Suicide Risk and Baby Boomers

There is new concern about middle-aged baby boomers and this group’s increased rate of suicide. Middle-aged men are at highest risk, but suicide among middle-aged women is up too. The rate has jumped about 50% in the past 10 years. Although it made national news recently, experts can’t yet explain the trend. Speculation centers on financial stressors, this group having more chronic illnesses than their parents’ generation, and their unique life experiences and perspectives. A higher spike in suicide among the baby boomer group was also witnessed in their late teens, causing some researchers to anticipate what’s being witnessed now. The subgroup with the highest risk among baby boomers is divorced/single men without college degrees experiencing isolation, chronic health problems, and depression, particularly Vietnam-era men and vets. Do you know someone who falls in this group? Learn about intervention and about helping prevent suicide no matter what a person’s age or background. You can learn more at American Federation for Suicide Prevention (www.afsp.org). If you have questions or concerns about anyone’s safety, contact IMPACT’s 24 hour hotline at 800-227-6007 for support and information on addressing the situation.

Fast Service “Wows” Customers

Customers love things done quickly. Be fast in customer service without being careless, and you’ll make a powerful impression that will win you great favor. Speediness often costs nothing to deliver, and it can give your organization or work unit an edge that many competitors can’t match. Rushing too quickly can produce negative results, of course, but a delighted customer will deliver the word-of-mouth advertising every business covets. Consider how you can anticipate and eliminate the natural delay in fulfilling customers’ needs in your position. Witnessing your customer’s delighted response may be all the enthusiasm you need to brighten your day and even find renewed meaning in your job. Read the article “Tips for Providing Great Customer Service” online at www.MyIMPACTSolution.com for more ideas about how to “wow” your customers.

Leftover Pain Medication: Get Rid of It

What should you do with leftover prescription pain pills? Securely dispose of them, says the U.S. Food and Drug Administration, and you will reduce risk of misuse, burglary, theft, and illegal redistribution. These are serious problems, especially among youth. Using stored pain pills for a new injury or illness can place you at risk, especially if doing so causes you to avoid seeing your doctor. Check for disposal instructions on medication or ask any pharmacy or medical center for guidance. Discover whether there is an unused prescription “take-back” program in your area. Learn more at www.FDA.gov (keyword “disposal”). Learn more about medication safety by reading the article “Are You Taking Your Medicine As Prescribed?” online at www.MyIMPACTSolution.com.
Almost anyone who tries to lose weight will discover at some point the body’s natural desire to resist further loss even with additional effort. There’s nothing wrong with your weight loss program or your body. Instead, you’ve encountered a phenomenon called the “plateau effect.”

The plateau effect applies to every aspect of our lives because it is a natural law just like gravity. When additional effort to achieve more of the same result no longer works, the plateau effect is in play. Examples of the plateau effect include hitting a ceiling in your career growth, boredom in a relationship, slowed growth of a business, burnout from overwork, the flattened price of a stock, and even a falling rock reaching its terminal velocity. Everything can plateau. The good news is that winning strategies exist that can help you overcome the plateau effect when it appears in different areas of your life. And for the first time a book has been published that explains it all. Pick up a copy of *The Plateau Effect: Getting from Stuck to Success*. Visit the Thriving section online at www.MyIMPACTSolution.com for access to articles and resources that will support your healthy lifestyle.
Did you know that your IMPACT Employee Assistance & Work/Life Program provides elder care assistance?

Have you ever asked:

- What kind of care does my relative need now, and is that likely to change in the future?
- Could my relative be taken care of at home if he or she had some help from a skilled nurse and/or a health aide?
- Would assisted living be appropriate for my relative?
- Will he or she require a skilled nursing facility, now or in the future?
- Does my loved one’s mental condition require him or her to have special care and housing?

IMPACT's Elder Care Services provide employees, household members, dependents, parents and parents-in-law with the answer to these and many other questions and includes:

- Referral to an Elder Care Specialist
- Unlimited Phone support through IMPACT at 800-227-6007
- Resources online at www.myimpactsolution.com
- Complimentary counseling sessions
- Resources on:
  - Retirement Planning
  - Caring for the Elderly
  - Caring for Caregivers
  - Alzheimer's and Dementia
  - Education and Support
  - Networking
  - And much more!

If you would like additional information, resources, or referrals for elder care
Call IMPACT Solutions at
800-227-6007
Or
Visit IMPACT on the Web at
www.myimpactsolution.com
No matter your age, it’s never too soon to start thinking about retirement. Of course it makes sense to start saving early, but you need to think about more than finances when it comes to your future. People are living longer and retirement years have more than doubled. We can help you make some choices about how you want to spend your retirement.

Call or visit us online to start setting your retirement goals.

TOLL-FREE: 800-227-6007

WEBSITE: www.MyIMPACTSolution.com

Available anytime, any day, your employee support program is a free, confidential program to help you balance your work, family, and personal life.

WEBINAR

It’s Not Just About the Money
JUN 18 — 12 pm, 2 pm ET

Retirement isn’t just about your pension or 401(k); it’s an entirely new chapter of your life. Your retirement plan may include a new living environment, a chance to explore interests, or even a new career. Investigate these topics and more to better prepare you for your retirement years.