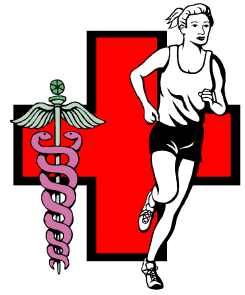




HEALTH MATTERS



A MONTHLY REPORT ON THE STATUS OF THE CITY OF CARMEL EMPLOYEE HEALTH BENEFIT PLAN

March 31 Balance	\$496,916		Dec 31, 2010 Balance	\$642,220
Total Revenues	\$820,074		Jan - Apr Revenues	\$3,328,502
Employer Premiums	681,404		Jan - Apr Expenses	\$3,288,366
Employee Premiums	129,042		Apr 30, 2011 Balance	\$682,356
Other Revenues	9,628			
Total Expenses	\$634,634		YTD Gain/(Loss)	\$40,136
Week 1 Claims	164,356			
Week 2 Claims	94,186			
Week 3 Claims	106,271			
Week 4 Claims	58,308			
Rx Claims	122,816			
Fixed Costs—Premiums	69,446			
Fixed Costs--Fees	19,251			
Monthly Gain/(Loss)	\$185,440			
April 30 Balance	\$682,356			

You're Not Alone

Life is stressful, and the stress is magnified when you feel you don't have anyone to turn to for help. The good news? As a City employee, you and your immediate family have access to the St. Vincent Employee Assistance Program (EAP) for counseling and referral services.

The EAP will help you identify and evaluate personal challenges (marital and family conflict, drug and alcohol abuse, work-related stress, anger management, financial and legal problems, etc.) and provide short-term counseling (up to 7 sessions). If more intensive intervention is necessary, your counselor will help you find additional resources.

There is no cost to you for EAP services; it is a part of the City's wellness program. If you and your counselor decide that additional services are required from another source, you will be responsible for any costs not covered by insurance. The EAP complies with all state and federal laws regarding privacy. That means no one at the City will know that you have seen a counselor.

To schedule an appointment or to get more information about locations and office hours, call St. Vincent EAP at (317) 338-4900 or (800) 544-9412. These numbers also serve as a 24-hour crisis line.

Wellness Wonders

Team "First Place" (Paul Arnone, Greg Epp, Aaron Hoover, Randy Massingill and Jason Stewart) finished the 500 mile walking challenge in less than one week. That's one million steps! But keep

walking—although the winners get extra points, all teams that reach 500 miles by June 17 will be entered in a raffle for cash prizes.

Half way through the weight loss challenge, the Chunky Monkeys (Paul Arnone, Darryl Bell, Larry Eidson and Aaron Hoover) are in the lead, having lost 3.5% of their starting weight. There's something good going on at the Sewer Collection facility! The weight loss challenge ends July 1.

Are YOU Ready for A Zombie Attack?

The Centers for Disease Control (CDC) is! The following was originally posted on the CDC Public Health Matters Blog on May 16th, 2011, by Ali S. Khan, and has been slightly edited.



There are all kinds of emergencies that we can prepare for. Take a zombie apocalypse, for example. That's right, I said z-o-m-b-i-e a-p-o-c-a-l-y-p-s-e. You may laugh now, but when it happens you'll be happy you read this, and hey, maybe you'll even learn a thing or two about how to prepare for a *real* emergency.

A Brief History of Zombies

We've all seen at least one movie about flesh-eating zombies taking over (my personal favorite is *Resident Evil*), but where do zombies come from and why do they love eating brains so much? The word "zombie" has Haitian and New Orleans voodoo origins. Although its meaning has changed slightly over the years, it refers to a human corpse mysteriously re-animated to serve the undead. Through ancient voodoo and folk-lore traditions, television shows like *The Walking Dead* were born.

In movies, shows and literature, zombies are often depicted as being created by an infectious virus, which is passed on through bites and contact with bodily fluids. Harvard psychiatrist Steven Scholzman wrote a (fictional) medical paper on the zombies presented in *Night of the Living Dead* and refers to the condition as ataxic neurodegenerative satiety deficiency syndrome caused by an infectious agent. The *Zombie Survival Guide* identifies the cause of zombies as a virus called solanum. Other zombie origins shown in films include radiation from a destroyed NASA Venus probe (as in *Night of the Living Dead*), as well as mutations of existing conditions such as prions, mad-cow disease, measles and rabies.

