



**BEHAVIORAL HEALTH SYSTEMS**

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Volume 2, Issue 6  
June 2006

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# Behavioral Health Systems EAP Newsletter

## Food for Health – Strawberries

www.mealsmatter.com



**Strawberries** are an excellent source of vitamin C. They also supply potassium, folate, and B vitamins. According to the American Cancer Society, foods rich in Vitamin C may lower the risk of cancers of the gastrointestinal tract.

contribution of time, caring, and perhaps even financial support has impacted us.

If you don't have a father figure in your life, it's not too late! Perhaps you would benefit from an "adopted father." With more and more Americans living apart from their biological family, many are finding it helpful to "adopt" family, forming relationships with parent and sibling equivalents.

## Happy Father's Day!

Father's Day is June 18<sup>th</sup>. Although we should strive to show the fathers in our lives how important they are to us each day, not just once a year, observing Father's Day is a wonderful opportunity to honor this very important part of our life.

If you are a father, or father figure to someone, Father's Day makes a great reminder to schedule an appointment with your physician and have any recommended test! Making that call helps insure that you'll be around to be honored next Father's Day.

Not everyone has the ability to sit face-to-face with their father on this day. For some, the "father" in their lives hasn't been their biological father. Regardless of our circumstances, honoring that person or persons that has been that parent figure for us can benefit not only the "father" but us as well.

It is good to take time to contemplate how our relationship with others has helped shape who we are. We need to give back, by sharing with that person how their

### Diabetes Epidemic

According to data released June 10, 2006 by the International Diabetes Federation, the number of people suffering from diabetes has risen from 30 million to 230 million worldwide in the past two decades.

Most experts agree that diet and changes in lifestyle are the chief causes.



## BEHAVIORAL HEALTH SYSTEMS

# Welcome to

Join me for the next several issues of the BHS EAP e-newsletter as I introduce the BHS staff and the work they do to make the EAP an easily accessible resource for you. Access to your EAP benefit is as easy as a phone call to 1-800-245-1150 or 879-1150 in Birmingham. Unlike many companies that you may contact today, BHS has live voice reception 24 hours a day 7 days a week. When calling BHS, your call will be answered by one of our receptionist.

Because each company's Employee Assistance Program is assigned to a designated BHS Care Coordinator, the receptionist will ask for information necessary to determine the appropriate Care Coordinator to take the call. Your call will then be transferred to the BHS Care Coordinator managing your company's Employee Assistance Program.

Be sure to look for next month's e-newsletter feature of the BHS Care Coordinators to learn more about the work they do to you access your EAP benefits.



Heather, Anna and Janelle  
BHS Receptionist

## Coping with Forgetfulness in Alzheimer's Disease

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

Many steps can be taken to improve the quality of life of a person with Alzheimer's disease. Medications can help delay the progression of symptoms and the use of compensatory strategies can help people with Alzheimer's cope more effectively.

Compensatory strategies, such as sticking to routines, compensating for memory problems, and minimizing hazards can help the Alzheimer's patient cope with memory deficiencies.

Suggestions for compensating for memory

deficiencies include:

- Keeping a diary
- List important information in a notebook
- Place the names or pictures of people called frequently onto the telephone

To minimize hazards, become familiar with childproofing devices that may be useful in the home of an Alzheimer's patient.

Stoves can be a special hazard. Caregivers may find they need to remove knobs to prevent unsupervised use.

Medications are another concern. To make sure doses don't get skipped or doubled up, the Alzheimer's

patient may need help setting up medications. Close monitoring, to ensure that medications are taken correctly, may become necessary.

If monitoring cannot be done in person, a telephone call at medication times may serve as a reminder. There are specialized call centers that can be enlisted to make routine phone calls. Electronically monitored medication boxes may also be purchased. If the medication box is not opened at the appropriate time, or is open too long, a phone call is made to the individual or other designated person.

For additional information on coping with Alzheimer's disease, contact your BHS Care Coordinator.