

The Many Meanings of Family

What is a family? People who are connected. The connection may or may not be genetic. Families can form when people join together because they share similar goals. Or families may emerge from mutual love and caring. As the most influential unit in our society, family is also among the most interesting. This month's newsletter highlights some of the truly unique aspects of family.

In This Edition

Archie Bunker and the Changing American Family

Managing Sibling Rivalry

What Makes Families "Work?"

Taking the Kids on a Space-cation!

Our Television Ancestors

Archie Bunker and the Changing American Family



Remember TV shows like "Father Knows Best" and "Leave it to Beaver?" Archie Bunker in "All in the Family" or the Huxtables in the "Bill Cosby Show?" How about "The Simpsons?" Each of these popular series has showcased families in a different light and also reveals much about society in its day. [More...](#)

[En Español](#)

Quick Links

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- [Download the August Calendar](#)

Celebrating Summer Food & Fun

- Watermelon Day 8/3
- Braham Pie Day 8/6
- S'mores Day 8/10
- Kool-Aid Day 8/13
- Cupcake Day 8/18
- National Waffle Day 8/24

Worklife Balance



Managing Sibling Rivalry

Experts say sibling rivalry helps prepare us for what we face later in life. It teaches coping, resiliency, and assertiveness. Lucky is the parent who can remember this when harsh words (or more) are flying! Read some tips that may help avoid sibling rivalry.

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Webinars

Living Options for Older Adults

Choose a session below and register today.

August 10th @ 2PM EST
August 12th @ 12PM EST

[Download a list of free webinars for August 2010.](#)

Family Connections



What Makes Families "Work?"

There is no such thing as a "perfect" family. Every family has its share of difficulties and disagreements. Yet most families with solid, healthy working relationships seem to share certain similar attitudes.

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We'd Like to Know

Popular family traditions include:

- Gathering for holiday meals
- Telling bedtime stories
- Camping out together
- Playing in the snow
- Building sandcastles at the beach
- Playing card and board games

What are your favorite family traditions? [Click here to share your family tradition.](#) Look for some of the favorites in our November newsletter!

Starstruck Travel



Taking the Kids on a Space-cation!

Scientists predict a time in the future when Space travel will be widely accessible. Imagine a family vacation in Space! Space trips may be the future but, for now, you can take a memorable vacation right "in your own backyard!" [More...](#)

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Take a Break

A Long Weekend

Having trouble scheduling a full vacation? Consider a "breakation" of two to four vacation days. A long weekend is a great way to rejuvenate, while using a minimum amount of days.