



October is National Work and Family Month

In 2003, Congress unanimously passed a resolution to designate October as National Work and Family Month. Therefore, this month, we wanted to highlight *some* of the opportunities that are available to you *throughout the year* to assist with the work/life balance.

- ✓ **Learning and Development Program** highlights issues that address safety at home and at work, staying positive through change, and managing the challenges of assisting with guidance regarding technological advances. For a complete listing of offerings, go to www.drake.edu/hr/learning
- ✓ **Wellness Program** through Recreation Services emphasizes balance in emotional, intellectual, physical, social, occupational, and spiritual wellness.
- ✓ **Employee Assistance Program** provides three in-person confidential counseling sessions per issue per year. Life Coaching Services are also available to assist you with career or personal goals.
- ✓ **Benefits and Policies** including Family Medical Leave which enables employees to utilize time away to care for a parent or child with serious health conditions. (Detailed information is available online at <http://www.drake.edu/hr/policies> .)

Additional information on the above programs, as well as many more, is available online at www.drake.edu/hr.

Information regarding Prescription Drug Benefit Program Available

National Pharmaceutical Services (NPS) has compiled some helpful hints for you on the reverse of this newsletter when using your prescription drug benefit. If you have specific questions regarding drug benefit coverage, co-pays, or provider locations, contact NPS Customer Service at 800-546-5677 or online at www.pti-nps.com.



Have you been “Called to be True Blue”?

Nominations are now being accepted for the quarterly True Blue Award, presented by the All Staff Council. Simply submit a letter explaining why each should receive either a blue phone (to the individual) or the traveling bulldog statue (to the department) to the True Blue Committee, c/o Human Resources by Friday, October 26 at 4:30pm.

If you have experienced assistance from someone who has gone above and beyond to help you or a department has provided exceptional service to you with a situation, let others know by nominating them for these awards.

Upcoming Event.... Pumpkin Palooza

Join the fun with the All Staff Council, Sodexo Dining Services, and DMARC Food Pantry by participating in the annual Pumpkin Palooza, Thursday, October 25 during lunch in Hubbell Dining Hall.

Pumpkins will be judged, lunch will be available at a reduced rate of \$4.00 if a food item is donated, and a great opportunity will be had by all!

If you wish to participate in the pumpkin contest, contact Gloria Lawless at 271-3711.