



# live well, work well

Brought to you by Holmes Murphy & Associates, Inc.

April 2011



## Alcohol Awareness Month

April is Alcohol Awareness Month, and although talking with your kids about the dangers of drugs and alcohol can be very difficult, there are strategies that can help.

Following the five suggestions below can help you develop regular communication with your children, if you haven't already. Talking with them about their day-to-day lives will make it much easier to bring up the harder topics, such as drugs and alcohol, when the time is right.

- **Listen.** Make eye contact with your child, and let them know you're paying attention. If it's the end of a long day and you need time to relax, say so. Explain that you need a few minutes to unwind, and then you'll be ready to give your full attention.
- **Do activities together.** Do chores together and talk while you're working. Or, run to the grocery store together – car rides can be a great time to spark up conversation.
- **Set up regular family meetings.** Use this time to let every member of your family discuss what's on their mind.

- **Role-play with your child and teach them how to say no.** Simulate a situation where a friend is pressuring your child into drinking or smoking. Explain how to think through a situation like this and emphasize the potential consequences of their choices.
- **Support your child in everything they do.** Regularly encouraging and supporting your child in school, sports and extracurricular activities shows them that you support them should peer pressure come into play.

Find more information and prevention strategies at [www.samhsa.gov](http://www.samhsa.gov).



## Donate Life

April is National Donate Life Month. With over 110,000 people on the national organ transplant waiting list, there's no better time to become an organ and tissue donor. One donor can save up to eight lives.

How to become a donor:

- Register with your state donor registry at your state's Department of Transportation website.
- Designate that you are an organ donor on your driver's license. You can do this when you obtain or renew your license.
- Download a donor card at [organdonor.gov](http://organdonor.gov) to fill out and carry with you until you can designate your donation decision on your driver's license or join a donor registry.
- Talk to your family about your donation decision. Help them understand your wish to be an organ and tissue donor before a crisis occurs.

## Did You Know?

Each day, approximately 75 people receive organ transplants in the United States, but approximately 20 die each day waiting for transplants.

## Seasonal Allergies

While the winter months typically provide some relief for allergy sufferers, spring is here – and so are the allergies associated with this seasonal change. Mold growth blooms indoors and out with spring rains. As flowers, trees and grasses begin to blossom, allergies will follow. And spring cleaning activities can stir up dust mites, so here are some tips:

- Wash your bedding every week in hot water to keep pollen under control.
- Shower before going to bed, since pollen and other allergens can accumulate in your hair throughout the day.
- Wear a painter's mask when cleaning or vacuuming to limit dust and chemical inhalation.



- Change air conditioning and heating air filters at least every 3 months.
- Limit the number of throw rugs in your home to reduce dust and mold. If you do have throw rugs, consider washing them once a week or vacuuming twice a week.

## Give LTC Some TLC



Have you considered long-term care (LTC) insurance? Despite often being overlooked, it is likely that you or someone you love will require long-term care at some time. According to a recent study by Georgetown University, the cost of LTC is expected to triple by 2050. Here are some tips to consider when deciding on a long-term care policy:

- The most important factor when considering LTC insurance is to make sure you find a policy that has affordable premiums for you. This may require some shopping around for the best policy that fits your lifestyle.
- Even though LTC coverage may seem expensive, the average cost of a private room in a nursing home is \$77,380 per year – a daunting price tag without LTC coverage.
- The younger you are, the lower your premiums will be for a LTC policy. And getting a policy when you're young isn't a bad idea – nearly 40 percent of those who need long-term care are under the age of 65.

## Fish Tacos

- 1 tsp. olive oil
- 2 cloves garlic, crushed
- 1 cup low-sodium chicken broth
- ½ tsp. ground cumin
- 1 lime
- 2 large tomatoes, diced
- 1 cup scallions, chopped
- ½ cup cilantro, chopped
- 1.5 lbs. halibut filets
- 12 corn tortillas

Sauté garlic and scallions until browned. Add chicken broth, tomatoes and cumin to the mixture and bring to a boil. Reduce heat to low and add halibut. Cook 15-20 minutes or until the halibut is easily flaked with a fork. Sprinkle with lime juice and garnish with cilantro. Wrap in warmed corn tortillas and serve. Serves 4.

