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Getting Better Sleep

Poor sleep habits take their toll on our brain, immune system, our blood sugar, attention span and our mood.

Some simple fixes can help improve sleep:

Dim the lights in your bedroom. Light from TV, computer screens, cell phones, even your digital clock can suppress melatonin, a sleep inducing hormone.

Bedrooms should be as dark as possible.

Don't exercise just before bed. Leave at least two hours between a workout and bedtime.

Abstain from alcohol before bedtime. If you have alcohol in your system at night it will result in a fitful night's rest and inhibit REM stage sleep.

Keep Fido and Fluffy off the bed. Sleep researchers caution sleeping with a pet makes for poor sleep and their dander can trigger allergies.

Is your mattress more than 5-7 years old? It may help your sleep to replace it. Older mattresses can harbor large numbers of dust mites that impact asthma and allergies.

"Keep your bedroom as dark as possible for a good night's sleep."

Message from Your EAP

Bon Secours EAP offers short-term counseling services to you and your immediate family members by trained professionals that specialize in a wide range of personal and job related issues. It's our main goal to keep your lives balanced so your personal stressors do not impact your job performance. Services are confidential and provided at no cost as a benefit of your employment. To utilize your EAP benefit, call our main office at 757.398.2374 Monday-Friday from 8:30 a.m. to 5 p.m. or visit us on the web: www.eap-hamptonroads.org

Stress Tip

Managing Your Summer Vacation Spending

1. **Budget.** Make a budget before you even leave home. The family needs to agree to it also.
2. **No Plastic.** While on vacation it's easy to get carried away with credit cards. Agree to only use them for emergencies. Set a cash spending limit each day and stick to it.
3. **Talk to a professional.** Consider talking to a travel agent. They often can save you money, by telling you about deals and unadvertised specials at your destination.
4. **Save money on meals.** A hotel room with a fridge and microwave can save you money by letting you shop at a local grocery store and stock up on cereal, snacks and drinks.
5. **Internet help.** Before you leave town, surf the net for cheap places to eat at your destination, or buy a guidebook at a bookstore.

Help for Consumer Complaints

Still trying to get satisfaction with that consumer problem? Go straight to the top. The federal government keeps a list of consumer relations departments for American corporations - everything from AAMCO to Zenith. Find information at www.pueblo.gsa.gov/crh/corporf.htm.

Keep this webs site address handy when the product you buy fails to go "zip" when it moves or "pop" when it stops.

The better business bureau is another valuable consumer resource. To locate an office in any of the 50 states, go to: www.usa.gov/directory/bbb/index.shtml.

Don't Let Garnishments Get'cha!

A garnishment is a court order directing your employer to send a certain amount of money to a third party after deducting it from your paycheck. Whether or not you believe the garnishment is justified, your employer must honor the court order. Your employer does not get reimbursed for the staff time and paperwork associated with garnishments.

If you are faced with the possibility of being ordered by a court to pay money to a third party, consider talking confidentially to an EAP counselor about a referral to a credit counselor or making a plan to reconcile the debt with your creditor.

This will keep your financial business between you and your creditors and reduce the burden on your employer.

Education, Support & Upcoming Events

Bon Secours For Women Seminar Series What Women Put Up With

Join us for an evening of learning and laughter. Hear the latest on hormone replacement therapy, minimally invasive options for women's surgery, weight loss, metabolic syndrome and teenage issues. Private mini-consults available with women's rehab specialists to discuss turning back the clock below the belt, building strength for better days and nights. As always, these FREE seminars are accompanied by heart-healthy refreshments and exciting door prizes!

Mini-Consults: 6 - 7:00 pm

Seminar: 7 - 9:00 pm

Tuesday, May 15th in Virginia Beach

Thursday, May 17th in Suffolk

Wednesday May 23rd in Newport News

For more information or to register by phone call:

889-CARE (2273).

Tuesday, May 15
Holiday Inn Executive Center
5655 Greenwich Road
Virginia Beach

Thursday, May 17
Hilton Garden Inn
5921 Harbour View Blvd.
Suffolk

Wednesday, May 23
Marriott City Center
740 Town Center Drive
Newport News



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