

Independence Day, The 4th of July



Reason We Celebrate Fourth of July:

To celebrate the independence of the United States when the Declaration of Independence was signed.

History of Fourth of July (U.S):

- Fourth of July was first celebrated on July 8, 1776 after the signing of the Declaration of Independence on July 4, 1776.
- Fourth of July was declared a legal holiday in 1941.

Fireworks Safety Tips

If fireworks are legal where you live and you decide to set them off on your own, be sure to follow these important safety tips:

- Never allow children to play with or ignite fireworks.
- Read and follow all warnings and instructions.
- Be sure other people are out of range before lighting fireworks.
- Only light fireworks on a smooth, flat surface away from the house, dry leaves, and flammable materials.
- Never try to relight fireworks that have not fully functioned.
- Keep a bucket of water in case of a malfunction or fire.

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Financial Counseling

Studies show American workers badly need financial help--Effective financial counseling helps you make better day-to-day financial decisions, and, as a result, you have more to save and invest.

Nearly everyone can benefit from talking to a financial counselor. People turn to financial counselors for a wide range of reasons, including the purchase of a new home, the birth of a child, illness or accident, the death of a breadwinner, separation or divorce, general debt management issues, and many other situations. But you don't have to be facing a crisis to use this resource. Chances are, you might just need some help clarifying your monthly budget and identifying where you can make improvements in your spending habits.

Financial Consultation and Planning through your EAP program is a great place to start. A CPA is available to consult, by telephone, regarding general financial concerns and tax concerns. A six to eight page financial plan, taking into consideration your income, debt and financial goals is available at no cost.

For a fee of \$250.00 a 30+ page detailed analysis of your financial situation with recommendations for investment types, estate planning, retirement planning, insurance coverage and related matters can be prepared for you and your family. These documents are prepared by certified financial planners.

HBA/Employee Assistance Program:

1-800-937-7770.

Chili Peppers, Spice of Life

Capsaicin, the ingredient that makes many peppers spicy (such as habaneros, jalapenos, cayenne, and most chili peppers), has great healing and preventative properties! Among its miracles, peppers can:



relieve pain on joints for those suffering from arthritis and psoriasis.

Relieve chronic pain. For those who suffer from cluster headaches or osteoporosis pain, doses of spicy foods containing capsaicin greatly reduced their suffering.

Fight cancer. A recent study shows that when capsaicin is used to fight pancreatic cancer (one of the most aggressive forms of cancer), it slowed the growth of cancer cells and even caused cancer cells to die!

Help inflammation. This spicy ingredient can help treat nerve damage and ease

Help your heart. Cayenne and chili peppers help reduce cholesterol. Statistics show that cultures who eat spicy foods frequently have a much lower rate of heart attack, stroke, and pulmonary embolism.

Surviving Vacations

Plan Ahead

If family vacations are an annual occurrence, the best time to plan is immediately following this year's vacation. While what you enjoyed and didn't enjoy are still fresh in your mind.

Professional travel help

Find a travel agent that has a good reputation for planning family vacations. Let her know your priorities, then ask her for suggestions.

Be Flexible

Planning is important, but whenever you travel, flexibility is a must. Many things can occur that will cause you to change your plans. There will always be things that you have no control over, such as traffic, road construction, sick or tired children.

Make Travel Time Entertaining

Hours spent in a vehicle with bored, tired, irritable children are not fun. Discuss landmarks that will be passed each day. Pack hand-held games, puzzles, coloring books, portable music players, and books to help pass the time. Sometimes, listening to a book on tape that the whole family enjoys can be entertaining.

Take Travel Breaks

It's amazing what a little fresh air and physical exercise will do to reenergize a weary traveler—especially young children. Every two hours is recommended whether you think you need it or not.

Pack Appropriately

Try to follow these three general rules: 1) Pack light, especially if you have to transport your belongings a good distance. 2) Bring clothes that are comfortable for traveling. 3) Always bring along a swimsuit, robe, comfortable walking shoes, and a jacket.

Budget

One of the greatest stresses of a family vacation is spending too much money. Decide ahead of time how much money you can comfortably spend on the vacation. Give your children (for children over five years old) a certain amount of money to spend. This will help eliminate the "Can we buy this?" question at gift shops, etc. and they'll learn the value of money.

Relax

This is probably the most important rule for enjoying your vacation. Your sense of humor may be the most valuable item you bring along. Relax and take advantage of this time to play, talk, laugh and enjoy your family.

—VIRGINIA REECE/BELIEFNET HEALTH AND HEALING.



Tips for Caregivers

Caring for a Difficult Friend or Family Member

Give yourself permission to be angry or resentful--acknowledge that those are feelings you have a right to feel.

Focus on the present by "getting angry and getting over it." You can do this, in part, by learning how to separate the past from the present when dealing with, for example, a strained parent-child relationship.

Practice forgiveness. Treat you feelings--for yourself and the person for whom you are caring--with compassion. As hard as it is to do, realize that most people are only doing the best they can. Their meanness or lack of love for you probably wasn't malicious. They didn't set out to hurt you. Letting go can be transformative.

Ask for help from a third party, especially if you're feeling overwhelmed. Seek aid and advice from another relative, a friend, a counselor, care professional, or a clergy-person or spiritual counselor.

Taking care of the Caregiver

Tend to basic needs. Make sure to address your immediate needs for adequate rest and sound nutrition. Schedule in a few brief but potent breaks into your day. A short walk around the block helps or a catnap can do wonders to refresh you. If you can't physically get away, you can literally take a "breather."

Blow off steam. Do something active each day: walking, running, biking, swimming--anything that gets you moving and gets you outside even if its just taking a short walk down the street and back.

Again, ask for help! It may be as simple as having a friend pick something up for you at the grocery.

Nurture yourself. Get your nails done, meet a friend for coffee. Take time to do something for you.