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fit 4 life

Drinking too much alcohol increases peoples' risk of injury, violence, drowning, liver disease and some types of cancer.

Spread the word about strategies for preventing alcohol misuse or abuse and encourage communities, families and individuals to get involved.



We can use this month to raise awareness about alcohol abuse and take action to prevent it.

Here are just a few ideas:

- Encourage friends or family members to make small changes like keeping track of their drinking and setting drinking limits.
- Share tips with parents to help them talk with their kids about the risks of alcohol use.
- Ask doctors and nurses to talk to their patients about the benefits of drinking less or quitting.

For more information visit: www.ncadd.org

KIDS QUOTE

"Hey Mom, this Scottish tape isn't sticky. Do you have any Irish tape?"

~Erik, age 5

Written by: Lisa Sundström/Wellness Director

april book club

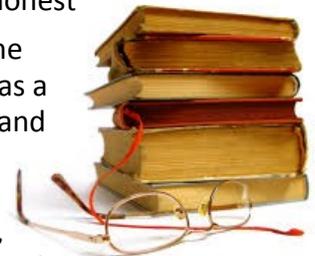
Some Assembly Required:

The Not- So-Secret Life of a Transgender Teen

~by Arin Andrews

In this revolutionary memoir, Arin details the journey that led him to make the life-transforming decision to undergo gender reassignment as a high school junior. In his captivatingly witty, honest

voice, Arin reveals the challenges he faced as a girl, the humiliation and anger he felt after getting kicked out of his private school, and all the changes both



mental and physical he experienced once his transition began.

Some Assembly Required is a true coming of age story about knocking down obstacles and embracing family and friendship. But more than that, it is a reminder that self acceptance does not come with a manual.



<p>Maryland ANY TXT</p>	<p>Maryland ranks #1 as the richest state in 2015 according to 24/7 Wall St. with a median household income of \$75,847.</p>
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<p>MISSISSIPPI 687-335 OCT. HINDS 60</p>	<p>Mississippi ranks as the poorest state with a median household income of \$40,593 in 2015.</p>
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LABEL LESSON



USDA ORGANIC: Relying on the USDA Organic label is your safest bet because it covers not only fruits and vegetables, but also dairy, meat and poultry. In addition, the USDA Organic label is the most regulated of all labels. The organic seal indicates 95% to 100% organic. Foods are grown without the use of pesticides, synthetic fertilizers, sewage sludge, GMOs or ionizing radiation. Animals that produce meat, poultry, eggs, and dairy are not given antibiotics, growth hormones or GMOs.



CAGE FREE vs. FREE RANGE: Both terms are used loosely, are not certified and have not been fully clarified with producers. Cage free means egg laying hens are not

raised in cages, but does not mean they were given access to the outdoors. Remember this does not mean they weren't given antibiotics. Free range means the animal wasn't confined to a cage and has had access to the outdoors. How much access has not been clarified.

GMO: GMOs are foods produced from organisms that have had specific changes introduced into their DNA using methods of genetic engineering. Although they have been on the market since 1994, they are not required to be labeled in the US. Looking at the PLU code on the sticky label will tell you if it is GMO because the code starts with "#8."

GRASS-FED: This seal indicates that the animals where feed solely a diet of grass or hay. However, if the meat is labeled as grass fed the animal may have been raised on a pasture that carries synthetic pesticides or fertilizers so may not be organic. Some cattle marketed as USDA grass-fed spend time in confined pens or feedlots.

Your generation

A generation is comprised of people born during the same time period who share social and historical perspectives. With three generations dominating the current workforce many organizations are finding an emerging communication conflict in the workplace.

Studies have shown that the below generational characteristics can provide insight for employers to better understand and motivate their employees.

Baby Boomers (1946-1964)

- Prefer face to face communication
- Value hierarchy, structure and tradition
- Expect life to revolve around work
- Prefer group decision making
- May feel insulted by constant feedback
- Work-centric

Generation X/ GEN X (1965-1976)

- Likes to receive feedback
- Needs to question authority
- Thinks that everything is negotiable
- Displays a low desire for social involvement
- Individualistic
- Flexible
- Skeptical of Authority

Millennials/ GEN Y (1977-1994)

- Prefer collaboration over hierarchy
- Seek positive reinforcement
- Expect to share their ideas
- Expect to be given important projects with high visibility
- Tech comfortable
- Family-centric