



Communications Calendar 2017

Providing essential support to help your employees manage work-life challenges.



Monthly Themes

LifeCare has carefully selected themes for each month based upon our deep knowledge of employee needs and challenges. In support of each of these themes, we will offer monthly newsletters and live webinars featuring complimentary topics and information. For the webinars, please have your employees register early each month, as these one-hour sessions fill up quickly.

January

Theme: **Set Your Goals**

Live Webinar: Be Positive!

February

Theme: **Be Financially Savvy**

Live Webinar: Managing Your Money
in Tough Times

March

Theme: **Get Ready for Spring**

Live Webinar: Tips for Boosting Your Energy

April

Theme: **Simplify Your Life**

Live Webinar: The Benefits of a Good
Night's Sleep





May

Theme: **Focus on Family**

Live Webinar: The Juggling Act:
The Five Bucket Principle

June

Theme: **Be Well**

Live Webinar: Living a Healthy Life

July

Theme: **Manage Stress**

Live Webinar: Stress Reduction Tool Kit

August

Theme: **Get Organized**

Live Webinar: Getting Organized

September

Theme: **Prepare for Fall**

Live Webinar: Emergency Preparedness

October

Theme: **Achieve Balance**

Live Webinar: Mind Over Money

November

Theme: **Care for Yourself**

Live Webinar: Overcoming Burnout

December

Theme: **Wrap Up the Year**

Live Webinar: The Path to Inner Peace





Monthly Live Talks

With our monthly live talks, your employees can explore work and life experiences and learn from expert facilitators. These sessions provide insight and guidance in different subject areas, and are offered at no cost to you or your employees.

The Caregivers Network

Caregivers of older loved ones are welcome to hear about caregiving challenges and experiences, and to learn about resources and programs designed to help. Monthly topics include, but are not limited to:

- Senior nutrition and meals
- Caregiving stressbusters
- What is your caregiving IQ?
- How hospice and palliative care works and how to discuss end-of-life wishes with a loved one

Sessions are facilitated by Sherri Snelling, CEO and founder of the Caregiving Club and author of *A Cast of Caregivers*. She is a nationally recognized expert on how to help caregivers balance self-care while caring for a loved one.

Parenting Your Teen

Parents will appreciate the opportunity to learn new strategies and techniques to address issues that arise during the challenging teen years. Popular topics include:

- Social issues (dating, friendships and peer pressure)
- Teaching teens financial responsibility
- College planning and career goals
- Managing conflict and discipline techniques

Sessions are facilitated by Wendy Wollner (Kaufman), a consultant and expert on teens. Wendy has been teaching teenagers for over 20 years on a variety of social issues and serves as a consultant to many school systems on the topic of teenagers and stress.

Parenting Your Child with Special Needs

Participants of the group are able to share their experiences with other individuals who are parenting a child or loved one with special needs while getting support and guidance from an advocate and expert. New topics include, but are not limited to:

- Resolving differences in ways that work
- Balancing the needs of the full family
- Teaching your child skills that protect him or her from bullying
- Embracing the future, setting goals, and pursuing dreams

Sessions are facilitated by Robert Peters who has a Masters Degree in Social Work (MSW). He's a psychotherapist, behavioral health consultant, Employee Assistance Program (EAP) account executive, counselor and a parent of a child with special needs.

Shine at Work

Participants in this group are able to discuss strategies for improving skills, advancing their careers, adapting to workplace change and performing to their potential. Topics include:

- Time management
- Effective communication
- Career activism
- Networking for the network-challenged
- Motivation

Sessions are facilitated by Linda Dominguez, CEO of Executive Coaching and Resource Network, Inc. Linda has worked with hundreds of clients to set and reach goals, learn skills, implement strategies and improve bottom line results.

Your Healthy Lifestyle

Participants in the discussion group will share their journey to a healthier life while getting guidance and support from a Certified Health Coach. Topics include:

- Nutrition, meal planning and healthy meals on the run
- Stress busters, relaxation tips and getting a good night's sleep
- Being resilient; bouncing back from adversity
- The benefits of staying active and fit, and how to keep moving

Sessions are facilitated by Ellen Martino, a Certified Health Coach who received her training from the Institute for Integrative Nutrition. She is a passionate advocate of eating well and firmly believes that we can positively impact our health and well-being with the food and lifestyle choices we make every day and that even small changes can make a big difference!

Financial Wellness

Participants in the discussion group will explore strategies and techniques for planning financial goals and managing money to meet those goals. Topics include:

- Building good credit
- How to make a budget and live within your means
- Reducing debt and building an emergency fund
- Planning financially for your future: new home, college, and retirement

Sessions are facilitated by Henry Gorecki, a Certified Financial Planner with extensive experience in wealth management at major brokerage firms. Henry founded and currently manages his own investment firm.



Calendar of Events

- = Parenting Your Teen Live Talk
- = Shine At Work Live Talk
- = Your Healthy Lifestyle Live Talk

- = Financial Wellness Live Talk
- = Parenting Children with Special Needs Live Talk
- = Caregivers Network Live Talk

- = Live Monthly Webinar

January

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

May

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

July

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

December

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

<http://ERCincorp.com/LifeCare>