

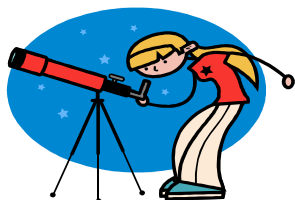
December 2008

## The MEBA MINUTE

Metropolitan Employees Benefits Association

Brea Olinda USD  
Buena Park SD  
Capistrano USD  
Charter Oak USD

Fullerton SD  
Fullerton JUHSD  
La Habra City SD  
Orange County High School of the Arts



Have you √'d it out yet? The MEBA website contains a wealth of information, including benefit summaries, frequently asked questions, health links, printable claim, order, and enrollment forms, and much, much more!

Go to [www.mymeba.org](http://www.mymeba.org) today!



### Your EAP Emergency Resources

#### American Red Cross

Orange County Chapter – Santa Ana  
601 N. Golden Circle Dr.  
Santa Ana, CA 92705  
(714) 481-5300  
[www.oc-redcross.org](http://www.oc-redcross.org)

Riverside County Chapter  
6177 River Crest Dr., Suite B  
Riverside, CA 92507  
(888) 831-0031  
[www.riversidecounty.redcross.org](http://www.riversidecounty.redcross.org)

#### American Red Cross Safe and Well Website:

Safe and Well is a nationally accessible website, developed as a free community service that provides a way for individuals affected by disaster (within the US) to list themselves as "safe and well." Loved ones can check on the status of their family and friends. Register and connect at <https://disastersafe.redcross.org>

**OC Public Information Hotline:** (714) 628-7085

#### FEMA – Federal Emergency Disaster Agency

Can assist with housing needs such as, temporary housing, and primary residence repair or replacement costs not covered by insurance.

To apply call 1-800-621-FEMA (3362) or go online at [www.FEMA.gov](http://www.FEMA.gov).

**Salvation Army:** 1-800-SAL-ARMY (725-2769)

#### Animal Information:

Small Animals: Orange County Shelter  
561 The City Drive  
Orange, CA 92868  
(714) 935-6848/ (949) 249-5160

Large Animals: Huntington Beach Equestrian Center  
18381 Goldenwest St.  
Huntington Beach, CA  
(714) 848-6565

For more information and services available through your EAP, call 800-999-7222 (24/7) or go online at [www.anthem.com/ca/meba](http://www.anthem.com/ca/meba). Program Name: MEBA



### Kaiser Korner Post-Traumatic Stress Disorder



#### What is PTSD?

Post-traumatic stress disorder (PTSD) can occur after you have been through a traumatic event. A traumatic event is something horrible and scary that you see or that happens to you.

#### How does PTSD develop?

Many people who go through a traumatic event do not get PTSD. It is not clear why some develop PTSD and others do not. How likely you are to get PTSD depends on many things. These include:

- How intense the trauma was.
- If you lost a loved one or you were hurt.
- How close you were to the event.
- How strong your reaction was.
- How much you felt in control of events.
- How much help and support you got after the event.

Symptoms usually start soon after the traumatic event, but they may not happen until months or years later.

#### What are the symptoms?

- Feel upset by things that remind you of what happened.
- Have nightmares, vivid memories, or flashbacks of the event. You may feel like it is happening all over again.
- Avoid places or things that remind you of what happened.
- Feel numb or lose interest in things you used to care about.
- Feel you are always in danger.
- Feel anxious, jittery, or grumpy.
- Have trouble sleeping.

Children can have PTSD too. They may have the symptoms above and symptoms that depend on how old they are.

#### I think I have PTSD. What can I do?

If you think you have PTSD, it is important to get treatment. Treatment can work, and early treatment may help reduce long-term symptoms. If you think you have PTSD:

- Talk to your family doctor.
- Talk to a mental health professional.
- If you are a veteran, contact your local VA hospital or VA Center.
- Talk to a close friend or family member. They may be able to support you and assist in finding help.
- Talk to a religious leader.

For more information about PTSD and a wealth of other health topics visit [www.kp.org](http://www.kp.org).

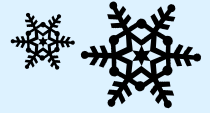


## Did you know?

In ancient times, both Druids and Romans hung sprigs of mistletoe in their homes and places of celebration to bring good fortune, peace, and love.



### Anthem Blue Cross News



#### 360° Health - Party Planning Tips for an Alcohol-Safe Holiday Season

The winter holidays are a time to enjoy the company of family, friends, and coworkers. Whether you are planning a dinner, informal gathering, or holiday party, your job as a host is very important. Perhaps your most important responsibility as host for a party or gathering where alcohol is involved is to take steps to ensure your guests' safety both during and after the celebration.

##### Tips for Party Givers

- Avoid making alcohol the focus of social events. Entertain guests with music, dancing, games, food, and lively conversation.
- Did you know that 1 in 3 adults prefer a non-alcoholic beverage? Make sure to offer plenty of non-alcoholic choices such as sparkling water, fancy juice drinks, soft drinks, and bottled drinking water.
- Provide guests with nutritious and appealing foods to slow the effects of alcohol. High protein and carbohydrate foods like cheeses and meats are especially good.
- Require bartenders to measure the correct amount of liquor into drinks (no doubles), and instruct them not to serve anyone who appears to be impaired. Have the bartender check the ID of anyone who appears to be under the age of 30 (no ID, no alcohol).
- Stop serving drinks at least 1 hour before the end of the event. Instead, serve coffee, non-alcoholic beverages and desserts at that time.
- Recruit people ahead of time who will not be drinking to help ensure that everyone has a safe ride home, or keep the phone numbers of several cab companies handy.



For more health and wellness information visit [www.anthem.com](http://www.anthem.com) and click on 360 Health.



#### Children's Health: Toy Safety

When purchasing toys for children, it is important to consider several safety factors. Toys should be appealing and interesting to a child, age-appropriate, well constructed, durable and well suited for that particular child's physical, mental and social capabilities.



##### Tips for Buying Safe Toys:

There are a number of steps to help reduce a child's risk for toy-related injuries:

- Make sure to refer to age and safety labels.
- Keep uninflated balloons and broken balloon pieces away from children.
- Store objects that can easily fit into a child's mouth in a safe place.
- Read all toy warnings and instructions.
- Consider a child's ability rather than age when purchasing toys, and avoid purchasing toys with sharp or rigid points, spikes, rods and dangerous edges.
- Repair or replace any damaged or defective toy.
- Supervise children's craft projects, as scissors and glue are among the most dangerous products.

You can report a dangerous toy. If you think a toy or product is hazardous, contact the Consumer Product Safety Commission at 1-800-638-2772 or [www.cpsc.gov](http://www.cpsc.gov).