



January 2, 2007

## MEMORANDUM

TO: All Faculty and Staff

FROM: Brett L. Morris  
Assistant Vice President for Human Resources

SUBJECT: January 2007 Work and Family Life Employee Newsletter (OHR 2007-015)

Do you have children who believe you treat them unfairly? This newsletter offers guidelines and phrases you can use to help children understand. You'll also find articles on helping children become more self-reliant, making sure older people get the nutrients they need, and learning from "superachievers." For those of us who already push ourselves too hard, there is a story on meditation. For these stories and more, click this link:

[http://www.uthscsa.edu/hr/worklife/01\\_2007.pdf](http://www.uthscsa.edu/hr/worklife/01_2007.pdf)

*Work & Family Life* is sent to all employees with Health Science Center email addresses. You must have the free Adobe Reader Version 6.0 or later to open the file. If you don't have the program on your computer, go to the HR website and click the Adobe Reader link. It's to the left of "Other Links." <http://www.uthscsa.edu/hr/> If you have an earlier version of Adobe Reader, ask your TSR what to do.

You can read past issues of the newsletter by going to the "Inside UTHSCSA" portal. Choose the tab for Employees and look down the left side of the page.

Please do not hesitate to contact our WorkLife Coordinator, Ms. Priscilla Castillo, if you have trouble accessing the newsletter or have any questions. You can reach her by email at [castillop@uthscsa.edu](mailto:castillop@uthscsa.edu) or by phone at (210) 567-2595.

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