



YOUR SOURCE Balancing Work, Family & Life

Your Ever-Changing Life

Are you expecting a new baby? Celebrating a wedding anniversary? Looking towards retirement? Our lives are continually moving through one phase into another. And as we enter each phase, we are presented with new challenges and new opportunities. In this issue, get information, resources and guidance to help you fully embrace and enjoy life's transitions!

Click it! to access *Your Ever-Changing Life* on the *Spotlight* section of MagellanHealth.com/member.

- With your first child, every new experience is a 'first' for both you and your child. Learn from the pros with **child development tips** that span from toddlers, tweens to teens.
- Whether you've been married one year or twenty-five, every couple can benefit from tips on **keeping your marriage fresh**.
- Today, retirement is about more than just the money. Get the **retirement information** you're looking for as well as information that may surprise you!

Parenting Challenges in Today's World Webinar

Wednesday, June 17, 1:00 – 2:00 p.m. CT

Is there such a thing as a typical family today? Probably not. The landscape of the family has changed to include single parents, partners, dual career families, multi-generational families among other designs. Though they may all look different, they all have one thing in common: the challenge of raising children in today's world.

Plan to attend this insightful Webinar and learn effective parenting tips and techniques for today's modern family. Simply Click it! and register directly on the Web site under *Tools, On Demand*.

Click it! to check it out online

Log on to www.MagellanHealth.com/member and register with your program's toll-free number to access *Your Ever-Changing Life*, and other helpful resources in the *Spotlight* section.

1-800-937-2112



*Answer: 82 percent! According to a survey of 18-30 year olds, 82 percent expect to be married for life and 70 percent think they have the skills to make a long-term relationship work. Only 22 percent said that commitment scares them.
– From the National Healthy Marriage Resource Center*

What percentage of young adults today believe that marriage can last?

- 37 percent 82 percent
 64 percent

Check your answer on the bottom.

Now That's An Idea!

Rather than watching TV together because you can't think of anything else to do, why not do something out of this world?

Go to a Planetarium. Most offer spectacular astronomy programs or laser light and music shows. Which ever you attend, you're sitting back and relaxing with the lights dimmed beside someone you care about. *Think about it . . .*

Don't have a Planetarium nearby? Pack a night time picnic, some blankets and go stargazing! Get away from the city lights for the full effect of nature's own stellar show. Really want to see some fireworks? The Perseids meteor shower in August produces up to 60 meteors per hour!

There are a lot of fun ways to spend time with someone you love, and who knows, you may learn something, too!

