

From Our Office to Yours

Michiana EAP (MEAP) is 44 years “young” this year! Our relationships with the companies, employees and families we serve are our primary focus at MEAP. We hope you continue to put your trust in our services and our responsiveness to your questions and concerns.

MEAP is here to help individuals and families with problems in everyday living. Sometimes those problems are work related and sometimes the problems are personal in nature. We provide support, professional counseling, information and referrals.

Did you know that MEAP is part of a larger organization that has been in our community since 1964? AARC provides several programs and offers a number of resources for prevention, education, information, assessment and referral for substance use issues.

We will be mentioning a couple of projects and programs AARC is involved with in our community in this edition of the MEAP Quarterly.



Where Do Butterflies Live? (Taken from the [Butterflysite.com](http://thebutterflysite.com))

When it comes to exactly where butterflies live, there is no real simple answer because butterflies live all over the place. It all comes down to what season of the year we are talking about and the species of butterfly. So in this article, we will explore some of the different places that butterflies live and why they live there.

First and foremost, you need to know that butterflies are cold-blooded creatures; therefore any hot or warm climate is going to be the best possible place for butterflies to live. That’s why you will find the most butterflies in the tropics, but that does not mean that you will never see a butterfly in states like New York or Michigan. Although, you will never see a butterfly in Antarctica or in some of the very arid deserts, as there are simply no food sources for the butterfly and they definitely would not survive in the cold weather, but generally speaking, butterflies live in every single country and every single state!

The last count of the different species of butterflies topped out at eighteen thousand butterflies and while a lot of those species can be found in tropical and humid places like California, Hawaii, and Mexico, there are a lot of butterflies that migrate over two thousand miles so they are staying in a warmer climate all the time. Places like New Jersey in the month of May are definitely a tourist’s attraction as all of the butterflies return from their long journey to a warm area in the winter, and settle back in New Jersey when it warms up there!

<https://www.thebutterflysite.com/>

<https://defenders.org/butterflies/basic-facts>

Michiana EAP

Contact us at:

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Or

800-388-0154

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Blvd.

South Bend, IN 46617

Let Us Be Your
First Call...

Find us online at
aarcinfo.org

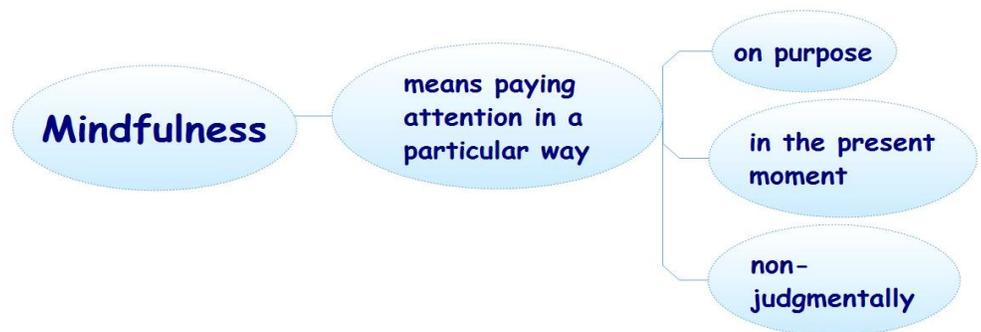
Then, click on the
MEAP page

Remember
Mother's Day is
May 13



According to Dr. Jon Kabat-Zinn, “Mindfulness is an ancient Buddhist practice which is very relevant for life today. Mindfulness is a very simple concept. Mindfulness means paying attention in a particular way: on purpose, in the present moment... Dr. Kabat-Zinn goes on to say, “Mindfulness might simply be described as choosing and learning to control our focus of attention, and being open, curious and flexible. One way to think of mindfulness is the process of being alert and available.”

