

Know when to use a sick day

In today's volatile employment market, workers who have jobs are doing just about anything they can to keep them. For some, this can mean heading to work even when it may be best to stay home. Other employees fail to take sick days because a day out of work means a day without pay.

Although there certainly are employees who use sick days when they have a sniffle or a splinter, many other diligent workers maintain near-perfect attendance and choose going to work when they should be resting at home.

Going into the office when ill is not a smart idea. Not only does it put other workers at risk for catching germs, but also chances are the sick employee's productivity will be poor and he or she may make mistakes that could cost the company money while under the fog of medication. Furthermore, working while sick will delay the body's healing process, which could escalate the illness even further -- leading to more sick

days needed.

Although every symptom does not warrant a sick day, here are some symptoms that could



mean it's time to take a day off.

* Stomach issues: Vomiting and diarrhea are symptoms of food poisoning or other bugs that wreak havoc on the gastrointestinal system.

In general, these illnesses do not last longer than 12 to 24 hours. It's much more convenient -- and private -- to do bathroom business in the comforts of home.

* Fever: A higher fever (temperature more than 101 F in adults) could be a signal of the flu or the body fighting another infection. It's a wise idea to remain at home until the fever breaks. A 2006 fact sheet from the Institute for Women's Policy Research (IWPR) reported that a worker with the flu is likely to infect 1.8 out of every 10 coworkers.

* Bad cold: The first few days of a runny nose and sneezing are often the most contagious. A person who is sneezing and blowing his nose repeatedly could end up infecting the entire office in the process. Stay home and rest up. Coworkers will appreciate it.

* Bacterial infection: Strep throat or conjunctivitis (pink eye) is caused by contagious bacteria. It can take 24 hours after the first dose of an antibiotic until a person is no longer considered contagious.

* Mobility injury: Workers who have sprained or hurt a part of the body resulting in an inability to do the job effectively may want to stay home until the injury is better. What's more, working while injured could cause an even greater injury to occur. Be sure to report the injury to the proper personnel if it was the result of an accident at work.

Still searching for a cure for Alzheimer's disease

Today, as many as 5 million Americans are living with Alzheimer's disease. Factoring in the number of sufferers worldwide, Alzheimer's is affecting the lives of millions of people on a daily basis. Finding a cure for the disease is of the utmost importance for the families and friends coping with Alzheimer's.

Alzheimer's disease is a brain disorder named for Alois Alzheimer, the German physician who first described the condition in the early 1900s. Alzheimer's is a fatal, progressive brain disease. Symptoms may start out quite mild and then grow more intrusive as the disease progresses. Today, it is the seventh leading cause of death in the U.S., according to the Alzheimer's Association.

Dementia is one of the primary symptoms of Alzheimer's, and people with the disease can go from normal function in their lives to completely compromised living. Memory loss, confusion, inability to handle daily tasks, and many other symptoms are symptoms of the disease. Eventually, the brain cannot control the normal functions of the body, which can lead to fatality.

During the last 20 years, doctors and researchers have made strides toward finding a cure and successful treatments for Alzheimer's Disease. However, more research is needed and that requires funding and donations from concerned individuals. The Alzheimer's Association accepts donations to continue their work toward finding a cure and educating individuals about this debilitating disease. To learn more visit, www.alz.org.

Thanking all the Hard Working Women on Our Staff



From left, front row: Virginia Harvey, Darcie Brooks; back row: Pat VanDiest, Brenda Kaus, and Kate Pfannenstiel

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