



May 2010 Monthly Bulletin

Spring has arrived and life is infused with fresh energy and a spirit of adventure. Since it's helpful to have a map for a new destination, our spotlight is on charting your course and being prepared for anything. May also pays tribute to moms as well as our courageous veterans – we are truly indebted to you all.

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

Turn Those Intentions Into Outcomes

Next Stop: Summer Fun!

Caregivers, Take Charge!

Memorable Motherly Advice

Turn Those Intentions Into Outcomes



Who can't help but feel heartened by the arrival of spring when the earth breaks open into a backdrop of greenery and splashes of color? The days lengthen and suddenly there's an energy shift. To-do lists are populated with projects and people flock to nurseries for yard and garden supplies. It's definitely a time to make things happen! Perhaps it's also time to reflect on your vision for the year when 2009 morphed into 2010. [More...](#)

En Español

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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

Username:

PCS

Password:

PCS



Next Stop: Summer Fun!

As you plan the coming months for your children, you'll likely be considering what they'll do during the summer. Perhaps camp is one of the possibilities. Find out about the variety of camps available for your children. [More...](#)

En Español



**Your Body
Language
Speaks
Volumes**

Choose a session below and register today.

May 11th @ 12PM EST

May 12th @ 2PM EST

Download a list of free webinars for May-June 2010.



Caregivers, Take Charge!

Are you one of the nearly 30% of American adults who currently spends 20 hours a week on caregiving tasks in addition to other responsibilities? Find out how caregivers can take more control over their lives. [More...](#)

[En Español](#)

Website Scavenger Hunt



Try your hand with our website Scavenger Hunt for a chance at a \$25 gift card! Just follow the clues and fill in the blanks.

[Read on for the details...](#)



Memorable Motherly Advice

Remember those words of wisdom that Mom always had when you were growing up? Words and phrases that expressed concern, annoyance, and – bottom line – love. Check out some memorable examples of "classic Mom". [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