

EAP E-NEWSLETTER

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RESPONSIBLE ALCOHOL CONSUMPTION

On December 28, 2001, Shane Anderson's plans of joining the military were ended by a drunk driver. Sixteen year old Shane was hit while walking to the home of a relative. The driver had a BAC of .127. Shane is one of 117,000 that are killed each year by drunk drivers in the United States.



Shane Anderson
Donaldsonville, LA

A study in 2000 of 39,250 adults 18 and older by the U.S. National Household Survey on Drug Abuse reported that the majority of those who reported alcohol-related DUI in the 12 months prior were not alcohol dependent or alcohol abusers. DUI's and alcohol related accidents occur to "social" drinkers and alcoholics. Beer is the drink most commonly consumed by people stopped for alcohol-impaired driving or involved in alcohol-related crashes.

From Thanksgiving to New Years during 2004, there were 3,511 traffic fatalities. Of that number, 37.5% were alcohol related. People consume alcohol during the holidays that otherwise would not drink. It is important to understand alcohol's impact on the body and our ability to drive. We have the power to end alcohol related crashes and fatalities!

Of 72-proof distilled spirits, a standard drink is defined as

- 12 ounces of beer
- 5 ounces of wine
- 1.5 ounces liquor

all of which contain the same amount of alcohol -- about .54 ounces

Unlike foods, alcohol does not have to be slowly digested. The average person metabolizes alcohol at the rate of about one drink per hour. As a person drinks faster than the alcohol can be eliminated, the drug accumulates in the body, resulting in higher and higher levels of alcohol in the blood. Only time will sober a person up. Drinking strong coffee, exercising or taking a cold shower will not help.

Drink responsibly, designate a driver and remember, *designated drivers* don't limit alcohol, they *don't drink alcohol*.

For more information, contact your BHS Care Coordinator at 800-245-1150.



Classic Cranberry Nut Bread

2 cups flour
 1 cup sugar
 1 1/2 teaspoons baking powder
 1 teaspoon salt
 1/2 teaspoon baking soda
 3/4 cup orange juice
 1 tablespoon grated orange peel
 2 tablespoons shortening
 1 egg, well beaten
 1 1/2 fresh or frozen cranberries,
 coarsely chopped
 1/2 cup chopped nuts

Mix together flour, sugar, baking powder, salt and baking soda in a medium mixing bowl. Stir in orange juice, orange peel, shortening and egg. Mix until well blended. Stir in cranberries and nuts. Spread evenly in loaf pan.

Bake for 55 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely. Wrap and store overnight.

Preheat oven to 350°. Grease 9x5-inch loaf pan.

Makes 1 loaf.

Source: *Oceanspray.com*

Creamy Turkey Soup

Use your leftover turkey to make this great tasting soup.

3 cups	Chopped leftover turkey
8 cups	Turkey broth (reduced sodium)
1 can	(12 oz) non-fat evaporated milk
2/3 cup	Flour
1 lb	Small new potatoes (1 to 1-1/2" ea)
4	Stems celery, finely chopped
1 bunch	Green onions, finely chopped
4	Carrots, finely chopped
1 teaspoon	Salt
1 teaspoon	White pepper
1 teaspoon	Thyme
1/2 teaspoon	Sage



Easy and Delicious
 Holiday Recipes

Bring turkey broth to a boil in a large pot. Add potatoes, carrots, celery, and cook for about 20 minutes, or until potatoes are almost tender. Add leftover turkey, green onions, salt, pepper, thyme, and sage, stir well, and return to a boil. Cook over medium heat for another 5 minutes. Mix evaporated milk and flour in a mixing bowl with an electric mixer. Blend milk mixture into soup. Cook, stirring constantly, until thickened (approximately 8-10 min.)

BETTER OUTCOMES ASSOCIATED WITH BREAST CANCER DETECTED THROUGH SCREENING

After lung cancer, breast cancer is the second leading cause of cancer death among American women.

Although there is some debate as to why, women with breast cancers detected by screening mammography have better survival rates than those detected symptomatically.

The American Cancer Society recommends that all women aged 40 and older have a yearly mammogram (x-ray of the breasts) and clinical breast exam (examination of the breasts by a health professional), and all women in their 20s and 30s have a clinical breast exam at least every three years.

by Krisha McCoy, MS



Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.
-Helen Keller

EXERCISE CAN SAVE YOU MONEY!

AARP, JULY/AUGUST 2006

A study by Health Partners Research Foundation found that people 50 and older that exercised for at least 30 minutes, three or more days a week, actually saved \$2,200 a year on medical bills.



When you think of the Christmas Holiday season, what comes to your mind? Some people get excited about the decorations, music, presents, or the "reason for the season." Others, however, get anxious about potential family conflicts, frantic busyness, and long lines at the shopping mall. It is not unusual for people to have mixed emotions, including loneliness, depression, and grief over lost loved ones who will no longer be physically present to share in the holiday spirit.

The following principles may help

you have a more enjoyable Christmas season:

- **Strengthen Relationships**

Recognize the value of relationships. Even if you are experiencing your own sense of loneliness, resist the temptation to isolate yourself. Reach out to others who may have a similar need.

- **Sing and Enjoy the Music**

Music is good for the soul and singing has many psychological as well as physical benefits. For one thing, it cleans out the stale air in your lungs! It has the ability to stir up every type of emotion, but during the holiday season it's good to be reminded of a more



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- **Learn to say NO**

We often become overwhelmed at the holidays because of our difficulty in saying no to people. We sometimes allow others to determine how we use our time. Say no to request not in line with your goals.

- **Practice Forgiveness**

Holidays can remind us of the unresolved conflicts we have with others. In the spirit of Christmas, we can sometimes face those relationships in a new light as we seek to understand, accept, and let go of past hurts.

- **Maintain Good Health Habits.**

As with any stress management program, you want to get sufficient exercise, adequate sleep, and balanced nutritional intake (beware of the excesses).

- **Maintain a Sense of Humor.**

If we take others or ourselves too seriously, we risk losing our own positive attitude about the holidays. A merry heart is good medicine. Learn to laugh at the long lines, forgotten presents and last minute shopping, etc. A negative attitude will only bring you down, but will not change the circumstances you are in.

by Dr. Ron Newman

SELF-CONFIDENCE

Self-confidence is arguably one of the most important things you can have. Self-confidence reflects your assessment of your own self-worth. It will play a large part in determining your happiness through life.

Goal setting is probably the most effective way of building self-confidence. By setting measurable goals,



achieving them, setting new goals, achieving them, and so on, you prove your ability to yourself. You are able to prove to yourself that you are able to perform and achieve effectively. You can see, recognize and

enjoy your achievement, and feel real self-worth in that achievement.

Importantly, by knowing what you are able to achieve, you are not setting yourself up for surprise failure - you almost always have a reasonably accurate assessment of what your abilities really are, which is unclouded by ego or vanity.