

Do you want more information? Do you need to schedule a confidential appointment?

260.373.8060 Phone
800.721.8809 Toll Free



Vacations don't have to be costly!

A few suggestions on what is -- and what is not -- worth the money on a vacation:

SAVE YOUR MONEY...

Not Worth the Cost

- Airport food and drinks
- Breakfast in bed
- In-room phone calls
- Cheap souvenirs
- Commercial photos
- Horse-drawn carriage rides
- Packaged bus tours
- Formal clothing you wear once

SPLURGE ON...

Worth the Expense

- A good hotel
- A great room with a balcony and view
- Dinner at a fine restaurant at least once
- A good bottle of wine with the meal
- An upgrade using bonus miles
- A digital camera
- Good-looking but comfortable shoes

Enhancing Management Skills

Offered By Parkview Employee Assistance Program
Dr. Dave Johnson

COURSE DESCRIPTION: One of the greatest needs in helping companies be successful in the 21st century is building leadership and management skills for front line supervisors and middle management. These are the people who truly implement your company's mission, vision, and strategic plan. This interactive course will facilitate skill development for effective change management, critical and creative thinking, communication processes, motivation, and teambuilding. This workshop is for leaders and managers in organizational climates seeking to meet the challenges of our rapidly changing world. There will be 4 sessions meeting every other week.

WHERE: Parkview Employee Assistance Program Conference Room, 2414 East State Boulevard, Suite 304 (three-story building at the corner of East State Boulevard and Carew Street). Park behind the building (access off Colony Court, one block east of Carew Street) and enter from the south door off the parking lot. Suite 304 is on the third floor.

WHEN: Mondays June 16 & 30, July 14 & 28

TIME: 2pm- 4pm

COST: \$125 for all 4 sessions for Parkview Employee Assistance Program companies, \$225 for all others.

REGISTRATION: Limited to 12 people. Call Parkview Employee Assistance Program at 260-373-8060 to register before *June 9, 2008*.

PRESENTER: Dr. Dave Johnson is a regional consultant with Parkview Occupational Health and Employee Assistance Services in Fort Wayne, Indiana. He provides family counseling services, executive coaching, organizational consultations and keynote presentations. He is also a Professor at the University of Saint Francis.

*For more additional information or to register please contact us at
260.373.8060 or 800.721.8809
Adrienne.bennigan@parkview.com*

How Can We Help You?

Are you interested in a topic that hasn't been covered or wanting more information on a previously covered topic? If you would like to have a particular topic addressed for your employees, please feel free to email suggestions to: adrienne.bennigan@parkview.com

Are you getting enough sleep?



About 10 percent of adults report not getting enough rest or sleep in the past month, according to a new four-state study released by the Centers for Disease Control and Prevention's (CDC) Morbidity Weekly Report.

The National Sleep Foundation reports that most adults need 7 - 9 hours of sleep each night to feel fully rested. Adequate rest is especially important for young people. School aged children from 5 -12 years require 9 -11 hours, and adolescents aged 11 - 17 years require 8.5 - 9.5 hours each night to be at their best.

Tips for increasing your sleep to 7 - 8 hours per night

- Try adding 30 minutes to your nightly sleep for one month. The next month add an additional 30 until you reach 7 - 8 hours nightly.
- Cut back on alcohol, caffeine, exercise, food and anything stressful before bedtime.
- Make yourself comfortable for sleep. Optimize the environment- temperature, blankets, pillows, light etc.
- Have a relaxing bedtime routine.
- Don't nap or sleep in late.
- Condition yourself to sleep in bed, and not read, watch TV, think etc.
- Drink a glass of warm milk before bed.



If you always have trouble sleeping you might consult professional help.

Why Not Get into Shape Together

Let's face it; just about everyone could do with a few hours of extra exercise in his or her life. Why not take advantage of the opportunity to bond with your partner by exercising together? Not only will this bring the two of you closer, it will also make you feel and look great! Try this. Next time you're looking for something to do, try taking a walk or hike, bike riding, going to the local pool, or playing tennis at a local park. Strengthen your relationship while strengthening your body.

Once you start doing activities together, you'll see how easy it is to incorporate fitness into your daily routines and how much you'll look forward to spending that extra time with your partner. Don't be afraid to be creative!