For more of this article go to <https://www.getselfhelp.co.uk/mindfulness.htm>



Mindfulness practice has many applications and it has proven to be a very useful tool in work and personal life settings enhancing our ability to remain focused and present and thoughtful. Our problem solving capabilities require us to focus in “real time” on the task at hand and effectively assess reasonable options for resolution. If we are facing time constraints, pressures or are facing a situation requiring crisis management, mindfulness practice helps us to identify the important elements and issues, think more clearly and be more creative in our approach to finding solutions and more effectively communicating with others.

For more information on the basics of Mindfulness Practice see the links listed below

<https://www.sciencedaily.com/releases/2016/03/160310141455.htm>

<https://www.psychologytoday.com/us/blog/urban-mindfulness/201109/mindfulness-the-basics>

<https://www.mindful.org/four-self-care-habits-to-practice-at-work/>

Put medicines in their place!

We can all now agree that flushing unused prescription and over-the-counter drugs that may be sitting around your home is not the right way to get rid of them. But you may have been hearing some confusing advice lately about what you SHOULD do with leftover medicines. Some say drugs should be thrown in the trash, mixed with kitty litter or coffee grounds. But “experts” who only talk about trash disposal of medicines are not telling the full story. There’s a safer way.

Returning your unwanted medicines to a take-back program is the safest and most environmentally protective way to dispose of unused medication. Throwing unused medicines in the trash is better than flushing, but it does not adequately protect people and our environment from exposure to potentially dangerous drugs. **FACT: The FDA, DEA, EPA, Office of Drug Control Policy and numerous agencies in Washington State recommend using medicine take-back programs as the best way to dispose of your unwanted medicines.**

For the full article including facts and myths about drug disposal click on the link

<http://www.takebackyourmeds.org/what-you-can-do/medicine-disposal-myths-and-facts/>

Please find the local Pill Drop coming up at several locations in our community. Perfect timing for “Spring Cleaning”



HELP KEEP DRUGS OFF OUR STREETS

PILL DROP

SATURDAY, APRIL 28th
10AM - 2PM

SAFELY DISPOSE OF YOUR UNUSED OR UNWANTED PILLS

FREE, SAFE, NO QUESTIONS ASKED

YOU SHOULD KNOW

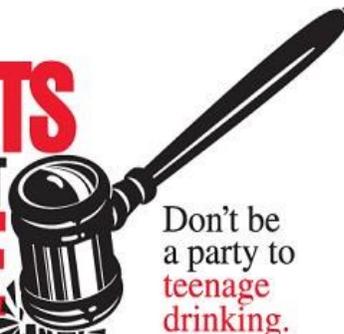
- 60% of adults have leftover painkillers in their medicine cabinets
- Illegal sharing of opioid painkillers is fueling the U.S. overdose epidemic
- An estimated 70% of heroin addicts started off by misusing opioids
- Flushing or throwing away extra pills can pollute our water and soil

4 LOCATIONS

WEST	NORTH
South Bend Fire Station 6 4302 W Western Ave	Clay Fire Station 21 18776 Cleveland Road
SOUTH	EAST
South Bend Fire Station 1 1222 South Michigan St	Clay Fire Station 25 Bittersweet & Anderson

Sponsored and supported by the South Bend and Clay Fire Departments, SBPD, SB Drug Investigation Unit, St. Joseph County Prosecutor's Office, Partnership for Education and Prevention of Substance Abuse (PEPSA), SB Area Special Task Force, Alcohol and Addictions Resource Center, and the 525 Foundation.

**PARENTS
WHO HOST
LOSE
THE MOST**



Don't be
a party to
teenage
drinking.

It's against
the law.

Parents Who Host Lose The Most: Don't be a party to teenage drinking educates parents about the health and safety risks associated with serving alcohol at teen house parties and increases awareness of, and compliance with, state underage drinking laws. The initiative takes place all over the United States and concentrates on celebratory times for youth – such as homecoming, prom, graduation and other times when underage drinking parties are prevalent. The Alcohol & Addictions Resource Center is running a multi-tiered media campaign in support of Parents Who Host Lose The Most throughout St. Joseph County in the months of April and May.

For more information, please contact Brian Mounts at

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