



For Your Benefit

February 2010

Medical~Dental~Life~Retirement~Employee Assistance Program~Disability
Workers' Compensation Benefits

1720 Big Lake Rd, Cloquet, MN 55720

Stop Eating Your Anger

Some people use food to calm their angry feelings; others find food a temporary distraction from that anger. If you realize that anger is driving your appetite, try handling it in better ways.

Some options:

Slow down and be sure you get the facts straight before jumping to conclusions or taking offense at others' behavior. Keep things in perspective: "I am just having a rough time now" is more reasonable than "the world is out to get me."

Avoid temptations to overeat. Don't carry change for the vending machine, and ignore the doughnuts in the coffee room. Talk to a friend when angry feelings arise.

Exercise. It's a great way to "burn off steam." staying fit will help you handle stressful situations better.

Go easy on yourself. Often we turn anger on ourselves. Use frustrating situations as learning opportunities instead of criticizing yourself.

Practice patience. Changing habits takes time; even with your best efforts, you may occasionally fall back on using food to cope. For more support, try Overeaters Anonymous (OA), Take Pounds Off Sensibly (TOPS) or other programs that tackle emotional eating.

Source: Top Health, February 2010

FINAL REMINDER TO ALL EMPLOYEES

As of January 1, 2010 the employer 401k contribution will be 3% based on your gross wage per pay period.

In addition if you elect to contribute 2% of your own monies as a 401k deferral, the employer will then contribute a matching 2% benefit into your account with Fidelity on your behalf. Any deferral over the amount of 2% will not be matched by the employer. You will be subject to the IRS limits of \$16,500 and if you are 50 or over you may contribute an additional \$5,500.

*****Deferral election forms are located in the Payroll/Benefits office or on the FDL Benefits website, <http://www.fdlrez.com/staff/staffmain.htm> – if you were contributing in 2009 you will still need to complete a new form or your contributions have been stopped as of January 1, 2010*****

Happiness at Work

If you're looking for a way to perk up productivity, boost creativity and generally feel better about the work you do, your mood might be the key. People who feel happy tend to be engaged in their work, open to new ideas and less likely to make mistakes (and recover quickly from those they do make).

Happiness leads to optimism. If you're happy, your outlook is more positive. And a positive outlook leads to success and productivity. The bottom line is optimists believe they can accomplish anything they set out to do and they don't let failure get them down.

A good mood has lasting effects. Research from Harvard Business School showed that if you're in a good mood, you're more likely to produce creative ideas and original thinking. A happy mood also has a carry-over effect, producing creative, productive work the following day as well—even if your outlook weakens slightly.

Take these three steps toward happiness:

1 Take control. Happy people usually see themselves in the driver's seat of life, while unhappy people often view themselves as being acted upon. You might not be able to change the people or situations you encounter, but you can change how you react to them.

2 Make a friend. Research from the Gallup organization showed that people who have a close friend at work are more engaged and productive at work. Friends can serve as cheerleaders, helpers, a sympathetic ear or a source of advice.

3 Surround yourself with the positive. Whether it's a favorite vacation photo, a joke-a-day calendar or a green plant, put something in your workspace that makes you happy (within workplace guidelines, of course).

Source: Top Performance, March

Diabetes and Alcohol: Is it OK?

If you've been diagnosed with pre-diabetes, type 1 diabetes, or type 2 diabetes, you're faced with several questions about your lifestyle. For example, is it OK to enjoy a glass of wine, a can of beer, or a cocktail with friends?

The official position of the American Diabetes Association with regard to alcohol is this: If a patient with diabetes is not already drinking alcohol regularly, he or she shouldn't start. If a patient with diabetes drinks a moderate amount of alcohol daily, he or she shouldn't increase that amount. And heavy alcohol drinkers are strongly advised to reduce consumption, regardless of whether or not they have diabetes. Studies have shown that high chronic consumption of alcohol (3 drinks or more per day) in patients with diabetes can cause deterioration in long and short term glucose metabolism.

Guidelines on What to Drink and When

When alcohol enters your system, it's identified as a poison—and the liver reacts accordingly. The liver wants to clear the alcohol from the blood quickly and will not put out glucose again until that's taken care of. If you are drinking and your blood glucose levels are already failing, you are at risk of having very low blood sugar levels.

The first rule of thumb is to never drink alcohol on an empty stomach. By combining it with food, you are lowering your risk of your blood sugar levels going too low. The American Diabetes Association also recommends limiting yourself to one drink per day if you are a woman and two if you are a man.

As with other activities, it is important to know where your blood glucose levels are *before* you consume alcohol. The Centers for Disease Control and Prevention (CDC) recommend talking to your doctor about how alcohol will affect your diabetes. This will help determine when and how much is appropriate. Alcohol can be a poor choice for people suffering from nerve damage due to diabetes. Many diabetes patients also have high levels of triglycerides, and alcohol hinders the liver's ability to clear these fats from the blood.

Remember, living with diabetes doesn't mean you have to stop living. Your doctor will be able to provide additional insight on whether alcohol is OK for you.

Source: Quality Health, www.qualityhealth.com

Strawberry Heaven

Preparation time: 20 min Servings: 12
Cooking time: 0 min

Ingredients:

1-1/2 cups light frozen whipped topping, thawed, or whipped cream
4 cups strawberries, hulled, half crushed, half sliced
1 tbsp milk
1 angel food cake

Cooking Directions:

Cut cake horizontally into 3 layers. Place 1 cake layer on serving plate. Combine half the crushed strawberries and 1-1/2 cup whipped topping in a bowl. Stir in milk. Spread half the strawberry mixture on cake layer. Arrange half the sliced strawberries on top of the strawberry mixture. Repeat layers, ending with cake. Frost top and sides of cake with remaining whipped topping. **Refrigerate** at least 1 hour before serving. Decorate top and sides with strawberry slices. Store in refrigerator.

Nutritionist Recommended For:

Low Fat
Low Calories
Low Cholesterol
Low Sodium



Nutrition Facts

Calories 49
% Calories From Fat 25.7%
Total Fat 1.4g
Saturated Fats 1.1g
Mono-unsaturated Fats 0.1g
Poly-unsaturated Fats 0.1g
Cholesterol 0.3mg
Sodium 29mg
Total Carbohydrates 8.6g
Dietary Fiber 1g
Sugar 6g
Protein 0.9g

2009 FLEXIBLE BENEFIT PLAN REMINDER

THE LAST DAY TO
TURN IN A 2009 REIM-
BURSEMENT FORM IS
MARCH 31, 2010

ALL RECEIPTS MUST
BE DATED ON OR BE-
FORE MARCH 15, 2010

