

BTS ECONOMIE SOCIALE FAMILIALE

EXPRESSION ORALE EN CONTINU ET EN INTERACTION EN LANGUE ANGLAISE

SESSION 2022



1 **Grab Your Apron* and Improve Your Mental Health**

2 By Charlyn Fargo Ware | March 28, 2022

3 Cooking at home not only helps you eat better, but it also helps your mental health, according to
4 a new study at Edith Cowan University (ECU) in Perth, Australia.

5 In a partnership with ECU, a mobile food kitchen provided cooking classes in the community and
6 on college campuses from 2016 to 2018, serving 657 individuals over seven weeks.

7 Researchers at the ECU Institute for Nutrition Research measured the program's effect on
8 participants' cooking confidence and self-perceived mental health.

9 The study results, revealed that individuals who took part in the healthy cooking course
10 experienced significant improvements in general health, mental health and subjective vitality.

11 These benefits were perceivable immediately after the program and persisted for six months after
12 the course.

13 The participants exhibited* substantial improvements in cooking confidence and gained the
14 ability to easily change eating habits and overcome lifestyle barriers to healthy eating.

15 The lead researcher, Dr. Joanna Rees, said the study showed the importance of diet for mental
16 health.

17 "Improving people's diet quality can be a preventive strategy to halt or slow the rise in poor
18 mental health, obesity and other metabolic health disorders," Rees said in a news release.

19 "Future health programs should continue to prioritize the barriers to healthy eating such as poor
20 food environments and time restrictions, while placing greater emphasis on the value of healthy
21 eating via quick and easy home-cooked meals, rich in fruit and vegetables and avoiding ultra-
22 processed convenience foods*."

an apron : un tablier • **exhibited** : demonstrated • **convenience food** : plats (tout) préparés

noozhawk.com/article/charlyn_fargo_ware_grab_your_apron_and_improve_your_mental_health_20220328



Tackling* technology issues and teens

by: Deena Manzanares, Nicea DeGering | Posted: Mar 18, 2022

Abbi Winslow, life coach for teens talks all things tackling* teen tech issues with Nicea.

In 2018 an American Family Survey done showed that the three top concerns for parents are:

- Technology
- Bullying
- Poor Mental Health

This is a huge shift* from earlier generations that worried about car crashes, drug use, and teenage pregnancy.

So how can a parent help their teen that they feel is struggling with technology use?

- 1** - Enforce Family Technology Boundaries*, **2** - Repeatedly Talk About Technology Concerns,
- 3** - Help Your Teen Find Screen-free Ways to Play.

Technology Boundaries*:

Teens aren't self-regulating and so parents need to step in and help. Technology is not a parenting battle that we want to "give up on" or "surrender to". Less screen time and safe online activity isn't going to happen by accident.

Talk about technology concerns:

Online bullying, tone of voice, sharing photos, inappropriate content, permanent nature of content, screenshots...are not just teen issues. When you see it, talk about it.

When we enter our teenage years we stop "playing" and doing things just for the fun of it.

The idea that we have to take our hobbies and turn them into a career or go pro with them can be really heavy.

Ask yourself: How many ways can my teen just have fun that doesn't involve their phone?

(to) **tackle** : s'attaquer à (un problème) • **a shift** : un changement • **a boundary** : une limite
abc4.com/gtu/tackling-technology-issues-and-teens/

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1 Care Tips for Seniors Living with Alzheimer's at Home

2 Medical News Bulletin

3 Caring for seniors with Alzheimer's at home comes with unique requirements and challenges.
4 They may experience memory loss, mood and behavior changes, general confusion and
5 disorientation, difficulties recognizing people, things, places, and time. The symptoms and effects
6 of Alzheimer's can impact each aspect of a senior's life, making personalized, specialized care
7 more essential.

8 Over time, these symptoms can worsen, making it harder to care for your loved ones. Below are
9 care tips for seniors living with Alzheimer's at home.

10 1. Consider in-home care

11 Hiring experienced, professional in-home care for elderly persons with Alzheimer's enables them
12 to age in place safely and happily. They provide your loved ones with hands-on care and help
13 them with routine and emotional daily life aspects. Reliable in-home care services from industry
14 experts provides older adults with social and companionship opportunities, safe transportation,
15 extended independence, daily life oversight*, and peace of mind for the family members. They
16 have the experience to handle your loved one's mood changes, administer medication and help
17 with light housekeeping duties.

