

Newsletter



Each month in this newsletter we highlight one of the topics covered in our Well-being Your Way tools and resources to help you power your well-being program. Our theme for the month of September is **Social Well-being**. We would like to share some of the toolkits we selected from the Well-being Your Way portal that highlight some of the key features of this month's theme.

The community, eldercare and caregiving, and well-being in the workplace toolkits can be found under the Social Well-being category of the Well-being Your Way Portal.

[Login to View Toolkits](#)

Our Toolkit Picks of the Month



Community

An overview of information addressing ways to help your community is provided in this toolkit. The toolkit materials provide information on how to better your community, get to know your neighbors, give back, home and neighborhood safety tips, how to deal with terrible neighbors, how to start conversations, neighborhood etiquette, safer designs of public areas, supporting your local farmers, using the media as an ally, and victim assistance services.



Eldercare & Caregiving

This toolkit aims to offer information on numerous caregiving topics. The toolkit materials include a range of resources for information on ways to cope and manage, its financial and emotional impact, AARP resources, and much more.



Well-being in the Workplace

This toolkit intends to provide information regarding well-being in the workplace for both employers and employees. The toolkit materials offer a variety of sources on building positive relationships in the workplace, coping with change in the workplace, good posture, humor, eye safety, stress in the workplace, office germs, and ergonomics.