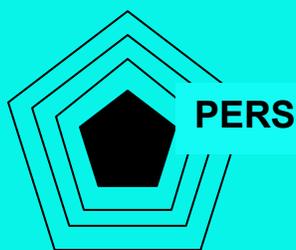


# PERSPECTIVES

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THOTH SOLUTIONS, INC.**



## What is the EAP?

The Employee Assistance Program's (EAP) mission is to ensure the well-being of employees by assisting them in resolving issues that may be adversely impacting work or home. The EAP provides one-on-one problem assessment, short-term counseling, referrals to community resources and crisis intervention.

In addition to working with you on an individual basis, we conduct a variety of educational workshops and classes. We are frequently asked to speak at employee orientation sessions and offer monthly supervisor training classes.

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## The Dangers of Social Media

Stacie Chapman, LCPC

Facebook. Foursquare. Texting. Twitter. With so many different ways to keep in touch, social media is impacting our lives in some surprising ways. To start with, "textese" has slowly crept into everyday conversations. Take a listen the next time you are walking through a public area, especially one heavily populated with teenagers. Phrases like "OMG" and "LOL" have made their way into every day conversations. Texting abbreviations have also started to appear in emails and school assignments. In a study conducted by the Pew Research Center in 2008, 64% of teenagers admitted that they have incorporated text based communication into their school work.



The blur between digital life and real life doesn't stop at texting. Facebook and Twitter have replaced emailing and phone calls. You can find out what someone ate for breakfast and then discover that someone else is in the process of leaving their spouse. Teenagers often use social media as a way to gauge their popularity, and their moods can be impacted by the amount of replies they have received on a status or by the amount of "friends" they have.

Bullying has also increased through Facebook and Twitter. Anyone with an email account can set up a Facebook account and put a fake name and fake information into it. If a user hasn't set up privacy settings, it's easy to post anonymous messages on their profile and there isn't a lot of regulation as to the content. According to the National Crime Prevention Center, over 40% of teenagers with internet access have been bullied online.

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## Health Care Directives: Express Your Wishes Regarding Your Health Care

### What is an advanced directive?

Advanced directives are written instructions that dictate your health care choices if you become ill and unable to speak for yourself. There are two types of advanced directives: a durable power of attorney for health care and a living will.

### What is durable power of attorney?

This is sometimes referred to as a medical power of attorney or a health care proxy. This is a legal document in which you name a trusted friend or family member to make medical decisions for you if you are no longer able to speak for yourself. This document can also contain specific instructions regarding other health care choices.

### What is a living will?

This is a legal document that outlines specific instructions regarding the types of health care that you want or don't want in specific situations. This is often included in the durable power of attorney document. This document does not appoint someone to make decisions for you.

### Why do I need an advance directive?

An advanced directive is a good way to communicate your wishes and preferences regarding your care and treatment to your friends/family. Advance directives give you a voice in your medical treatment if you become too ill to communicate.

### What if I don't sign an advanced directive?

If you can no longer make decisions for yourself, but have not designated a power of attorney and have not outlined your treatment wishes, someone has to make decisions for you. This can leave your loved ones struggling to determine what your wishes are. It means letting medical staff's training and expertise guide their decisions. If family cannot be located, then a public agency may be appointed by a court to make decisions for you.



**What kind of medical care would you want if you were too ill or hurt to express your wishes?**

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# Upcoming Workshops - PERS

July 2012		
<b>18</b> <b>Boundaries in the Workplace</b> 9:30 - 11:00 am Upton Conference Rm. (#219) DTHC, Pentagon	<b>25</b> <b>Staying Cool in the Workplace</b> 9:00 - 11:00 am Upton Conference Rm. (#219) DTHC, Pentagon	<b>26</b> <b>Building Trust in the Workplace</b> 9:30-11:30 am Upton Conference Rm. (#219) DTHC, Pentagon
August 2012		
<b>2</b> <b>Supervisory Training</b> <b>(for Supervisors and Managers of Civilian Personnel)</b> 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon		<b>2</b> <b>Communication in the Workplace</b> 9:30 - 11:30 am PLC-2 Room M-3
September 2012		
<b>6</b> <b>Supervisory Training</b> <b>(for Supervisors and Managers of Civilian Personnel)</b> 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon	<b>19</b> <b>Dealing with Difficult People</b> 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon	<b>20</b> <b>Positive Aging</b> 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon
<b>26</b> <b>Sleep Hygiene</b> 1:00 - 2:00 pm Upton Conference Rm. (#219) DTHC, Pentagon		<b>27</b> <b>Staying Motivated</b> 9:30 - 11:30 am Upton Conference Rm. (#219) DTHC, Pentagon

Continued from page 1...

In addition to online bullying, social media makes it easy to find out when someone is home and when they aren't. Foursquare.com rewards users with "badges" for checking-in to a place multiple times allowing for anyone to see where you are at all times. Be careful of giving too much information about where you are, when you are going on vacation and talk to your children about doing the same.

This summer, have a conversation with your children about the impact social media is having on their lives and to reinforce the need for safety. Many parents have no clue that their children have been or are currently being bullied or that they have experienced depression. Model good behavior for everyone and pick up the phone the next time you want to reach out to someone. You never know what the outcome might be!

For Additional information or to register, call 703-692-8917 or email [DTHC.PERS@health.mil](mailto:DTHC.PERS@health.mil)

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### Where can I find information and forms for advance directives?

A local hospital, senior legal service, and your physician often have the required forms.

Attorneys can also draft these document for you.

You may download the form from Washington Hospital Center at

<http://www.whcenter.org/body.cfm?id=555685>.

Caring Connections offers free, state-specific advance directives for all 50 states and DC that meet the legal requirements for each state.

<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1>

Another legal document, Five Wishes, is available at [www.agingwithdignity.org](http://www.agingwithdignity.org)

For additional information in:

Maryland:

Call 410-576-7000 or visit

<http://www.oag.state.md.us/healthpol/advancedirectives.htm>

Virginia

<http://www.vda.virginia.gov/advmedir.asp>

<http://www.vsb.org/site/public/healthcare-decisions-day>



## Sun Safety Tips

Summertime is great for spending time outdoors. The Skin Cancer Foundation offers the following tips to protect you and your family from the dangers of prolonged exposure to the sun.

1. Spend time in a shaded area between the hours of 10:00 am and 4:00 pm.
2. Use a sunscreen of SPF 15 or higher (preferably SPF 30 or higher in the sun) every day.
3. Apply 1 ounce (2 tablespoons) of sunscreen 30 minutes before going outside and every 2 hours after going outdoors.
4. Keep newborns out of the sun.
5. Examine your skin from head to toe every month.
6. See your doctor every year for a professional skin exam.