18 2. Create a safe living environment

19 Alzheimer's impairs problem-solving skills and judgment, increasing older adults' injury risks.
20 To create a safe living environment, prevent falls by decluttering* their space and installing grab
21 bars or handrails. Lock away potentially dangerous things, including alcohol, medicine, toxic
22 cleaning substances, and hazardous tools and utensils. Check water temperature to avoid burns.

oversight : supervision • **(to) declutter** : désencombrer • **convenience food** : plats (tout) préparés
medicalnewsbulletin.com/care-tips-for-seniors-living-with-alzheimers-at-home/



Ways to save money in 2022 with high inflation

Elisabeth Buchwald | USA TODAY | Mar 18, 2022

It hasn't been an easy couple of months for savers. Inflation is at a 40-year record high, eating into potential savings. People trying to set aside money for big-ticket purchases, such as a car or a home, may find that it's a pipe dream* when they're struggling to afford the cost of everyday necessities.

But "even though it is harder now to plan for making big purchases, there are still strategies you can use to achieve your goals," said Kimberly Palmer, a personal finance expert at NerdWallet.

Automate savings

More than 93% of U.S. workers have their paychecks deposited directly into bank accounts, according to a 2020 survey of more than 33,000 workers.

Instead of having the entirety of your paycheck direct deposited into one account, consider opening a savings account (if you don't already have one) and automatically have a portion of your pay set aside. This way you won't be tempted to use the money for your other purchases.

Timing is everything – when is the best time to buy a car?

When you think about the big purchase you're aiming to make, it's also important to pinpoint* the best time of year to get a better discount, said Palmer.

For instance, the best time to buy a car tends to be toward the end of each month when dealers are pressed to achieve monthly sales quotas.

a pipe dream : *un mirage, un rêve fou* • **(to) pinpoint** : *déterminer*

eu.usatoday.com/story/money/economy/2022/03/18/save-money-2022-inflation/7036333001/



1 Department of Energy Releases Energy-Saving Rules for Federal Buildings and
2 Proposes New Standards for Consumer Appliances

3 Department of Energy | March 30, 2022

4 **WASHINGTON, D.C.** — The U.S. Department of Energy (DOE) today announced new building
5 energy code requirements for Federal buildings that will save taxpayer dollars and ensure that
6 the federal government leads by example in energy efficiency. DOE is also proposing new
7 standards for residential room air conditioners and pool heaters to help consumers save on their
8 utility bills. When U.S. homes purchase over seven million room air conditioners each year—
9 critical equipment to help communities cope with* increasingly common and extreme heat
10 events—the potential benefits to households from these proposed standards are immense.

11 Together, DOE estimates the new codes and proposed standards announced today can
12 potentially save more than \$15 billion in net costs over the next 30 years. They will also
13 potentially save 2.2 quads of energy, equivalent to the energy use of 13 million homes in one year,
14 and reduce emissions equivalent to the annual carbon emissions of 14.4 million homes over a 30-
15 year period. This builds upon the priorities of President Biden’s Bipartisan Infrastructure Law,
16 which includes an unprecedented \$225 million for state and local implementation of energy
17 codes. [...]

18 These rulemakings are the latest in an ambitious slate of regulatory actions to reduce energy,
19 costs, and pollution from appliances, equipment, and buildings.

.....
(to) cope with : faire face à • 1 quad = 10¹⁵ = 1 quadrillion BTU : unité de mesure d'énergie • rulemakings : réglementations

<https://www.energy.gov/articles/doe-releases-energy-saving-rules-federal-buildings-and-proposes-new-standards-consumer>

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1 **'It's awful': Families are losing \$5,200 on inflation this year. Here's how to curb*** 2 **your costs.**

3 Posted: March 30, 2022 by Esther Bower | KXLY.com

4 SPOKANE, Washington — Families need an extra \$5,200 to make ends meet* this year,
5 according to Bloomberg Economists. Inflation is at a 40-year high, and people are looking for
6 ways to curb* costs.

7 A Gallup Poll shows nearly one in five Americans say inflation is the most important problem
8 facing the U.S. today.

9 “Oh, it’s been awful,” said Linda Strom. She’s a Safeway shopper and continues to live in sticker
10 shock.

11 Gas, shelter, and food drove the inflation this past month, according to the Consumer Price
12 Index.

13 “We have to understand what’s happening right now in order to tweak* or change things in the
14 future,” said Kumiko Love, an accredited financial counselor and author of “My money My way.”

15 Kumiko Love advises consumers and says managing your food budget goes a long way towards
16 managing your finances.

17 “The great thing is our food budget is something that we do have control of,” Love said. “We
18 may not be able to control how much our mortgage is, but we can control how much we spend on
19 food, and that’s critical.”

20 A critical mistake a lot of us make is buying the cheapest product you see.

21 “How much money you’re paying per ounce, rather than the overall retail price. What looks more
22 affordable actually might not be when you’re looking at the units,” she added.

