

# Relationships make the world go round

November 2011 Monthly Bulletin



## *Lessons in love*

### **Making the “magic” last**

If love is strong enough, relationships can be smooth and trouble-free. True or false? The answer: false! Even the closest, happiest couples have their ups and downs. Read on to find out why. **More...**



## *Make time to disconnect*

### **Taming your relationship with technology**

Are you comfortable leaving your cell phone, BlackBerry® or iPad® home for a day? Do you ever skip a day of checking your messages or status on your social network of choice? Can you go through a day without texting someone? Love your electronics, but try to remember their limitations. **More...**



## *More than just a best pal*

### **Service dogs: friends, helpers and heroes**

People who have service dogs may experience the most powerful of all animal-human relationships. We see such a relationship in the book *Thunder Dog*<sup>1</sup>, where Roselle, the writer’s guide dog, led him out of the World Trade Center to safety during the 9/11 terror attacks. **More...**



## *Seeing life from another angle*

### **Can perception change your reality?**

Perception alters the way you see the world and how you read situations. Sometimes, it’s best to question your own belief. **More...**





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### *Make time to disconnect*

# Taming your technological devices

Are you comfortable leaving your cell phone, BlackBerry® or iPad® home for a day? Do you ever skip a day of checking your messages or status on your social network of choice? Can you go through a day without texting someone?

For many of us, the answers to these questions are all “no.” As they’ve grown smaller and easier to use, our amazing technological devices have become more and more pervasive in our lives. For instance:

- It’s not unusual to see a group of teens hanging out “together” — while each is fully and separately engrossed in texting on his or her phone or Blackberry.
- People interviewing for new jobs have been known to answer their cell phones, send or read texts during interviews.
- Texting or taking calls while driving has become a common, dangerous problem. As of August 2011, nine states had laws banning or regulating these activities because they cause distraction and lead to accidents.<sup>1</sup>
- People sometimes use their devices in the most unlikely and inappropriate social settings, including funerals, weddings and such!
- Most movies and theater performances regularly include a last minute plea to silence all cell phones during the performance.

### Connected or disconnected?

It’s surely tempting to stay in touch on a constant, almost frantic basis these days. Somehow the “availability” of moment-to-moment communication has turned into a “demand” for it. Critics say we’ve become more isolated as a society and less connected to the actual flesh and blood people around us because of our devices.

What do you think? Are you more likely to text than talk to the people right around you at home, work or elsewhere? While a great convenience, electronic communication seems to have turned real life conversations into the equivalent of “snail mail.” Maybe we can call it “snail speak!”

Love your electronics, but try to remember their limitations. See how you feel if you “turn off” for a few hours or a day and talk to the people you can reach out and touch!

<sup>1</sup>[www.edmunds.com](http://www.edmunds.com)

### Getting Help

For help with personal or workplace issues, contact your Employee Assistance Program (EAP). These confidential services are available 24/7 to employees, their eligible household members and adult children under age 26, whether they live at home or not.



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*More than just a  
best pal*

# Service dogs: friends, helpers and heroes

People who have service dogs may experience the most powerful of all animal-human relationships. We see such a relationship in the book *Thunder Dog*.<sup>1</sup> It's a compelling story written by Michael Hingson, a man who has been blind since infancy.

*Thunder Dog* tells how Michael's guide dog, Roselle, led him out of the World Trade Center to safety during the 9/11 terror attacks. Bolstered by reassuring words and gestures from Michael, Roselle led her owner down 1463 slippery, wet stairs from his office on the 78th floor that day.

### A true hero

Roselle was usually frightened by the sound of thunder. Yet she kept her composure through the loud explosions, smoke, heat, and dust of the 9/11 disaster.

It hardly mattered that the stairwell was dark. Roselle remained calm and focused on her job. She received credit for helping to save Michael and many others making their way down the steps that day.

### What is a service dog?

A service dog gets training to help someone with tasks specific to that person's disabilities.<sup>2</sup> There are service dogs (and some cats) trained to assist people who are blind, deaf, diabetic, experience seizures or extreme anxiety.

Many people with disabilities lead better lives thanks to their service dogs. Their dogs are working companions that help them maintain independence and wellbeing.

### Raised with love and purpose

Dogs picked to become service dogs receive special handling and training starting as puppies. Dedicated owners raise them with love — knowing their pets will leave at some point to do an important job.

The dogs get lessons and tests as they grow up. They must have special characteristics and abilities to be service dogs. The dogs chosen must meet high standards.

Chosen dogs are put through intense training. Then they are matched to people with disabilities based on personalities, energy levels and needs of both dog and owner.

### Teamwork and trust

Michael Hingson and Roselle had the unique relationship that often develops between service dogs and their handlers. Roselle died in 2007 and, to honor her, Guide Dogs of America retired her name forever. In October 2011, she was named top hero at the first American Humane Association Hero Dog Awards.<sup>3</sup>

If you're interested in finding out more about raising or obtaining a service dog, contact [www.deltasociety.org](http://www.deltasociety.org).

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<sup>1</sup>[www.guidedogs.com](http://www.guidedogs.com)

<sup>2</sup>[www.deltasociety.org](http://www.deltasociety.org)

<sup>3</sup>[www.marinij.com](http://www.marinij.com)



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### *Seeing life from another angle*

# Can perception change your reality?

There's been a time or two when I've thought someone didn't like me. I thought I could tell by a subtle look that passed between the person and someone else. Or, something that was said led me to believe that we were not going to be friends. I've also felt that I was unjustly passed over for a promotion, believing I was qualified for the job.

Truth be told, I'm now friends with some of the people I thought didn't like me. Moreover, when I look back at the promotion, I truly wasn't as qualified as the person who did get the job.

Perception alters the way you see the world and how you read situations. Sometimes, it's best to question your own belief by:

- Getting someone else's unbiased feedback
- Asking yourself what else might be going on
- Letting some time pass to see if you learn or feel something different
- Questioning whether your past may be having an effect on your present

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All calls are confidential, except as required by law (i.e., when a person's emotional condition is a threat to himself/herself or others, or there is suspected abuse of a minor child, and in some areas, spousal or elder abuse).

Information is believed to be accurate as of the production date; however, it is subject to change.

