



Mission in Motion

Health & Wellness Newsletter
April 2014 - Alcohol Awareness

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Do You Have a Drinking Problem?

You might not realize that you have a drinking problem. You might not drink large amounts when you drink. Or you might go for days or weeks between drinking episodes. But even if you don't drink very often, it's still possible to be abusing alcohol and to be at risk for becoming addicted to it.

Signs of Alcohol Dependence:

- You cannot quit drinking or control how much you drink.
- You need to drink more to get the same effect.
- You have withdrawal symptoms when you stop drinking (feeling sick to your stomach, sweating, shakiness, and anxiety).
- You spend a lot of time drinking and recovering.
- You have given up other activities so you can drink.
- You keep drinking even though it harms your relationships and causes health problems.
- You drink in the morning, are often drunk for long periods of time, or drink alone.

Source: WebMd



Alcohol Awareness

Think About the Possibilities

Addiction is defined as a chronic, relapsing brain disease that is characterized by out-of-control drug/alcohol seeking and use, even when that use causes problems. It is considered a brain illness because drugs and alcohol change the brain. They change its structure and how it works.

Serious health problems can result from this illness. People who suffer from addiction are more likely to have physical illnesses and mental disorders. Substance abuse doesn't cause mental health problems, but addiction and mental illness are often found at the same time.

It's not just health that suffers. Finances, relationships and careers can be ruined. And, the misuse of drugs and alcohol is the leading cause of premature death in the U.S.

Getting help for substance abuse is vital. Many treatments that get results are available. But like every journey, the road to healing begins with the first step. In this case, the first step is seeing the problem. If you think you, or someone you know, may have a problem, seek help from a doctor or other mental health professional. Don't delay. The sooner you seek help, the sooner you can beat addiction.

Recovering from addiction is possible. Scientific discoveries have led to advances that can help.

Source: National Institute of Drug Abuse; American Psychiatric Association; Mental Health America

Alcohol in the Workplace

Out of millions who hold full time employment in the United States, close to fifteen million are heavy drinkers of alcohol, exacting a high cost on work organizations, as employees who drink a lot are often absent from work, suffer from a lot of health problems, and are at a greater risk of harming themselves and others.

Two specific kinds of drinking behavior significantly contribute to the level of work-performance problems: drinking right before or during working hours (including drinking at lunch and at company functions), and heavy drinking the night before that causes hangovers during work the next day.

And it isn't just alcoholics who can generate problems in the workplace. Research has shown that the majority of alcohol-related work-performance problems are associated with non-dependent drinkers who may occasionally drink too much -- not exclusively by alcohol-dependent employees. In addition, family members living with someone's alcoholism also suffer significant job performance related problems - including poor job performance, lack of focus, absenteeism, increased health-related problems and use of health insurance.

In the workplace, the impact of alcoholism focuses on four major issues:

- Premature death/fatal accidents
- Injuries/accident rates
- Absenteeism/extra sick leave
- Loss of production

Additional problem areas can include:

- Tardiness/sleeping on the job
- Theft
- Poor decision making
- Loss of efficiency
- Lower morale of co-workers
- Increased likelihood of having trouble with co-workers/supervisors or tasks
- Higher turnover
- Training of new employees
- Disciplinary procedures

Some facts about alcohol in the workplace:

- Workers with alcohol problems were 2.7 times more likely than workers without drinking problems to have injury-related absences.
- A hospital emergency department study showed that 35 percent of patients with an occupational injury were at-risk drinkers.
- Breathalyzer tests detected alcohol in 16% of emergency room patients injured at work.
- Large federal surveys show that 24% of workers report drinking during the workday at least once in the past year.
- One-fifth of workers and managers across a wide range of industries and company sizes report that a coworker's on- or off-the-job drinking jeopardized their own productivity and safety.

Many individuals and families face a host of difficulties closely associated with problem drinking, and these problems quite often spill into the workplace. By encouraging and supporting treatment, employers can dramatically assist in reducing the negative impact of alcoholism in the workplace.



Source: National Council on Alcoholism and Drug Dependence

There is somewhere to turn for help with a drinking problem



Outpouring of Support

Have you, or someone you know, ever felt you should cut down on your drinking? If so, it's possibly a sign of a drinking problem. Alcohol abuse can lead to brain damage, heart failure, irregular heartbeat, high blood pressure and stroke, and can contribute to impotence.

If you think you have a drinking problem or know someone else who does, you can get help from the following resources:

- ❖ Al-anon/Alateen
- ❖ Alcoholics Anonymous (AA)
- ❖ National Association for Children of Alcoholics (NACOA)
- ❖ National Clearinghouse for Alcohol and Drug Information (NACADI)

Source: U.S. Department of Health and Human Services

Eat, Drink – and be Wary

Often, festivities such as family celebrations or get-togethers with friends include drinking alcohol. While drinking in moderation is okay, it is in your best health interest not to become to 'merry'.

Moderate drinking is defined by the federal government's *Dietary Guidelines for Americans* as up to one drink per day for women and up to two drinks per day for men. Drinking patterns are just as important as the amount. One to two drinks per day doesn't mean you can drink a 'week's worth' of alcohol over a period of a few hours or a few days. The following counts as a drink:

- 12 fluid ounces of regular beer
- Five fluid ounces of wine
- One and one-half fluid ounces of 80 proof distilled spirits



April Health & Wellness Seminar: Alcohol Awareness

Date: 04/17/2014 - Thursday Time: 2:30 p.m.

Location: Council Chambers Speaker: To be Announced

Health & Wellness Seminars

*If you have a subject or topic that you would like more information on, feel free to make your request at 956-580-8630

Pita Pocket

Dietitian's tip:
Wrap this Middle Eastern salad in lettuce, tuck it in a pita pocket or serve it as a side dish. This salad also goes well with lavosh — a round, thin crisp bread (Serves 8)

Ingredients

- 1 1/2 cups water
- 3/4 cup bulgur (cracked wheat), rinsed and drained
- 1 cup diced, seeded tomatoes
- 1 cup chopped parsley
- 1/2 cup chopped scallions or green onions
- 1 teaspoon dill weed
- 4 black olives, sliced
- 1/4 cup raisins
- 1/4 cup lemon juice
- 2 tablespoons extra-virgin olive oil
- Freshly ground black pepper, to taste

Directions

In a small saucepan, bring the water to a boil. Remove from heat and add the bulgur. Cover and let stand until the bulgur is tender and the liquid is completely absorbed, about 15 to 20 minutes. In a large bowl, add the bulgur and the remaining ingredients. Toss gently just until the ingredients are evenly distributed. Cover and refrigerate for 2 hours to allow the flavors to blend. Serve chilled.

Nutritional Analysis per Serving:
Total Fat 4g, Calories 101, Protein 2g, Cholesterol 0mg, Total carbohydrate 16g, Dietary Fiber 4g, Monounsaturated Fat 3g, Saturated Fat 0.5g, Sodium 60mg



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Mission In Motion
Our mission is to promote health awareness and to encourage healthy lifestyles.