



## Important Dates to Remember

**PEBTF Open Enrollment**—Monday, October 1, 2007 through Friday, October 19, 2007

**LHU Employee Health Fair**

November 1, 2007—11:00 a.m.– 2:00 p.m.—Roger's Gymnasium

**SERS Retirement Counseling**

October 18, 2007— 9 a.m.—12:00 p.m.—Sullivan 310

November 15, 2007— 9 a.m.—12:00 p.m.—Sullivan 310

**To schedule an appointment, contact Martha Hoover at 800-633-5461, ext. 3401.**

**TIAA-CREF Retirement Counseling**

October 19, 2007—9 a.m.—5 p.m.—Sullivan 310

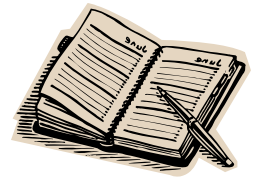
October 30, 2007—9 a.m.—5 p.m.—Sullivan 310

**To schedule an appointment, sign up online at [www.tiaa-cref.org/moc](http://www.tiaa-cref.org/moc) or call (866) 842-2173.**

**MetLife Retirement Counseling**

November 9, 2007—9 a.m.—4 p.m.—Sullivan 310

**To schedule an appointment, contact Tom Gross by cell phone at 800-492-3553 Ext. 28433, or by e-mail at [tcgross@metlife.com](mailto:tcgross@metlife.com).**



## Key Facts about Influenza (Flu) Vaccine

### When to Get Vaccinated

October or November is the best time to get vaccinated, but you can still get vaccinated in December and later. Flu season can begin as early as October and last as late as May.

### Who Should Get Vaccinated

In general, anyone who wants to reduce their chances of getting the flu can get vaccinated. However, certain people should get vaccinated each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications.

### People who should get vaccinated each year are:

#### **People at high risk for complications from the flu:**

- People 65 years and older;
- People who live in nursing homes and other long-time care facilities that house those with long-term illnesses;
- Adults and children 6 months and older with chronic heart or lung conditions, including asthma;
- Adults and children 6 months and older who needed regular medical care or were in a hospital during the previous year because of a metabolic disease (like diabetes), chronic kidney disease, or weakened immune system (including immune system problems caused by medicines or by infection with HIV/AIDS);
- Children 6 months to 18 years of age who are on long-term aspirin therapy;
- Women who will be pregnant during the influenza season;
- All children 6 to 23 months of age;
- People with any condition that can compromise respiratory function or the handling of respiratory secretions (that is, a condition that makes it hard to breathe or swallow, such as brain injury or disease, spinal cord injuries, seizure disorders, or other nerve or muscle disorders.)

**People 50 to 64 years of age.** Because nearly one-third of people 50 to 64 years of age in the United States have one or more medical conditions that place them at increased risk for serious flu complications, vaccination is recommended for all persons 50—64 years.

**People who can transmit flu to others at high risk for complications.** Any person in close contact with someone in a high-risk group (see above) should get vaccinated. This includes all health-care workers, household contacts and out-of-home caregivers of children 0 to 23 months of age, and close contacts of people 65 years and older.

**Who Should Not Be Vaccinated**—There are some people who should not be vaccinated without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillain-Barre syndrome (GBS) within 6 weeks of getting an influenza vaccine previously.
- Influenza vaccine is not approved for use in children less than 6 months of age.
- People who have moderate or severe illness with a fever should wait to get vaccinated until their symptoms lessen.

## 5 Tips for an Active, Healthy Fall

For many Americans, fall provides an opportunity to realize the active, healthy lifestyle so many people aspire to. While winter months offer good excuses to stay indoors (too cold, too slippery, too snowy), fall offers just as many reasons to be outside and active.



Exercising outdoors can be exhilarating. In case you need any motivation over and above the glorious weather, here are five tips for making the most of your fall and staying fit and active in the process.

- 1) **Diversify:** Take advantage of the outdoors by bicycling, walking, jogging, and playing golf and tennis. The variety of activities helps strengthen and condition all muscle groups. Putting the fun back into your workout also reduces boredom, the number one killer of good health and fitness regimens. Before you know it, you will have a well-rounded fitness and nutritional regimen in place—the one that seemed so difficult to establish not long ago!
- 2) **Don't Stop using your club or gym:** It takes 30 days to make fitness a habit, and supplementing outdoor exercise with regular visits to your health club will ensure that you remain active during those rainy days, and especially when the temperatures drop. Remember, too, that your resistance training is a critical component of a balanced fitness program, so keep hitting the gym.
- 3) **Maintain a balanced diet:** Fall is a great time to feast on fresh seasonal fruit and vegetables, making it easy to ensure that you get your four to five servings of these important foods every day. Keep in mind that nine out of 10 Americans do not fulfill their daily requirements. As a result, many people should consider some form of supplementation.
- 4) **Make it social:** One of the great things about exercise is that it doesn't need to be done alone. Call that long-lost friend that you don't see nearly enough and arrange to meet over a brisk walk. Find someone with a similar fitness level and try a variety of activities—you can help to motivate each other.
- 5) **Stretch:** The more you become active during the fall, the more important it becomes to implement a regular stretching regimen. Remember that your muscles may not be ready for the type of activity you're engaging in, so warm up and stretch to help increase flexibility, reduce the risk of injury and improve blood flow.

