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## Employee Assistance Program (EAP)

Personal problems can affect the lives of employees both at home and at work. When life's events become challenging, we'd like to remind all St Dominic's Home employees about our Employee Assistance Program.



The EAP program supplies professionals to counsel employees on a variety of personal issues, including marital and relationship problems, professional concerns, parenting issues, child or elder care resources, substance abuse and financial worries.

**All information disclosed to EAP counselors will remain confidential.**

To access the EAP program, call **1-800-538-3443** or log onto **www.cignabehavioral.com/cgi**. For additional information, please contact Human Resources.

## Coping with Disaster Situations

The Saint Dominic's Home community is deeply saddened by the situation in Haiti and how it may be affecting some of our staff.

Disasters create an abrupt change in reality. Therefore, we have made information available that might be helpful to assist you in coping with this situation.

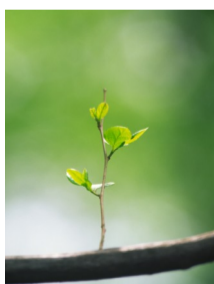
This information may be obtained through Human Resources Department or your Department Director.

Additionally, if you need someone to talk to, please feel free to contact the American Red Cross in your area. They will be happy to help arrange for you to talk to a specially trained disaster mental health professional. You may also contact an EAP counselor by accessing our EAP program listed above.

Please know that you are in our thoughts and prayers.

## Still Looking for a Resolution?

Try some of these ideas to start 2010 off right!



- Take a first aid course.
- Go to bed earlier.
- Establish a monthly budget for the whole year.
- Start a daily walking routine with your neighbors or family.
- Donate blood.
- Eat a high-fiber, low-fat breakfast every day.
- Add a fruit or vegetable to every meal.
- Reuse glass and plastic packaging instead of throwing it away.
- Replace light bulbs with energy-efficient compact fluorescent light bulbs (CFLs).
- Volunteer a few hours a week.