

## LIFEWATCH BEACON

## FALL EDITION

### Eye Exams: Not for eyes only

In addition to helping you see clearly, a complete eye exam can detect eye related diseases such as glaucoma and cataracts. It might also provide the first clue that you have a disease affecting more than your eyes. Conditions that might be detected through an eye exam include: Diabetes, High Blood Pressure (hypertension) and Thyroid Disease. One reason a disease might be detected during an eye exam is that the doctor can directly examine blood vessels and tissues through the eye. That's not true of other organs. That's how your eyes provide a window to the general health of your blood vessels.



**Be prepared for an emergency situation.** The first 72 hours after a major emergency or disaster are critical. Electricity, gas, water and telephones may not be working. You should be prepared to be self-sufficient for at least 3 days. Start by developing disaster/shelter plans that tell where to meet *if* you have to evacuate, who you've identified as an out-of-state contact, how to get information in your community and a plan for family pets. For an emergency situation, including severe weather conditions, assemble an "emergency kit" and store it in a secure, centrally located part of your home. Make sure that all family members know where the kit is. It should contain:

- Emergency telephone numbers
- Flashlight and fresh batteries
- Battery powered radio and fresh batteries
- Supply of bottled water (one gallon per person per day)
- Non-perishable foods that don't require heating
- Blankets, bedding or sleeping bags
- First aid kit and medications/prescriptions
- Special items for infants, the elderly or family members with special needs. Toiletry items, hygiene items, plastic garbage bags for personal sanitation uses
- Hand tools; screwdriver, pliers, scissors, duct tape, hand-operated can opener, waterproof matches, household bleach, spare set of house and car keys and a whistle – to signal for help
- Identification and copies of important family documents (in a water tight pouch)
- Cash and change



### Helping Kids Cope:

A big math test. Starting for the game. Peer Pressure.

Many of us think of childhood as a relaxing time, but in reality, kids experience significant stress. How can you as a parent/guardian, help your child cope in the face of his or her anxieties?

- Stay calm yourself. Your child learns by observation, by watching you. Help your child learn how to cope by staying centered during stressful situations and working through problems in a thoughtful way.
- Give your child support. Listen to his or her problems. Encourage your child to find good solutions, and give praise when he or she successfully handles a challenging situation.
- Consider learning a relaxation technique together. Deep breathing exercises, yoga or muscle relaxation exercises may help your child stay centered.
- Focus on the basics. Good nutrition, adequate sleep and regular exercise.

Together these will provide a buffer during times of stress.

*"knowledge speaks, but wisdom listens" –Jimi Hendrix*

**Contact us... LifeWatch Employee Assistance Program**  
Telephone: 1-800-333-6228  
TT/TTY: 1-800-745-5555  
website: [www.lifewatch-eap.com](http://www.lifewatch-eap.com)  
email: [appointments@gatewayhealth.org](mailto:appointments@gatewayhealth.org)  
Remember, help is only a phone call away...

Visit [www.redcross.org](http://www.redcross.org) or [www.ready.gov](http://www.ready.gov) for more information on being prepared. *Talk to your family and practice your plan!* Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.