



March 2019 Newsletter

Featured Article:
Make a difference starting now

Monthly Awareness:
Take care of your amazing brain

e-Health video:
Live it up

Let's Talk video:
The many benefits of pets



Do you wish you could give some time to make a difference in your community? **Here are some places where help is often needed.**

The human brain is very complex. So are the injuries that can happen to it. **Learn more about Traumatic Brain Injury (TBI).**

You don't have to be rich to live large. you can live it up every single day without spending an extra dime. **Watch this video for tips on how to live it up.**

Did you know how many different benefits you actually get from having a pet of any kind? **Watch this video to learn more about the benefits of pets.**

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!

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Make a difference starting now



[Return to Index](#)

Do you wish you could give some time to make a difference in your community? Here are some places where help is often needed:

- **Your local library.** Many libraries offer enrichment programs for children and adults. You may be able to use your organizational or creative skills to assist.
- **Schools.** Schools often need volunteers. You may be asked to go along on field trips, make copies in the office or supervise the playground at recess, for example. Call your local schools to learn more.
- **Hospitals.** Hospitals offer many volunteer jobs. You can even get involved in a patient pet therapy program if you have an outgoing pet and time to go through some training.
- **Older adult centers.** You might help serve meals, run games or even entertain. You can also deliver for Meals on Wheels – a national program that provides healthy meals to homebound seniors daily. It's a lifeline for many elders.

- **Programs for children.** Big Brothers and Big Sisters lets you make a real difference to local children. Court Appointed Special Advocates (CASA) can train you to mentor a child who has been abused or neglected.
- **Local government.** Don't want to be the next mayor of your city? You can still attend town meetings to learn about local projects, meet people and have a voice where you live.
- **Support a neighbor.** If you have a neighbor who's elderly, disabled or is a new parent, you can bring a meal over, run some errands or just visit. All you need to do is reach out and offer help.

Once you start thinking about it, there are many ways you can really make a difference!

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Take care of your amazing brain



[Return to Index](#)

The human brain is very complex. So are the injuries that can happen to it. One such injury is called Traumatic Brain Injury (TBI). Consider the statements below. Then find out if they're true or false.¹

1. Your skull always protects your brain.	False. Your skull normally protects your brain. However, an accident or blow to the head can cause your brain to bang against the inside of the skull. The results can be very serious.
2. Blows to the head, sports injuries and car accidents are often causes of TBI.	True. These incidents often cause TBIs. Concussion is the most common TBI. A mild to moderate concussion can cause headaches, mood issues, sound and light sensitivity. More serious TBIs can lead to coma, confusion, amnesia, motor skill loss and behavior changes.
3. TBIs are always curable.	False. About 85 percent of those with TBIs recover. But about 15 percent may have long-term problems with communication, relationships, daily tasks and more.
4. TBI only affects motor skills.	False. Your brain rules your whole body. When it's injured, it can cause motor, cognitive, psychological and personality changes.
5. Life after TBI can be challenging for survivors, their loved ones and caregivers.	True. Rehab is often needed after a TBI. Even a mild concussion can require some rehab. With a severe TBI, survivors can need rehab to re-learn basics like walking, talking and doing everyday tasks. In cases like these, survivors and their family members often have to make adjustments to a "new normal."

For more information about TBI, [visit the Brain Injury Association of America](#).

¹Mason, Michael Paul. [Traumatic Brain Injury Basics](#). Brainline.org. Accessed January 2019.

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