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November Information Flier



The below information flier is part of our continuing effort to communicate with you regarding the services and resources available through the Employee Assistance Program (EAP). For your reference, past fliers can be viewed on the HR-Benefits website at <http://www.temple.edu/hr>.

Connecting with older family members

LifeWorks can help you reach out and make positive connections with your older relatives this holiday season, whether as a caregiver or simply as a caring daughter or son, nephew or niece. Call a consultant who can help you and your family when an older relative needs special support — when housing needs change, for example, or when a life event means your older relative needs new services.

This month LifeWorks is offering the *Time Together* CD. On this recording, Arthur Kornhaber, M.D., president and founder of the Foundation for Grandparenting, shares advice on how to strengthen family ties across the generations by making time for one another in today's busy world. You'll also hear people young and old sharing stories about ways they connect with extended family in meaningful ways.

The *Time Together: Connecting with Your Loved Ones* booklet is also available. Spending time together across the generations can be rewarding for everyone: you, older relatives and children. This booklet offers practical and creative ways to foster family togetherness despite busy schedules, geographic distance, health issues and other challenges. It's filled with helpful tips, inspirational quotes and dozens of activities to do together as an extended family.

You can also visit www.lifeworks.com to read or download these informative articles:
(Hit ctrl key and click on link at same time to access website)

- [Creating a Family Tree](#)
- [Blending Traditions During the Holidays](#)
- [Keeping Relationships Strong as We Age](#)
- [Caregiving When You Work](#)

Call LifeWorks at 888-267-8126 anytime.
En español: 888-732-9020, TTY/TDD: 800-346-9188
You can also visit the LifeWorks Web site at www.lifeworks.com
(user id: temple; password: eap)