The rise of zombies in pop culture has given credence to the idea that a zombie apocalypse could happen. In such a scenario zombies would take over entire countries, roaming city streets eating anything living that got in their way. The proliferation of this idea has led many people to wonder how to prepare for a zombie apocalypse. Well, we're here to answer that question for you, and hopefully share a few tips about preparing for *real* emergencies too.

Better Safe than Sorry

What do you need to do before zombies (or hurricanes or pandemics) actually happen? First of all, you should have an emergency kit in your house. This includes things like water, food and other supplies to get you through the first couple of days before you can locate a zombie-free refugee camp (or, in the event of a natural disaster, it will buy you time until you can make your way to an evacuation shelter or until utility lines are restored). Below are a few items you should include in your kit. For a full list visit the [CDC Emergency page](#).

- **Water** (1 gallon per person per day)
- **Food** (stock up on non-perishable items that you eat regularly)
- **Medications** (both prescription and non-prescription)
- **Tools and Supplies** (utility knife, duct tape, battery powered radio, etc.)
- **Sanitation and Hygiene** (household bleach, soap, towels, etc.)
- **Bedding and Clothing** (blankets and a change of clothes for each family member)
- **Important documents** (copies of your driver's license, passport, birth certificate, etc.)
- **First Aid supplies** (although you're a goner if a zombie bites you, you can use these supplies to treat basic cuts and lacerations that you might get during a natural disaster)

Once you've made your emergency kit, you should sit down with your family and come up with an **emergency plan**. This includes where you would go and who you would call if zombies started appearing outside your door. You can also implement this plan if there is a flood, earthquake or other emergency.

1. Identify the types of emergencies that are possible in your area. Besides a zombie apocalypse, this may include floods, tornadoes or earthquakes. If you are unsure contact your local Red Cross chapter for more information.
2. Pick a meeting place for your family to regroup in case zombies invade your home, or you are evacuated because of a natural disaster. Pick one place right outside your home for sudden emergencies and one place outside of your neighborhood in case you are unable to return home right away.
3. Identify your emergency contacts. Make a list of local contacts like the police, fire department and your local zombie response team. Also identify an out-of-state contact that you can call to let the rest of your family know you are ok.
4. Plan your evacuation route. When zombies are hungry they won't stop until they get food (i.e., brains), which means you need to get out of town fast. Plan where you would go and multiple routes to get you there ahead of time so that the flesh eaters don't have a chance. This is also helpful when natural disasters strike and you have to take shelter fast.

Never Fear – CDC is Ready



If zombies did start roaming the streets, CDC would conduct an investigation much like any other disease outbreak. CDC would provide technical assistance to cities, states or international partners dealing with a zombie infestation. This assistance might include consultation, lab testing and analysis, patient management and care, tracking of contacts and infection control (including isolation and quarantine). It's likely that an investigation of this scenario would seek to accomplish several goals: determine the cause of the

illness, the source of the infection/virus/toxin, learn how it is transmitted and how readily it is spread, how to break the cycle of transmission and thus prevent further cases, and how patients can best be treated. Not only would scientists be working to identify the cause and cure of the zombie outbreak, but CDC and other federal agencies would send medical teams and first responders to help those in affected areas (I will be volunteering the young nameless disease detectives for the field work).

To learn more about how you can prepare for and stay safe during an emergency visit: www.emergency.cdc.gov/

To download a badge like the one above that you can add to your social networking profile, blog, website or email signature visit: www.emergency.cdc.gov/socialmedia/zombies.asp

To learn more about what CDC does to prepare for and respond to emergencies of all kinds, visit: www.emergency.cdc.gov/cdc/orgs_progs.asp

Eat This (2010 Edition, by David Zinczenko) Not That!

At home:

Stouffer's Grilled Herb Chicken
9 oz = 240 calories
5 g fat (1 g saturated), 560 mg sodium

Stouffer's White Meat Chicken Pot Pie,
8 oz = 580 calories
33 g fat (13 g saturated), 890 mg sodium

The oil-soaked crust and cream-based filling make pot pies an unhealthy choice.

Eating out:

Arby's Melt
298 calories
12 g fat (4 g saturated), 922 mg sodium

Markey Fresh Roast Turkey and Swiss
710 calories
30 g fat (8 g saturated), 1680 mg sodium

Roast beef sandwiches tend to be the best bets on the Arby's menu.