

Enjoy the view



December 2019 Newsletter

Featured Article:
ALERT: Acts of kindness are happening as we speak!

Monthly Awareness:
Understanding HIV/AIDS

e-health video:
Giving the gift of forgiveness

Let's Talk video:
Listening and communication



In our hurry up world, doesn't it seem that people don't have time to be kind to each other? **There are countless ways to be kind, here are some ideas...**

HIV and AIDS are still unknowns to many people. How much do you know? **Test your own awareness...**

What's a gift you can give that costs nothing and makes you feel better? Forgiveness! **Find out what you can gain — and lose — when you forgive...**

Listening is more than just a courtesy, it's the other half of communicating. **Watch this video for some tips on how to improve your listening skills...**

Getting help

Confidential support, information and resource referrals are available for a variety of concerns — both work and personal. Call for assistance for you, your household members or your adult children under age 26, whether they live at home or not. Call or visit us online today!

Resources for Living®

ALERT: Acts of kindness are happening as we speak!



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In our hurry up world, doesn't it seem that people don't have time to be kind to each other? Yet here we are — amid the holidays — and there are reports of actual acts of consideration taking place. For example, people have been seen:

- Allowing other people to cut in front of them in supermarket lines if they're rushing or have fewer items to check out
- Giving up on "contested" parking spaces rather than honking horns, ranting or blocking the space so no one can get in
- Saying "thank you" to waiters and waitresses, checkout people and other employees who provide even a small service
- Leaving a bottle of water for the mail carrier
- Putting a coin into a stranger's parking meter that's about to expire
- Giving up a seat on a bus or train if someone looks like he or she really needs it

- Taking old blankets or towels to the local animal shelter
- Donating old clothes to the local homeless shelter
- Raking leaves or bringing meals to a neighbor who's not well
- Sending a card or flowers to someone "just because"

There are countless ways to be kind. During holiday season, take a moment each day and consider something kind you can do. You'll feel good about yourself and you'll help make someone else's day brighter.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.

Understanding HIV/AIDS



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HIV and AIDS are still unknowns to many people. How much do you know? Try the questions below to test your own awareness. Then read the answers to learn more.^{1,2}

True or False?	Answers:
1. HIV and AIDS are the same thing.	FALSE. HIV and AIDS are not the same thing. HIV is a virus that wears down your immune system and makes you more prone to other illnesses. You may get a diagnosis of AIDS when HIV has weakened your immune system to a substantial degree. People with AIDS can get serious infections and illnesses that can be fatal.
2. You can tell if you have HIV by your symptoms.	FALSE. The only way to be certain that you have HIV is through specific lab tests. You can find testing sites near you by going to hiv.gov .
3. Doctors have found cures for HIV and AIDS.	FALSE. As of now, there is no cure for HIV or AIDS. But there are treatments to help. <ul style="list-style-type: none">• For HIV, there is antiretroviral therapy or ART. If you have HIV, ART can help keep you well and prevent you from giving others the virus.• For people who have AIDS, there treatments that may help slow down the progression of disease.
4. It's possible to prevent HIV.	TRUE. There are medicines to help prevent HIV. There are also other steps you can take to protect yourself from getting HIV. Go to hiv.gov to learn more.

We're learning more about HIV/AIDS every day. Find out more by searching "HIV/AIDS" on cdc.gov or hiv.gov.

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All EAP calls are confidential, except as required by law. Information is not a substitute for diagnosis or treatment by a professional. Contact a professional with any questions about specific needs.

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