



LIFE ENRICHMENT
EMPLOYEE ASSISTANCE PROGRAM
800-404-7960 www.eaplife.org

Your Employee Assistance Program Newsletter

Fall 2005

Life Enrichment is a program of The Center for Family Services of Palm Beach County, Inc.

EAP Newsletter

We hope that you enjoy our seasonal newsletters and find our articles informative, something that brings a smile to your face or that benefits you in some way. And, remember to make use of your EAP benefits that are provided by your employer.

If you are not certain about those benefits, contact your Human Resources Department, Benefits Manager or call us at: **800-404-7960**. Should you wish to utilize our counseling services, remember that they are strictly confidential. We are here to help.

In the News

Five Wishes (Living Will): For 12 years, a man named Jim Towey worked closely with Mother Teresa and lived in a hospice for one year which she ran in Washington, DC. Inspired by his first-hand experience, Mr. Towey sought a way for patients and their families to plan ahead and cope with serious illness. The result was "Five Wishes." The response has been overwhelming and it has been featured on CNN and NBC's Today Show as well as Time and Money magazines. Newspapers have called Five Wishes "the first living will with a heart." Normally, there is a fee for this document. However, if you order it from our local Hospices of Palm Beach County, it is free. Call: 561-227-5140 or toll free at: 888-848-5200.

Flu Shots: Whether or not to receive a flu shot is a controversial subject. However, if you plan to obtain one for yourself this season, one available source that you can check is Publix Pharmacy. For a location near you and date of availability, call: 877-629-3580 or visit their web site at: www.publix.com/flu.

Drinking and Driving: There is a new and interesting project aimed at cutting down the incidence of drunk drivers. It is sponsored by the Traffic Safety Committee of the Palm Beaches called, "Mobile Eyes." The idea is, if you spot someone who appears to be a driver "under the influence," you can call 911 and if the person is arrested, you will receive \$100. Their web site is: www.safetycouncilpbc.org and they may be reached at: 561-689-4733.

Opinion

Dangerous Driving Habits: Did you know that driving too slowly can be as dangerous as driving too fast? Example: When getting onto I-95, be sure to be travelling at least 50 to 55 m.p.h. (or the posted limit) by the time you merge onto the Interstate. Not doing so endangers you and whomever is behind you as fast approaching cars may be barring down upon you from your rear. If someone is travelling at 65 or speeding and you enter the highway at 40 m.p.h., they may not slow down in time. I can't tell you the times I have cringed as I enter I-95 behind

someone "crawling" along and look into my rearview mirror to see a fast approaching truck rapidly coming up from behind me. If you are uncomfortable "getting up to speed" when merging onto I-95, perhaps using surface streets is a more appropriate means for you.

While on the subject, I would also like to put forth the idea of "taking responsibility for your mistakes on the road." That is, if you suddenly realize that you want to make a left hand turn, but are in the wrong lane, do not stop and hold up traffic so that you can eventually make your turn. It is not only dangerous and illegal, but rude to your fellow drivers. As a psychotherapist, I am sensitive to the idea of taking responsibility for our actions. If you miss your chance to make a turn while driving, proceed ahead to the next turn, make a U-turn and go back to the street where you intended to turn. But, please don't hold up others who may be in a hurry because you failed to make your turn. Thank you.

Speaking of which, we all find ourselves in the situation where we have to merge into fewer lanes while driving. It might be from three lanes to two or from two to one. There are two issues here. For those who think they will "make time" by squeezing ahead that one more car length, here is the "rule of the road:" Take turns. Alternate. One car moves ahead, the car merging then goes behind it, the next car moves ahead, the next one

merging goes behind that one – not two or three cars attempting to merge and squeeze ahead of one, rather one at a time. One moves in, one goes by, one moves in, one goes by, etc. You get the picture.

Why mention these kinds of issues? Because I believe that how we live each day contributes to the level of stress we feel all around us. Some people help to reduce the stress in society, while others add to it. We create the kind of world in which we live. We may not have control over many things in life, but there are some things where we do have a choice. Perhaps we should ask ourselves what we are contributing each day in regards to stress. Does your presence make this a better place to live?

I Doubt, Therefore, I Might Be

Philosophy in the workplace? Yes. The study of philosophy is becoming more relevant as the business world deals with crucial life issues related to changing values, cultural diversity, ethics, gossip, harassment and basic “right and wrong.”

