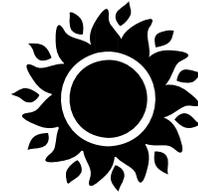


EAP NEWS



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These are the Real Keys to Personal Satisfaction and Happiness

We've all known people who had everything but weren't happy in spite of it all. If money won't buy happiness, what will? Psychologist Dan Baker, Ph.D., says the connection between money and happiness is nothing but a trap. In his book, *What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better* (Rodale), he and co-author Cameron Strauth have some worthy answers.

The 12 most important qualities of happiness are love, optimism, courage, a sense of freedom, proactivity, security, health, spirituality, altruism, perspective, humor, and purpose. These are the things you should make up your mind to achieve.

- The ability to make a choice can govern your perception. Having no choices or options can lead to feelings of helplessness. Anyone can choose the course of their life, but only happy people do it.
- Personal power is the proactive force that gives you control over your feelings and your fate. It involves taking responsibility, taking action, and realizing that your life belongs to you alone, then doing something about it.
- Using your intellect and spirit will help you begin to focus on your strengths and solutions to problems. If you begin to fear, you are focusing on your weaknesses.
- The power of words and stories makes you see the world as you describe it. What you tell yourself about your life eventually comes true. We can tell ourselves healthy stories or horror stories. It's a matter of choice. ○
- Appreciation will make you happy. It is the purest form of love. It is physiologically impossible to be in a state of fear and appreciation at the same time. Appreciation is an antidote to fear.

The EAP is a free service for you and your eligible family members.

All EAP services are completely confidential.

If we keep doing what we're doing, we're going to keep getting what we're getting. One definition of insanity is 'to keep doing the same things and expect different results.'

~Steven Covey

New Safety Rules: Yell and Tell; Find a Mom

Experts say a child being snatched by a stranger is very rare. But the thought strikes at our basic fear that we can't protect our children.

In his book, *Protecting the Gift* (Little Brown), author Gavin de Becker says telling kids not to talk to strangers is not enough. Dangerous people don't look evil, and a soft-spoken person looking for help finding his dog might be very dangerous.



Yell and tell. Kids should be taught to be very assertive. When someone says "Don't yell," they should yell, "This isn't my dad," and scream for help. If someone says "Don't tell," they should tell someone they trust right away.

Go to a mom. If a child is lost and scared, it's difficult to find a security guard or a police officer. Tell them to find a mom, someone with a stroller or a child in tow. Women are likely to stop and help a lost child.

Don't get into a car. Tell your children that you will never ask someone to pick them up without telling them first. Kids should never approach a car. If one approaches them, they should run or ride their bikes in the opposite direction. Go to a safe place.

Have a recent photo. Take photos of your child every few months, noting the child's correct height and weight on the back. According to the Center for Missing and Exploited Children, accurate photos helped recover one in six children last year.

Have a meeting place. Establish a place to meet if you become separated. At an amusement park, select a location by a tall ride that can be seen from many places. ○

According to the Center for Missing and Exploited Children, accurate photos helped recover one in six children last year.



Want More Information

www.missingkids.com

Remember Basic Skills When Writing a Memo

The U.S. Department of Labor ranks communication skills at the top of those basic for job success. One of the most important written skills is memo writing, whether in hard copy or electronic form.

Used correctly, memos are powerful tools. Used incorrectly, poor

memos have stalled many a promising career says Bobby Muse, who is author of a report called "The Dangers of Memo Writing."

To write a better memo, state your topic clearly. In e-mails, the subject line should indicate your topic. Move on to supporting

details, and limit your communication to one topic. Double-check any attachments. Reread what you have written; check for spelling, grammar, and punctuation. A memo is best used to announce, remind, clarify, or confirm your subject. ○

Is it a Stroke?

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, this lack of awareness can spell disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say any bystander can recognize a stroke by asking three simple questions:

- Ask the individual to smile.
- Ask him or her to raise both arms.
- Ask the person to speak a simple sentence.

If he or she has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

After discovering that a group of nonmedical volunteers could identify facial weakness, arm weakness, and speech problems, researchers urged the general public to learn the three questions.

They presented their conclusions at the American Stroke Association's annual meeting in February. Widespread use of this test would result in prompt diagnosis and treatment of the stroke and preventing brain damage. ○

"Gambler's Fallacy"

The misconception that past events can change future odds, that they will win big or at least break even.



The "Gambler's Fallacy" Affects Decisions

Have you been to the casino lately? If so, you may have noticed how one or more members of your party have continued to bet, or bet far more, after a loss.

They are victims of the "gambler's fallacy." They hold on to the misconception that past events can change future odds, that they will win big or at least break even.

The extent to which they are disturbed by a loss influences the degree of their risky behavior, according to University of Michigan psychologist William Gehring.

A study led by Gehring leads him to believe that brain function has something to do with why people are driven to ante up after a loss. It shows that the medial frontal cortex

responds to the outcome of a gamble with a sharp electrical impulse. In some people, it makes them less able to select a course that would be more prudent.

After his study appeared in *Science*, Gehring received e-mails from stock traders likening the gambler's fallacy to impulsive trading decisions made directly after a loss in the stock market.

Next time you take a hit, be it at the casino or on the job, remember that the decision you make next should be carefully calculated. ○



Want More Information

www.gamblersanonymous.org

www.gamblingaddiction.org

More Women Under Age 40 Have Osteoporosis

Research at Columbia University shows that 2 percent of 18- to 30-year-old women have full-fledged brittle bone syndrome: osteoporosis. Another 18 percent have osteopenia, or low bone density. To prevent osteoporosis:

- Doctors at Johns Hopkins University say calcium deficiency has reached epidemic proportions. We should consume three calcium-rich products a day such as nonfat milk, fortified orange juice, low-fat cheese, and broccoli.
- Avoid high-protein diets. They increase blood acidity. The body compensates by pulling calcium from the bones.
- Eat fruits and vegetables. Doctors at the University of California in San Francisco say these foods help neutralize acid in the blood so less calcium has to be drawn from the bones.
- Exercise. Bones benefit most from jogging, jumping rope, step aerobics, and especially strength training.
- Women should get plenty of extra calcium while pregnant or nursing.
- Don't smoke. It increases the risk for hip fracture among smokers of all ages. ○

Smart Snacking

Snack Healthy: Eat foods such as whole-grains vs. enriched flour. Choose fruits, vegetables and low-fat dairy products.

Check Serving Size: Snacks should be eaten in small portions to avoid excess calories.

Snack Ideas: Graham crackers with applesauce, string cheese with whole wheat crackers, fruit & yogurt parfait or low fat ranch with vegetables.

How to Use Your EAP

When help is needed call the office location most convenient for you. The office coordinator will ask for your name, employer and a brief description of your presenting concern. If an emergency exists you will be given immediate assistance. If your situation is not an emergency, you will be offered telephone assistance and/or in-person sessions to complete an assessment and make a referral for treatment if needed.



Meetings with your counselor are completely confidential. Your employer will not know you have used the EAP. No one will be provided any information about you without your written consent. Exceptions would occur only in the event of you being considered dangerous to yourself or someone else.

At the first appointment you should be prepared to give the counselor some background information to assist in formulating an action plan. Many people find it helpful to prepare a list of things they wish to discuss at each session. ○



PORTLAND:
503-639-3009

SALEM:
503-588-0777

CORVALLIS:
541-757-3013

If you live outside the Portland/Willamette Valley areas, call the toll free number listed below. You will be referred to a mental health provider in your area.

1-800-433-2320

www.cascadecenter.com

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