

# **BRIDGEWAY WEEKLY MONITOR**

News Briefs from Human Resources

Dec. 18, 2009

**\*\*\*REMINDER\*\*\*REMINDER\*\*\*REMINDER\*\*\*REMINDER\*\***

The **BTS/BWO** payrolls will be processed the week of Christmas. It is a shortened week as we will have Thursday and Friday off for the holiday. **PLEASE** have all payroll turned in Tuesday, Dec 22<sup>nd</sup> by noon. If you can, it would be nice to have it on Monday.

Thanks for your help in advance.  
Payroll Department

## **CHRISTMAS WEEK COURIER SCHEDULE**

The normal Wednesday courier will not run the week of Christmas. The courier will run Tuesday, Dec. 22<sup>nd</sup>. The normal Tuesday Pekin courier will also run on Tuesday, Dec. 22<sup>nd</sup>.

## **SUPPORT TICKET LINK**

Due to the Bridgeway website being down the web link to access the Support Ticket System is as follows:

<http://support.bway.org>

## **BTS ACTIVITIES**

*From: Tom Colclasure*

- Several shipments of various parts are being received for more assembly jobs to be performed for an electrical company in the Quad City Area. Still more time-studies will be done to address the variety of assembly jobs that will be performed.
- Preparations are being made to begin janitorial work for the Illinois Department of Employment office in Moline and the Illinois State Police office in East Moline. The two new contracts begin in January 2010.
- The Galesburg workshop is receiving materials to perform the annual mailing of the Alexis Fire Equipment Company's new calendar.

- We are investigating the feasibility of bidding on a federal contract to provide embroidered patches.
- The Macomb workshop is working on an assembly order from the Pella Corporation and received a larger quantity than usual of roller bearings to polish for the NTN-Bower Corporation.

## **JOB OPENINGS**

Administrative Coordinator Iowa - Keokuk

Manager Bridgeway Janitorial Services - Galesburg

Therapist – Kewanee

Female Janitorial Associate - Bloomington

Day Program Assistant Trainer - Pekin

HCBS Team Leader - Burlington

Job Coach – Galesburg

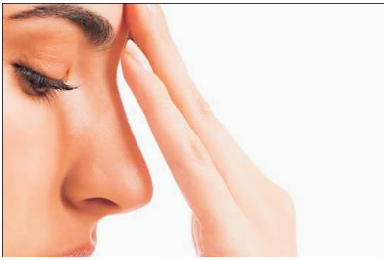
Day Program Assistant Trainer – Macomb

Driver - Macomb

HCBS Outreach Worker-Keokuk/Burlington

Residential Assistants/MI – Kewanee & Galesburg (Pooled Position)

Residential Assistant/DD – Macomb & Pekin (Pooled Position)



# Panic Attacks

Panic disorder is different from the normal fear and anxiety reactions to stressful events in our lives. Panic disorder is a serious condition that strikes without reason or warning. Symptoms of panic disorder include sudden attacks of fear and nervousness, as well as physical symptoms such as sweating and racing heart. During a panic attack, the fear response is out of proportion for the situation, which often is not threatening. Over time, a person with panic disorder develops a constant fear of having another panic attack, which can affect daily functioning and general quality of life.

Panic disorder often occurs along with other serious conditions, such as depression, alcoholism, or drug abuse.

## **What Are the Symptoms of Panic Disorder?**

Symptoms of a panic attack, which often last about 10 minutes, include:

- Difficulty breathing.
- Pounding heart or chest pain.
- Intense feeling of terror.
- Sensation of choking or smothering.
- Dizziness or feeling faint.
- Trembling or shaking.
- Sweating
- Nausea or stomachache.
- Tingling or numbness in the fingers and toes.
- Chills or hot flashes
- A fear that you are losing control or are about to die.

Beyond the panic attacks themselves, a key symptom of panic disorder is the persistent fear of having future panic attacks. The fear of these attacks can cause the person to avoid places and situations where an attack has occurred or where they believe an attack may occur.

## **What Causes Panic Disorder?**

Although the exact cause of panic disorder is not fully understood, studies have shown that a combination of factors, including biological and environment, may be involved. These factors include.

- Family history. Panic disorder has been shown to run in families. It may be passed on to some people by one or both parent(s) much like hair or eye color can.
- Abnormalities in the brain. Panic disorder may be caused by problems in parts of the brain.
- Substance abuse. Abuse of drugs and alcohol can contribute to panic disorder.
- Major life stress. Stressful events and major life transitions, such as the death of a loved one, can trigger a panic disorder.

## **Who Common is Panic Disorder?**

Panic disorder affects about 2.4 million adult Americans. Panic disorder most often begins during late adolescence and early adulthood. It is twice as common in women as in men.

## **How Is Panic Disorder Diagnosed?**

If symptoms of panic disorder are present, the doctor will begin an evaluation by performing a complete medical history and physical exam. Although there are no laboratory tests to specifically diagnose panic disorder, the doctor may use various tests to look for physical illness as the cause of the symptoms.

If no physical illness is found, you may be referred to a psychiatrist or psychologist, mental health professionals who are specially trained to diagnose and treat mental illnesses. Psychiatrists and psychologists use specially designed interview and assessment tools to evaluate a person for panic disorder.

The doctor bases his or her diagnosis on reported intensity and duration of symptoms, including the frequency of panic attacks, and the doctor's observation of the patient's attitude and behavior.

Source: [www.AnxietyPanic.com](http://www.AnxietyPanic.com)

## Courtesy of Wellness Proposals