



April 2010 Monthly Bulletin

Welcome to "Celebrate Diversity" month! Actually, most of us celebrate diversity all the time – in the food, clothing, entertainment, and many other day-to-day choices we make. Read on to find out how our differences – together with respect and acceptance of ourselves and each other – can contribute to the quality of our lives.

*Horizon Health, your Employee Assistance Program (EAP), is available 24/7 with support, information, practical tools, and resources.*

#### Melting Pot to Salada Mista!



In our country's earliest days, pioneers from many countries came together to form the great American "melting pot." Today our country is less a melting pot and more a *salada mista* or mixed salad. In a mixed salad every ingredient is important for its special contribution to the whole. Read on to learn how diversity is one of our country's most valued traits. [More...](#)

[En Español](#)

#### How Much is that Doggy in the Window?



It is easy for children to fall in love with a pet they see confined in a crate in a pet shop, or one offered for adoption in a pet supply store. Before purchasing or adopting a pet, there is much to consider in the care and expense of an animal. [More...](#)

[En Español](#)

#### Melting Pot to Salada Mista!

#### How Much is that Doggy in the Window?

#### Happiness is Learning to Accept Ourselves

#### A Fun Project and a Quick and Easy Appetizer

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Contact Horizon Health for 24/7 access for you and your eligible family members:

**1-800-272-7252**

[www.horizoncarelink.com](http://www.horizoncarelink.com)

Username:

PCS

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PCS



#### Building Self-Esteem in Children

Choose a session below and register today.

**April 13th @ 12PM EST**

**April 14th @ 2PM EST**

**Download a list of free webinars for April 2010.**



### Happiness is Learning to Accept Ourselves

Diversity means accepting and appreciating others and their differences. But what about accepting ourselves? Many mental health experts maintain that unconditional acceptance of the *self* is the path to lasting happiness. [More...](#)

[En Español](#)

In the March newsletter we asked you to vote on which stage of life you thought is, was, or could be the most challenging. The results are in: you said that the top three challenges are: **losing parents or other loved ones, raising children, and surviving adolescence.** Thanks for letting us hear your voice. Poll results will be used for future article topics to help us help you! [Click here to see the results!](#)



### A Fun Project and a Quick and Easy Appetizer

To recognize Earth Day and the importance of conserving our planet's resources, try a quick and easy project to keep those grocery bags out of the landfills. Also, check out a simple yet tasty recipe for get-togethers. [More...](#)

[En Español](#)

### Help Starts Here!

For help with personal or workplace issues, contact your Employee Assistance Program (EAP). These services are available to employees and their eligible household members 24/7/365. Convenient, confidential access at 1-800-272-7252.

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Resources For Living