



July 2010 Monthly Bulletin

"I fairly sizzle with zeal and enthusiasm..." Can't you just feel the passion coming from this quote? And to think: it was written by Charles Fillmore, an educator, when he was 94 years old! At age 94, he still had more passion than many of us have at much younger ages. This month's newsletter offers ideas on adding energy, purpose, and passion to our lives.

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

#### Propelled by Passion



An attitude of passion and enthusiasm can make your days fly by. When you live passionately and energetically, you feel excited to go about your daily tasks – and you get more done in less time! **More...**

**En Español**

#### Effective Discipline: A Framework of Love



From the time your children come into your home, you provide what they most need to grow into loving, responsible, self-disciplined human beings. That includes unconditional love, providing a safe environment, and incorporating loving limits. **More...**

**En Español**

#### Propelled by Passion

#### Effective Discipline: A Framework of Love

#### Puppy Love: Good for Body and Soul

#### Ice Cream: From the Mountains to the Masses

Download the Newsletter  
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#### Download the July Calendar

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

**1-800-272-7252**

**www.horizoncarelink.com**

Username:  
PCS  
Password:  
PCS



#### Finding Comfort Beyond the Comfort Zone

Choose a session below and  
register today.

**July 13th @ 12PM EST  
July 15th @ 2PM EST**

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



### Good for Body and Soul

Research has shown pets are not only fun, they're good for us. This is particularly true for older adults. Some of the reasons why pets provide the comfort of touch, unconditional love, and can even promote health benefits. **More...**

**En Español**

their jobs:

- Challenging work.
- Good boss.
- Great co-workers.
- Feel valuable.
- Happy to have a job!

Note salary was not among the top five reasons for loving a job! Bottom line? *People enjoy a job that makes them feel valuable and happy!*



### Ice Cream: From the Mountains to the Masses

Summertime and ice cream cones – they just go together like peas in a pod, don't they? But have you ever wondered how on earth anyone came up with America's favorite dessert? Read on to find out the history behind ice cream. **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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*This newsletter was brought to you by Horizon Health. Please do not reply to this e-mail, as it is an unmonitored mailbox. If you would like to speak to one of our consultants about this information, or feel you are in need of immediate assistance, please call (1-800-272-7252). Our telephonic assistance is available 24 hours a day, seven days a week, 365 days a year.*

Resources For Living