



June 2010 Monthly Bulletin

"Raising the bar" can mean many things. It may mean venturing beyond the "expected" to become more creative or striving to overcome significant challenges. For parents and children, it may refer to the process of growing wiser with each lesson in life. However you interpret it, raising your own bar can add purpose, fulfillment, and enjoyment to your life.

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

Life is a Bold Adventure



Obstacles and challenges are often the spark for stretching ourselves in unimaginable ways, and using creative capabilities we never even knew existed. Learn about Helen Keller and the challenges she faced and overcame. [More...](#)

[En Español](#)

Life is a Bold Adventure

Encouraging Good Sportsmanship

Everyday Creativity

Quips on Fatherhood

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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

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Encouraging Good Sportsmanship

What is sportsmanship? One dictionary defines it as "abiding by the rules of a contest and accepting victory or defeat graciously." How does a child learn this quality of gracious acceptance? It starts at an early age. [More...](#)

[En Español](#)



Finding Comfort Beyond the Comfort Zone

Choose a session below and register today.

**June 23rd @ 2PM EST
June 24th @ 12PM EST**

Download a list of free webinars for June 2010.

[Everyday Creativity](#)

[Scavenger Hunt Winners!](#)



When asked if they are creative, many will say they are not – because they're not artists, musicians, or writers – jobs often recognized as creative. But did you know creativity is a critical part of working as a mathematician, scientist, engineer, teacher, and more? [More...](#)

[En Español](#)

Thanks for the overwhelming response to the Scavenger Hunt challenge in last month's newsletter. The three winners of the \$25 gift cards are:

- Alison Janoski
- Joann Matthews
- Lori Muzatko



Quips on Fatherhood

Enjoy some memorable quotes on fatherhood and receive an invaluable diaper changing tip for dads.

"Fatherhood is pretending that the present you love most is soap-on-a-rope." — Bill Cosby

[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.

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