## PEBTF Hearing Aid Benefit Changes

Effective September 1, 2007, the Hearing Aid benefit reimbursement levels were increased to:

- **Single Aid:** Maximum of \$900 per ear in a 36-month period;
- **Binaural Aids:** Maximum of \$1,800 in a 36-month period;
- **BiCROS or CROS Aids** (provided medical authorization is obtained): Maximum of \$2,400 in a 36-month period.

The 36-month period (1,095 days) is measured from the order date of the previous hearing aid.

### Healthy Recipe

#### **Weight Watcher Spaghetti Pizza**

(WW Points Value: 6, Servings: 10)

##### **Ingredients**

2 sprays olive oil cooking spray  
 12 oz uncooked whole-wheat pasta, spaghetti  
 2 large egg white(s)  
 1 large egg  
 2/3 cup fat-free skim milk  
 3/4 tsp garlic powder  
 1/2 tsp table salt  
 1 1/2 tsp dried oregano  
 1/4 cup basil, fresh chopped  
 (plus extra leaves for garnish)  
 9 oz shredded part-skim mozzarella cheese, divided  
 32 oz bottle spaghetti sauce  
 2 oz pepperoni, finely julienned (about 1/2 cup)

##### **Instructions**

Preheat oven to 400°F, Coat a 9 X 13-inch glass baking dish with cooking spray; set aside.

Break spaghetti into 2-inch pieces and cook, al dente, according to directions; drain and cool.

Meanwhile, in a large bowl, beat egg whites and egg until frothy. Stir in milk, garlic powder, salt, oregano, basil and 1/3 of mozzarella; add cooked spaghetti and stir until thoroughly combined. Spread spaghetti mixture evenly in bottom of baking dish. Bake for 15 minutes; remove from oven. Reduce oven temperature to 350°F.

Spread spaghetti sauce over pasta; sprinkle with remaining cheese. Scatter pepperoni evenly over cheese layer. Return to oven and bake until heated through and cheese is bubbly, about 30 minutes. Let stand for 5 minutes, garnish with basil and then cut into 10 servings. Yields 1 slice per serving.



## None for the Road– Effects of Alcohol on the Body

Consistent use of low levels of alcohol does not cause long term health problems, and it's possible to overuse alcohol from time to time without causing permanent damage.



**But short term overuse in excessive amounts-binge drinking-can cause harm, or even death. And even in small amounts, alcohol can affect your behavior and motor skills.**

So how much is too much? There are rough guidelines to follow. Three or more drinks a day may be a sign of a problem with alcohol, as may regular or weekend bingeing. Alcohol affects people differently, based on size and weight and other factors. All 50 states have adopted legal limits, but it's impossible to accurately predict how many drinks it will take an individual to reach that level.

The best choice is to err on the side of safety. If you plan on drinking, designate a driver who does not. If you've had any drinks at all, find another ride home.

### Effects of Alcohol

The long term effects of alcohol on the body takes several forms. In some cases, alcohol directly damages your body's organs or systems. In others, side effects of alcohol abuse such as a neglected diet can lead to deficiencies that cause damage. Many of the most serious effects can be found in the liver. If you're generally healthy, alcohol taken infrequently or in moderate amounts can damage liver tissue but the liver has time to repair itself. When large amounts of alcohol are frequently in the blood, the liver can't function properly—this is called cirrhosis of the liver, and it's just one of the diseases alcohol abuse can lead to.

Your brain, your stomach, your heart, even your reproductive organs and your skin can be damaged by too much alcohol. Here's a summary of what can happen to your body when you drink too much alcohol.

**Brain.** Years of steady drinking changes your brain permanently. Alcohol kills brain tissue and increases the size of ventricles. It also deprives it of the vitamins it needs to function properly, including the important B vitamin thiamine.

Alcohol can cause impaired behavior, judgment, memory, concentration, and coordination. It acts as a sedative on the Central Nervous System, depressing the nerve cells in the brain. It also causes impaired visual ability and fine motor skills, slows reaction times. And can dull the senses.

