

WorkLife *Presents*



Register online at:  
<https://hrnt.ihu.edu/service/fasapregistration/>  
or call 443-997-7000.

We can also be reached at:  
worklife@jhu.edu

**WORK, Life**  
and Engagement

## Calendar of Events

November/December, 2011

### Financial

#### Financing Your Child's College Education-Part II

Worried about the rising costs of college? In part 2 of our series on financing your child's college education, join Maribel Adia from the College Savings Plans of Maryland to learn about two options from the State of Maryland to help save for college costs. The Maryland Prepaid College Trust allows you to lock in tomorrow's tuition at today's prices. And, the Maryland College Investment Plan offers a variety of different investment portfolios. Whether you have a newborn or a teenager, it's not too late to start saving.

Thursday, November 3, HW, noon - 1 pm

#### Tips and Tricks of Car Buying

Thinking about buying a car, now or in the future? Make sure you attend this seminar before you do to learn valuable tips that could save you money. Did you know that the best time to buy a car is the last week of the month? Learn about this tip and others by attending this important seminar. Be prepared and informed before you buy your next car.

Friday, November 4, HW, noon - 1 pm

Friday, November 18, EB, noon - 1 pm

#### How to Refinance Your Home

Refinancing your existing home can be complicated. In this workshop you will discover the keys to qualifying and making the process easier. Come learn about the many benefits of refinancing, including, lowering your monthly mortgage payment, reducing the length of the loan and payoff amount, and receiving cash from the loan for home improvements or other expenses.

Wednesday, November 9, HW, noon to 1pm

Wednesday, November 16, EB, noon to 1pm

### Aging

#### Sandwich Generation

As if juggling career demands and parenting wasn't enough, many faculty and staff also find themselves caring for aging parents. As we live longer lives, the likelihood that we will find ourselves squeezed between these two groups

in the "sandwich generation" increases. Join Amanda Rutkowski, WorkLife Programs Coordinator, to plan for and manage the competing demands of career, parenting, and caregiving.

Tuesday, November 8, EB, noon - 1 pm

#### Complaints of a Dutiful Daughter

Join us for a screening and discussion of an academy award nominated documentary by Deborah Hoffmann. This short film chronicles the various stages of a mother's Alzheimer's disease and the evolution of a daughter's response to the illness. Neither depressing nor medical, *Complaints of a Dutiful Daughter* is much more than a story about Alzheimer's and family care giving. It is ultimately a life-affirming exploration of family relations, aging and change, the meaning of memory, and love.

Monday, November 7, HW, noon - 1 pm

Monday, November 14, EB, noon - 1 pm

### Miscellaneous

#### Magical Maryland this Holiday Season

Did you realize that there are literally hundreds of events, fascinating places to visit, and great adventures to explore right in Maryland? It's one of the great things about living here. So many things to do and all a day trip away! The spirit of the upcoming holiday season makes Maryland even more fun. Whether you are into historical tours or exploring for antiques, destinations in the mountains or on the shore, spending a whole day or a weekend together in Maryland is so easy and affordable! Join Jennifer Jones and Margie Long from the Maryland Office of Tourism to learn about the wonderful and fun ideas for you and your family during this holiday season.

Tuesday, November 15, EB, noon to 1pm

Friday, November 18, HW, noon to 1pm

## Special Events

### American Red Cross Blood Drive

Make a difference and donate blood at the Homewood Campus Blood Drive on November 15 and 16. Blood supplies are low.

For more information and to register online, please visit [http://hopkinsworklife.org/community/blood\\_drive.html](http://hopkinsworklife.org/community/blood_drive.html)

Tuesday, November 15, 7:30 am - 5:45 pm  
Wednesday, November 16, 10:30 am - 5:30 pm  
HW, Levering Hall/Glass Pavilion

### Johns Hopkins Baby Shower

The Baby Shower provides new and expectant parents with an opportunity to learn about a variety of services and programs provided by Johns Hopkins to support them through this exciting change in their lives. Various speakers attend and share information about lactation, choosing quality childcare, and postpartum depression. Benefit representatives from both the University and Hospital attend to discuss the employee benefits package.

Tuesday, November 8, EB, 3 - 5 pm

Register online at [http://hopkinsworklife.org/docs/pdfs/JH\\_Baby\\_Shower\\_Registration\\_Form.pdf](http://hopkinsworklife.org/docs/pdfs/JH_Baby_Shower_Registration_Form.pdf) or call 443-997-7000.

## Community Programs

### Vernon Rice Memorial Holiday Turkey Program

Help 100 families during the holidays by donating \$25 to purchase a holiday food basket of a fresh turkey and vegetables from local and free-range farms for a family in need. St. Anthony of Padua Church will deliver the food baskets directly to families in need for the Thanksgiving and December holidays. To participate in the program, visit <http://hopkinsworklife.org/community/turkey.html>.

**Payment must be received by November 10 to assist families for Thanksgiving and December 9 for the December holidays.**

### Adopt-a-Family/Adopt-a-Senior Program

Brighten the holidays for families and seniors facing hardships. The Office of Work, Life and Engagement partners with local nonprofit and social service agencies to provide gifts, clothing, and/or grocery gift certificates to families, children, and seniors who are in need of assistance during the holiday season.

Individuals and groups interested in adopting a family or senior should complete the registration form ([http://hopkinsworklife.org/community/adopt\\_fam\\_form.html](http://hopkinsworklife.org/community/adopt_fam_form.html)) no later than Friday, Dec. 9.

For more information on the Adopt-a-Family/Adopt-a-Senior Program visit: [http://www.hopkinsworklife.org/community/adopt\\_family.html](http://www.hopkinsworklife.org/community/adopt_family.html).

### Coming Soon ...

Financing Your Child's Education-Part III  
Summer Camp Fair

## Top Ten Strategies for Achieving a Healthy WorkLife Balance

By Members of the Johns Hopkins Community

10. Get a good night's sleep! This is critical in achieving a healthy mix between work and family. When well rested, you can have productive work weeks and happy week-ends and evenings. If you stay up too late and get too tired, both work and family will suffer. Make bedtime non-negotiable!
9. Take in a musical performance, lecture, workshop, or some other activity happening around campus. There are many wonderful opportunities offered at Hopkins that can engage your mind and spirit and teach you about something new.
8. Meet a friend for lunch at least once a week. When the weather cooperates, sit outside at some of the lovely outdoor sites on campus.
7. Take the steps whenever possible to squeeze in some exercise during the day. Enjoy a walk during lunch or go to one of the Healthy at Hopkins free stretching classes.
6. For both work and home demands, keep lists, check off items, and reprioritize as necessary. This will help you feel more in control of your life, and will keep you from stressing about work when at home, and about home when at work!
5. If you have children, spend at least thirty minutes a day doing something fun with them! This can mean game time, dance contests, or family movie nights.
4. Use commuting time not as something else to cause stress, but as an opportunity to listen to a good book a friend recommended, enjoy a CD you haven't heard in a while, or catch up on the latest news. This will help you arrive at home or work more relaxed and better informed!
3. Take advantage of spare moments throughout the day (for example, waiting for an elevator or for a meeting to begin) to "check in with yourself" about both work and home chores.
2. Use small breaks at work to stretch and exercise. Keep a small dumbbell at your desk and get in an upper body workout while reading emails.

**And the number one suggestion for achieving a healthy worklife balance is:**

1. Take twenty minutes to yourself every day for personal "me time." You work hard and deserve twenty minutes to yourself!