

Normal Forgetfulness or Something More?

We've all been there: a senior relative can't remember where they parked, or blanks on the name of a favorite restaurant. Maybe you've noticed memory issues in yourself. Some forgetfulness is a perfectly normal part of aging, but how do you know when it's worth paying attention to? June is Alzheimer's & Brain Awareness Month, a good time to learn the difference. Alzheimer's is the most common form of dementia, but not the only one. And some dementia-like symptoms are actually treatable. Drug interactions, thyroid issues, vitamin deficiencies, and depression can all mimic memory loss, which is why a doctor's evaluation matters.

The encouraging news: even with a genetic predisposition to Alzheimer's, lifestyle choices make a real difference. Regular exercise, a healthy diet (especially foods rich in omega-3s), managing conditions like diabetes, reducing stress, and staying socially and mentally engaged have all been shown to lower risk.

The Alzheimer's Research Association offers solid guidance on what's normal aging, what's not, and when to seek help.

And your EAP offers resources on aging - login to www.theEAP.com to access:

- **Aging and Elder Care Resources** - Healthy aging, memory loss, daily living & more
- **Later Life Planning** - 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

Focus on Men

The focus is on men this month, with both [Men's Health Month](#) and [Father's Day](#) falling in June. The purpose of a dedicated month is to raise awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Getting recommended screenings is one of the most important actions men can take for their health. Depending on age and medical history, screenings might include checking for certain types of cancer, high blood pressure, high cholesterol, diabetes, sexually transmitted diseases (STDs), and mental health conditions, such as depression and PTSD. Here are some tips for Dads...and all guys.

- **Get screened:** Get a downloadable one page [Checkup and Screening Guidelines](#)
- **Get one-to-one professional counseling** or coaching through your EAP for stress management, resilience, nutrition, and fitness. **Call 800.252.4555.**
- **Log in to your www.theEAP.com** for health screenings, training, and resources on virtually any health topic or concern.

★ **Featured**



June Webinar

Wellness Wisdom for Women

This webinar covers important health information as well as how to be in touch with our bodies to increase our awareness of the silent risks that threaten our wellness. We will discuss what makes women's wellness unique in the areas of heart disease and stroke and the key factors for promoting overall wellness: nutrition, sleep, and exercise. To access this Webinar and related resources, simply log in to www.theEAP.com during May.

Stretching Your Money

From the gas pump to the grocery store, everything costs more. Check out these money-stretching resources and log in to visit Tools for Tough Times for more.

- [Expert Fuel-Saving Tips: How to Get More Miles Per Dollar](#)
- [12 Grocery Shopping Tricks That'll Save You Money Every Week](#)
- [Best Price Comparison Websites and Apps \(2026\)](#)
- [Cut Your Bills by More Than \\$800 a Month](#)



It's All About Respect

For [LGBTQ+ Pride Month](#) in the workplace, focus on respect. Respect in the workplace is especially important because it builds trust, support, and community, ensuring everyone can work together to support workplace goals.

Log in to your EAP to check out "[Building a Respectful Workplace.](#)"

June Training Picks

Gear up for summer - learn something new! Explore thousands of topics in your online Training Center. We offer a few suggestions below, or search for your own themes. Simply click on "**Member Login**" at www.theEAP.com, sign in, and click on the Comprehensive Training Library in the Training Center.

- **7 Ways to Improve Your Memory | Course ID: SVL_1020363**

This 7-minute video includes tips to improve your focus, exercise regularly, and manage stress, along with ideas for ways to keep your mind active and memory-aid tricks you can do today.

- **Civility at Work | Course ID: SVL_014487**

In an 18-minute video, author Liz Nead shares tips and techniques for having civil, meaningful conversations without alienating people we may disagree with.

- **The Science of Happiness at Work: When Things Don't Go Your Way**
Course ID: SVL_1021702

Learn actionable ways to build resiliency and self-compassion from this 7-minute video.

Additional June Dates

- [Great Outdoors Month](#)
- [National Safety Month](#)
- [PTSD Awareness Month](#)
- 6/6 - [National Trails Day](#)
- 6/7 - [National Cancer Survivors Day](#)
- 6/13 - [Family Health & Fitness Day](#)
- 6/14 - [Flag Day](#)
- 6/14 - [World Blood Donor Day](#)
- 6/14-6/21 - [Men's Health Week](#)
- 6/19 - [Juneteenth](#)
- 6/21 - [Fathers' Day](#)
- 6/21-27 - [National Lightning Safety Awareness Week](#)
- 6/26 - [First Day of Summer](#)

Accessing Your EAP Training Center

1. Go to www.theEAP.com and click the 'Member Login' button.
2. If you've already created an account, log in with your Username/Password.
3. If it's your first time, click REGISTER to create your Username and Password. *You only need to register once.*
4. Click the 'Training Center' and then choose 'Comprehensive Training Library'.
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.

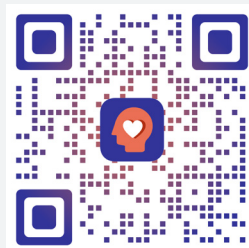
To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, **you must score at least 80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.

Scan to Learn More!

Explore More of Your Employee Benefits



Download Talkspace Go For iPhone Or Android



How to Scan A QR Code

1. Open the camera app.
2. Select the rear-facing camera in photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

