



June 2022 Newsletter



Don't Forget!

MAP services are available to you and your household members as well as dependent children living away from home, up to age 26.

Brain Health, Aging, and Memory Loss

Uh-oh. One of your senior relatives is starting to forget things: Where they parked in the grocery lot. The name of a restaurant that they used to love. The actor in the movie they saw last month. Or maybe it isn't a relative who's forgetting - maybe it's you! As you age, it's normal to slow down a bit and have some type of forgetfulness now and again. But are these "senior moments" normal signs of aging, or early signs of Alzheimer's?

June is Alzheimer's & Brain Awareness Month. Alzheimer's Disease is the most common form of dementia, but there are other causes, too. It's important to consult with a doctor because some dementia-like symptoms may be treatable - such as drug interactions, thyroid problems, vitamin deficiencies, depression, diet, medical conditions, and other causes. Experts say that even if you or a loved one have a genetic predisposition to Alzheimer's, you can lower your risk by exercising, losing weight, eating well, and managing any medical conditions like diabetes and stress. Eating foods rich in

omega-3 fatty acids and avoiding unhealthy fats can be very beneficial. In addition to your physical health, keep your mind active by seeking out new skills and challenges, setting goals, and keeping socially active. The National Institute on Aging offers helpful information on [what's normal aging and what's not](#), tips for handling forgetfulness, and when to seek help for memory loss.

ESI has many resources that can help, from counseling to self-help tools. Just a few of these include:

- **Aging and Elder Care Resources** - Healthy aging, memory loss, daily living & more
- **Late Life Planner** - Retirement, wills, insurance, and financial matters
- **Eldercare Locators** - Find local Assisted Living, Nursing Homes, In-Home Services & more
- **Caregiver Resources** - Counseling, wellness, information resources & more

Stretching your \$\$\$

Feeling the inflation bite? Login to www.UnionAP.com for financial resources, including **Tools for Tough Times**. Here are a few useful links for saving money at the gas pump:

- **38 gas saving tips** - AAA
- **10 Tips to Get the Most out of a Tank of Gas** - Consumer Reports
- **Gas Buddy** - Find the cheapest gas near you

Important Dates

- June - **Men's Health Month**
- June 12-19 - **Men's Health Week**
- June 14 - **World Blood Donor Day**

Caring for the Caregivers

Is there a caregiver in your life? Here are some simple things you could do to help:

- **Reach out.** Caregivers often feel isolated, alone and abandoned.
- **Listen and care.** People often need to talk in detail about problems they experience.
- **Offer concrete help.** Shovel a walk, mow a lawn, run an errand, bring over a casserole.



- **Contribute financially.** Caregiving costs can add up. Help with direct costs or give gift cards for groceries and other necessities.
- **Be supportive.** Avoid second-guessing, back-seat driving and criticism.

Find more help by logging in to www.UnionAP.com and clicking **Caregiver Resources**.

Learn Something New

We frequently add new trainings to our vast library of 10,000+ online E-Learning courses. Check out popular new courses by logging in at www.UnionAP.com, clicking the “Training Center” icon and choosing “New & Improved Trainings.”

- **NEW! Managing Feelings of Anxiety at Work | Course ID: SVL_1021558**
This 7-minute video lesson talks about what anxiety is and offers best practice steps for managing workplace anxiety.
- **NEW! Communicate Across Cultures: Lessons Learned Aboard the International Space Station | Course ID: SVL_015075**
Astronaut Chris Hadfield shares lessons learned using experience working with an international team on a high-stake, complex mission in a 6-minute video.
- **Communication Toolkit: Differences Among Generations | Course ID: SVL_1020195**
This 9-minute video lesson is the first in a series, an excellent starting point to understanding each of the five generations and connecting with them effectively.

Accessing Your MAP Training Center

1. Go to www.UnionAP.com and click **Member and Family login**.
2. If you’ve already created an account, log in with your User Name/Password.
3. If it’s your first time, click **REGISTER** to create your User Name and Password. **You only need to register once.**
4. Click the ‘Training Center’ and then choose ‘New & Improved Trainings’.
5. In the **Search** bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon, and click the ‘Play’ or ‘Start’ button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To get your certificate, click on the ribbon icon below the right corner of the video. The certificate will download to your computer.

