

May 2009

# Healthclips

from  
Herbruck Alder



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## Quote

"Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it."  
- Greg Anderson

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Healthclips is Herbruck Alder's monthly electronic newsletter that contains helpful Health & Wellness information that you can share in your workplace or community.

## 2009 Mid-Market Employee Benefits Survey & Seminar

With the constant changes occurring in healthcare each year, Herbruck Alder strongly believes the best way to stay on top of such trends is to stay informed each year. Because of this changing industry, Herbruck Alder conducts an annual National Mid-Market Employee Benefits Survey. This program is available to any employer interested in the benefits trends of regional and national organizations. Following the completion of the survey, a custom benchmark report is produced analyzing the participant's benefits plans compared to the current trends.

[Click here](#) to complete the survey.

The survey must be completed by May 15, 2009 to receive a custom report at the seminar on June 4, 2009 from 8:30-10:30am at LaCentre Conference & Banquet Facility.

[Click here](#) to register for the seminar.



Each year, the Asthma and Allergy Foundation of America (AAFA) declares May "National Asthma and Allergy Awareness Month." It is a peak season for asthma and allergy sufferers, and a perfect time to educate family, friends, co-workers and others about these diseases.

[Click here](#) to learn more.

## **Herbruck Alder Wellness Adventurers**



### **Shape Up Herbruck Alder**

In the past, Herbruck Alder has created and coordinated walking programs to get some friendly competition going in the office and to help establish healthier lifestyles.

However, we felt we needed another challenge, so we decided to take it to a new level by joining the Shape Up The Nation competition.

[Click here](#) for additional information.

## **Local Community Events**

### **VisionWalk**

Herbruck Alder is a proud sponsor of the VisionWalk benefiting the Foundation Fighting Blindness. The walk is on May 9th, 2009. It will be held at Wade Park Oval at University Circle. Herbruck Alder's own Rose Coyne is involved with the Foundation and it is a cause very near and dear to her and her family.

[Click here](#) for additional information regarding the VisionWalk.

### **Additional Events**

There are numerous events in Northeast Ohio every week that help individuals lead a healthy lifestyle.

[Click here](#) to see a list of upcoming events.

## **Helpful Health Hints from Herbruck Alder**

### **Swine Flu**

The swine influenza A (H1N1) virus that has infected humans in the U.S. and Mexico is a novel influenza A virus that has not previously been identified in North America. Although uncomplicated influenza-like illness (fever, cough or sore throat) has been reported in many

cases, mild respiratory illness (nasal congestion, rhinorrhea) without fever and occasional severe disease also has been reported.

[Click here](#) for additional information.

### **Bee & Wasp Sting**

Bee and wasp stings are common causes of medical problems. Bees and wasps, together with fire ants, are all related insects that belong to the Hymenoptera order. Bee and wasp stings can cause significant reactions, ranging from localized pain and swelling to serious and even potentially fatal conditions. At least 40 deaths occur each year in the U.S. as a result of bee or wasp stings.

[Click here](#) for additional information.

## **Healthy Recipe**



### **White Bean and Sun-Dried Tomato Dip**

Whip out the food processor for this winner: a creamy, garlicky dip made with white beans and sun-dried tomatoes.

[Click here](#) for recipe.

## **Contact Us!**

We want to be your resource for Health & Wellness. Please contact your Herbruck Alder representative at 216.623.2600 about how we can continue to help your company with their wellness endeavors.

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