.....
(to) curb : limiter • (to) make ends meet this year: joindre les deux bouts • (to) tweak : apporter de petites modifications

<https://www.kxly.com/its-awful-families-are-losing-5200-on-inflation-this-year-heres-how-to-curb-your-costs/> 6



1 **Start the Elder Care Conversation**

2 by: Janet Bodnar — March 28, 2022 | Kiplinger

3 ***Many people don't have a plan set where an elderly parent will go. Do you?***

4

5 When preparing for retirement, “we make decisions about pursuing a hobby or moving to a new
6 place, but we rarely make decisions about elder care,” says Suzanne Asaff Blankenship, author
7 of *How to Take Care of Old People Without Losing Your Marbles**.

8 If you're a caregiver, or you are concerned that you may become a caregiver in the future or that
9 you may someday need care yourself, it's critical that you broach the topic* with your parents or
10 your adult children. Yet when it comes to talking about a parent's future wishes, the
11 communication gap between parents and their adult kids is stunning.

12 Research by Fidelity Investments found that 43% of parents indicated they have not had detailed
13 conversations with family members about long-term care and elder care—and an additional 23%
14 have not had any conversations at all.

15 **A Family Affair**

16 Ira Worden and his wife have no children, but to avoid the kind of confusion he faced after his
17 father's death, they hold an annual family meeting that includes grown nieces and nephews. “We
18 discuss anything and everything, including financial and health topics,” he says.

19 “In some families, being up front* is worthwhile,” says Blankenship. In a survey by The
20 Conversation Project, 95% of respondents said they are willing or want to talk about end-of-life
21 wishes.

(to) lose one's marbles : (familier) perdre la boule • (to) broach a topic : aborder un sujet • upfront : franc
www.kiplinger.com/retirement/long-term-care/604452/start-the-elder-care-conversation



1 **A Step-by-Step Guide to Being an Effective Social Worker**

2 By Kyle Curtis | September 2, 2021 | Student Assembly

3 The call to being a social worker is a noble task. It is not for the faint of heart*, and it's for those
4 who have a passion for promoting change and healthy growth among the most vulnerable in
5 society.

6 If you are interested in helping disadvantaged youth and families, elders, LGBTQ+ communities,
7 people with mental health needs, individuals experiencing homelessness, refugees, and
8 other underserved communities, here are some steps you can take to become the most effective
9 social worker you can be.

10 **GET THE NECESSARY DEGREES AND LICENSE**

11 While you don't necessarily need to have a degree in social work to become a social worker, you
12 need to have additional degrees or certificates in the area if you want to become a full-time social
13 worker.

14 **Here are some ADDITIONAL TIPS for being an effective social worker:**

15 • **Have a keen* understanding of your skill set.** Not all social workers may be good at
16 counseling, but you might find you have a talent for project management and fundraising.

17 • **Never stop learning.** As society and circumstances change, so do the people we are trying to
18 help. Keep up with the latest on the community you want to help.

19 • **Maximize your internship.** Social workers need to complete an internship as part of
20 educational requirements. Take this time to gain a deeper understanding of your chosen career as
21 you experience hands-on* training for the first time.

faint of heart : les cœurs fragiles ; les petites natures • **keen** : fervent ; motivé • **hands-on** : direct ; de terrain
www.studentassembly.org/being-an-effective-social-worker/

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1 **Nursing Home Requirements: Who's Eligible?**

2 By Paul Wynn | April 7, 2022 | Health US News

3 While assisted living facilities can help family members maintain a certain level of independence,
4 it sometimes may not be enough support.

5 "Preserving older adults' ability to remain independent should be a fundamental goal, but when
6 they need help there are many high-quality facilities* that can provide comprehensive care," says
7 Deborah Franklin, senior director of quality affairs at the Florida Health Care Association in
8 Tallahassee, Florida.

9 An estimated 1.5 million older adults live in nursing homes, which is about 4.5% of the total older
10 adult population. Nearly 94% of older Americans, or 33.4 million, live at a home or with a family
11 member outside of any facilities, according to the National Institutes of Health.

12 **What Do Nursing Homes Offer?**

13 Nursing homes, also known as skilled nursing facilities or long-term care facilities, offer medical
14 services for residents who need comprehensive care. Most nursing homes have nursing aides and
15 skilled nurses on hand 24 hours a day. The key difference from assisted living facilities is that
16 nursing homes provide around-the-clock medical care and assistance with everyday activities,
17 while assisted living facilities encourage residents to remain as independent as possible and offer
18 help when needed. Nursing home facilities provide a wide range of services including:

- 19 • Dietary services. • Meals, offered three times a day.
20 • Health care, including physician* and nurse care. • Medication management.
21 • Laundry services. • Personal care needs, such as bathing,
22 dressing and toileting

facilities : infrastructures ; services • **physician** : médecin • **bathing** : le bain ; la toilette
[health.usnews.com/senior-care/articles/nursing-home-requirements](https://www.health.usnews.com/senior-care/articles/nursing-home-requirements)