanting to be a cowboy and ride in a rodeo. All through his growing up years on his parents', Richard and Betty Batz's, 128-acre farm in Annville and at Northern Lebanon High School, where he was FFA president, Michael kept wanting to ride. A few days before he left for Northwestern College in Ohio, Michael was caught by the camera in this pose. I guess you could say he is a real "cow boy."

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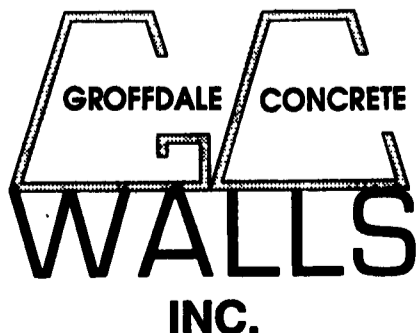
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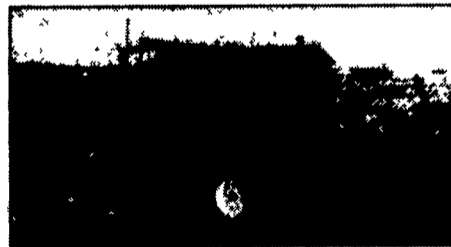
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