



Work/Life Newsletter

May 2012

SAS Work/Life Featured Classes and Workshops

Registering to attend on-site workshops or access archived workshops All on-site workshops are open to SAS employees, employee spouses and domestic partners, retirees and other immediate family members. Many Work/Life offerings also are available via Web conference, allowing SAS retirees and family members to listen remotely from a home computer. If you are not a SAS employee, register for a seminar by sending an e-mail to the [SAS Work/Life team](#) with the following information:

1. Your affiliation to SAS: Retiree and retirement date SAS employee family member and employee ID number
2. The seminar(s) you are interested in by title and date. If your seminar is available on-site only, the Work/Life team will confirm your registration via e-mail and send directions to the seminar location. If you are unable to attend on-site, request instructions for accessing an archived edition via Internet.

Financial Education

Financial Education – Estate Planning

Being or Assigning an Executor: Estate Planning Administration

- Thursday, May 24.
- 12 – 1 p.m.

Have you been given the responsibility of closing an estate? Or are you trying to decide who you should name to take on the task of executor? This role is bigger than many people imagine. Please join estate attorney as he presents important facts re: estate administration.

Aging and Eldercare

Dementia Education/Support Group: Verbal and non-verbal communication strategies

- Wednesday, May 9.
- 12 – 1 p.m.

Understanding the causes and managing difficult behaviors in a person with dementia is one of the greatest challenges caregivers face. Our guest speaker, a nationally recognized author and educator on Alzheimer's and other types of dementia, will present this dynamic and interactive session, and will teach you how to manage behaviors in dementia patients through verbal and non-verbal communication.

You're Not Alone: Caregivers support group

- Wednesday, May 16.
- 12 – 1 p.m.

Providing any form of care for a relative, spouse or close friend presents tough challenges. Doing it on your own compounds the difficulty! Join this support group and share your thoughts and wisdom, and benefit from the experience of others in similar circumstances.

Successful Coping with Parkinson's disease

- Tuesday, May 29.
- 12 – 1 p.m.

This seminar is designed to provide information about Parkinson's disease and offer tips for coping with the physical and mental health changes associated with it.

Parenting/Life Skills

Educational Alternatives: A brown-bag discussion group

- Monday, May 7.
- 12 – 1 p.m.

Like ice cream, there are different flavors to education: Montessori, traditional/lecture-based, Flipped, Paideia, charter, homeschool, and virtual, etc. There are pros and cons to each of these models. When life circumstances intervened, our speaker and her daughter, began a search for 21st century alternatives to the traditional "bricks-and-mortar" school approach and were delighted with the variety they found. Join us for a lively discussion as we explore these alternative paths!

Foster Care information and Discussion

- Tuesday, May 8.
- 12 – 1 p.m.

To celebrate National Foster Care Month, our guest speaker, a wake county foster care family recruiter, will discuss how the foster care systems works. Also joining us is a special guest foster family, who will share their experiences and answer questions. Come to this discussion and learn more about this program dedicated to helping children!

Control the Chaos: Stress management for working moms!

- Thursday, May 10.
- 12 – 1 p.m.

Working mothers want to succeed both at home and in the workplace, but striking an effective work-life balance is not easy to attain, especially because of the significant demands on working mothers' time and energy. In this highly interactive seminar, our guest speaker will provide mental tools, mind-body techniques, and cognitive strategies for working moms to effectively manage stress, recover energy, gain control, and thrive both at home and at work.

Talking with your Spouse/Ex-Spouse about Financial Issues (*in lieu of monthly Divorce Support Group)

- Monday, May 14.
- 12 – 1 p.m.

Join a certified divorce financial analyst, and a collaborative divorce attorney, as they present tips on how to have those difficult conversations with your separating or divorcing spouse.

For parents of late elementary, middle school, high school and college-aged children

The CEO of the Brain: How executive functions impact academic and career success

- Thursday, May 17.
- 12 – 1 p.m.

Executive functions comprise a range of abilities that help a person's brain integrate and organize information in order to achieve complex goals. Join our guest speakers, as they define executive functions and typical developmental stages of these functions in childhood through adulthood, and discuss executive functioning weaknesses, including how weak executive functioning can impact work and school performance. They will also discuss ways to improve executive functioning in order to improve success in school and professional careers.

Coping with Stress: A support and discussion group for men

- Monday, May 21.
- 12 – 1 p.m.

This support group is where men can share ideas, resources and suggestions about how to deal with the situations that invite stress and anger. Many men would like to make positive changes in their lives. If you would like to learn new ways to cope with stress and anger.

2012 College Series

What Every Parent Needs to Know about the College Financial Aid Puzzle

- Wednesday, May 9.
- 12 – 1 p.m.

Are you feeling a bit panicked? If you haven't been able to save enough for the rising cost of a college education or if you're afraid that your teen might get enamored with a particular university that is clearly out of your budget...how will you manage? Our guest speaker, will provide an overview of the pieces to the financial aid puzzle and respond to parents' frequently asked questions.

Preparing Your Emerging Adult for Financial Responsibility Beyond High School

- Wednesday, May 16.
- 12 – 1 p.m.

Join a financial coach, as he explores the financial pitfalls for college-bound students, explains the key concepts every freshman should know, and provides ideas & tools for parents to help prepare their emerging adults for sound fiscal living.

Parenting through the College Admissions Process

- Wednesday, May 23.
- 12 – 1 p.m.

Is getting your child into college keeping you up at night? We all know the importance of the college admissions process, but if your efforts have become counter-productive, then it's time to make a change! Our guest speaker will discuss how you can assume a healthy parenting role in the admissions process to help your teen develop critical management skills for life.

Moving On: Effective Parenting During the College Years

- Wednesday, May 30.
- 12 – 1 p.m.

How do you prepare yourself and your emerging adult for the transition to college? What relational changes and practical challenges are typical during the college years and how will you respond? Join us as our guest speaker discusses what to expect and how to re-imagine and re-shape your relationship with your college-bound son/daughter.

A Sneak Preview of June...

Stripping Down to Money & Marriage

- Thursday, June 7.
- 12 – 1 p.m.

Does talking about money with your significant other cause you undue stress? Then please join us our guest speaker shares his insights and helps us to better understand why this is such a hot topic.

2012 College Series

How to maximize Your Search For Merit Money

- Tuesday, June 12.
- 12 – 1 p.m.

Students and parents constantly hear about millions of dollars in scholarships going un-awarded every year. On closer examination, the reality is that most merit money is awarded directly from the school. So how do you find those schools that reward merit while insuring a quality education? Please join our guest speaker, as she shares with you how to find schools that fit academically AND reward you for your scholastic merit.

Balancing Work and Family When Work Involves Travel

- Wednesday, June 13.
- 12 – 1 p.m.

Do you or your spouse travel regularly for work? Work-related travel can be a big stressor for families. Join SAS Work/Life Resources Consultants, to discuss the challenges that work-related travel can bring to a family and brainstorm ideas for overcoming the difficulties it can present.

The Unique Challenges and Joys of Midlife

- Thursday, June 14.
- 12 – 1 p.m.

What exactly is Midlife? In this session, our guest speaker, also will discuss the following..

- Is Midlife a chronological age; a developmental stage, or just a theoretical catch-all?
- The term is more often than not paired with the word “crisis”, but is it an actual crisis or just what we call an empty nest, achy joints, and/or bad behavior?
- Does it look the same for men and women?
- What might a successful vs. disappointing midlife transition look like?