

## National Observances

### November

National Diabetes Month  
Military Family Appreciation Month  
Lung Cancer Awareness Month  
National Adoption Month  
Epilepsy Awareness Month

### Week of November 3-9

International Fraud Awareness Week

### Week of November 10-16

National Hunger & Homeless Awareness Week

### Week of November 17-23

American Education Week

### Week of November 24-30

National Family Week

### November 28

Thanksgiving

## What is the EAP?

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** service that can assist you and your eligible family members with **ANY** personal concern, large or small.

Employees and family members can call Cascade 24 hours a day, seven days a week. We can help! Call Cascade to schedule an in-person appointment or get the resources you need. For more information, please contact us:

Call: 800.433.2320

Text: 503.980.1777

Visit: [www.cascadecenters.com](http://www.cascadecenters.com)



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## Preventing Identity Theft

Identity theft is an increasingly popular crime — there's a new victim almost every minute. Thieves steal critical information about their victims: names, addresses, telephone numbers, bank account or credit card numbers, and — most dangerous of all — Social Security numbers. They put this sensitive information to work in many ways: applying for additional credit cards or auto loans, opening bank accounts, setting up telephone services, and going on shopping sprees. Some identity thieves even go so far as to file bankruptcy in a victim's name or give the victim's name to police during an arrest.

If your identity is stolen, you could spend months or even years cleaning up the mess. You may be denied credit and refused loans, lose job opportunities, or even be suspected of crimes you didn't commit. Fortunately, there are ways to minimize the risk of falling prey to an identity thief. Here are some simple things to do:

- Secure your personal records. Ensure that your personal information is safely secured, especially if you have roommates or employ outside help.
  - \* At work, verify that your personnel records are maintained securely and that sensitive records are shredded during disposal.
  - \* Deposit outgoing mail at the post office or in a post office collection box (not in an unsecured bin or mailbox), and collect your incoming mail promptly.
  - \* Protect your trash by tearing up or shredding sensitive materials: credit applications or credit offers, insurance forms, medical statements, charge receipts, checks and bank statements, and canceled or expired credit and ATM cards.
- Watch your wallet. Keep your wallet (and your purse) in a safe place at work. When you are out in public, carry your wallet on your person at all times. In a restaurant, do not hang your purse on the back of your chair; this is easy-pickings for an identity thief.
- Limit your load. Carry only the personal identification, credit cards, and debit cards that you need. Store little-used identification and cards in a secure location.
- Protect your Social Security number (SSN). Keep your Social Security card in a secure location, and give out your SSN only when absolutely required. If your state uses Social Security numbers as your driver's license number, request that it substitute another number.
- Use passwords. Place passwords on your credit cards, bank, and telephone accounts. Use passwords that are not easily guessed or found. Avoid using your mother's maiden name, the last four digits of your SSN, or other personal data as your password.

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## Healthy Holiday Gifts

Looking for a gift for that health-conscious friend or family member in your life?

Here are 12 great gift ideas that might make your search a bit easier:

1. Jump rope
2. Heart rate monitor
3. Pedometer
4. Stationary frame for a road bike
5. Exercise books or videos
6. Starter lesson in karate, swimming, boxing, or Pilates
7. Exercise ball
8. Stainless steel water bottle
9. Double-sided countertop grill
10. Wellness coach or personal trainer session
11. Blender or juicer
12. Healthy food basket

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- Guard against tele-theft. Any time you are asked to provide personal information by telephone, through the mail, or over the Internet, be wary. Even when you have initiated the contact, confirm that the other party is legitimate. Call the organization's customer service number and validate the exchange — before you provide any personal information. Also, ask how the information will be shared with others; request that the information be kept confidential.
- Protect your PC. Take several steps to protect your identity as stored on your PC:
  - \* Use a firewall and secure browser.
  - \* Don't download files from strangers.
  - \* Maintain current virus protection.
  - \* Password-protect any personal or financial information.
  - \* Avoid automatic log-in processes (which store your account name and password).
  - \* When you dispose of your computer, delete personal information and completely overwrite the hard drive.

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## Strategies to Fight Holiday Weight Gain

The average American gains several pounds in the six weeks between Thanksgiving and New Year's Day. This seemingly inevitable weight gain is avoidable; you can fend off added pounds during the holidays without becoming a dietary Scrooge. "It's almost impossible for most of us not to overeat and indulge during the holidays. But by making simple changes in your diet, you can enjoy many special holiday foods without gaining extra pounds," says Lawrence T.P. Stifler, Ph.D., president of Health Management Resources Corp. in Boston.

Eat healthier foods low in fat and calories. "You don't have to feel like you're on a diet. You can still fill your plate at a holiday buffet, but load it with fresh fruits and vegetables instead of fried chicken fingers or cheese sticks," Dr. Stifler says. You should also exercise regularly. Get 30 minutes of moderate exercise most, if not all, days of the week. "A sedentary lifestyle is one of the major contributors to holiday weight gain," he says.

Many traditional holiday foods are loaded with fat and calories. To keep your weight manageable, substitute a lower-fat food. Or go ahead and eat a certain food you enjoy too much to give up, but have a smaller portion and conserve calories by skipping something that's not as important to you. Dr. Stifler offers the following advice for cutting fat from your holiday diet:

- ◆ Eat white-meat turkey, which has fewer calories and fat than dark meat.
- ◆ Serve stuffing baked outside the turkey; it has half the calories of stuffing cooked inside the bird.
- ◆ Serve at least one item very low in calories and fat, such as a fresh fruit salad or steamed vegetables.
- ◆ Serve baked potatoes instead of candied sweet potatoes. Don't top vegetables with butter; instead, use nonfat yogurt or low-fat sour cream.
- ◆ Serve apple pie topped with vanilla frozen yogurt instead of pecan pie topped with whipped cream.
- ◆ Pay attention to what you drink. Two mixed drinks can contain as much as 500 calories, one cup of eggnog, 380 calories. But two glasses of cider or white wine have only 300 calories.

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