

Plain Dealer Top Workplace 2011

Clark-Reliance has been named a Top Workplace from the Plain Dealer again in 2011 thanks to the responses from employees on the recent surveys.

The companies profiled on the Top Workplaces are selected following a survey of employees – and only the companies that employees have rated as the best companies to work for are selected for the final list.

Companies are ranked in three size banks based on the number of employees. Results for Greater Cleveland were showcased in a special section in the Plain Dealer in June.



July 2011

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------|---|---|----------|--------|---|
| | | | | | 1 | 2 |
| 3 | 4 HOLIDAY | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12  | 13 | 14 | 15 | 16  |
| 17 | 18 | 19  | 20  | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

HOLIDAY Independence Day
July 4th



Scott Mann Seminar
July 12th



Golf Outing
July 16th



Brown Bag Lunch #8
July 19th



Strongsville Parade (Extra-Curricular #3)
July 20th

Colorectal cancer screening saves lives

Sensia Healthcare Weekly Health Byte

If everyone aged 50 years and older was screened regularly, 60% of cancer deaths could be prevented.

Colorectal cancer (cancer of the colon and rectum) is the second leading cause of cancer-related deaths among men and women in the United States. Approximately 148,000 new cases of colon cancer are diagnosed annually resulting in close to 50,000 deaths. The risk of developing colon cancer increases with age. Over 90% of colon cancer cases occur in people over the age of 50. Colon cancer is a slow growing cancer that usually takes years to develop. Screening tests, such as a colonoscopy, can identify precancerous polyps, which can be removed before they develop into cancer. Screening can also detect cancer at early stages, when treatment works best. Many health insurance plans are now covering all or part of colonoscopy testing so check with your employer to find out if this is a covered benefit. Some studies have found that staying physically active and maintaining a healthy weight may lower risk for colon cancer. Medical experts also recommend limiting saturated fat sources like red meats and consuming more plant-based foods like fresh fruits, vegetables and whole grains. The American Institute of Cancer Research recommends that people limit red meats to less than 18 ounces per week. Red meats include beef, pork, veal, lamb, sausages, bacon, lunchmeats and hot dogs. White meats such as chicken, turkey, fish or tofu, dried beans and lentils, can be substituted for red meats in most recipes. Researchers are also investigating the role of certain medications and supplements such as aspirin, calcium, Vitamin D and selenium in lowering risk for colorectal cancer. See your doctor if you have any symptoms such as a change in bowel habits, frequent diarrhea, nausea, vomiting or stomach discomfort, bloody or narrow stools, unexplained weight loss or constant fatigue. If you are age 50 or older, talk with your doctor about getting screened, even if you have no symptoms. The most effective way to decrease your risk is by having routine colorectal cancer screening tests starting at age 50 (or earlier if you have inflammatory bowel disease or if you or a close relative have had colon polyps or colorectal cancer.) The U.S. Preventive Services Task Force recommends screening for all people until they reach 75 years or longer based on their personal history and doctor recommendation.

For more information, go to www.cancer.gov or call 1-800-4-CANCER.

Do Shopping Trips Help You Live Longer?

By Tim Locke

Regular trips to the store may help people live longer, even if they don't buy anything, according to researchers in Taiwan. So does this mean "retail therapy" could be classed as an actual therapy for healthy aging? Other factors also come into play, one expert on aging tells WebMD.

Retail Therapy

The researchers in Taiwan say physical activity alongside social and economic activity are already recognized as being vital for healthy aging, but they say few studies have looked for a link between shopping and long-term survival. Researchers in the U.K. looked at retail therapy in 2004 and concluded that rather than being a therapy in itself, shopping was a distraction from problems. Researchers for the current study looked at 1,841 people aged 65 or over in Taiwan who lived independently at home. They were asked how often they went shopping. Possible answers ranged from "every day" to "never." The answers were studied along with mental and physical capacities, age, gender, education, ethnicity, financial and employment status, lifestyle factors, and any long-term medical conditions.

The study shows:

48% never shopped or shopped less than once per week. 22% shopped between two and four times a week. 17% shopped every day. The rest shopped once a week. 62% of the participants were younger than 75. 54% were men, and 76% were financially self-sufficient. 60% had up to two long-term medical conditions.

Retail Results

Younger participants were more likely to shop more often. Contrary to the stereotype of the grumpy old man not wanting to be dragged to the store, men shopped more often than women did. People who shopped more tended to be smokers and alcohol drinkers, but had better physical and mental health. They also took regular exercise and had a network of friends to have meals with. When other factors were taken into account, daily shoppers were 27% less likely to die, with the men amongst them 28% less likely to die, compared with 23% of women.

What Does It Mean?

The authors admit that shopping could be linked to better health in the first place -- going to the store more often to stock up on fresh, healthy food, for example. Visiting stores didn't need to end up with a new pair of shoes or another purchase. It could be more about a nice stroll with friends.

Writing in the *Journal of Epidemiology and Community Health* online, the authors say: "Shopping captures several dimensions of personal wellbeing, health and security, as well as contributing to the community's cohesiveness and economy, and may represent or actually confer increased longevity." One of the authors, Mark Wahlqvist, MD, PhD, visiting professor at the National Health Research Institutes in Taiwan, tells WebMD by email, "It is of particular interest in that it provides apparent benefit for the less socio-economically advantaged (the poorer) and for men." Compared to the West, he says there's a cultural difference, "which encourages both purposeful and recreational shopping -- along with the traditional Chinese love of buying and selling."

Reaction of Experts on Aging

Tom Kirkwood, PhD, the director of the Institute for Ageing and Health and professor of medicine at Newcastle University in the U.K., tells WebMD by email: "While it's tempting of course to suggest that 'shop till you drop' is a recipe for healthy old age, the real picture is doubtless more complicated than this.

"Those who shop most may be the fittest and most socially engaged. Both these factors are known to be associated with better underlying physical and psychological health. They may also be better off financially, which we know is associated with greater health in old age. As the authors acknowledge themselves, we should be cautious before trying to draw any firm conclusion that retail therapy itself actually causes healthy longevity." "In short, we do not fully understand what the basis of the shopping-favourable mortality linkage is, but it makes sense," Wahlqvist says. "It merits much more interest and research!"