Philosophy provides insights into ethical issues, sound management techniques and good decision making. By studying “who we are,” problem-solving becomes more comprehensive in scope and effectiveness. Workers and management alike are better able to broaden their perspective and see things more positively and be more innovative.

Though the popularity of studying philosophy in relationship to the workplace is more of a European phenomenon, it is also beginning to catch on here. Its usefulness is seen

in understanding how a well-functioning society is similar to a well-functioning corporate workplace as well as dealing with the concept of uncertainty. Philosophy relies upon utilizing the best argument as opposed to merely exercising domination to win. Linguistic skills, persuasion and reasoning are promoted in place of intimidation or power.

“Philosophy in management” stresses relationships, understanding people and motivation rather than limiting itself to mere facts, revenue and “bottom lines.” This approach is not one of immediate results, but gradual effectiveness. The biggest appeal is found in employee satisfaction and lowered absenteeism. There are also applications in new job interviews and business meetings. Speaking to employees or potential employees about concepts such as “truth” or “success” not only opens the door to one’s thoughts and personality, but brings forth candid and revealing responses. Conversations and meetings tend to be more productive and satisfying to all involved.

Classes on philosophy are often offered at lunch-time and range from “The Meaning of Life” and “Quantum Physics” to “Expectant Parents” and “Home Plumbing.” These classes appear to help with stress reduction, improved morale, reduced absenteeism and increased productivity.

Speaking of Lunch

While in private practice, I would conduct day long workshops on the topic of relationships. My mom always liked to help out and contribute some of the food for our lunch break. Two items that received rave reviews and requests for recipes were the

“crab salad” and “banana bread.” If they were not great, I wouldn’t pass them onto you. Enjoy. – *Dr. C. Paul Wanio, EAP Clinical Coordinator*

Something to Crab About

1 package Imitation Crab
2 Eggs
1/2 teaspoon Lemon Juice
1 teaspoon Black Pepper
1 “dash” Salt
1 teaspoon Lemon Pepper
1/2 cup Chopped Onion (or 1 tsp. powdered onion)
1/2 cup Mayonnaise
1/2 cup Celery

Flake the crab and mix into bowl with lemon juice and spices. Next, add celery, eggs and mayonnaise. Mix and serve chilled.

Mom’s Banana Bread

3/4 cup Vegetable Oil
1 1/2 cup Mashed Bananas (3 large)
2 Eggs
2 cups All Purpose Flour
1/2 cup Chopped Nuts
1 tsp. Baking Soda
2 tsp. Vanilla
1/2 tsp. Baking Powder
1/2 tsp. Salt

Oven temperature: 325°
Grease a loaf pan with shortening using a pastry brush (or you can use Pam spray).

Mix sugar, banana, oil and eggs into large bowl with a wooden spoon. Stir in the remaining ingredients (preferably, while singing or humming).

Pour into pan. Bake until a wooden toothpick inserted in the center comes out clean (69 – 75 minutes). Let cool completely before slicing.



New Staff Member

We would like to welcome and introduce the newest member of our EAP staff, **Michele Romaglino, Marketing Representative.**

Michele joins our EAP staff with 18 years of outstanding accomplishments in sales and marketing of health care programs in south Florida and southwest Texas. She is especially accomplished in Occupational Health Services.

In El Paso Texas she successfully developed and implemented a hospital-based Occupational Health Program and Service Line including DOT drug screens, physicals, hazmat testing, OSHA training, and worksite programs. She is experienced in the preparation and submission of RFP's to local municipalities and has also worked with employers to implement wellness programs, ergonomic training and develop protocols for physical therapy testing. She has worked in conjunction with insurance carriers, TPA's, risk managers and case managers.

Michele's background also includes accomplishments in group purchasing (nationally and regionally) in south Florida. She has a broad knowledge of contract negotiations and compliance and was extremely successful in membership growth.

We welcome Michele and look forward to working with her and the positive impact she is bound to generate in the working community.

Aloe Vera Can Protect Fruits & Vegetables

While aloe vera gel is best known for its healing properties on burned or irritated skin, researchers in Spain have found it can also be used as an edible coating that can preserve the quality and safety of produce. And, it

does not seem to affect the taste or appearance of food.

Researchers dipped table grapes into Aloe vera gel and then stored them for five weeks at low temperature. Another group of grapes was left untreated, but was exposed to the same conditions. The untreated grapes deteriorated within a week, but the coated grapes remained well-preserved for up to five weeks. They were firmer, had less weight loss and less color change than the untreated grapes. Gel-treated grapes were also generally superior in taste.

