Ice Cream is a perfect exam-ple," says Kjerulf. "The company’s chief happiness officer believes that a happy workplace is key to maintaining a healthy work/life balance.”

"Studies have shown that the presence of pets can help reduce stress and improve overall well-being," says Kjerulf. "It’s important to touch base with the boss, even if it’s over coffee or morning chit chat, to keep communication open and maintain a positive work environment."

"Happiness walks on busy feet. To fill the hour, and leave no crevice...that is happiness. To spread their happy work culture nationwide to make a positive impact in their workplace. Dibs, a brand of frozen yogurt, recently launched the Dibs Quest for a Cooler Workplace campaign and wants to inspire employees nationwide to make a positive impact in their workplace. Dibs’ wants to hear all about what employees are doing to help create a “cool” factor back in the workplace."

And the reward...350 offices, job sites and businesses will receive a fully stocked (and re-stocked) freezer full of Dibs hite-sized ice cream snacks for a month. How cool is that! According to a recent survey commissioned by Dreyer’s and conducted by Harris Interactive, about one in three women (34 percent) said that a snack break would be helpful in being more productive and working with others. The Dibs Quest for a Cooler Workplace contest will run through August 5. For more information and to enter, visit www.dibs.com.

Did You Know?

• The “ACP Diabetes Care” Guide for physicians and practice teams is intended to be used by multidisciplinary teams providing care to patients with diabetes. It has two components: a print practice manual (including special tools for better management of practice and patients) and a CD-ROM containing electronic versions of the manual and tools, and 81 multiple-choice questions, answers and critiques.

• The Diabetes Portal (http://www.diabetes.acponline.org/) is a free Web-based resource for physicians and patients that provides tools, resources and research supporting diabetes care. Patients and clinicians can access information specific to their needs.

"Looking Forward: A Diabetes Prevention綴ing for Everyone” is an innovative model for patient education and empowerment. This self-management guide for patients covers diet, exercise, monitoring blood sugar, insulin and other medications. Available with text in English or Spanish, “Living With Diabetes” is written in a conversational tone at a fifth-grade reading level. It gives practical tips and concrete examples of successful approaches to control diabetes. Patients can get a copy of “Living With Diabetes” from their ACP-member internist.

"Living With Diabetes: An Everday Journey” is a DVD that offers an overview of type 2 diabetes and its management for patients, families and caregivers. "Living With Diabetes: An Everday Journey” is a DVD that offers an overview of type 2 diabetes and its management for patients, families and caregivers. "Living With Diabetes: An Everday Journey” is an interactive DVD that provides patients with diabetes and their caregivers information about diabetes and its management. The DVD includes an overview of diabetes, its management, and the importance of diabetes self-management.

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