

BACK TO UNION



BCRC NEWSLETTER MEMBER EDITION

AUTUMN
2011

Six Ways to Help a Loved One Beat Drug Addiction

It can be heart-wrenching to witness a loved one's descent into addiction or alcoholism. Feeling powerless to create a lasting change is often the hardest part as we watch a friend, parent, child or sibling risk early death to keep on getting drunk or high.

Although you may feel powerless, you have more influence than you realize. The following are ways you can help someone to stop abusing alcohol or drugs.

1. **Get educated** – read all you can about the disease of addiction. Addiction creates a physiological change in the brain that makes it difficult to say “no”. Without help constant cravings are difficult to overcome.
2. **Intervene** – It's a myth to think an addict must hit rock bottom or decide when to get treatment. Talk to the person about treatment, sometimes they are waiting for help. Often, it's not that easy. Some of the strategies employed to deflect treatment are:
 - ◆ Denying the extent that the problem exists
 - ◆ Lying about what they intend to do
 - ◆ Agreeing to get help, but not following through
 - ◆ Reacting with anger, deflecting the conversation away from the problem and back onto you
3. **Participate in Treatment** – Addiction affects the whole family and if at all possible participation can make a difference in the first tough months of abstinence.
4. **Offer Support During and After Treatment** – The first few months of real world temptation are a high risk period for relapse. Boredom threatens sobriety or abstinence so encourage activity.
5. **Be Realistic** – Working hard to get someone into treatment only to watch them relapse can be incredibly frustrating. Addiction is a frustrating disease. It should not diminish your efforts though, and sometimes it is an unfortunate part of life for those that struggle with addiction. Be persistent!
6. **Get Support for Yourself** – You can't help someone if you get burned out in the process, and ultimately, you can not live someone's life for them. It is vital that you take care of yourself. Battling addiction is not a sprint, it's a marathon, and you offer the most help if you are there for the long haul.

Our employee assistance program, Perspectives, is a benefit to help any of our members and their families with all types of issues including addiction. If you need help please contact them at 1-800-456-6327.

All calls are confidential.



Just a Reminder

Remember, if you are late taking a test you must contact the office in order to clear your status. **Taking a test will not clear your status without a call to BCRC. 219-764-500**



HUMOR

Football wedding

Two guys were talking about their boss's up coming wedding. "It's ridiculous" said Bill. "He's rich, but he's 95 years old and she's just 24! What kind of wedding is that?"

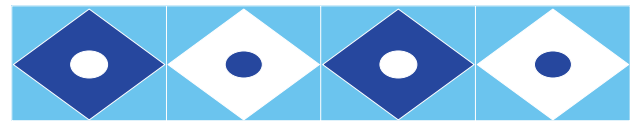
"Well, we have a name for that in our family." Says Joe

"What do you call it?" asked Bill

"We call it a football wedding."

"What's a football wedding?" says Bill

"She's waiting for him to kick off!"



Back to School

Reducing Anxiety on the First Day of School for Parents and Kids

Both parents and children often have the jitters on the first day of school. Take steps to alleviate anxiety and make the first day a success.

The countdown to the beginning of school often brings on a case of the worries for children as well as parents. Often the lead-up to the first day is stressful, emotional, and for some, heart-breaking. Parents and children can take steps to make the first day of school a less-worrisome anticipated event.

Find Friends Before School Starts

If the child is attending a new school, make an effort to visit places in the community where your child can meet other children who go to his school. Local playgrounds and libraries are excellent locations to meet children in the community and foster a friendship with a child in the same grade. Walking into school isn't quite as hard for a child who knows a friend will be waiting.

Through community involvement, parents can befriend other parents and get to know more about the school, teachers, and activities from a parent's perspective, which can often allay a parent's concerns about what to expect at a new school as well.

Cranberry and Apple Crumble

from [FamilyFun Magazine](#)

This sweet-tart crumble is best served warm, topped with whipped cream or vanilla ice cream.

To be sure you're using the freshest berries; you'll want to choose fruit that has bounce in it. Or you can put it to the water test. Small pockets of air trapped in fresh cranberries make them bounce – and float in water.

