

## EAP + Work/Life Program: June 2015 HMS (Health Advocate) Real-Life Help Newsletter

The HMS (Health Advocate) *Real-Life Help* Newsletter provides helpful information and resources for personal, family and work issues. This month's newsletter topics include: *How to Ease Family Tensions this Summer, Prevent Communication Breakdowns* and *Get Support for Stress*. The free webinar topic is "Rules for Parenting."



### Call To Action

➔ Visit [www.ben.omb.delaware.gov/eap](http://www.ben.omb.delaware.gov/eap) to view the June 2015 HMS (Health Advocate) *Real-Life Help* Newsletter.

## 2015 Summer Blood Challenge: Give Blood, Save Lives and Win Prizes!

The Blood Bank of Delmarva's 13th Annual Summer Blood Challenge started May 18, 2015 and runs through September 26, 2015. If you have not already, please give blood or platelets with Blood Bank of Delmarva this summer! Every day across Delmarva, more than 350 blood donors are needed to maintain the local blood supply.

Typically fewer donors are available in the summer because of vacations and other activities. By participating before September 26 you will not only help the community, but also help your State of Delaware Agency or School District compete for title of "Top Lifesaving Company" and you will earn chances to win these exciting prizes:

\$2,500 Grand Prize  
Plus two - \$100 gift cards every 56 days  
All blood donors receive an extra 100 reward points each time they give  
blood during the summer!



### Call To Action

➔ Visit [www.ben.omb.delaware.gov/blood](http://www.ben.omb.delaware.gov/blood) for more information on the Summer Blood Challenge, including blood donation sites with instructions on how to schedule an appointment.

Give blood or platelets by September 26, 2015 and earn reward points and chances to win cool prizes. Employees, spouses, friends and neighbors can earn points for the State of Delaware, by filling out a "Hero Card" and notating which State of Delaware Agency or School District they are donating on behalf of. Hero Cards are located at all donor locations.