

SAFETY & WELLNESS UPDATE



JUNE 2018

National Safety Month

June is National Safety Month. Each year at Lexington, we encourage a focus on safety especially throughout this month. Ensuring safety, whether at home or at work, is an important goal that must be achieved. We will share safety information, encourage group discussions, hold safety meetings and, of course, hold our Annual Safety and Wellness Program Expo on Friday, June 29, at Bishop Burke from 10:00 a.m.-1:00 p.m.



The National Safety Council (NSC) provides weekly safety flyers each year to be shared throughout this important month. The selection of topics is based on national trending issues. The weekly topics you will be receiving information about are as follows:

Week 1: Emergency Preparedness

Week 2: Wellness

Week 3: Falls

Week 4: Driving

Let us do our part and each week share the very important information that is sent out, take necessary actions to increase safety at home and work, and encourage participation among our peers, colleagues and the people we support.

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RESOURCES:

WELLNESS ARCHIVE:
LEXINGTONCENTER.ORG/WELLNESS

TELEMEDICINE PROVIDER:
[UNITED CONCIERGE MEDICINE](http://UNITEDCONCIERGE.MEDICINE)

LEXINGTON MEDICAL PLAN AND CAFÉWELL LIFE POINTS PROGRAM:
CDPHP

MANAGERS, PLEASE POST THIS INFORMATION AND SHARE IT WITH YOUR STAFF.

Emotions Experienced with the Loss of a Loved One

What Is Grief?

Grief is the normal response of sorrow, emotion and confusion that comes from losing someone or something important to you. It is a natural part of life. Grief is a typical reaction to death, divorce, job loss, a move away from family and friends, or loss of good health due to illness.



How Does Grief Feel?

Just after a death or loss, you may feel empty and numb, as if you are in shock. You may notice physical changes such as trembling, nausea, trouble breathing, muscle weakness, dry mouth or trouble sleeping and eating.

You may become angry — at a situation, a particular person or just angry in general. Almost everyone in grief also experiences guilt. Guilt is often expressed as “I could have,” “I should have” and “I wish I would have” statements.

People in grief may have strange dreams or nightmares, be absent-minded, withdraw socially, or lack the desire to return to work. While these feelings and behaviors are normal during grief, they will pass.

How Long Does Grief Last?

Grief lasts as long as it takes you to accept and learn to live with your loss. For some people, grief lasts a few months. For others, grieving may take years.

The length of time spent grieving is different for each person. There are many reasons for the differences, including personality, health, coping style, culture, family background and life experiences. The time spent grieving also depends on your relationship with the person lost and how prepared you were for the loss.

How Will I Know When I’m Done Grieving?

Every person who experiences a death or other loss must complete a four-step grieving process:

- 1) Accept the loss.
- 2) Work through and feel the physical and emotional pain of grief.
- 3) Adjust to living in a world without the person or thing lost.
- 4) Move on with life.

The grieving process is over only when a person completes the four steps.



What If These Feelings Won't Go Away?

If you recently experienced a death or another loss, feelings of grief are part of a normal reaction. But if these feelings persist with no lifting mood, ask for help.

Where Can I Find Help?

The following is a list of organizations and websites that provide information and support for coping with grief:

The Compassionate Friends (National Office)

P.O. Box 3696

Oak Brook, IL 60522-3696

630-990-0010; Toll Free 877-969-0010

www.compassionatefriends.org

A national self-help support organization for those grieving the loss of a child or sibling.

Fernside

Bethesda Professional Building

4360 Cooper Road, Suite 101

Cincinnati, OH 45242

513-745-0111 (M-F 9:30 a.m. - 4:30 p.m. EST)

www.fernside.org

Grief information, resources and support for grieving children and their families.

GriefNet

www.griefnet.org

A website that provides information and resources related to death, dying, bereavement and major emotional and physical losses.

Growth House, Inc.

www.growthhouse.org

A source of quality information and resources on death and dying issues.

RENEW: Center for Personal Recovery

P.O. Box 125

Berea, KY 40403

859-986-7878

www.renew.net

A grief counseling center for individuals and families that are experiencing loss, with a specialty in grief recovery counseling for traumatic deaths.

Transformations

www.transformations.com

A website concerned with self-help, support and recovery issues.

U.S. Department of Health and Human Services

www.samhsa.gov



Substance Abuse and Mental Health Services
Administration Center for Mental Health Services

Lexington also offers The Employee Assistance Program where you may receive Counseling Services to help through these hard times. Call 1-800-252-4555 or 1-800-2252527 anytime for confidential assistance.

DO YOU HAVE QUESTIONS ABOUT LEXINGTON SAFETY AND WELLNESS? PLEASE CONTACT:

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