Ingredients

- 1/2 cup flour
- 1/4 cup plus 2 tablespoons sugar
- 1/4 cup packed brown sugar
- 1/4 cup chilled butter, cut into small pieces
- 6 cups peeled and sliced (about 1/2 inch thick) apples
- 1 cup fresh or frozen cranberries
- 1/3 cup fresh orange juice
- 1 tablespoon cornstarch

Instructions

Heat the oven to 375°. Combine the flour, 1/4 cup of the sugar, the brown sugar, and the butter in a bowl. Mix the ingredients with your fingertips to create pea-size crumbs. (Alternatively, pulse the mixture in a food processor 10 times or so.)

Combine the apple slices and cranberries in a large bowl. Mix the juice, remaining 2 tablespoons of sugar, and cornstarch in a small bowl. Pour the mixture over the fruit and toss well.

Spoon the fruit into a 2-quart baking dish and sprinkle on the flour mixture. Bake the crumble until bubbly and golden brown, about 40 minutes. Serves 6 to 8

ATTENTION ALL CHEFS

Attention BCRC members and family: we are looking for your most creative and delicious recipes to feature in our upcoming newsletters. So for all chefs out there, let's share our recipes with all of the BCRC members

Send or E-mail:

BCRC Inc.

6050 Southport Rd Suite B

Portage, Indiana 46368

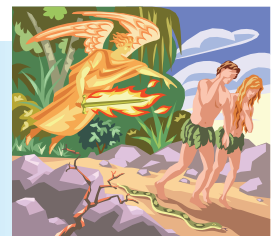
Attn: Recipes

E-mail to: Ndixon@bcrcnet.com



“Adam and Eve had an ideal marriage. He didn't have to hear about all the men she could have married, and she didn't have to hear about the way his mother cooked.”

(Kimberly Broyles)



Danger Signals for Possible Financial Difficulties

- ◆ Is an increasing percentage of your income going to pay off debts?
- ◆ Are you near or at the limit on your lines of credit?
- ◆ Are you extending repayment schedules- paying in 60 or 90 days, bills that once paid in 30?
- ◆ Can you only make the minimum payments on your revolving charge accounts?
- ◆ Are you paying bills with money earmarked for something else?
- ◆ Are you borrowing to pay for items you used to buy with cash?
- ◆ Are you chronically late in paying your bills?
- ◆ Are you tapping your savings to pay current bill?
- ◆ Is your savings cushion inadequate or nonexistent?
- ◆ Do you take out a new loan before the old one is paid off, or take a new one out to pay off the old loan?
- ◆ Do you put off medical or dental visits because you can't afford them right now?
- ◆ Are you threatened with repossession of your car or credit cards or with other legal action?
- ◆ Are you working overtime just to make ends meet?
- ◆ If you lost your job, would you be in immediate financial difficulty?
- ◆ Are you unsure about how much you owe?
- ◆ Do you worry a lot about money?
- ◆ Are you frequently using your automatic teller machine?
- ◆ Are you writing personal checks prior to your paycheck being deposited?

A “yes” to any of these questions should give one pause for thought. While a single red flag is not a sign of impending doom, it is an indication that you need to proceed with caution for a while- revise and update your spending plan, cut back on credit use and be alert for other signs of overspending.



(800) 456-6327

www.perspectivesltd.com



BCRC INFO

Including Collection
Site Locations & Hours
On the web at :
www.bcrcnet.com

Building & Construction Resource Center
6050 Southport Rd
Suite B
Portage, IN 46368
Phone: 219-764-9500
Toll Free: 877-988-5400
Fax: 219-764-9505



Your EAP is available at
800-456-6327 or
www.perspectivesltd.com

BACK TO UNION



BCRC OFFICE WILL BE CLOSED

Monday Sept 5, 2011 in Observance of Labor Day

HALLOWEEN IS COMING

TIPS FOR KEEPING CHILDREN SAFE DURING TRICK OR TREATING.

- 1) Choose a costume for your child that fits properly. Kids can easily trip and fall if the costume drags on the ground. Also make sure all costumes are made of a flame-retardant material.
- 2) Apply makeup instead of having the child wear a mask. If he insists on wearing a mask, make sure there are sufficient air holes around the nose and mouth and large openings for the eyes.
- 3) Make sure young children, generally under 12 years old, are accompanied by an adult at all times. Also remind kids of the importance of walking instead of running. Don't allow kids to cut through yards or alleyways.
- 4) Teach children to **ONLY** go to houses with a porch light shining and to **NEVER** enter a stranger's house under any circumstance. Check all candy for possible tampering when you return home.

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