It is believed that aside from being a natural barrier to moisture and oxygen, the gel also may contain antibiotic and antifungal compounds. The colorless Aloe gel used in this study was developed through a special processing technique that maximized the amount of active compounds in the gel. (from the Journal of Agriculture and Food Chemistry – Sept. 10, 2005)

This approach to food preservation is similar to the use of the polyphenolic bioflavonoid from grapes called "resveratrol," used for the same purpose. It has been known about for years, yet never developed for commercial use. However, if you remove the air from a plastic bag used for your fruits and vegetables (put the bag against your chest and slide one arm from the bottom of the bag to the top to remove the air, then seal it tightly as if it were "vacuum packed"), it will extend the life of your produce by reducing the oxygen (oxidization) which damage the nutrients in food. This can double or triple the shelf life of your produce.

If there is no commercial application of resveratrol or aloe soon, you can always purchase those products yourself and dip your fruits and vegetables in the solution to further

extend your produce shelf life.

- Dr. Joseph Mercola, author of the, "Total Health Program." His newsletter is available at no cost at: <http://www.mercola.com>

Abuse Among Teens

A surprising number of American teens have experienced physical, sexual or verbal abuse in the dating relationships. According to a recent study, 13 percent of teenage girls have been physically injured or hit and one in four report being pressured to perform oral sex or engage in intercourse.

Parents are beginning to speak to their kids about drugs, but are still reluctant to discuss sex or don't think to discuss "dating and violence." Note: Adult domestic violence patterns usually begin during one's high school years.

Liz Claiborne (involved in domestic abuse programs for 15 years) is sponsoring a new educational program in selected schools. The pilot is a three-day course developed by the non-profit Education Development Center (EDC). It is called, "Love is Not Abuse" and is aimed at 14-year olds to help prevent incidents of physical or verbal abuse and pressure to have sex.

(<http://www.loveisnotabuse.com/>)

Verizon Wireless and Liz Claiborne Inc. are conducting a text messaging poll using wireless phones to help raise awareness of domestic violence. From Oct. 7 through 21, any cell phone user can send a message with the word "TALK" to ENDDV (36338), and they will be asked to participate in a poll inquiring if they know someone who is a victim or perpetrator of domestic violence. The results of the poll will be announced at the end of October at their web site.



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Your EAP Newsletter

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How Many Spaces Go After A Period?

Ah, a new sign of the times. With all the incredible stress we face each day, increasing problems and the feeling that the walls are closing in... it now seems that we no longer can afford the luxury of good grammar and the proper spacing after the period at the end of a sentence.

With the advent of the Internet and Email, an interesting phenomenon has occurred. Have you noticed that people have now taken it upon themselves to change the traditional grammatical rule of placing two spaces after a period and have reduced it to one? A minor infraction you say? Who needs all that space anyway? Sometimes, in the name of efficiency, cuts have to be made. Why bother with such trivia when there are far more important matters worthy of our attention?

Hey! Sorry. While overpopulation abounds, spam and junk mail continue to clutter and time to take a vacation and breathe clean, fresh air seems an ever distant fantasy, I protest anyone who takes away that extra space between sentences! Not my sentences! Somewhere, sometime, one just has to draw the line and this is one of those times and places.

After Boca Raton lost their Philharmonic Orchestra, I knew "the end" was fast approaching. One space between sentences?! Wasn't it written that in the "last days" just before "the Apocalypse" that "two spaces would become as one, grammarians and aestheticians would weep and the seas would boil as signs that the end was near? Don't quote me, but I think I'm right about this.

I'm all for change, but I'll not help usher in a new era with crowded sentences that run together like an

endless train or a non-stop speaker whom never pauses. I say, "Breathe...." Take that bit of time to stand strong and protest the mad rush to nowhere. Sometimes the best use of space is to put nothing in its place. And, 'tis the space between the notes that makes the music what it is.

So, fellow breathers. Join me. Let us unite. Let us save this endangered species. Let us take responsibility while the slackers "whatever" us to death. Where once my generation created the "peace sign," I now propose the sign of "space." And, each story and paragraph that you see with two spaces after a period, think of it as a smile. In that space is the smile of recognition to you and all of us that will not have our sentences, our words, or lives, crushed and squashed out of existence. We write. We live. We smile. We wink. We.... breathe.

– C. Paul Wanio, Ph.D. LMFT, LMHC
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For questions about your
EAP benefits or to schedule
a no cost counseling session,
please call:

800-404-7960

Counseling is available for
you, your spouse or
dependent children.