**Heart.** Alcohol can cause vitamin deficiencies that weaken the heart's ability to pump, which can lead to heart failure. It can increase blood pressure, which in turn raises the risk of heart attack and stroke. Alcohol also inhibits the production of blood cells.

**Stomach.** Steady alcohol intake can lead to regular irritation of the stomach, as well as sickness and pain. But even just one occasion of drinking heavily will cause the same. Over time, this can lead to peptic ulcers, inflammation, bleeding lesions, and cancer.

**Skin.** Alcohol causes small blood vessels in the skin to widen. More blood flows close to the skin's surface. This can cause skin to appear flush in color, and to feel warm.

**Intestines.** Alcohol can irritate the intestinal lining and the colon, leading over time to inflammation, ulcers, and cancer. It impairs the intestine's ability to process vitamins and nutrients.

**Bones.** Alcohol prevents the body from properly absorbing calcium, leading to increased risk of osteoporosis—weak, soft, brittle, thin bones.

### Alcohol and Driving

Another way in which alcohol causes injuries or death is when people who have been drinking get behind the wheel of a car. Impairment due to alcohol use begins to occur at levels well below the legal limit, which all U.S. states have adopted as 0.08 percent for drivers aged 21 years or older. According to the National Center for Injury Prevention and control.

- Alcohol-related motor vehicle crashes kill someone every 31 minutes and injure someone every two minutes.
- During 2005, 16,885 people in the U.S. died in alcohol-related motor vehicle crashes.
- In 2005, nearly 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics.
- More than half of the 414 child passengers ages 14 and younger who died in alcohol-related crashes during 2005 were riding with a drinking driver.
- In 2005, 48 children age 14 years and younger who were killed as pedestrians or cyclists were struck by impaired drivers.

## None for the Road– Effects of Alcohol on the Body

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**Reproductive Organs.** Alcohol depresses nerve impulses, which for men can mean an inability to get or maintain erections. Sexual functioning can be impaired, resulting in impotence and infertility. Women also have a high risk of developing breast cancer.

### Common Myths of Alcohol and Drinking

Certain myths about the practice and effects of drinking alcohol have come to be part of mainstream acceptance. This doesn't mean that they're true, only that they're frequently repeated. Many are used as excuses or justifications for negative behavior. Each of the following myths is dispelled below:

**Alcohol gives you energy.**

In fact, alcohol is a depressant that slows your ability to think, speak and move.

**Everybody reacts the same to alcohol.**

Dozens of factors affect reactions to alcohol, including body weight and chemistry, time of day, mood, and more.

**A cold shower or a cup of coffee will sober someone up.**

The body metabolizes alcohol at the rate of approximately one drink per hour. Nothing sobers you up but time.

**Beer is not as intoxicating as hard liquor.**

The same amount of alcohol is in a twelve ounce bottle of beer and a shot of hard liquor. While these beverages can sometimes affect individuals in different ways, they are equally intoxicating.

**Light drinking doesn't affect driving ability.**

Alcohol slows down reaction time and affects judgment, even in small amounts.

**Only a certain type of person becomes an alcoholic.**

Alcoholism affects people of all ages social, and economic backgrounds.

**Drinking is not as harmful as using illegal drugs.**

Alcohol is legal and more socially acceptable than illegal drugs, but is still classified as a drug. It can be abused, and is one of the most abused drugs in society. Like other drugs, alcohol can be physically and psychologically addictive.

**Eating before drinking will keep a person from getting drunk.**

Eating before and while drinking slows down the body's absorption of alcohol, but there is no magical way to keep alcohol out of the bloodstream.

### RESOURCES

**United Behavioral Health**

[www.liveandworkwell.com](http://www.liveandworkwell.com)

Access code: Pennsylvania

Visit the Alcohol Abuse Mental Health Condition Center (the link is on the home page) for additional information and resources regarding alcohol.

### SEAP

Call toll-free  
1-800-692-7459  
1-800-824-4306 TDD

or log on to

[www.liveandworkwell.com](http://www.liveandworkwell.com)

Access code: Pennsylvania

## LHU Employee Health Fair

Please join us for the LHU Employee Health Fair which will be held on **November 1, 2007 from 11:00 a.m.—2:00 p.m. in Roger's Gymnasium**. We will have door prizes, healthy snacks, drinks, screenings, and the latest health information. There are over 30 vendors coming this year. I have listed below the Benefit Vendors who will be participating:

Highmark Blue Shield  
Geisinger Health Plan  
Pennsylvania Employees Benefit Trust Fund  
National Vision Administrators  
United Concordia  
United Behavioral Health  
Cigna  
State Employees Retirement System

Great West Deferred Compensation  
Pennsylvania Public School Employees' Retirement System  
TIAA-CREF  
ING  
MetLife  
AIG VALIC